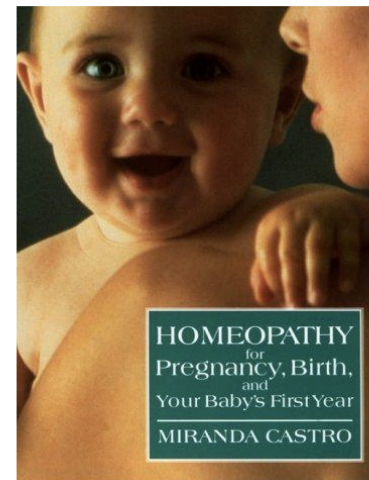


A Little Magic A Lot of Love

Using homeopathy & homeopathic
thinking to enhance health and well-
being during pregnancy



What you will learn ...

- ▶ What it means to think homeopathically, especially during pregnancy.
- ▶ How to prioritize around your health care needs.
- ▶ A few common complaints of pregnancy and some homeopathic solutions with guidelines for taking homeopathic remedies safely.
- ▶ How (and whether) to use Caulophyllum in pregnancy.
- ▶ How to use the Cell Salt Program in pregnancy.



A Lot of Love

- ▶ Babies can grow without love but not very well.
- ▶ The more love they get the better.
- ▶ They are masters of survival but all kinds of stressors—including emotional and physical stresses—will affect them and their general health and vitality.
- ▶ Going with the flow is never more true for any other time.



What is homeopathic thinking?

- ▶ Softly softly. Less is more (except for love & exercise!)
- ▶ Take as much of the whole picture into account as possible, when doing or thinking about anything.
- ▶ Reduce stressors:
 - Environmental, medical, physical, emotional etc.
- ▶ Get your basic needs met.
- ▶ Be proactive. Get informed. Become an active participant in your own health care.
- ▶ Scope out the territory if it's new to you ... preferably with a knowledgeable guide.

Common Stressors

- ▶ Trouble shoot like maniacs around any stressors so they don't affect your health:
 - Job
 - Money
 - Moving house
 - Relatives (including blended families)
 - Health
 - Sex
 - The Future/The Unknown
 - Advice from Tom, Dick and Harriet



Your Basic Needs: Food

- ▶ Eat more than enough of the right foods.
- ▶ Don't put on a crazy amount of weight.
- ▶ Eat balanced, fresh, from a wide range.
- ▶ Keep the sugars/refined foods down to a dull roar.
- ▶ No caffeine/alcohol.
- ▶ Cut out additives.
- ▶ Eat organic (esp. dairy/meat)
- ▶ Keep your blood sugars stable.
- ▶ Trouble-shoot over-eating.



Your Basic Needs: Exercise

- ▶ JUST DO IT
- ▶ Birth is a marathon whichever way you look at it.
- ▶ The fitter you are the better.
- ▶ Your body will heal quicker and easier after the birth if you are fitter.
- ▶ Do it EVERY DAY
- ▶ Do exercises that you enjoy that build
 - Strength
 - Endurance
 - Flexibility





Your Basic Needs: Rest & Sleep

- ▶ Get enough of both rest and sleep.
- ▶ Enough to feel rested.
- ▶ Some women sleep through their first trimester.
- ▶ Take naps if you are able to and you need them.



Supplements

- ▶ Less is more. Supplements are chemicals.
- ▶ No mega doses. <http://mayoclinic.com/health/3JxV>
- ▶ Don't take anything because your friend did and it helped her or because you read about it on the internet: <http://bit.ly/NJ2vD0>
- ▶ Take supplements that are as close to food that you can find i.e. concentrated foods rather than laboratory manufactured chemicals.
- ▶ E.g. Floradix, Nature's Plus and others.
- ▶ Health Ranger recommends: <http://bit.ly/QuACMi>

Herbs

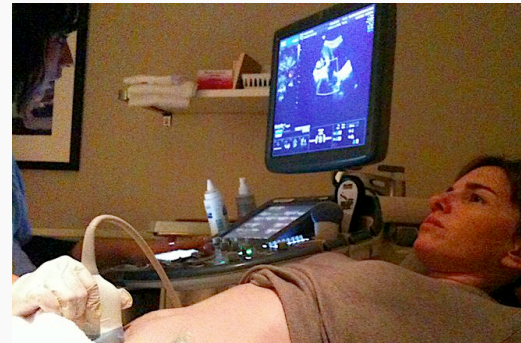
- ▶ Herbs are medicines. Some herbs are more medicinal than others.
- ▶ Don't take medicinal herbs during pregnancy without professional advice.
- ▶ Take just what you need and no more. Stop on improvement and repeat as needed.
- ▶ Don't take anything because your friend did and it helped her or because you read about it on the internet.
- ▶ American Pregnancy Association recommends: <http://bit.ly/PKuKPP>

