

Safe Homeopathic Remedies for You & Your Baby



So you're having a baby... Congratulations! This is an exciting time as you prepare for the arrival of your new little one. Now more than ever, it's essential to take good care of yourself: eat wholesome foods, drink enough water, exercise regularly, get plenty of sleep, and see your doctor or midwife for check-ups. These measures will go a long way toward ensuring a healthy pregnancy and a happy baby.

But even the healthiest mom-to-be can develop a few annoying discomforts like morning sickness, heartburn, or constipation. How can you find relief? You know it's best to avoid most drugs because they may place your baby's health at risk. So what can you do to feel better and stay as healthy as possible?

Have a healthy happy pregnancy!

Homeopathy, made to order for moms-to-be

Safe, gentle homeopathy has been the choice of pregnant women worldwide for more than 200 years. It is fantastically effective for keeping moms and babies healthy—and for relieving or averting common problems before, during, and after childbirth.

Homeopathic medicines (or “remedies”) are approved by the FDA and prepared in accordance with the *Homeopathic Pharmacopoeia of the U.S.* Available in health food stores, drugstores, and homeopathic pharmacies, these pleasant-tasting and environmentally friendly remedies are made from natural sources (e.g., plants, minerals) and are taken in extremely small doses. When used as directed, they are completely safe for everyone—including pregnant women, newborns, children, and adults—and you need not worry about toxic side effects as you do with conventional medications.

Homeopathic remedies work with your body's own natural processes to heal you gently and naturally. And any improvement in your own health will also benefit your baby!

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What is so remarkable and different about homeopathic remedies is that there is no possibility of negative side effects. This makes it especially valuable for pregnant women, new moms, babies, and children of all ages. I have successfully used homeopathy for many years, and my daughter continues the tradition with my grandson. I rank homeopathics right alongside natural childbirth, breastfeeding, co-sleeping, and cranial sacral work.”

—Suzanne Arms, Author, Educator, and Director of Birthing the Future

Homeopathy can help with pregnancy's common complaints

Morning Sickness

Try eating a dry cracker before getting out of bed. Avoid rich, high-fat foods. If the nausea is worse when you're hungry, eat frequently but in small amounts. One of the following tried-and-true remedies also may help.

Pulsatilla: Your nausea is worse in a warm, stuffy room, better in the open air, and better from walking slowly. You crave rich, sweet, fatty foods, but they make you feel worse. You are not thirsty. You tend to be weepy with changeable moods; you want comfort and reassurance. Eating the wrong foods can bring on headaches with a bursting pain over your eyes.

Colchicum: You are extremely sensitive to the smell of food and may gag at the very thought of food. Your nausea can last all day and is worse from motion. You want carbonated drinks. You prefer to lie with your knees drawn up, since stretching out your legs can cause nausea.

Ipecacuanha: Your severe, constant nausea is not even relieved by vomiting. You salivate profusely and may have to spit frequently. (Note: This remedy is homeopathically prepared and diluted *Ipecacuanha* and is NOT interchangeable with the common drugstore Ipecac used to induce vomiting.)

Nux vomica: Your nausea is strong, especially in bed on waking, but you're unable to vomit. You are very hungry but feel worse after eating, with indigestion and cramping. You may be irritable and oversensitive to noise and light.

Sepia: Your nausea is worse from the smell and thought of food. You have a sinking feeling in the stomach that makes you feel faint; eating may relieve it but only temporarily. You crave vinegar and pickles, as well as sweets. You have a sensation of heaviness or sagging in the pelvis. You may feel indifferent to your loved ones because you're exhausted; but physical exercise makes you feel better overall.

“Jane had already had one Cesarean delivery for a breech baby. Her second baby was still in the breech position at 36 weeks, but I had learned some homeopathy in the interim and gave Jane the homeopathic remedy *Pulsatilla*. The baby turned himself around and delivered easily a couple of weeks later. Ditto for babies three and four. Without homeopathy, Jane would have had four Cesareans! And when she complained of sleeplessness in pregnancy number four, homeopathy worked for that too. For me, integrative medicine means trying homeopathy first: if it doesn't work, the conventional stuff is still there.”

