



"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.

