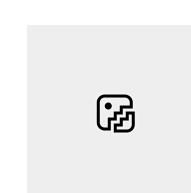


NATURAL REMEDIES FOR PREGNANCY



THE WILD HOMEOPATH



Congratulations on your pregnancy! Whether it is your first baby or not, this is an exciting time in life for everyone.

Some of you will go through pregnancy with ease but more commonly, you will experience a whole host of symptoms that can be difficult to handle during the nine months (or so).

The first trimester is often the most challenging. Nausea and exhaustion are extremely common. Managing this without letting on that you are pregnant, whilst having to carry on with everyday life, can add to the exhaustion.

Growing a baby is a delicate time for you and your body and often using conventional drugs doesn't come without side effects. Many of you want to try natural remedies that are safe and effective without causing harm to yourself or their baby.

Homeopathy is a holistic form of medicine, which is used by over 450 million people worldwide. It is individualised and therefore based on the symptoms that YOU present so no two people will necessarily need the same remedy for the same condition. In this way it's truly a form of bespoke medicine. I have used homeopathy during my own pregnancies and births, as well as prescribing for my clients.

It is safe, effective, non-toxic and sustainable making it a perfect choice during pregnancy and throughout life.

This guide offers natural and homeopathic remedies that can be used to manage your symptoms during pregnancy, so you can be assured that you are doing what's best for you and your new baby.

Enjoy!

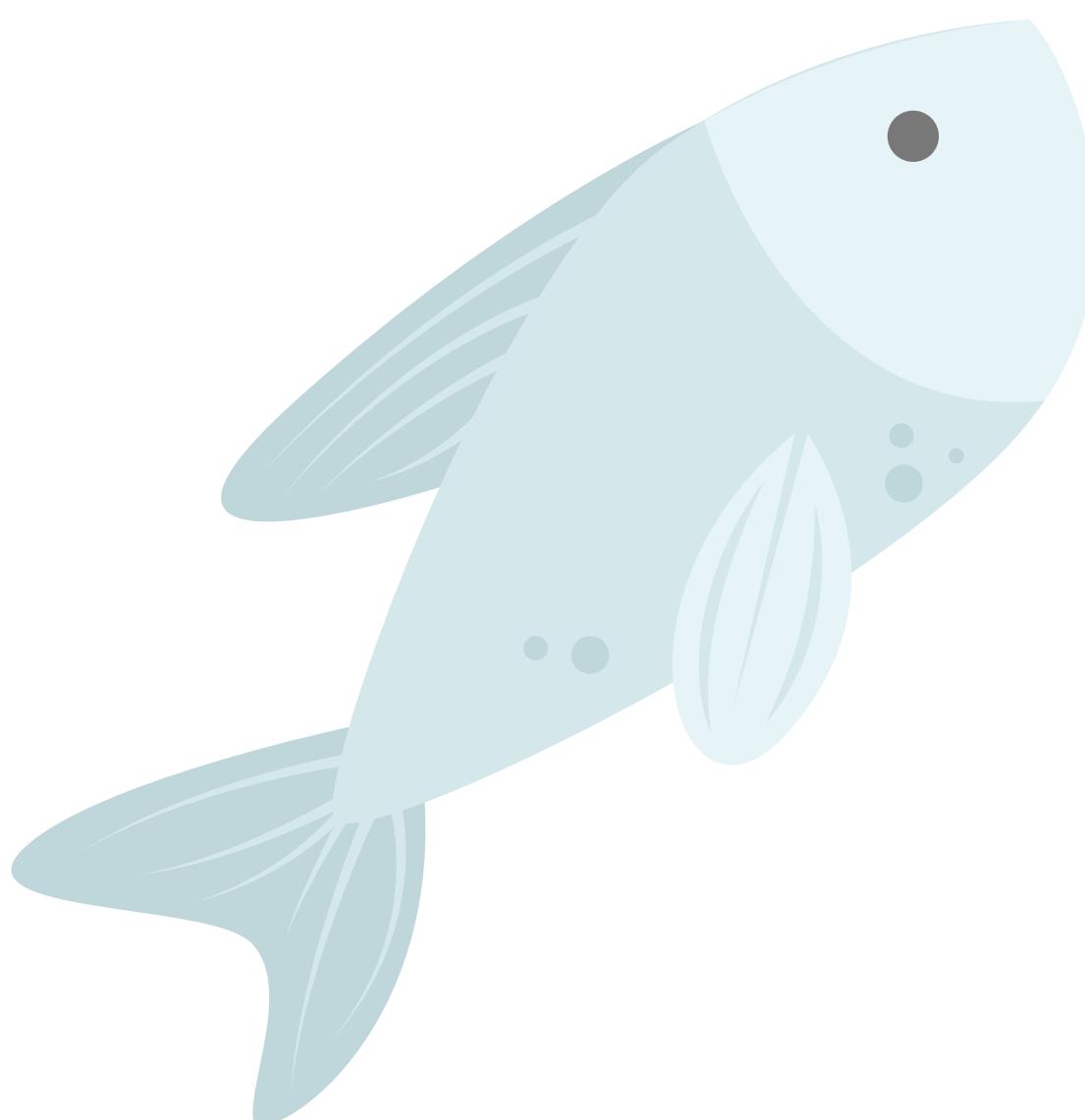
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1. COMMON QUESTIONS

Some common lifestyle questions about pregnancy have been answered below. As we are all individuals, some questions about pregnancy may be more important to some people than others. Therefore, they have been addressed in no particular order of importance.



Do I eat for two during pregnancy?
It's a myth that you need to eat for two – just think of the comparative size of your baby! There is no need to double your calorie intake when pregnant (see *Preeclampsia* section). In fact, it could cause you issues throughout the pregnancy and during birth. Our bodies are amazing and super intelligent. When you become pregnant, the body provides for the baby as long as you are well nourished. Eat a balanced diet including lots of fresh fruit and veg, protein, good fat, wholemeal grains and limited sugar.

CAN I EAT SEAFOOD?

The issue with seafood in pregnancy has to do with mercury. Mercury is present in our waters and accumulates in fish over time where it turns into a harmful neurotoxin called methyl mercury. Methyl mercury can be harmful and dangerous for babies in the womb.

Fish is also extremely healthy as it contains proteins, omega 3 fatty acids and iodine, selenium and zinc. So rather than cut out seafood from your diet, it may be more sensible to limit how much you eat to three servings per week. Wild fish is better, as it is free from antibiotics and hormones. The fish with lowest mercury content include: wild salmon, trout, sardines and wild mackerel.

The other consideration is food poisoning that causes dehydration and malnutrition. It is best to take a common-sense approach. If you do get food poisoning, there are some great remedies that can help in the *Morning Sickness and Nausea* section.

Should I take pre natal vitamins?

As the body is so efficient at providing for the baby, it is often the mother that is depleted of nutrients. That's why it may be a good idea to take prenatal vitamins. However, not all vitamins are made the same. The highest quality vitamins are those that are made from natural sources rather than synthesised vitamins. Brands such as Cytoplan and Terranova are recommended. You can also follow my *Tissue Salt Programme* detailed in Section 19.



1. COMMON QUESTIONS

CAN I DYE MY HAIR?

There are no studies that confirm colouring your hair is dangerous in pregnancy, but commercial hair dyes contain multiple toxic chemicals, many of which can be carcinogenic. It may be best to leave off the hair dye altogether but if this is not an option for you, then there are some non toxic options available to buy.

It is not so well known that skincare products can also contain multiple noxious ingredients so it may be a good time to change your skin care routine. There are many chemical free brands but do check the ingredients, rather than trust labels such as 'organic', 'pure' and 'natural' as this can be misleading. I am a big fan of Weleda products as they have been created to support, nurture and work in harmony with your skin. All the products are therapeutic which means they work to treat or maintain your health and wellbeing. Weleda have also developed some award winning baby products that are safe and gentle for your baby.

CAN I FLY?

It is safe to fly while you are pregnant. However, most airlines will not let you fly after the 36th week of pregnancy because if you do go into labour, they are worried you will be away from your midwives and healthcare practitioners. Make sure you check the airline policy before booking the flights!

If you are on long haul flights, do make sure you try and move around as much as possible to prevent DVT.

CAN I DRINK COFFEE?

Coffee is both a stimulant (increases your heart rate), and a diuretic (dehydrating). It may be best to avoid coffee altogether especially in the first trimester where there is a higher chance of miscarriage. If this is not possible, try as much as you can to limit your intake and increase water consumption.

There are some decaf options available at most coffee shops and supermarkets but do check the method by which the coffee has been decaffeinated. Some brands use heavy chemicals in the process, which are not beneficial. The carbon method and the water method of decaffeination are both gentle and preferable. Information about the decaffeination process can easily be found on the websites for most coffee brands.



1. COMMON QUESTIONS

CAN I DRINK ALCOHOL?

The safest option is to avoid alcohol altogether as there is no amount of alcohol that has been proved to be safe for consumption.

In saying this having one drink at a celebration isn't going to be a game changer. Continued, high levels of alcohol consumptions will lead to complications such as Fetal Alcohol Syndrome which can cause neurological impairments, growth deficiencies and birth defects.



CAN I HAVE SEX?

There is no evidence that sex will harm the health of your baby. You may be advised against sex if:

- You have placenta previa – this is when your placenta is partially or wholly blocking the neck of the uterus meaning that a vaginal birth will not be possible.
- You have cervical weakness. This is when the cervix dilates before the baby is ready to be born.

The following are MYTHS about sex during pregnancy:

- Sex can cause miscarriage – just no. Miscarriage is caused by hormonal imbalances, lifestyle factors and chromosomal abnormalities.

You may experience some light spotting or bleeding after sex, always contact your midwife if this occurs, as it may be a symptom of a bigger problem.

- Sex can shake the baby loose – your baby is suspended in a sac containing amniotic fluid, which is surrounded by the walls of the uterus. There is then a thick mucus plug, which protects the baby from bacteria, pathogens and even semen. In any case, the penis will not penetrate the cervix so can't reach the baby or interfere with its development.
- Sex can cause premature labour - semen contains prostaglandin, which is responsible for ripening the cervix, so it is a great natural way to induce labour. However, it will not dilate the cervix and an orgasm is in no way strong enough to cause the birth of your baby.

Keep at it mamas, but only if you feel like it!