—Dr. Joyce Frye, Clinical Assistant Professor, Obstetrics, Gynecology, & Reproductive Sciences at the University of Maryland Center for Integrative Medicine.



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How to use the remedies.

We've created this guide to help you manage the discomforts of a *normal* pregnancy. With some exceptions (see NOTE* at far right), you can safely treat yourself for minor complaints that are recent. For more serious or long-term problems, it's always best to consult a trained homeopath and your doctor or midwife (if they are not one and the same).

Heartburn

Heartburn is one of the most common complaints of pregnant women, perhaps because hormonal changes relax the esophagus, allowing acid to back up. Try cutting out spicy and greasy foods, and sleep with your head and shoulders elevated. Ginger tea can be helpful if you drink it before or during a meal, rather than when you actually have heartburn. One of these homeopathic remedies may also bring relief.

Pulsatilla: Your heartburn comes on at different times of day and after eating various kinds of foods (especially rich, greasy ones). Your burps have a sour, bitter taste. Your stomach and abdomen feel empty, with gurgling and rumbling in the evening, and pressing pains. You feel better in fresh air. (See Morning Sickness for more indications.)

Carbo vegetabilis: Bitter, sour, rancid burping along with nausea and a very bloated abdomen are typical; burping gives temporary relief. You may feel worse after rich, high-fat food. You crave fresh air and want the windows open and fans turned on. You feel physically exhausted and mentally sluggish, but when you lie down the indigestion is worse. You tend to have cold hands and feet and varicose veins.

“*Arnica* is everybody’s favorite homeopathic remedy. During pregnancy, it can help with minor injuries, like discomfort from an active baby who kicks, causing soreness. During labor, *Arnica* can help the muscles to do their work with a minimum of physical stress and strain—and may even speed the labor itself. After the birth, *Arnica* will help strained tissues to recover their former strength.”

—Miranda Castro, CCH, FSHom, Author, *Homeopathy for Pregnancy, Birth, & Your Baby’s First Year*

Hemorrhoids and Constipation

Hormonal changes that relax the muscles of your pelvis in preparation for labor can slow down digestion, while your growing uterus puts pressure on other organs and veins. This can make you prone to constipation and hemorrhoids. Along with drinking lots of water and eating plenty of fresh fruits and vegetables, one of the following remedies may help.

Sepia: Your abdomen feels bloated and full. Ineffectual urges and straining with bowel movements lead to hemorrhoids and varicose veins. You may have a heavy, sagging feeling in the pelvis. You may be worn out from previous births or the demands of the household. (See Morning Sickness & Backache for more indications.)

Lycopodium: Your inflamed, achy hemorrhoids are painful when touched, and may bleed. Stools are large, hard, difficult to pass, with a burning sensation afterwards. You crave sweets; have bloating and much gas; are hungry but easily full. Constipation is worse after travel. You may be generally mild-tempered but bossy and domineering at home.

Hamamelis: This is a good remedy for bleeding hemorrhoids that protrude, pulsate, and itch. Varicose veins may appear on the abdomen and legs along with ankle swelling after being on your feet all day. The varicose veins are especially worse with heat and may impair your ability to walk. You may also have nosebleeds.

...follow these easy steps:

- First consider your symptoms. Pay special attention to any that are unusual or exceptionally strong. Notice whether your mood has changed and also what behaviors or environmental factors seem to make your symptoms better or worse. You may want to write your observations down on paper.
- Next, take your list of symptoms and compare it to the descriptions of the remedies in this brochure. Choose the remedy that *most closely* fits your symptoms (keeping in mind that not every symptom has to match).
- Homeopathic remedies come in various strengths: the 6c, 12c, or 30c strengths are gentle and perfect for home use. Take one or two pellets, and let them dissolve under your tongue. Then wait and see what relief it brings.
- If your symptoms improve, that's great! You do not need to take any more doses. If after feeling better for a while, your symptoms return, take another dose of the remedy. You may continue in this way, repeating a dose as needed—but *only* if the remedy is helping.