Tests & Treatments in General

- ▶ Pregnant women—especially first timers—are vulnerable because they want to do the best for their babies and tend to agree to tests and treatments they might otherwise question.
- ▶ In pregnancy a little hesitation goes a long way.
- ▶ Blood and urine tests etc.
 - Learn what's normal for pregnant women.
 - Check out alternatives.
- ▶ Dental treatments: complete before pregnancy.
 - Avoid x-rays and fluoride treatments.

▶ Ultrasounds

- Homeopath Lauren Feder: <http://bit.ly/Pok0rE>
- Research highlighting dangers: <http://bit.ly/UnWZs9>



Flu Shots

- ▶ The CDC are recommending (inactivated) flu shots pregnant women. It is important to read their literature carefully and to weigh up the risks:
 - Safety in pregnancy <http://1.usa.gov/QKv8xc>
 - Effectiveness: <http://1.usa.gov/RJ9Ww7>
- ▶ Dr Mercola has a lot to say <http://bit.ly/UApwJn>
- ▶ Lauren Feder advises caution <http://bit.ly/OigZLz>
- ▶ Learn how homeopathy can help with the flu: <http://nationalcenterforhomeopathy.org/articles-flu>

Plan ahead. There is life after birth.

- ▶ A new little person brings magic and love into your family and changes the shape of it forever.
- ▶ I urge you to take some homeopathic thinking into that new life.
- ▶ Be proactive and question everything.
- ▶ Choose health care providers who are willing to collaborate with you.
- ▶ Continue to get your basic needs met and teach them to your children. By example. Teach them how to recognize and manage stress. By example!

GOAL OF HOMEOPATHY

- ▶ To stimulate the body to heal itself.
- ▶ To engender a sense of well-being.
- ▶ To increase health and vitality.



Is it safe in pregnancy?

- ▶ Homeopathy is safe as long as you use common sense and follow some basic guidelines.
 - One remedy at a time (or 2 cell salts).
 - Stop on improvement & repeat only if needed.
 - Don't keep taking if it isn't helping.
 - Stop if you experience an aggravation.
 - Treat yourself only for minor, acute symptoms.
 - Don't treat recurring or chronic complaints – always get expert help for these.

Which potency and how to take?

- ▶ Use low potencies—6X, 6C, 12X, 12C, 30X, or 30C—as these are nice and gentle and therefore safe for you and your baby.
- ▶ Take the remedy for a short period of time and monitor the results carefully. The right remedy will work fairly quickly in an acute situation
 - 6X: take 3 to 4 times a day for up to a week
 - 6C or 12X: take 2 to 3 times daily for up to 5 days
 - 12C, 30X, or 30C: take once or twice daily for up to 3 days i.e. no more than 6 doses.

Monitor the effects carefully

- ▶ If a remedy definitely helps, you can repeat it if your symptoms return—as long as it continues to help.
- ▶ Stop and start as needed using your symptoms as a guide for repeating it.
- ▶ If your symptoms keep returning then the homeopathic remedy is only working superficially and you need to seek professional advice.

Check with your doctor ...

- ▶ Always check in with your doctor to make sure your symptoms are not serious, especially if they are persistent.
 - Some seemingly innocuous symptoms can be indications of a more serious condition. For example, itching in late pregnancy can be a sign of a serious liver disorder (obstetric cholestasis), which can lead to premature labor and an increased risk of hemorrhage after delivery.

Aches & pains

- ▶ Back pain—especially lower back aches.
- ▶ Feet pain—especially after standing on them.
- ▶ Abdominal pain—active babies, ligaments stretching.
- ▶ Carpel tunnel pain—from swelling of tissues.
- ▶ Joint pains—from hormonal activity and extra weight.

Make friends with Arnica, Bellis & Rhus

- ▶ Arnica
 - Sore, bruised achy pains that are worse for touch
- ▶ Bellis perennis
 - Pains in stretched ligaments – usually the abdomen or groin or pains not helped by Arnica
- ▶ Safe & Sound in Pregnancy (see handout)
- ▶ Rhus toxicodendron
 - Stiffness and achy joints are worse first movement and better for heat and continued movement.