1. COMMON QUESTIONS

CAN I EXERCISE?

Exercise is recommended in pregnancy as it has many benefits including:

- Reducing backaches, constipation, bloating, and swelling
- Helping to prevent or treat gestational diabetes
- Increasing energy
- Improving mood
- Improving posture
- Promoting muscle tone, strength, and endurance

- Aiding better sleep
- Helping you to cope with labour better

This does not mean that you need to join a gym on becoming pregnant. If you are already fit and active, the only thing stopping you from continuing in your first trimester may be nausea and exhaustion.

If you haven't been that active, swimming, walking and yoga are great forms of exercise to engage in.

ARE THERE DANGERS OF GETTING PREGNANT OVER 35?

NO. There is so much fear mongering in the media regarding getting pregnant over the age of 35. It is not as simple as the papers often make out. There are increased age associated risks but these are more likely to be associated with lifestyle factors over your actual age. It is sensible to look at the evidence to make informed choices. It is important to clarify that your age is not a significant factor in increased risks of stillbirth and is in no way a reason to get an induction.

A recent study showed that much of the research:

"...documenting these negative child outcomes, however, neglects the potential benefits of being born at a later date. For many important outcomes such as health and educational attainment, secular trends across the OECD countries are positive, so being born into a later birth cohort would appear to be beneficial."

"In absolute terms, offspring who are born to an older mother in contemporary Sweden and survive to adulthood do better than their older siblings who were born when their mother was at her peak level of reproductive health." (Barclay and Myrskylä 2016: 89)

Although the data was Swedish, the authors argue that the effects "are likely to extend to other countries where health has been improving and educational access has been expanding, such as the United States and much of Europe".

You can read the full study [here](#).



1. COMMON QUESTIONS

In any case, you should not be pressured into trying to conceive before this age. The concept of the ticking clock is misogynistic and generates anxiety and stress - this is not helpful for conception.

Lifestyle factors play a huge part in the overall health of mother and baby. So, eat right, exercise and limit vices.

I had my first baby at 36, and although he was an IVF conception, the chances of us conceiving were 31.5%. We were told by every single medical professional involved in the process, that we were extremely lucky to have been successful the first time around. I prepared well for the process by changing my diet, taking yoga classes, reducing work related stress, removing toxins and toxic products from my life and stopping alcohol. My two subsequent pregnancies at 39 and 41 were entirely natural and complication free. I took homeopathic remedies before conception, during my pregnancies and labour and in the fourth trimester (post-natal) for healing.

Although this is anecdotal, many of us have been through the same experience, so getting yourself in the optimum state will increase your chances of having a successful, complication free and joyful pregnancy.

2. STRESS & ANXIETY

Stress and anxiety are often not explored as being important to manage during pregnancy but they are vital for a happy pregnancy and positive birthing experience.

We live in a fast paced society and as many of us work full time, stress can become a normal part of our lives. The HSE estimates that one in four people suffer with their mental health – anxiety and depression are the most common health problems.



So what this mean for a pregnancy? Firstly, it's important to understand that stress is normal. In acute circumstances, stress helps us to handle emergencies. The problem occurs when stress becomes a chronic state.

With chronic stress, your adrenal glands continue to produce a hormone called cortisol. Cortisol shares a hormonal pathway with progesterone. Increased cortisol levels in pregnancy have been linked to fatigue, and you will therefore experience exhaustion in pregnancy. If you already have children, this problem can be further compounded.



Women face many pressures during life and being pregnant can also be a pressurised situation. There are often negative depictions of labour and birth in society and it's very common to hear birth stories involving trauma. Often due to a lack of evidence based information, parents decision making about birth is driven by fear. This impacts the labour and birth, and contributes to traumatic birth scenarios.

Whilst you are pregnant, it is vital to educate yourself about birth. There are some wonderful resources detailed in the Birth Preparation Section, to help you to prepare well for birth, and to reduce the risk of birth trauma.

Stress and anxiety about birth are not necessary. Women are built to birth children and we have been doing so since the dawn of time. Get educated and trust your body. It is a big factor in reducing anxiety during pregnancy and it can make the birth of your baby an extremely empowering and positive experience.

2. STRESS & ANXIETY

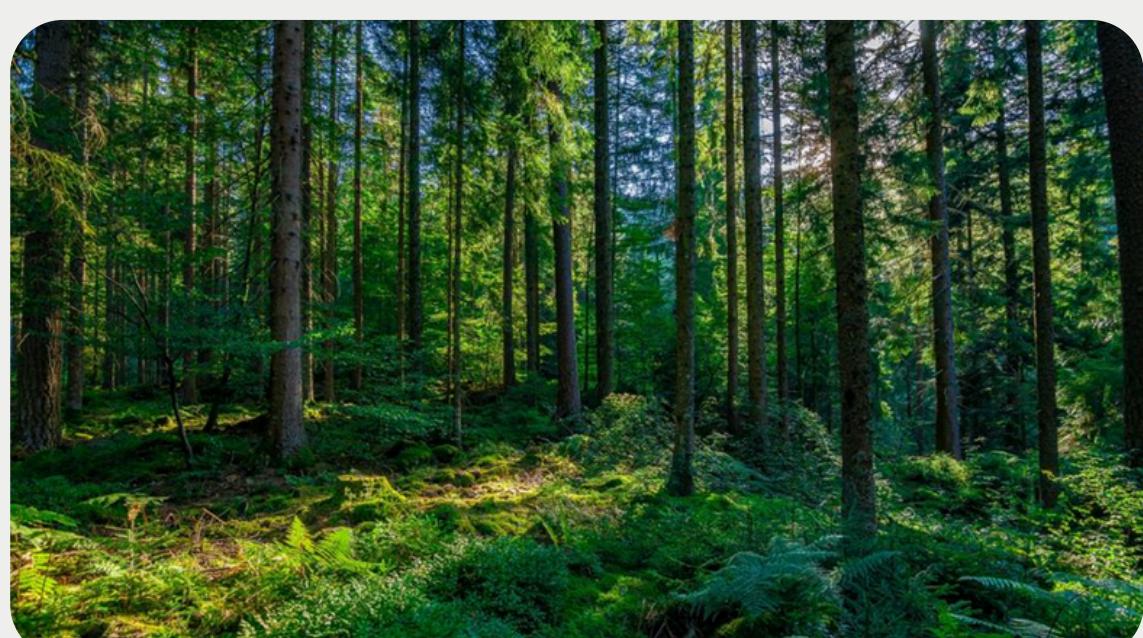
WHAT CAN YOU DO TO DE-STRESS?

Many of us aren't able to quit our jobs and spend nine months looking after ourselves but there is still lots you can do to make your pregnancy a positive and joyful experience. Remember it all starts with self care!

ASK FOR HELP. This may be a time to reallocate responsibilities in a relationship. Your partner can take on some more responsibility for domestic tasks to help you deal with the exhaustion of pregnancy.

When you are ready to let people know that you are pregnant, speak to your workplace to see if there are some practical measures that can be put in place to help make your work life less stressful. This could include physical improvements to your seating to reduce strain and back pain or, a more flexible pattern of working.

RECONNECT WITH NATURE. Being outside is so positive for your mental health. Try taking a walk in the park/ woodland, or walk barefoot on grass in the garden for 10 minutes. If that is not always possible, you can invest in some plants or a windowsill herb garden to help you realign.



SPEND TIME WITH FRIENDS. You may not have the luxury of family nearby, but good friends are always willing to help you. Whether this means picking older siblings up from school, or just spending time laughing together.



PREGNANCY YOGA. Yoga is great physically as well as mentally and emotionally.

TAKE A BATH. Have a bath with some Epsom salts or relaxing lavender bath milk. If you don't want/ can't have a bath, you can have a footbath, it makes you feel just as good.

This is a time to be cared for so make sure you take care of yourself first. It's not selfish it SELFIST!

2. STRESS & ANXIETY

HOMEOPATHIC REMEDIES

ACONITE

- Intense and sudden anxiety, panic or fear
- Anxiety from shock
- Heart palpitations
- Shortness of breath
- Fear (of dying)
- Flushed face

ARSENICUM

- Worries about issues related to survival: income, health, insurance
- Less dramatic than Argentum Nitricum
- Burning diarrhoea and nasal discharges
- Very cold and restless
- Better for warm drinks and company
- Worse around midnight

PULSATILLA

- Sweet, clingy, weepy
- Easily consoled
- Dependant on a stronger person in their life – partner/ mother
- Worried they won't be able to care for the baby
- Hopes that someone will take care of them when the baby is born
- Require confidence in their own strength
- Better in the open air, for consolation
- Worse in a stuffy room

ARGENTUM NITRICUM

- Anticipatory anxiety - exaggerating adverse scenarios e.g. what if I have a miscarriage? What if the baby has a defect because I had one glass of wine before I knew I was pregnant?
- Impossible to reassure
- Always imagining more dangers that might occur
- Gastric symptoms accompany the anxiety – rumbling, flatulence, IBS
- Sudden urgency to pass stool, so much so that knowledge of public bathrooms is thorough
- Better in cold air
- Worse from anxiety

IGNATIA

- Lies awake brooding over emotional upsets
- Inner imagined conversations, practicing future comebacks
- Dramatic mood swings: feelings of hurt, humiliation, frustration and abandonment
- Cramps and spasms
- Lump in the throat
- Worse shock, worry and fright

RESCUE REMEDY

- Universal remedy for all kinds of trauma and upset
- Can be used for general stress and anxiety without having to match specific symptoms
- Can be an alcohol extract or alcohol-free lozenge

If you have chronic mental and emotional issues, it is important to speak to a qualified homeopath rather than try to self-prescribe.



3. PREGNANCY SICKNESS AND NAUSEA

Conventionally there isn't a reason for why morning sickness occurs, but over 80% of women experience nausea and may vomit during the early stages of pregnancy.

In traditional Chinese medicine, the answer may lie in Qi. In most organs, Qi descends, liver Qi can go any way and the heart radiates Qi. Spleen Qi ascends. The spleen has to work extremely hard during pregnancy, as its function is to help build the placenta. The stomach Qi may overcompensate for the increase in ascending spleen Qi, therefore causing morning sickness. In many cultures there is an 'old wives tale', that the more nauseous you feel, the stronger your baby. If the spleen is growing a strong placenta, then there may be some truth in this!