Information offered here is for educational purposes only and is not intended to replace the individualized attention of a qualified health professional.



“In my first pregnancy, I was so sick with nausea the whole time. I was worried it would be the same with my second child, but as soon as the nausea started I used a homeopathic remedy. It worked at once and the nausea didn’t return! Since then I have had 2 more children. I still got nausea, but at the first sign I used a homeopathic remedy. It’s the only thing that worked for me. I enjoyed my pregnancies and use homeopathy for all the family now.”

—Carlean Shields, California

Backache and Ligament Pain

Mild lower backache results from gravity as the body changes. “Round ligament pain” is usually felt as a brief, sharp pain or a longer-lasting dull ache in the groin or lower abdomen, as your ligaments stretch and thicken to support the growing uterus. Make sure to sleep on a firm bed and wear comfortable, low-heeled shoes. Try one of the following remedies for additional relief:

Kali carbonicum:

You have a bruised, dragging feeling with sudden sharp pains up and down your back, buttocks, and thighs. Pain in the hip joint is common. Hard pressure over the painful area offers relief, but you feel worse from touch. You’re very sensitive to changes in weather, cold, and drafts; you want to be warm but not overheated. You may feel irritable, touchy, and domineering.

Belladonna:

Pain comes on fast and disappears just as quickly; it’s worse from sudden jarring movements and from touch. You’re very restless. You may have a flushed, red face with dilated pupils, and be thirsty for lemonade. Older women with their first pregnancy respond very well to *Belladonna* for backache.

Sepia:

Your back feels tired with an aching, dragging pain in your lower back, possibly worse on the left. You

have a sensation of heaviness or bearing down in your pelvis as if everything might fall out. You may be depressed and chilly. (See Morning Sickness and Hemorrhoids for more indications.)

Bellis perennis:

This remedy can stop the pain of sciatica of pregnancy or any pain in the groin extending down the legs that makes walking difficult, which often comes on during the last months of pregnancy.

Insomnia

During the early stages of pregnancy, changing hormone levels may contribute to insomnia.

During the last trimester, discomfort from the growing baby, increased urination, and anticipation of the birth may keep you awake at night. One of these remedies may give relief:

Coffea crudum: You can’t sleep because you’re excited and euphoric—or you’re uptight and extremely sensitive to the slightest pain. All your senses are very acute and you wake at the slightest sound. Your mind is overactive and dreams are vivid. You are anxious, energetic, and very tired at the same time—much like

someone who drank too much coffee. Take this remedy an hour before bedtime and also on waking in the night.

Aconite: You have a lot of fears, the biggest being that you’ll die in labor. You are restless in sleep, with vivid, frightening dreams.

- If you have no improvement whatsoever after one to three doses—or if the remedy was helping you at first but now the doses seem to be having no effect—stop taking that remedy. Choose a different one—or better yet, consult a homeopathic professional.

- Always check with your doctor to make sure your symptoms are not serious, especially if they are persistent. Some seemingly innocuous symptoms can indicate a significant problem; for example, itching in late pregnancy can be a sign of a more serious liver disorder.

- The remedies in this brochure are just a sampling of the ones used most often for pregnant women. For more information, visit www.NationalCenterForHomeopathy.org and search the “Articles” section for “pregnancy.”

***NOTE: Please be advised...** If your symptoms are severe or ongoing, or if you have any questions about them whatsoever, consult your doctor or midwife immediately. Some examples of severe symptoms during pregnancy that require immediate medical attention include but are not limited to: spotting or bleeding or leaking of fluid; severe nausea; abdominal cramping or pain; diarrhea; pain with urination; a decrease in the baby’s movements once it has started to move regularly; severe headache or backache; swelling of hands and feet.

professional. Those with serious or chronic illness should always seek the services of a well-trained health professional.



