

natural pregnancy support remedies

Cell salts are your natural pregnancy mineral magic.

These gentle remedies help your body absorb and balance minerals, just when you need it most. As your baby grows, they draw minerals from you, which can leave you depleted. Enter cell salts!

This natural remedy kit aligns with each stage of your baby's development, supporting both of you throughout pregnancy.

After birth, the full blend of 12 cell salts helps replenish you, support breastfeeding, and keep you steady as you care for your newborn.

You will also receive Golden Spiral, a beautifully supportive remedy for the sacred transition of pregnancy and birth - an incredible ally for Mama & Baby.

| MONTH | CELL SALTS |
|---------|--|
| 2 & 6 | CALC FLUOR/ MAG PHOS/ FERRUM PHOS/ KALI PHOS |
| 3 & 7 | CALC FLUOR/ MAG PHOS/ NAT MUR/ KALI PHOS |
| 4 & 8 | CALC FLUOR/ NAT MUR/ SILICA/ KALI PHOS |
| 5 & 9 | CALC FLUOR/ FERRUM PHOS/ SILICA/ KALI PHOS |
| MONTHLY | GOLDEN SPIRAL 30C |

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| CALC FLUOR | <ul style="list-style-type: none">• bone development• maintaining elasticity of connective tissues• SPD from loosened ligaments• prevents stretch marks! |
| FERRUM PHOS | <ul style="list-style-type: none">• oxygenates & helps transportation of blood• prevents anaemia and inflammation• helps with iron levels• stops colds at the first stage |
| MAG PHOS | <ul style="list-style-type: none">• supports nerve development• prevents heartburn• eases cramping |
| NAT MUR | <ul style="list-style-type: none">• controls fluid and salt balance• prevents swollen ankles• aids hydration |
| SILICA | <ul style="list-style-type: none">• strengthens the hair, teeth and bones• prevents hormonal hair loss post birth• use before a big event to make your hair and nails look good! |
| KALI PHOS | <ul style="list-style-type: none">• bonus cell salt• fatigue and nerve strain• during labour for increasing energy and reducing anxiety |

TWELVE CELL SALTS BLEND

A combination of all twelve cell salts, ready to support you from the moment your baby is born. This potent blend helps keep you stay mineralised and nourished throughout your fourth trimester.

GOLDEN SPIRAL

A beautiful remedy that embodies the blueprint of life. It carries themes of alignment and flow, expansion, purpose, peace, calm, acceptance & trust, strength & resilience, connection, transition, freedom from restriction, and even cellular repair. The perfect companion for pregnancy.