VITAMIN B6 AND B12

Some studies have shown these vitamins can help reduce symptoms of nausea and vomiting. It is recommended that most women take a pregnancy supplement, which often includes these vitamins. Cytoplan and Terranova are good quality brands to try.

ACUPRESSURE & ACUPUNCTURE

Studies have shown mixed results in the relief of symptoms, but many women have felt a lot better after receiving this therapy.

NATURAL REMEDIES

DIETARY CHANGES

- Eat smaller portions more frequently
- Drink less more frequently
- Reduce carbohydrates and consume more protein

STRESS REDUCTION AND REST

This is especially important if you have Hyperemesis Gavidarum (HG), which is a very serious condition. Constant vomiting will lead to extreme fatigue, so will not be able to do anything except rest.

HG comes with severe symptoms which carry risks of dehydration and malnourishment. It is essential that you speak to your midwife if this is the case. Homeopathy is very successful at treating cases of HG. Please don't try to prescribe at home - get in touch so I can help you.

If you are dehydrated, CHINA is a great remedy to replenish fluids.

GINGER

Ginger has been used to settle the stomach for centuries. It can be steeped in tea, cooked in food, or eaten raw. It's also possible to use essential oils but take care to ensure it is food grade and pure. Brands such as Young Living and doTerra are recommended.



3. PREGNANCY SICKNESS AND NAUSEA

HOMEOPATHIC REMEDIES

NUX VOMICA

This is the most common remedy for morning sickness. Symptoms include:

- Nausea in the morning
- A feeling that vomiting will make you feel better
- The nausea feels worse than vomiting
- Nauseated by smells such as tobacco
- Irritability
- Feelings of so much tiredness that you feel like you have been drugged
- Feelings of constipation, specifically where you feel like you haven't passed enough stool
- Headaches
- Overwhelming urge to sleep
- Sensitive to the cold

PHOSPHORUS

- Extreme thirst for cold drinks (if craving for ice cubes, it could be a sign of anaemia)
- Feels better after fizzy water
- Require constant reassurance (easier to reassure than Arsenicum)
- Anxiety about health
- Likes to be around people
- Burning pains in stomach
- Vomit as soon as water warms in stomach

SYMPHORICARPOS

- If all else fails
- Only relieves nausea & vomiting in pregnancy
- Worse for any motion
- Averse to all food
- Better lying on back
- Can have haemorrhaging

IPECAC

- Nausea without bad stomach
- Clean tongue
- Constant nausea
- Nausea with haemorrhage – with any bleeding e.g. gums/ eyes etc.

SEPIA

Second most common remedy for morning sickness. Very good for all things hormonal.

- More likely to already have children
- Nausea which is worse at the thought or smell of food/ bins/ flowers
- Going off foods you usually like
- Nauseated by the smell of partner – partner is expected to be a mind reader
- Irritability
- Need a lot of peace and quiet and time alone
- Even though it's an effort, exercise, dance and movement makes them feel better
- Eating makes them put weight on very quickly
- Gnawing in stomach which is relieved by eating but only for a short time

ARSENICUM

- Constant vomiting
- Feelings of being poisoned
- Weakness and tiredness
- High anxiety
- Sensitive to cold
- Obsession with health
- Needs company
- Gastritis with burning pains
- Thirsty for warm drinks in small sips - can make you vomit more



4. TIREDNESS & EXHAUSTION

Growing a human takes a massive amount of energy so tiredness and exhaustion are going to have an impact especially in your first trimester. This will be compounded if you have the responsibility of other children and/or remain working full time as many parents do.

Ideally you should be able to rest and take time to bond with the new life being created within you, but the reality is that this is extremely difficult to achieve.

Despite the challenges, it is important to try and practice some self-care, especially in the first trimester. This is a special and spiritual time so find space to still yourself physically and mentally. Whether it means adjusting your routine so your partner can take on some additional responsibilities or asking for help from family and friends, this is the time to be vocal!

Spend time doing things with people that bring you joy.

HOMEOPATHIC REMEDIES

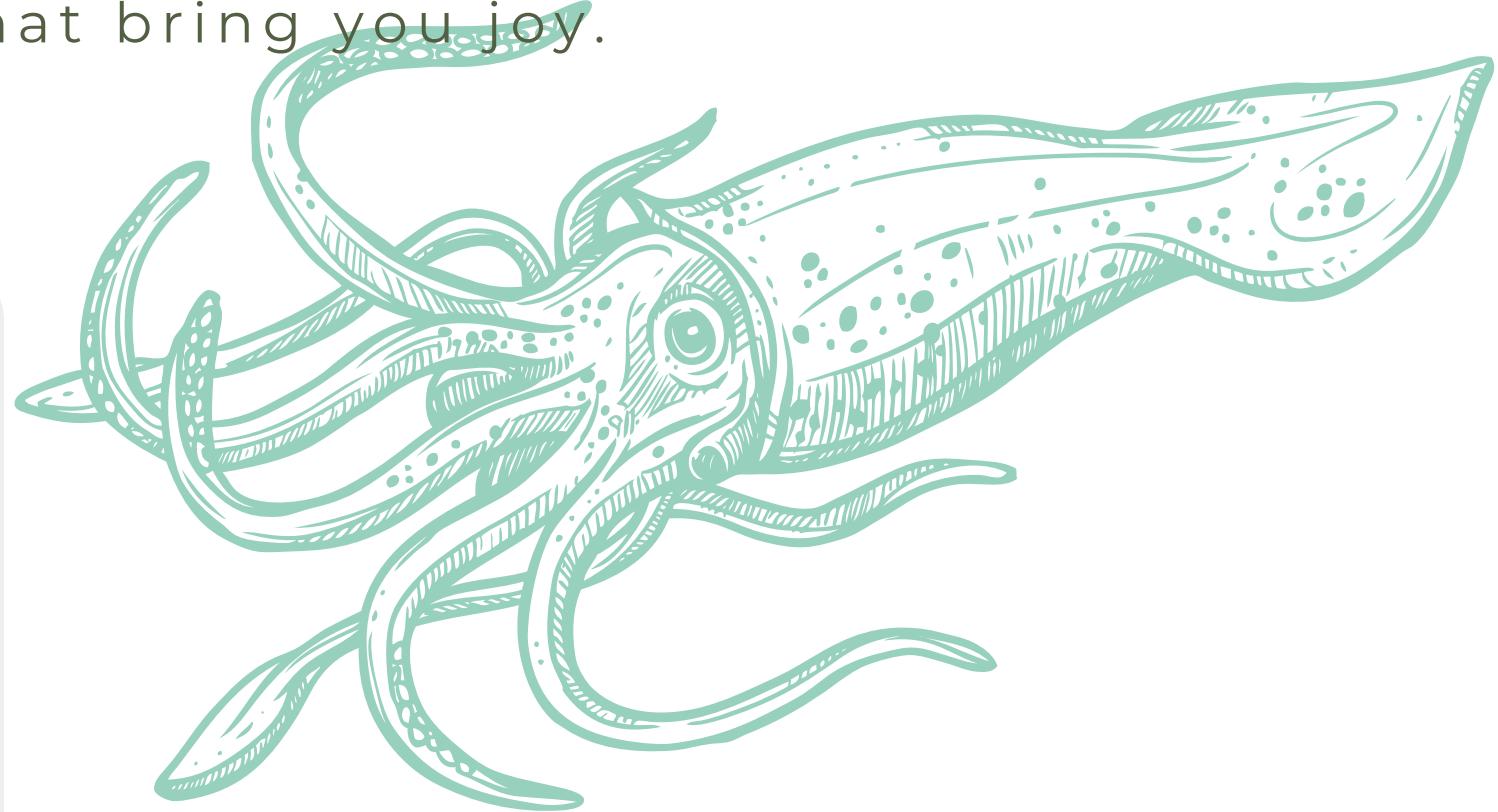
ARNICA

- Tiredness after physical activity
- Body feels sore and bruised
- Don't want to be touched or jarred
- Feel better lying down with head low
- Worse in the evening/ night
- Good if your baby is kicking a lot and it feels sore



SEPIA

- Tiredness with irritability
- Especially useful if you already have children
- Feelings of being overburdened with little enthusiasm for the pregnancy
- Sense of sagging or weakness in the pelvic floor and experience of involuntary urination during the pregnancy
- May crave sour foods
- Feel much better for exercise
- Feels worse for cold air and on the left side



4. TIREDNESS & EXHAUSTION

CELL SALTS

FERRUM PHOS CELL SALTS

- Great for anaemia and low energy
- Ferrum Phos helps to replenish iron levels and helps form healthy blood in the baby (also see *Constipation Section*)
- Start of an acute illness – Ferrum Phos is an anti-inflammatory so can be useful at the onset of a cold or cough where there are no other strong symptoms.
- Worse for light, motion and being cold
- Good to take in combination with Calc Phos which helps the body absorb iron more effectively

CALC PHOS CELL SALTS

- For mental, emotional and physical tiredness – after a period of mental strain or recovery from an illness
- Easily tired, poor digestion, craving for junk food/ smoked/ salty food.
- Aching in bones and joints
- Tension on the neck and shoulder muscles
- Sensitivity to drafts

CALC FLUOR CELL SALTS

- Have an affinity with bones, muscles and teeth. Nourishes blood cells and connective tissue so also great to support the stretching of ligaments which can be exhausting