Labor

Many women fear that labor will be painful, but we now know that fear can actually contribute to labor pain. So prepare for your baby’s birth with childbirth education to better understand the process and with relaxation training (e.g., self-hypnosis) to reduce fear and lessen or eliminate discomfort.

If pain does become problematic during labor, homeopathy can work quickly and safely to relieve you. For example, if you experience extreme pain in the back during labor (“back labor”), certain homeopathic remedies (e.g., **Kali carbonicum**) can be very effective.

Homeopathy has a long history of helping the laboring woman in many other ways as well. For example, if exhaustion overwhelms you or if labor has stalled and is not progressing, a well-chosen homeopathic remedy can set you right and get your labor back on track. Of course, you will likely need an experienced homeopathic prescriber at your side during labor to help you select a remedy (some of the most frequently used remedies include **Caulophyllum**, **Cimicifuga**, **Arnica**, **Bellis perennis**, **Belladonna**, and **Kali carbonicum**). Visit www.NationalCenterForHomeopathy.org to find a directory of practitioners.

Healing After the Birth

Homeopathy works beautifully to speed healing and relieve pain after birth so that you can enjoy mothering your new baby.

Arnica: This is the number one remedy for the pain and “bruised all over” feeling that many women feel after birth. Take 1 to 2 pellets of *Arnica* 30c every 2 to 3 hours for the first day, and then take a dose 2 or 3 times a day for the next two or three days as needed. It will help to stop pain and bleeding and ease the effects of physical and mental shock.

Hypericum: This is an excellent remedy for relieving pain in areas

rich in nerve endings, such as the intense pain that may follow an episiotomy, a forceps or vacuum delivery, or an epidural or other IV injection. Shooting pains, and pain in the tailbone or perineum may also be relieved by this remedy.

Staphysagria: This remedy will relieve pain from deep surgical incisions after Cesarean sections or episiotomies. It will also help severe pain and sensitivity of the genital organs that

is worse after sitting. This mother may have feelings of anger, shame, or humiliation from the birth experience.

Bellis perennis: This remedy will help the mother who has deep aching pain and bruised soreness in the pelvis following a Cesarean section, forceps delivery, or similar trauma, especially if *Arnica* hasn’t helped.

Calendula: This remedy has a reputation for healing infected wounds (e.g., incisions). It can be taken orally in the 6c, 12c, or 30c strength, but it also works wonders in cream, gel, or diluted tincture form when applied directly to the inflamed area (e.g., perineum). *Calendula* gel or cream is also excellent for diaper rash and sore, cracking nipples—both as a healer and as a preventative.

Phytolacca: A woman needing this remedy may have painful, inflamed, or red breasts; lumps in the breast; or cracked nipples. When the baby nurses, pain radiates from your nipple all over your body. You feel exhausted with aching muscles or joints, as if you have the flu. This remedy is a rapid healer for certain kinds of mastitis.

Want to learn more?

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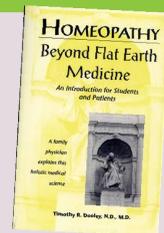
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Nancy Gahles, DC, CCH, RSHom(NA), has had a family practice for over 25 years in NYC and Belle Harbor, NY, where she specializes in homeopathy and chiropractic. She is past president of the National Center for Homeopathy. She also operates Health and Harmony Wellness Education, which offers consultations and symposia on Complementary and Alternative Medicine (CAM) and Integrative Medicine, and she serves as a CAM expert on the panel of Mothering Magazine.

M.J. Hanafin, RN, CNM, NP, DHom, a nurse-midwife for more than 40 years, has delivered more than 7000 babies from Nepal to New Mexico. She is Past-President of the Pacific Academy of Homeopathy and has taught at the Royal London Homeopathic Hospital. "Once I became proficient in homeopathy, I relaxed so much more at births because I had an additional tool. I've used homeopathy when conventional drugs were not helping and have achieved impressive results. I encourage all midwives, obstetricians, and expectant mothers to use it."

For more information, contact:



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