

# Pregnancy and Childbirth

## Who am I?

- I'm a Homeopathic Doctor , Reiki Master and Doula
- Co-owner of Riverdale Homeopathy and Community Wellness Centre
- I'm registered with the Ontario Homeopathic Association
- I'm also mom gorgeous toddler.

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## What is homeopathy?

Homeopathy is a system of medicine that is based on treating the individual with highly diluted substances, which trigger the body's natural system of healing. Based on your experience of your symptoms, a homeopath will match the most appropriate medicine to you. We have thousands of medicines available to us, and we do the best to match a medicine to your presenting state.

Physical, hormonal and emotional changes during pregnancy can lead to all sorts of problems such as nausea, mild urinary problems, diarrhea, heartburn, anemia, varicose veins, edema, back pain, thrush or emotional upsets.

Some women will choose to live with the discomfort of minor complaints such as morning sickness or heartburn, rather than seek treatment because they are concerned about the possible side effects of orthodox medicines on their unborn child, but Homeopathic medicine is safe for your growing baby

By stimulating your vitality in pregnancy, homeopathic treatment can benefit your baby and by staying as healthy as possible during pregnancy, you are giving your baby the ideal conditions in which to thrive.

# Morning Sickness

The most common of sxs attributed to changes in hormones.

Symptoms include nausea, occasional vomiting and tiredness. Usually these sxs last through the first trimester however it's possible to feel this way through the entire pregnancy. Often sxs are worse in the morning on an empty stomach. (eating crackers in the morning often helps)

Seek professional help if your vomiting is severe, for example if you are unable to keep food down and are losing weight or if it persists past your third month. The following remedies are the more commonly indicated:

## 1. Sepia:

The most commonly needed remedy for nausea in pregnancy. Has a theme of ambivalence – towards friends, family, and even the pregnancy itself (which can seem out of character for the mother)

In sepia nausea is worse in the mornings and from not eating. The smell of a favourite food will make them nauseous there is an empty, a sinking feeling in the stomach can be relieved by eating a cracker. The situation is can be so bad that even getting out of bed becomes difficult. The mom feels apathetic, exhausted and heavy.

## 2. Pulsatilla:

Nausea (with little vomiting), worse after eating and drinking, better in the fresh air and for company. You feel weepy, moody and like to be comforted.

## 3. Ipecac:

Severe and constant, nausea that nothing seems to relieve, not even vomiting. This remedy is especially useful in severe cases when the mother can't keep anything down and may require IV fluids. A keynote symptom is profuse salivation.

## 4. Tabaccum:

This remedy has 2 sx pictures:

Violent vomiting is a keynote sx for this remedy. Think of this remedy when nausea and vomiting are accompanied by an icy cold sweat or by paleness and chilliness.

Or there may be no vomiting present despite constant nausea. There is a faint sinking feeling in the pit of the stomach and the mother is aggravated by least motion.

## 5. Nux vomica:

This remedy suggests nervous overstimulation, emotional excitement, insomnia, coffee or nicotine abuse. Nux's nausea is relieved by vomiting. Sour belching, indigestion, heartburn and constipation are also common sxs. There may be ravenous hunger. The mother can feel stressed out and short tempered.

- Avoid long periods without eating. Carry crackers, and other foods with you.

- Avoid drinking on an empty stomach

## **Constipation in pregnancy**

Constipation is common in pregnancy as the hormones can slow the digestive processes down and there is increased pressure on the rectum. Adjusting your diet can often help mild constipation. Increase your intake of fluids (especially water), fruit and vegetables, go easy on wheat products (as the gluten can have a clogging effect) and avoid iron tablets, if you're dealing with anemia try Floradix or Ferrum Phos 6x Tissue Salt.

### **Sepia:**

Often thought of as a specific remedy for constipation in pregnancy (along with hemorrhoids and varicose veins) Symptoms include straining to pass a large, hard stool the stomach feels bloated and there is a sensation of a lump in the rectum that may remain even after passing a stool. All this improves with exercise.

### **Alumina:**

For the sedentary woman who struggles to expel even soft stool, though stool can be hard, knotty and scanty, preceded by painful urging and strain.

### **Bryonia:**

Large, hard, dry stools which are difficult to expel; often with a headache which is worse for the slightest movement.