KALI PHOS CELL SALTS

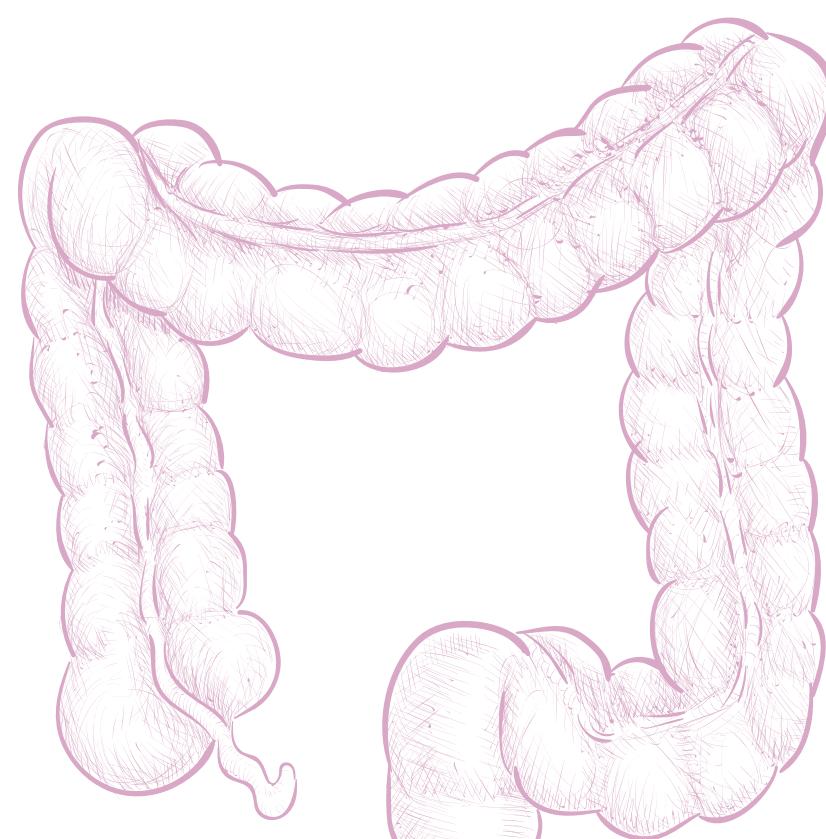
- Known as a nerve tonic
- Great for feelings of being worn out from mental exhaustion
- Difficulty concentrating and focussing
- The brain is overactive so there may be problems sleeping
- Worse from mental strain, anxiety and worry
- Better for warmth and rest



5. CONSTIPATION

During pregnancy, a hormone called progesterone is produced. Its function is to help thicken the lining of the womb in order for a fertilised egg to be implanted successfully. This hormone also causes smooth muscle relaxation, and therefore slows down your digestive system, which can result in constipation.

There are many practical steps that can be taken to avoid constipation.



EXERCISE

Regular exercising such as walking, gentle swimming and pregnancy yoga can help to keep your muscles toned as well as reducing the risks of:

- preeclampsia
- hypertension
- gestational diabetes



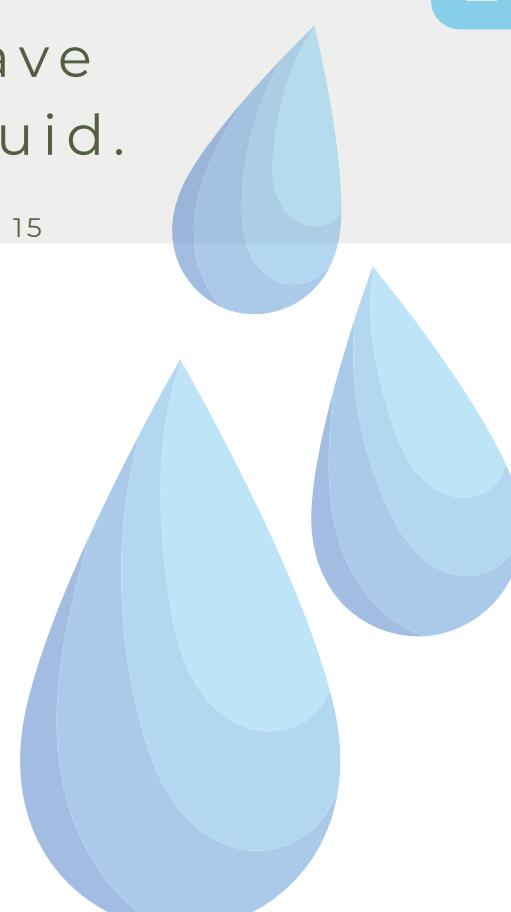
DIET

High fibre foods such as wholemeal rice and breads along with seeds such as flaxseeds and chia seeds are helpful. It is also important to eat a good variety of fresh fruit and vegetables.

HYDRATE!

It may seem obvious but make sure you are drinking plenty of water.

This also helps with making sure you have enough amniotic fluid.



15

AVOID IRON SUPPLEMENTS

These can make constipation worse so taking Ferrum Phos and Calc Phos CELL SALTS in combination is a great alternative if you have low iron levels.

5. CONSTIPATION

HOMEOPATHIC REMEDIES

NUX VOMICA

- Urge to pass stool but cannot despite lots of straining
- Passing small amounts each time so have a feeling that something is still left to pass
- Indigestion and flatulence
- May have piles that itch and bleed
- Chilly and irritable
- Worse for cold and open air

BRYONIA

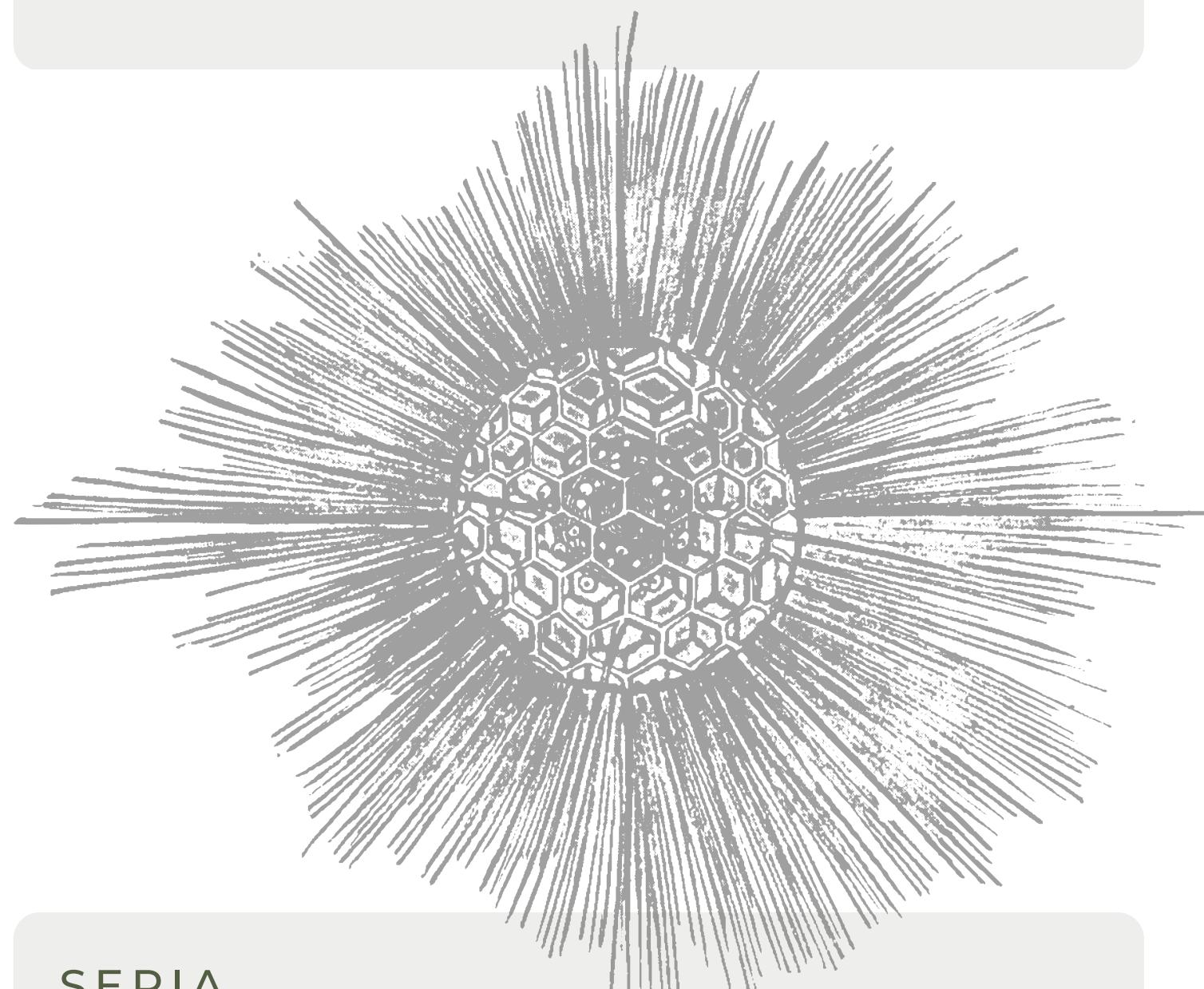
- Large, dry hard stools that are difficult to pass – lots of straining
- Stool is dark coloured and can look burnt
- Often have an accompanying headache
- Thirsty for large gulps of water
- Better from pressure, rest and quiet
- Worse from stooping, exertion and anger

SULPHUR

- Constipation with piles that itch and burn
- Painful stool – could be due to rectal fissures
- Can alternate with diarrhoea
- Restless, thirsty and sensitive to heat
- Better dry and warm (not hot)
- Worse standing, heat

SILICEA/ SILICA

- Straining and pressure to pass stool
- Tendency for stool to protrude and then slip back into the rectum
- Sharp stitches with burning and tingling on passing stool
- May be accompanied with lots of sweating and chilliness
- Better in the warmth
- Worse for suppressing perspiration



SEPIA

- Straining to pass a large, hard stool or even a soft stool
- Stomach feels full and a sensation of a lump in the rectum even after stool has been passed
- Pain extends to perineum and vaginal area
- Sensation of weight or pushing down feeling in the anus
- General sluggishness and irritability
- Better for exercise and sunshine
- Worse from cold air and on the left side



6. BACKACHE

Backache is very common in the early stages of pregnancy. The ligaments stretch and become more flexible to help your body prepare for labour, therefore putting a strain on your lower back and pelvic joints.

