

## 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 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*



"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.