### **Nux vomica:**

Women who need this remedy often need coffee in the morning to get the bowels moving. There is a frequent ineffectual urging to pass a stool but in spite of straining, passing only small amounts each time, followed by a feeling that the bowel movement is incomplete. There may be hemorrhoids that itch and bleed

### **Sulphur:**

Marked by frequent unsuccessful trips to the bathroom. Passing stool is painful and stools can be small hard and knotty. There is really foul gas as well. Internal and external hemorrhoids that itch. People who need this remedy are generally hot blooded, aggravated by warmth and sleep with their feet uncovered.

## **Hemorrhoids**

Increased blood volume and an expanding uterus strain the circulatory system, and put pressure on the rectum. This along with constipation is a recipe for hemorrhoids.

Hemorrhoids are varicose veins of the rectum.

### **Nux Vomica/ Sulphur Combination**

A combination of these 2 remedies often helps bring relief

Take a dose of Nux 30CH in the evening and a dose of Sulphur 30CH the following morning. 36 hours after taking the sulphur (the evening of the 3<sup>rd</sup> day) repeat the Nux in the evening

and the Sulph the following morning. Again wait and on the 3<sup>rd</sup> day repeat. In all 3 doses of each remedy will be taken over a period of 8 days.

### **Aesculus**

For painful (needle like pain) piles with little or no bleeding. There is also lower back pain and sciatica (particularly down the left leg)

### **Hammamelis**

Hemorrhoids are tender to the touch, feeling sore, bruised and achy. The anus feels raw and sore. There is copious bleeding. Hemorrhoids and varicose veins are aggravated by heat.

### **Calc Fluor 6x tissue salt**

I suggest using this remedy in a cream applied topically 3 times a day. It is known to help veins retain their elasticity. This is also great for avoiding stretch marks.

- Avoid sitting for long periods on the toilet. If you can raise your knees and place your feet on the toilet seat – this squatting position helps reduce the amount of work needed and hence time to push stool out.
- Keep hydrated and eat lots of fruits and vegetables. Prune juice has a sugar that has a laxative effect.
- Exercise helps keep the bowels active.

## **Urinary tract Infections**

Bladder infections are very common in pregnancy, and they can often be treated quickly with the right homeopathic remedy. The most common symptoms include a frequent and urgent need to urinate with scant urination and a burning sensation while urinating. Remember that increased pressure on the bladder can mimic a bladder infection by causing increased urging with a decrease in urine. It's also common to experience difficulty in retaining urine as muscles stretch and pressure on the bladder increases. Increased pressure on the bladder can also mean the baby has dropped into position for delivery.

### **Cantharis**

An important remedy for UTIs. Cantharis is marked by severe burning as urine passes. The woman is irritated and angry at the infection. Often used for hemorrhagic cystitis.

### **Staphysagria**

The classic remedy for “honeymoon cystitis”, the symptoms begin after increased sexual activity. The infection can also start from strong emotions being suppressed, or feelings of being invaded (especially from so many medical procedures and intimate check-ups)

## A Nourishing Tea Recipe:

The following tea is excellent to take throughout pregnancy. It helps prevent edema, encourages blood clotting (reducing chances for hemorrhaging), high in vitamin K, and vitamin C, tones the uterus, acts as a nerve tonic, and acts as an anti-inflammatory

1/8 oz	spearmint	or 1/4 part
1/8oz	red clover	or 1/4 part
1/4 oz	Rose hips	or 1/2 part
1/4 oz	Alfalfa	or 1/2 part
1/2 oz	oatstraw	or 1 part
1oz	nettle	or 2 parts
1oz	Red Raspberry Leaf	or 2 parts

## Recovery

There are a few remedies taken routinely after delivery to speed up recovery, reduce and limit post-partum bleeding, and and care for an injured perineum.

### Arnica:

One of the best known and most used remedies, Arnica is a great remedy for fatigue during the last stages of labour and for the prevention of bruising. A good time to take Arnica200C is at transition. Taken after birth it helps reduce inflammation, swelling, and bruising in both mom and baby. Arnica also helps reduce the possibility of post-partum hemorrhaging.

Arnica 200C up to 3 times a day as long as needed post partum. I never needed any painkillers or allopathic medicines post partum thanks to Arnica.