To help prevent back pain, there are a number of steps that can help you:

- Avoid lifting heavy objects. If you are lifting things make sure you bend your knees and keep your back straight.
- Wear flat shoes!
- Try to balance weight when carrying things
- If you are deskbound at work, speak to HR about providing support for your back
- You can also try pregnancy massage or a warm bath
- Make sure your back is well supported when you sleep – firmer mattresses tend to help as well as a cushion in between your legs

SEPIA

- Backache with nausea and feelings of faintness
- Sudden pain in back as if struck with a hammer
- Heavy and dragging down feeling in back
- Weakness and throbbing in lumbar
- Better exercise, dancing, vigorous motion
- Worse cold and on left side

NATRUM MUR: if you find your back feels better if someone presses hard on it or if you are lying on something hard

ARNICA & RHUS TOX: if your back hurts due to injury or strain

HOMEOPATHIC REMEDIES

BELLADONNA

- Pain comes on suddenly and disappears just as fast
- Hard, tense feeling in lower abdomen
- Worse from jarring movements and touch
- Restlessness
- Flushed red face and dilated pupils, head feels hot
- Thirst for lemonade

BELLIS PERENNIS

- Great for sciatic pain that extends from the groin to the legs, making walking difficult
- Often occurs in the last months of pregnancy
- Sore and aching pains
- Lumbago
- Worse for cold/ cold drinks
- Better from continued motion and pressure

KALI CARB

- Severe backache during pregnancy
- Stiffness and weakness in lower back
- Sudden, sharp pains extending up and down the back and thighs
- Tearing pain in lumbar
- Pain in the hip joint
- Better for hard pressure but worse from touch
- Sensitive to weather changes
- Desire to be warm

CALC FLUOR CELL SALTS maintain the elasticity of tissues so can be useful during your whole pregnancy to avoid backache resulting from stretched ligaments.



7. HEARTBURN

HOMEOPATHIC REMEDIES

ARSENICUM

- Burning pains in the stomach possibly backing up to the throat
- Sensation that food is stuck in the oesophagus
- Worse from eating fruit/ acidic foods and drinks/ ice
- Better for warm drinks, warmth and lying with head high
- Anxiety, restlessness and weakness
- Thirst for sips of water

PULSATILLA

- Heartburn occurs at different times of the day
- Worse after eating greasy and fatty foods
- Burps are sour and bitter
- Stomach and abdomen feel empty
- Gurgling/rumbling of the stomach
- Often thirstless
- Worse in a warm room and lying down
- Better open air
- Desire for company, can get weepy and clingy if left alone

NUX VOMICA

- Irritability
- Tendency to overdo things contributing to heartburn
- Desires coffee, spicy and fatty food
- Chilly
- Burping that is sour and bitter but with an inability to burp
- Worse in the morning
- Worse for starchy foods
- Stomach sensitive to pressure

Heartburn is the feeling of burning in the chest, which actually does not have anything to do with the heart. It occurs due to increased hormonal secretion, relaxing the sphincter between the stomach and the oesophagus. This causes stomach acid to be passed back up the pipe, irritating the lining, resulting in a burning sensation. It is compounded by the pressure of the growing womb on the stomach in later pregnancy.

As well as the burning sensation, other symptoms can include gas, bloating, burping and a feeling of fullness without over-eating.

Self-help measures can include:

- Eating smaller portions
- Cutting down on rich, spicy, fatty foods
- Avoiding caffeine and alcohol
- Sitting up straight while eating to avoid pressure on your stomach

CARBO VEGETALIS

- Bitter and souring burping
- Bloating abdomen
- Temporarily better for burping
- Worse after rich, fatty food
- Better for open air with windows open
- Worse for lying down
- Mentally sluggish

MERC SOL

- Heartburn that lasts all night
- Belching and hiccoughs that taste sour and burn
- Burning pain in stomach, worse when lying on the right side
- Great thirst for cold drinks
- Copious saliva in mouth
- Increased sweat at night



8. ITCHING

HOMEOPATHIC REMEDIES

DOLICHOS

- Itching all over
- Worse at night
- Worse from scratching
- Worse warmth
- May not be any visible eruption on the skin
- Burning skin at night in bed

MERC VIV

- Itching all over with pustular eruptions
- Worse warmth of bed, drafts and cold
- Increased perspiration that provides no relief
- Skin is moist

TABACUM

- Unbearable itching all over the body that feels like insect bites
- Pimples with yellow pus
- Cold skin
- Worse being indoors and extremes of hot and cold
- Better in the open air, cold applications

NATURAL LIVER SUPPORT



Another effect of the change in hormonal levels is itchy skin. Many women will experience this especially as the skin begins to stretch as the baby grows.

Care must be taken as the itching may be the result of an underlying liver condition called intrahepatic cholestasis of pregnancy (ICP).

Symptoms of ICP include:

- Itching all over the body but may be more noticeable on the hands and feet
- Worse at night
- Dark urine and pale stool
- Yellowing skin and whites of eyes

If you are experiencing these symptoms, it is important to inform your midwife. It is also useful to speak to a homeopath as they will be able to provide liver support remedies.

SEPIA

- Itching not relieved by scratching
- Dry skin with an offensive odour
- Skin is pink after scratching, can have itchy vesicles
- Better in a warm room
- Worse open air

LEMON WATER

The easiest way to support your liver.

Put an unwaxed/untreated lemon in your water and drink first thing in the morning and throughout the day.

Will help hydrate as well as aid the flushing out of toxins.



9. PELVIC GIRDLE PAIN

This occurs when the three joints in your pelvis begin moving unevenly causing pain and weakness.

One in five women experience PGP during their pregnancy and it can be extremely debilitating. Pain is felt when walking, climbing stairs and even turning over in bed. In some cases, walking is impossible.

As your pregnancy progresses, the extra weight puts more strain on your pelvis.

Hypermobility and previous injuries increase the chances of having PGP during your pregnancy.

Although it can be very uncomfortable, it won't harm the baby or affect your decision to have a natural birth.

Early diagnosis should stop symptoms getting worse so it is important to tell your midwife or health practitioner so you can be referred to a physiotherapist to help with the condition. Other helpful therapies include: warm baths, or heat or ice packs, hydrotherapy and acupuncture.

You can also use a combination of remedies called **Lower Back Mix**, which contains Rhus Tox, Ruta, Kali Carb and Aesculus.

If Aesculus is not indicated, this is a good one to try to alleviate pain immediately.

HOMEOPATHIC REMEDIES

AESCULUS

This is the best remedy for PGP.

- Lower backache
- Hip problems
- Throbbing and aching pain in the sacrum and hips
- Worse bending or walking
- Back feels weak. As if it would give way, especially when rising from a chair
- Stiffness in whole lumbar region
- Hips are actually likely to give way
- Feeling of insecurity when walking – can be impossible to walk depending on severity
- Good remedy for PGP/ haemorrhoids/ varicose veins



10. HAEMORROIDS

Haemorrhoids (or piles) are blood vessels in the rectum or anus caused by hormones relaxing your veins, and increased pressure on your uterus during pregnancy.

Common symptoms are itching, soreness and swelling around the anus and pain when passing stool. There can also be bright red blood when you wipe or after passing stool. Piles can be very painful, making it impossible to sit down.

Constipation can cause piles so try to avoid becoming constipated (see *Constipation Section*). Regular exercise can also help as well as patting your anus after stool and using moist paper instead of dry.

Conventional medicines for piles only help soothe inflammation around the anus rather than dealing with the root cause of the problem.

NITRIC ACID

- Extremely painful haemorrhoids which hurt hours after passing stool
- Fissures and cracks in anus
- Sharp, aching, pulsating pains
- Ulcerative colitis/ Chron's disease
- Worse from touch/ jar/ cold air
- Better steady pressure, gliding motion (as if in a car)
- People who have been hurt and are closed down as a result
- Difficulty trusting people
- Anxiety about health

You can use a combination of all the above remedies if unsure which is the most appropriate.

HOMEOPATHIC REMEDIES

AESCULUS

- Piles with lower back pain
- Rectum feels as though it is full of sticks
- More pain and less bleeding than other remedies
- Worse for walking
- Better for warm bathing

HAMAMELIS

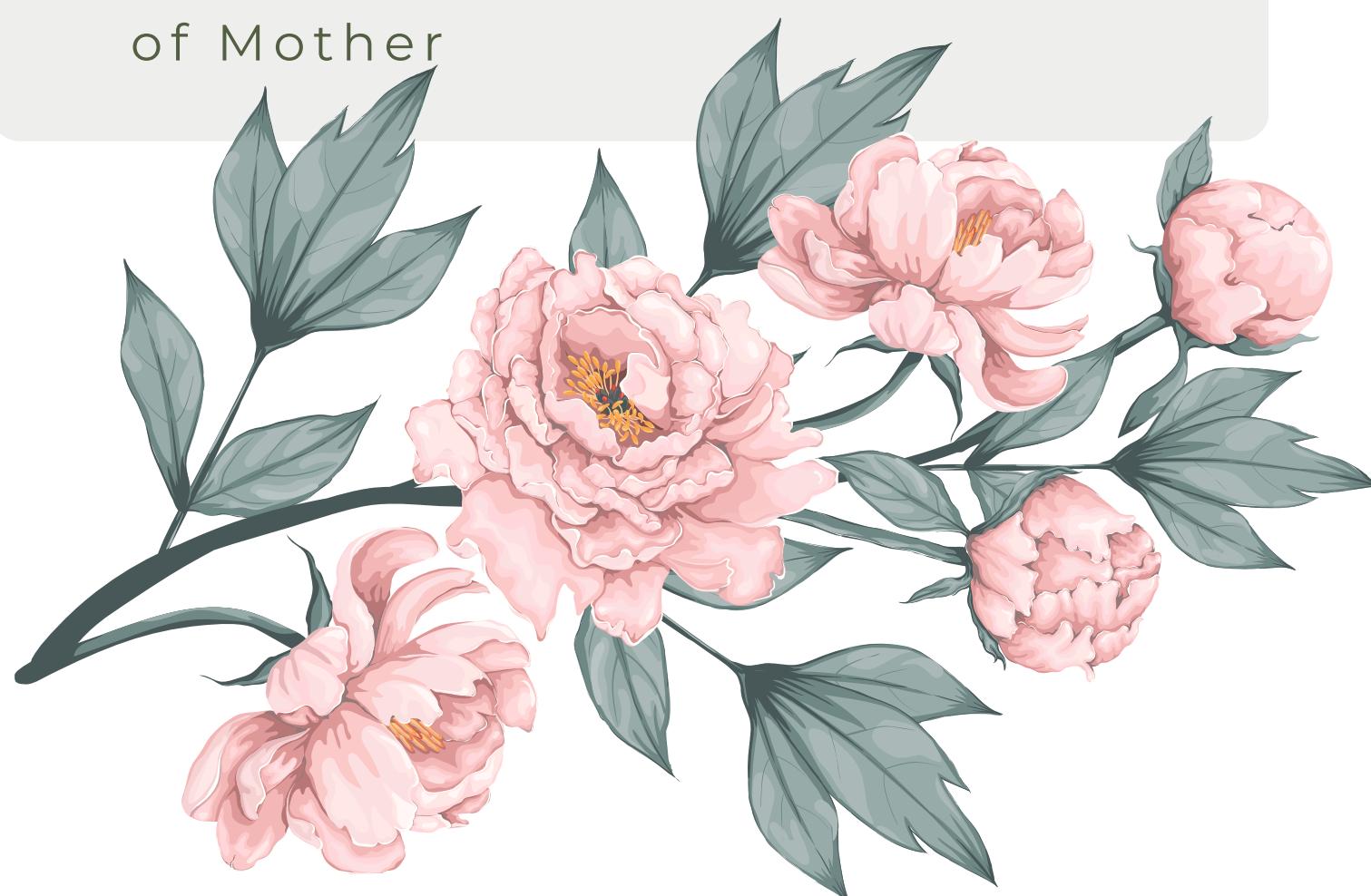
- Generally, a good remedy for the veins
- Pulsating in rectum
- Profuse bleeding when passing stool
- Can also be used as a compress between the cheeks of the bottom