Morning sickness

- ▶ Ipecac
 - Constant/deathly – relieved by nothing.
 - With salivation. Clean tongue
- ▶ Nux vomica
 - Constant – with salivation, retching (can't vomit)
 - Worse after eating. Better for vomiting.
- ▶ Sepia
 - Intermittent. Gnawing/empty feeling in stomach.
 - Better after eating (temporarily).
 - <http://mirandacastro.com/main/webinars.html>



Heartburn

- ▶ Arsenicum
 - Burning pains better for heat (drinks)
- ▶ Carbo vegetabilis
 - Tremendous bloating, gas and belching
- ▶ Mercurius solubilis (vividus)
 - With belching and hiccups, worse at night
- ▶ Natrum phosphoricum
 - Tremendous acidity – with yellow tongue.

Constipation

- ▶ Lycopodium
 - Tremendous gas/bloating. Feels full up quickly.
 - Anxious and irritable.
- ▶ Nux vomica
 - With hard stool and frequent, ineffectual urging.
 - Tremendously irritable (physical/emotional).
- ▶ Sepia
 - Sheep dung, or large stool or strains with soft stool
 - Lump sensation after stool.
 - Depressed (apathetic) and snappy.

Cramps

- ▶ Calcareo carbonica
 - In calves, feet or toes on stretching leg in bed (sleep) at night.
 - Generally tired and breathless
 - May have gained too much weight
- ▶ Magnesium phosphoricum
 - Better heat and pressure. Worse cold.

Water retention

- ▶ Natrum sulphuricum
 - Swollen legs/ankles with no other symptoms
- ▶ Natrum muriaticum
 - Swollen legs/ankles in women who are craving (and eating) too much salt/salty foods.

Caulophyllum: when not to take

- ▶ Do not take routinely
- ▶ Do not take in the last weeks or months of pregnancy unless prescribed by a professional homeopath (other health care professionals including doctors and chiropractors may enthusiastically embrace homeopathy and make misguided recommendations)
- ▶ Do not take unless indicated

Caulophyllum: when to take

- ▶ Annoying Braxton Hicks contractions.
- ▶ If induction is threatened because you are late for dates take as follows:
 - One dose every 4 hours for up to two days. If it doesn't work, either you or your baby aren't ready to be born or the dates are wrong.
- ▶ If early labor is slow, contractions are short, ineffective or stop, before they become very painful. With exhaustion and trembling.
 - One dose every 1-4 hours for up to 6 doses.

The Biochemic Cell (Tissue) Salts

- ▶ This range of 12 remedies are thought of as the supplements of the homeopathic medicine chest.
- ▶ They basically correct imbalances at a cellular level.
- ▶ They can be used as tonics and taken routinely.
- ▶ No peer reviewed scientific clinical trials have been conducted on cell salts (including outcomes studies), and they are less well known than some other complementary modalities.
- ▶ Schuessler (the founder of this range) did not consider the trace elements, equally essential to proper cell function, and that this is why the 12 cell salts alone are limited – in terms of the complaints they can help.

Biochemic	Homeopathic
Law of Deficiency	Law of Similars
Medicines derived from the mineral kingdom	Medicines derived from all kingdoms
12 remedies total	Over 3000 and growing
Decimal scale only: X	All scales: X, C, LM etc.
Combinations are OK	Single remedy
Repetitions are OK	Single Dose or Short Course

The 12 Cell Salts in a Nutshell

Calc fluor	BONES/BONEY growths. ELASTICITY of tissues.
Calc phos	NUTRITION (gen). Strength/health BONES/TEETH.
Calc sulph	SUPPURATION. Thick/yellow/lumpy/bloody stuff.
Ferr phos	INFLAMMATION. Strength/health of BLOOD. Red.
Kali mur	MUCUS membranes. White stuff. Blood clotting.
Kali phos	NERVES (tonic).
Kali sulph	Skin. Thick/yellow (yellow-green) stuff.
Mag phos	MUSCLES/NERVES (pain/cramps/spasms).
Nat mur	WATER balancer (hydrates). Albuminous stuff.
Nat phos	ACIDITY
Nat sulph	Liver. Water regulation (drains). Green Stuff.
Silica	Eliminates/Ejects. NUTRITION. Strengthens e/thing.

Cell Salt Program for Pregnancy

- ▶ During pregnancy, the baby requires certain salts that it will get if it has to at the expense of the mother's needs i.e. if she is low the baby will deplete her to get its needs met.
- ▶ This program will help to replenish any mineral salt deficiencies in the mother so that her health does not suffer during the pregnancy as well as after the birth.
- ▶ The cell salts are completely safe to use during pregnancy.
- ▶ The only proviso is this: if a significant improvement in symptoms or in general health is noticed at any time the remedies should be stopped and only repeated as needed.