### Hypericum

This is a great remedy for pain from the tearing or cutting of the perineum. Hypericum 30C to 200C as needed. This remedy also helps to prevent infection and heels injury to the coccyx.

### Calendula

Mother tincture diluted in a bath will hasten healing and sooth the vagina and perineum.

### Bellis Perennis

Bellis is a good remedy for trauma to the pelvic organs, for sever tears or the perineum, and to help control hemorrhaging and reduce bleeding.

### Ferrum-Phos

Great as a 6X tissue Salt potency to help maintain adequate iron stores after bleeding. You can take this for anemia as well.

## Remedies for Labour

Because every labour is unique it takes a qualified professional to accurately prescribe appropriate remedies. Homeopathy can help when the process of labour gets stuck. Homeopathy can help resolve premature labour, induce labour in case of late onset. Such problems as a failure to dilate, dysfunctional contractions, retained placenta, hemorrhaging, and back labour. A well chosen remedy can have miraculous effects.

### Linor's Story:

Back labour – baby was posterior, and not putting even pressure on the cervix so she was failing to dilate. labour not progressing. She was told if things didn't change soon she would have to go to the hospital for an induction. Linor took a nap to rest and when she awoke she took a single dose kali carb (a great remedy indicated in owhen the baby is posterior – OP). Her labour rapidly progressed from that point and her baby boy was born. Thanks to the remedy Linor didn't need to go to the hospital. Her baby turned and came out facing the right way!

### Kali-phos

This is a great remedy for mental, physical and emotional exhaustion. During labour use a 30C post labour use a 6x tissue salt.

## Breastfeeding

Nursing provides a strong bond between mother and child, as strong as the umbilical cord. A mother's emotional state will affect her breast milk and her child.

Homeopathy is useful for increasing/ decreasing the milk supply, treating cracked nipples, treating thrush, mastitis, engorged breasts, and more. Again any problems that may occur are very individual to the mother child pair and require professional attention (a homeopath and a lactation consultant).

### Decreased Milk Flow

This is a very dangerous situation and you must watch out for dehydration. Make sure baby is going through at least 6 wet cloth diapers, and urine should be pale.

Homeopathy can help increase milk flow. A general combination remedy that you can try and can be ordered from Riverdale Homeopathics is the following:

Alfalfa Mother Tincture (MT)

Aveena Sativa MT

Ricinus Communis MT

Urtica Urens 3X

In a 60ml bottle  
20 drops 3 times daily for 5 days  
(as suggested by Janee Niebler in Homeopathy, A Manual for Mothers)

### **For Cracked Nipples:**

Calendula tincture compresses: Dilute Calendula tincture in warm water. Soak gauze pads and apply to nipples following each feed.

You can also add Calendula MT to pure lanolin and apply to nipples.

Be cautious! when using homeopathic remedies to treat cracked nipples as careful constitutional prescribing is required. With the wrong remedy the nipples may heal beautifully but mastitis may occur soon after.

## **How do I take a homeopathic remedy?**

As a general guide, take one dose of your selected remedy – 3 pellets under the tongue, three times daily for up to three days. Stop as and when you feel better or if you aggravate. Temporary aggravations are usually a sign that a remedy is working and that you'll feel better shortly. Repeating a remedy during an aggravation will worsen the aggravation.

Sometimes, for example, during or after labour, you may find that you want to take a remedy more often or you may want to take more than one remedy in a single day. This is fine, you can change your remedies according to your needs.

### **Where can I buy homeopathic remedies?**

Most health food stores carry a stock of frequently used remedies in limited potencies.

Riverdale Homeopathic Resources (416-778-0085) can supply almost any remedy available on the market. They source their remedies from around the world. They will also ship remedies.

### **Mother's basic homeopathic Kit:**

Arnica 200c	Hypericum 200C	Bellis Perenis 30C
Calendula MT	Caulophyllum 30C	Cimicifuga 30C
Sepia 30C	Pulsatilla 30C	Nux Vomica 30C

Birth Kits available at Riverdale Homeopathics

### **Books:**

Homeopathy For Pregnancy and Childbirth by Rosemary Tayler  
Homeopathy, A Manual for Mothers Janee Niebler