PAEONIA

- Abscesses from anus
- Swollen haemorrhoids
- Burning pains
- Better from lying down on abdomen with legs spread
- Fissures and fistulas in anus

MURIATIC ACID

- Large haemorrhoids which protrude from anus on slightest effort
- Painful from wiping and walking
- Prolapse out during stool
- Anxiety about health and death of Mother



11. VARICOSE VEINS

During pregnancy, varicose veins can occur due to:

- The amount of blood increasing to help support your developing baby, putting extra strain on your veins.
- An increase in hormone levels causing the muscular walls of the blood vessels to relax
- Pressure from your growing womb on the pelvic area.

Varicose veins commonly occur in the legs but can also occur in the vulva. They often improve following birth.

Resting with legs elevated and compression bandages can help to alleviate symptoms, but homeopathic remedies can help to get rid of them.

GRAPHITES

- For varicose veins with itching
- Itching is worse at night
- Little pimples may appear on the surrounding skin
- Skin can be dry
- Restless, heavy and tense legs worse when legs are extended
- Can be accompanying shooting pains

ZINC METALLICUM

- For large varicose veins
- Tight, full and congested feeling in the legs
- Tearing pains accompanied by a sensation of crawling insects
- Restless legs
- Burning sensation with sweat on the lower limbs
- Varicose veins in genital area

HOMEOPATHIC REMEDIES

HAMAMELIS

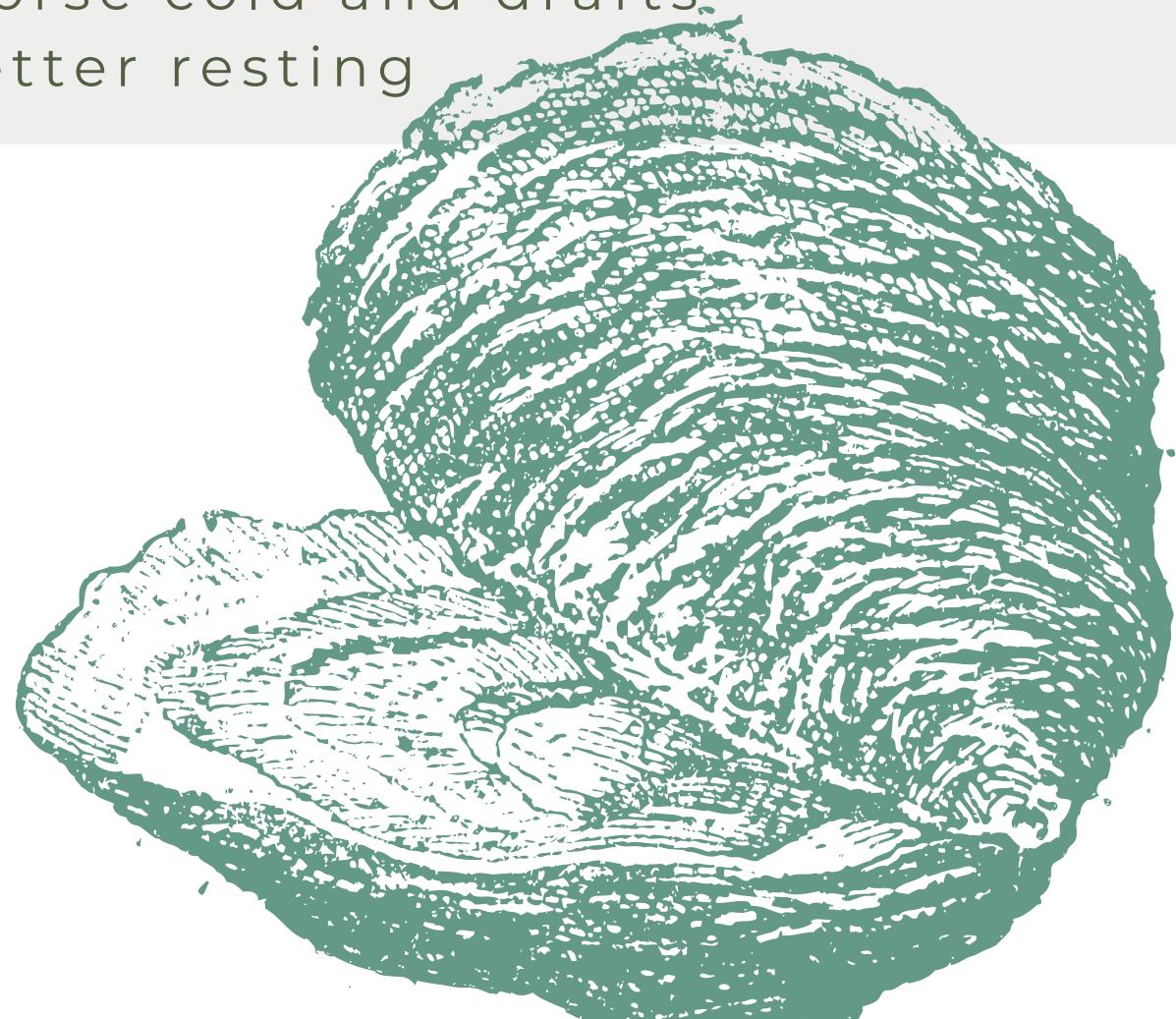
- Tiredness and aching in the legs
- Tension in the legs with a dragging sensation
- Veins appear hard and knotty
- Varicose ulcers
- Pain worse from slightest motion, jar and touch

PULSATILLA

- For painful varicose veins
- Heaviness and weariness in the legs accompanies the pain
- Drawing sensation with cramping mostly in the evening
- Better for elevation of limbs
- Restless lower limbs
- Better open air/ worse stuffy rooms

CALC CARB

- For painless varicose veins
- Appearing prominently on the legs
- There may be an accompanying burning sensation
- Coldness of feet
- Sour sweat on feet
- Worse cold and drafts
- Better resting



Calc Fluor CELL SALTS can also help to prevent and resolve varicose veins.



12. PRE ECLAMPSIA

Pre-eclampsia is a condition that usually only occurs in pregnancy. It can be very serious so it is important to advise and update your health care provider.

SYMPTOMS

- High blood pressure levels
- Increased protein in urine
- Swelling in the hands, feet and limbs
- Frequent intense headaches
- Pelvic and abdominal pain
- Rapid weight gain (such as two to five pounds or even more within one to two weeks)
- Dizziness
- Fatigue
- Ongoing nausea and vomiting
- Reduced urine
- A separation of the placenta and the uterus (called placental abruption), causing the baby to be cut off from sufficient blood flow
- Vaginal bleeding after 20 weeks into pregnancy (which can be a warning sign of placenta abruption)
- Stillbirth

CAUSES

Conventionally, there is no explanation for the causes of preeclampsia. However, extensive research by an obstetrician called Dr. Tom Brewer may have the answers.

Dr. Brewer attributed the cause of preeclampsia to abnormal blood volume which occurs as a result of malnutrition. Statistics show that preeclampsia and associated conditions are on the rise. In modern society, there is a tendency to consume processed food which has a hugely detrimental impact on nutrition. This does go a long way to explain the rise in conditions such as preeclampsia, HELLP, high blood pressure, swelling, gestational diabetes, premature labour, anaemia and IUGR.

THE DR BREWER DIET

The diet gives recommendations for salt intake, calories and protein during pregnancy.

It provides a wealth of resources about nutrition during pregnancy and whilst breastfeeding in order to avoid and prevent the conditions listed above. You can find all the information on the [website](#) and the [facebook page](#).

CONVENTIONAL TREATMENT

The conventional course of treatment is a low dose of aspirin from 12 weeks onwards and continuous monitoring of mother and baby throughout the pregnancy. The baby will almost certainly be induced, or you will birth the baby via caesarean.

HOMEOPATHY

If caught early, homeopathic remedies can resolve the issue in order that conventional drugs are not required, and the baby can be birthed naturally.

It is important to speak to a homeopath regarding pre-eclampsia, rather than self-prescribe due to the seriousness of the condition. If you have preeclampsia, please [get in touch](#) to discuss how I can help.



13. STRETCH MARKS

Stretch marks are caused when the dermal layer of the skin is suddenly stretched. They look like long narrow streaks commonly found on the belly, thighs and bum.

When you are pregnant, the weight gain contributes to the formation of stretch marks. It is important not to diet as this can cause harm to you and the baby.

It has also been suggested that hormonal changes that alter the production of collagen and elastin contribute to the skin tearing and the development of stretch marks.

There are many products on the market that claim to combat stretch marks but most of them don't work. In reality it is best to avoid getting them in the first place or try and reduce their appearance.

CALC FLOUR CELL SALTS

Take twice daily throughout pregnancy (see *CELL SALTS* section).

VITAMIN E

This vitamin is known for maintaining skin health. It can help preserve collagen which can help the skin to remain elastic.

A HEALTHY DIET

Eating a balanced diet ensures that you are getting the right vitamins and minerals as well as preventing large weight gain in a short amount of time.

AVOIDING STRETCH MARKS

STAY HYDRATED!

Providing your skin with moisture can stop the marks from showing when you gain weight.

Use your urine to gage whether you are dehydrated or not. You should be passing urine frequently throughout the day. If you notice you haven't urinated for several hours, it is a sign that you are not drinking enough water to flush out the toxins in your body. A strong odour and dark colour are also signs of dehydration.

