

## 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.