

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!