Salts in the Program

- ▶ Calc fluor – for bone development and elasticity of connective tissue, helping to prevent stretch marks, circulatory problems and varicose veins.
- ▶ Calc phos – for the structure of the bones and to help with iron absorption.
- ▶ Mag phos – for nerve and muscle development, therefore reducing the chance of heartburn and cramps.
- ▶ Ferrum phos – for blood oxygenation, hence reducing the tendency to anemia.

Salts in the Program – cont.

- ▶ Kali mur – looks after the health of all the mucus membranes.
- ▶ Kali phos – for nerves and brain, especially if there is stress or strain.
- ▶ Nat mur – controls fluid balance, helping to prevent swollen extremities and high blood pressure, as well as supporting nerves and muscles, and the heart.
- ▶ Silica – for building strong teeth, bones and hair and general strength.

Salts not in the Program

- ▶ If acidity/heartburn develops at any time take the following for one week:
 - Nat phos: morning and afternoon
 - Nat sulph: mid-day and bedtime
- ▶ If morning sickness predominates
 - Calc sulph – not so strongly indicated in pregnancy (pus/suppurations)
 - Kali sulph – not so strongly indicated in pregnancy (health of skin/inflammation)

Directions

- ▶ Begin the program in the 3rd month i.e. once the pregnancy is well established.
- ▶ Take 2-4 tablets of the relevant salt
 - Either dry—dissolved under the tongue.
 - Or mixed with a little water first.
- ▶ Use the lid to tip out the tablets and don't put any back in the bottle that have been touched or fallen out.
- ▶ You can be creative with the program ...

- ▶ Week 1: Structure (hair, teeth, nails & bones)
 - Calc fluor: morning and afternoon
 - Silica: mid-day and bedtime
- ▶ Week 2: Nerves
 - Kali phos: morning and afternoon
 - Mag phos: mid-day and bedtime
- ▶ Week 3: Blood and bones
 - Ferr phos: morning and afternoon
 - Calc phos: mid-day and bedtime
- ▶ Week 4: Mucus membranes and fluid balance
 - Kali mur: morning and afternoon
 - Nat mur: mid-day and bedtime

Cell Salts General Guidelines

- ▶ Cell salts are typically in the 6X potency (strength).
- ▶ They can be taken dry, on or under the tongue.
- ▶ Use the lid to tip out the tablet, tipping it straight into the mouth of the person taking it (without their lips or tongue touching the lid) or into their hand so they can put it in their own mouths! You can touch your own remedy.
- ▶ Never tip back any that have been touched or fallen out.
- ▶ One dose = 1-4 tablets for adults and 1-2 tablets for children.

CAUTIONS

- ▶ Do not self prescribe for chronic complaints.
- ▶ It is always advisable to seek professional advice for long-standing complaints.
- ▶ Check with your homeopath before self-prescribing. Remedies have relationships with one another, and it is a shame to take a tissue salt that inadvertently counteracts the effects of a constitutional remedy that has worked well. Let your homeopath know if you are planning on taking the cell salt pregnancy program.

Stop if you feel worse

- ▶ Stop if you experience any worsening of any symptoms.
- ▶ If you are sensitive to a particular cell salt, it can aggravate a symptom or you may get symptoms you didn't have before (an unintentional proving). This is rare with cell salts but it does happen from time to time.
- ▶ Stop the program – if what you are experiencing has been caused by them then the symptoms will dissipate. If that remedy is a good one for you then you will experience an improvement in your general health and vitality.

Purchasing Cell Salts

- ▶ You can purchase the Cell Salts from most wholefood or vitamin stores, or online from companies like Vitacost or iHerb.
- ▶ I have a convenient travel kit available at my shop for sale as well as a set of DVDs all about how to use the cell salts at home that are packed with information and fun!
<http://www.mirandacastro.com/shop>



Additional Handouts & Books

- ▶ My Additional Handouts: <http://cl.ly/242W0A3M2x0R>
 - Notes on the Cell Salts Program for pregnancy
 - My article on homeopathy in pregnancy
 - The NCH's beautiful brochure
- ▶ Mary Aspinwall's free guide to homeopathy and pregnancy: <http://bit.ly/Uo0H0g>
- ▶ Minimum Prices books, tapes and journals on homeopathy and pregnancy – and childbirth: <http://bit.ly/UAyuX3>



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