

Pregnancy

WARNING: As with any medication, if you are pregnant or nursing a baby, you must have professional advice.

For problems in pregnancy, take three pellets of one of the following three times a day:

For constipation during pregnancy,
COLLINSONIA CANADENSIS 9 C.

Cystitis,
POPULUS TREMULOIDES 9 C.

Diarrhea,
PHOSPHORUS 9 C.

Pain:

- for pain in the abdomen caused by the kicking of the unborn baby, ARNICA MONTANA 9 C.
- back pain, KALI CARBONICUM 9 C.
- Toothache, stomachache, pain in the breasts or head, SEPIA 9 C.

Fatigue, difficulty in walking,
BELLIS PERENNIS 9 C.

False pregnancy,
THUJA OCCIDENTALIS 9 C.

Hemorrhoids,
COLLINSONIA CANADENSIS 9 C.

Hiccups,
CYCLAMEN EUROPAEUM 9 C.

Irritability,
CIMICIFUGA RACEMOSA 9 C.

Change in facial complexion,
SEPIA 9 C.

Nausea, vomiting,
SEPIA 9 C.

Vaginal discharge,
SEPIA 9 C.

Fear of giving birth,
CIMICIFUGA RACEMOSA 9 C.

Excessive saliva,
CREOSOTUM 9 C.

Sleepiness,
NUX MOSCHATA 9 C.

Varicose veins,
BELLIS PERENNIS 9 C.

If any of the above treatments are not effective, look under the heading corresponding to the symptoms you are experiencing. Homeopathic medicines will not harm your unborn baby. See your doctor or gynecologist

Childbirth

WARNING: Check with your doctor.

With Homeopathy, childbirth can be experienced with as little pain as possible and under the best psychological conditions.

★ **Preparing for delivery:**

- To ease the fear of giving birth, CIMICIFUGA RACEMOSA 12 C, one unit-dose tube every week during the ninth month.
- To make contractions more effective and speed up delivery, CAULOPHYLLUM 12 C,

one unit-dose tube every week during the ninth month.

- To avoid the physical trauma which may be associated with childbirth, and maintain the strength necessary to deliver the baby, ARNICA MONTANA 12 C, one unit-dose tube every week during the ninth month.

It is recommended that you take one unit-dose tube of the above medicines every week during the last month of pregnancy, spreading them out as follows:

CIMICIFUGA RACEMOSA on Monday, CAULOPHYLLUM on Wednesday, ARNICA MONTANA on Friday.

During the delivery, your doctor may prescribe:

- In case of strong, ineffective contractions, NUX VOMICA 5 C, BELLADONNA 5 C, alternate three pellets of each, every five minutes.
- If the baby is overdue (the due date is past), *Gelsemium semp. 12c* three pellets every hour.
- ★ • In case of fatigue or exhaustion, ARNICA MONTANA 9 C, three pellets every hour (if this remedy hasn't been taken preventively).

After the delivery:

- For post-natal depression, SEPIA 9 C, three pellets three times a day.
- For fatigue or lumbar pains, KALI CARBONICUM 9 C, three pellets three times a day.
- ★ • For post-natal pains in the abdomen, ARNICA MONTANA 9 C, three pellets three times a day.
- For persistent vaginal bleeding, (Check with your doctor.) HAMAMELIS VIRGINICA 9 C, three pellets three times a day.
- For white discharge streaked with blood from the vagina, (Check with your doctor.) CREOSOTUM 9 C, three pellets three times a day.

Breast-feeding

Breast-feeding is the ideal. Formula feeding should be a last resort, only if the mother has been told by her doctor not to breast-feed her baby, or if separation of the mother and baby is unavoidable.

Fortunately, there is a general revival of interest in breast-feeding. Mother's milk is the only biological product that a baby is naturally ready for. The nutritive elements and natural antibodies in maternal milk will best enable a newborn to fight off infections. Maternal milk is also more easily digestible than formula. Small problems with breast-feeding may

arise, which can be dealt with in the following ways:

Breast abscesses:

- Possible abscess; the breast feels hot and drawn, BRYONIA ALBA 9 C, three pellets three times a day.
- Early stages of abscess; the skin is red, BELLADONNA 9 C, three pellets three times a day.
- Abscess with pus, HEPAR SULPHURIS CALCAREUM 9 C, three pellets three times a day.
- ★ Apply CALENDULA M.T. locally—twenty-five drops on a frequently-changed compress.

Engorgement of the breasts:

BRYONIA ALBA 9 C, three pellets three times a day.

Fatigue due to breast-feeding:

CINCHONA OFFICINALIS 9 C, three pellets three times a day.

Insufficient milk supply:

URTICA URENS 9 C, three pellets three times a day.

Overabundant milk supply:

PULSATILLA 9 C, three pellets three times a day.

Painful breasts while feeding:

PHELLANDRIUM AQUATICUM 9 C, three pellets ten minutes before feeding.

For weaning:

RICINUS 30 C, one unit-dose tube per day taken by the mother for three days will stop milk production.

Breasts

Take three pellets of the chosen remedy three times a day for the following conditions:

Minor abscess:

HEPAR SULPHURIS CALCAREUM 9 C.

Cracks around the nipple:

GRAPHITES 9 C.

A local treatment may be necessary; consult a health professional.

Pain:

- from trauma to the breast, BELLIS PERENNIS 9 C.
- sudden pain when the breasts are touched, CONIUM MACULATUM 9 C.
- painful breasts before menstrual periods, CONIUM MACULATUM 9 C.

Swelling of the breasts before menstrual periods:

SEPIA 9 C.

★ **Inflammation (redness only, no pus):**

PHYTOLACCA DECANDRA 9 C.

Cysts, nodules or lumps:

- for an isolated nodule, CONIUM MACULATUM 9 C.
- for multiple nodules, PHYTOLACCA DECANDRA 9 C.