

- If you have no improvement whatsoever after one to three doses—or if the remedy was helping you at first but now the doses seem to be having no effect—stop taking that remedy. Choose a different one—or better yet, consult a homeopathic professional.

- Always check with your doctor to make sure your symptoms are not serious, especially if they are persistent. Some seemingly innocuous symptoms can indicate a significant problem; for example, itching in late pregnancy can be a sign of a more serious liver disorder.

- The remedies in this brochure are just a sampling of the ones used most often for pregnant women. For more information, visit www.NationalCenterForHomeopathy.org and search the "Articles" section for "pregnancy."

professional. Those with serious or chronic illness should always seek the services of a well-trained health professional.



Labor

Many women fear that labor will be painful, but we now know that fear can actually contribute to labor pain. So prepare for your baby's birth with childbirth education to better understand the process and with relaxation training (e.g., self-hypnosis) to reduce fear and lessen or eliminate discomfort.

If pain does become problematic during labor, homeopathy can work quickly and safely to relieve you. For example, if you experience extreme pain in the back during labor ("back labor"), certain homeopathic remedies (e.g., **Kali carbonicum**) can be very effective.

Homeopathy has a long history of helping the laboring woman in many other ways as well. For example, if exhaustion overwhelms you or if labor has stalled and is not progressing, a well-chosen homeopathic remedy can set you right and get your labor back on track. Of course, you will likely need an experienced homeopathic prescriber at your side during labor to help you select a remedy (some of the most frequently used remedies include **Caulophyllum**, **Cimicifuga**, **Arnica**, **Bellis perennis**, **Belladonna**, and **Kali carbonicum**). Visit www.NationalCenterForHomeopathy.org to find a directory of practitioners.

Healing After the Birth

Homeopathy works beautifully to speed healing and relieve pain after birth so that you can enjoy mothering your new baby.

Arnica: This is the number one remedy for the pain and "bruised all over" feeling that many women feel after birth. Take 1 to 2 pellets of **Arnica** 30c every 2 to 3 hours for the first day, and then take a dose 2 or 3 times a day for the next two or three days as needed. It will help to stop pain and bleeding and ease the effects of physical and mental shock.

Hypericum: This is an excellent remedy for relieving pain in areas

rich in nerve endings, such as the intense pain that may follow an episiotomy, a forceps or vacuum delivery, or an epidural or other IV injection. Shooting pains, and pain in the tailbone or perineum may also be relieved by this remedy.

Staphysagria: This remedy will relieve pain from deep surgical incisions after Cesarean sections or episiotomies. It will also help severe pain and sensitivity of the genital organs that

is worse after sitting. This mother may have feelings of anger, shame, or humiliation from the birth experience.

Bellis perennis: This remedy will help the mother who has deep aching pain and bruised soreness in the pelvis following a Cesarean section, forceps delivery, or similar trauma, especially if **Arnica** hasn't helped.

Calendula: This remedy has a reputation for healing infected wounds (e.g., incisions). It can be taken orally in the 6c, 12c, or 30c strength, but it also works wonders in cream, gel, or diluted tincture form when applied directly to the inflamed area (e.g., perineum). **Calendula** gel or cream is also excellent for diaper rash and sore, cracking nipples—both as a healer and as a preventative.

Phytolacca: A woman needing this remedy may have painful, inflamed, or red breasts; lumps in the breast; or cracked nipples. When the baby nurses, pain radiates from your nipple all over your body. You feel exhausted with aching muscles or joints, as if you have the flu. This remedy is a rapid healer for certain kinds of mastitis.

***NOTE: Please be advised...** If your symptoms are severe or ongoing, or if you have any questions about them whatsoever, consult your doctor or midwife immediately. Some examples of severe symptoms during pregnancy that require immediate medical attention include but are not limited to: spotting or bleeding or leaking of fluid; severe nausea; abdominal cramping or pain; diarrhea; pain with urination; a decrease in the baby's movements once it has started to move regularly; severe headache or backache; swelling of hands and feet.