COCONUT OIL

Coconut oil has anti-microbial and anti-bacterial properties. It can also help to keep your skin moisturised. It helps to maintain the integrity of the dermal layer and therefore reduce the risk of stretch marks.

WELEDA STRETCH MARK OIL

This oil only uses pure and natural ingredients that protect and support your skin through the changes of pregnancy. It contains sweet almond oil, vitamin E, rich wheatgerm oil and extract of organic arnica to prevent stretch marks forming. It can be bought [here](#).

EXERCISE

There are many benefits to exercising in pregnancy. It will help keep muscle tone, skin taut and minimise the risk of stretch marks.



13. STRETCH MARKS

REDUCING STRETCH MARKS

NATURAL ESSENTIAL OILS

Rosehip, lavender, sandalwood and tangerine oils may help alleviate the appearance of stretch marks.

It is best to ensure you purchase a high-grade oil such as Young Living or doTerra and take advice from a qualified practitioner on how to administer the oils. They should be diluted in a carrier oil before application. It is also important to ensure the oils are suitable for use during pregnancy.



lavender calms the nervous system



EMBRACE YOUR STRETCH MARKS!

Stretch marks are a testament to the powerful and amazing act of birthing your baby. We have a lot of pressure put on us to look a certain way and it may be that taking control of that is the way forward.

LEMON JUICE

The properties of lemon juice include boosting the amount of collagen in the skin because it contains high amounts of Vitamin C. Squeezing lemon juice onto stretch marks can help to heal them.



ALOE VERA

This plant has amazing anti-inflammatory properties as well as being moisturising, cooling and healing (can be administered on minor burns). Constant use may help reduce stretch marks.

Make sure you use the natural plant rather than products on the market.



14. SWELLING

It is common to get swelling in pregnancy but there are many ways that you can help to combat it as your baby grows.

Sudden swelling can be an indication of pre-eclampsia (see *Pre-eclampsia Section*) so let your midwife and homeopath know if this happens.

Put your feet up

Not that you need an excuse! Putting your feet above your head when resting at home can help reduce swelling.

Limit your caffeine intake

Caffeine is a diuretic, which means it increases the amount of water that is eliminated through your urine. It also causes you to become dehydrated. If you need that cup of coffee, make sure you increase the amount of water you are consuming.

Balance your electrolytes

There are four main electrolytes that help to keep you hydrated: sodium (salt), potassium, magnesium and calcium. It is important to keep these in balance in order that you are adequately hydrated.

Make sure you have **salt** in your diet. High quality sea salt is preferable to table salt as this is heavily processed with additional chemicals.

Coconut water is great for balancing electrolytes - make sure it is pure coconut water without additives or sugar.

Mix a tablespoon of ACV (apple cider vinegar) with a cup or two of water, and drink twice a day. ACV is high in **potassium**.

Magnesium is best absorbed through the skin, so Epsom salt baths are a great way to relax and replenish magnesium supplies at the same time.

NATURAL REMEDIES

Don't sit or stand still for long periods of time

This may be difficult if you work in an office but try to make sure to walk around every hour or so and go for a longer walk at lunchtime.

Stay hydrated

Drinking more helps to flush out extra fluid. If you are dehydrated, the kidneys will hold on to as much water as they can.

Exercise

Exercise optimises the circulatory system so excess water isn't retained in the legs or hands.

Yoga, swimming, walking and strengthening are all great forms of exercise during pregnancy.

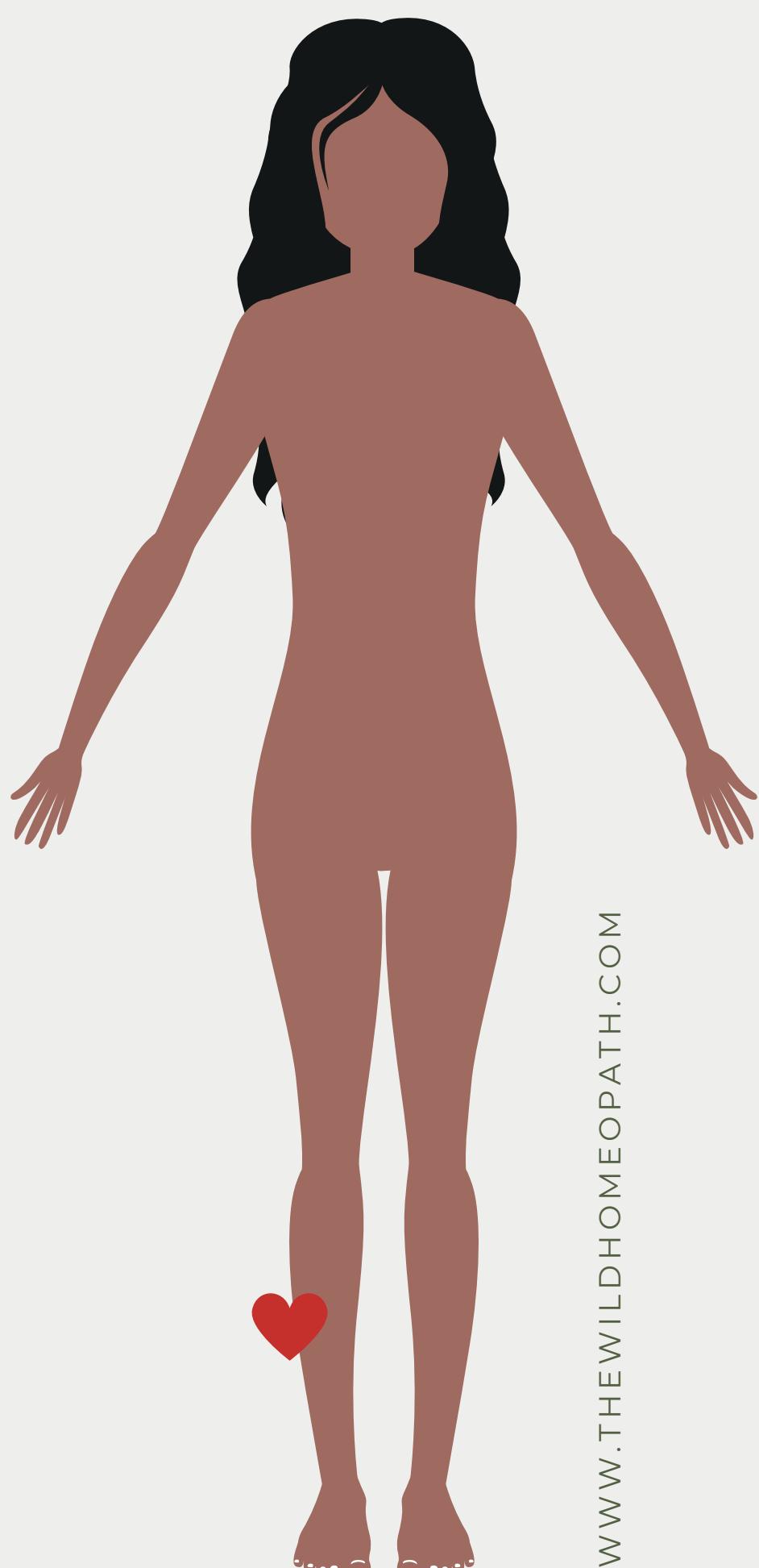


14. SWELLING

Dry Brushing

Dry brushing is great way to improve circulation as it stimulates the lymphatic system, which is important for eliminating toxins.

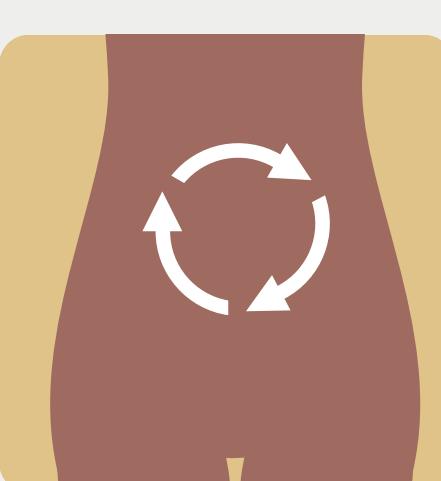
THE WILD HOMEOPATH GUIDE TO DRY BRUSHING



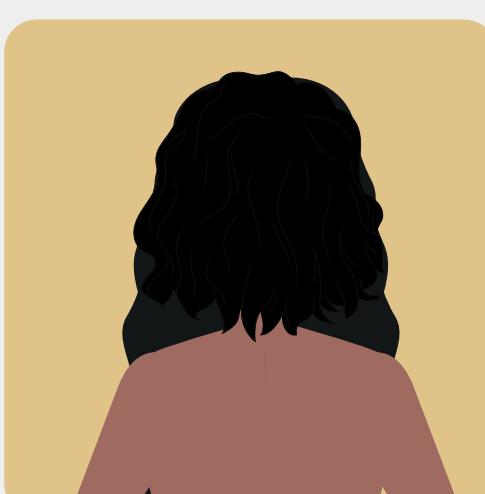
Start at your feet. Brush 5 to 10 long strokes up each section of your leg.



Begin with your fingers and brush long strokes up your arms.



Brush in clockwise circles on your stomach and armpits.



Brush long upward strokes on your back.

ALWAYS BRUSH TOWARDS YOUR HEART

- reduces stress
- helps to unclog pores
- detoxifies
- stimulates the lymphatic system
- improves cellulite
- exfoliates your skin



14. SWELLING

HOMEOPATHIC REMEDIES

APIS

- Swelling of feet with stiffness and a shiny and rosy look
- Sensitive with sore stinging pain
- Tired and bruised feeling with numbness
- Anxious and restless and irritable
- Thirstless
- Better cool air, cold
- Worse heat, touch, hot bath



CALC CARB

- Swelling of joints especially in the knee
- Puffy face and upper lip
- Associated weakness and coldness
- Worse from exertion, cold air
- Hands and feet cold and clammy
- Better from rest and dry climate

NATRUM MUR

- Swelling of the face with dryness
- Puffy fingers
- Worse from sunlight and heat of the sun
- Weakness and coldness
- Cravings for salt
- Excess thirst

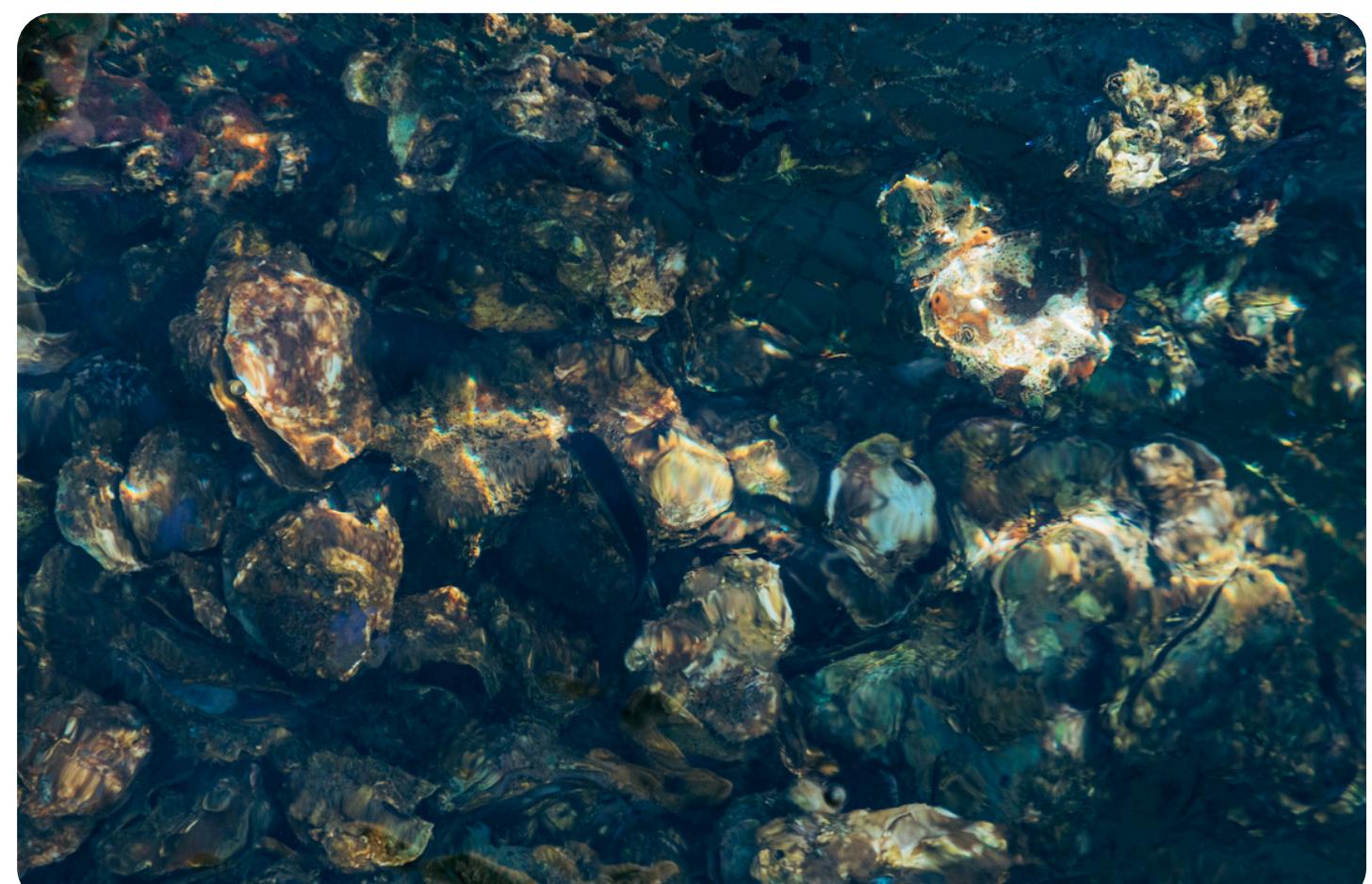


PULSATILLA

- Swelling of the knees, ankles and the feet
- Accompanied by a feeling of heaviness and weariness
- Worse warmth or when limbs are hanging down
- Better in open air
- Changeable and emotional moods
- Thirstless

RHUS TOX

- Especially helpful with swelling of the vulva and face
- Ankles and knees are swollen, particularly after injury
- May be accompanied by itching
- Better heat, stretching limbs, continued motion
- Worse wet and cold



15. INCONTINENCE

PREVENTING INCONTINENCE

There are many types of incontinence but stress and urge incontinence are the most common during pregnancy. It is common to experience leaking of urine when you laugh, sneeze, cough, run, jump or even lift heavy things.

You may also experience a sudden urge to pass urine even if you have just been, and often cannot make it to the toilet in time.

Common reasons for incontinence are:

- **Relaxin:** This is the hormone responsible for loosening joints and ligaments in preparation for birth. This hormone also weakens the muscles that control the release of urine.
- **Weight in the third trimester:** the uterus rests on the bladder, which can cause pressure and therefore leaks.
- **Constipation:** if you are constipated, it can also cause strain on your pelvic floor muscles. These muscles are responsible for supporting reproductive and urinary organs. Strain or pressure on them means that they become relaxed and allow urine to pass.



HOMEOPATHIC REMEDIES

NUX VOMICA

- Itching and irritability of bladder and urethra
- Frequent passing of dribbles of urine
- Little difficulty in passing urine

PHOSPHORIC ACID

- Large amounts of cloudy urine
- Burning as you pass urine
- Passing urine mostly at night

CAUSTICUM

- Dribbling of urine when coughing/sneezing/ laughing
- May experience accompanied burning

CANTHARIS

- Constant stinging or burning in the bladder area
- Stinging and burning when passing urine



16. HOW TO TAKE REMEDIES



17. PREVIOUS BIRTH TRAUMA

Having had many discussions around birth with clients and others, it has become clear that trauma experienced during the birthing process can be held for a long time afterwards, even when subsequent births have been more positive.

Trauma doesn't have to be big. We often think about it as a huge event, but its roots can be very subtle.

It may be an underlying feeling of loss of control that continues to persist in your mind. It may be the impact of numerous unexpected and unwanted interventions leaving you with feelings of anger, disappointment, guilt and/or sadness.

During the birth process the birthing person should be at the centre of everything, but often decisions of healthcare practitioners (HCP's) take precedence. This is not a criticism of HCP's, the care provided during birth can save lives in a medical emergency. But birth is not a medical event. It is about instinct. The only person that truly understands what is happening to them is the birthing person. If you are heard and respected in the birth scenario, so many unnecessary interventions can be avoided. This is about body autonomy and control of your own decision making.

There is an extremely important discussion to be had around this subject and it is far beyond the scope of this guide, however, there are some practical steps that can be taken to reduce the chances of trauma during the birth of your baby.

The most important of these is to get educated and prepared for birth. When I was pregnant with my first child, I initially put all the control into the hands of HCP's. My mind set was one that my baby would be 'delivered'. It took some amazing birthkeepers for me to really understand that WE BIRTH BABIES. Nobody delivers them. This is true whether you birth naturally or via caesarean.

Homeopathy can be tremendously effective at helping you overcome birth trauma.

It is a complicated scenario and can have interconnected consequences, not just for birthing mothers but also for the baby and birth partners.

If you feel you would like to get some help to overcome birth trauma, please get in touch to discuss how homeopathy can help you.

18. BIRTH PREPARATION

MY BIRTH PREPARATION COURSE

Did you know that homeopathy is amazing for use during labour and after you have birthed your baby?

My HOMEOPATHY FOR BIRTH COURSE has been described as:

'invaluable for anyone wishing to take their health into their own hands'.

"If you work with anyone that is pregnant/giving birth/new parents, including birth partners, Sapna's homeopathy course is a MUST, as part of your birthing/postpartum toolkit!"

"I would highly recommend Sapna's course to anyone, from novice to those who are more familiar/more experienced with homeopathy!"

It is essential for birthing mothers, birth partners and birthkeepers, helping to bring your baby earthside in the most gentle way.

The course focuses on..

- contextualising birth
- why prescribing for birth is different
- remedies to help you prepare for birth
- remedies for haemorrhage
- what to do when you have a retained placenta
- the best environment for breastfeeding
- strategies for dealing with mastitis

You will receive:

- two hours of recorded content
- 95 pages of handouts to accompany the recording
- remedies for birth, postpartum and breastfeeding
- remedies to support birth partners and birthkeepers
- bonus bit at the end where I answer some questions!

[JOIN THE COURSE](#)



19. MY PREGNANCY SUPPORT KIT

Cell salts support the assimilation, absorption and balance of minerals in the body. Your baby will absorb minerals from you as they develop in the womb which can often leave you depleted - cell salts are the answer!

This support kit was devised specifically for pregnancy and after your baby arrives earthside. It corresponds perfectly with the physical development of your tiny human and the early days of motherhood, making it the ideal choice for you both.

Golden Spiral is a brand new remedy which aligns beautifully with the journey of pregnancy and the transitional process of birth - this remedy is incredible for both Mama & Baby.

MONTH	CELL SALTS/ REMEDY
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
ONCE A MONTH	GOLDEN SPIRAL 30C

CALC FLUOR

For bone development and maintaining elasticity of connective tissues. Great for loosened ligaments due to the hormone relaxin. Also prevents stretch marks!

MAG PHOS

For nerve development and the prevention of heartburn. There are other remedies for heartburn so get in touch if you are still suffering.

FERRUM PHOS

Oxygenates and helps transportation of the blood. Prevents anaemia and inflammation. Also great for stopping colds that are slow to ripen.

SILICA

Strengthens the hair, teeth and bones. Also great for helping with hormonal hair loss after giving birth. You can also use it before a big event to make your hair and nails look good!

NAT MUR

Controls fluid and salt balance, prevents swollen ankles and dehydration.

KALI PHOS

A bonus cell salt that is great for fatigue and nerve strain. Also great during labour to keeping your energy up.

TWELVE CELL SALTS BLEND

a combination of all twelve cell salts which can be taken as soon as your baby is born. This potent mix will help to ensure you are mineralised during your fourth trimester.

GOLDEN SPIRAL

A wonderful new remedy which is in essence, the blueprint of life. It includes themes such as alignment & flow, expansion, purpose, peace, calm, acceptance & trust, strength & resilience, connection, transitions, freedom from constraints and DNA repair. It's the perfect remedy for pregnancy.

[GET YOUR KIT](#)



20. GET IN TOUCH

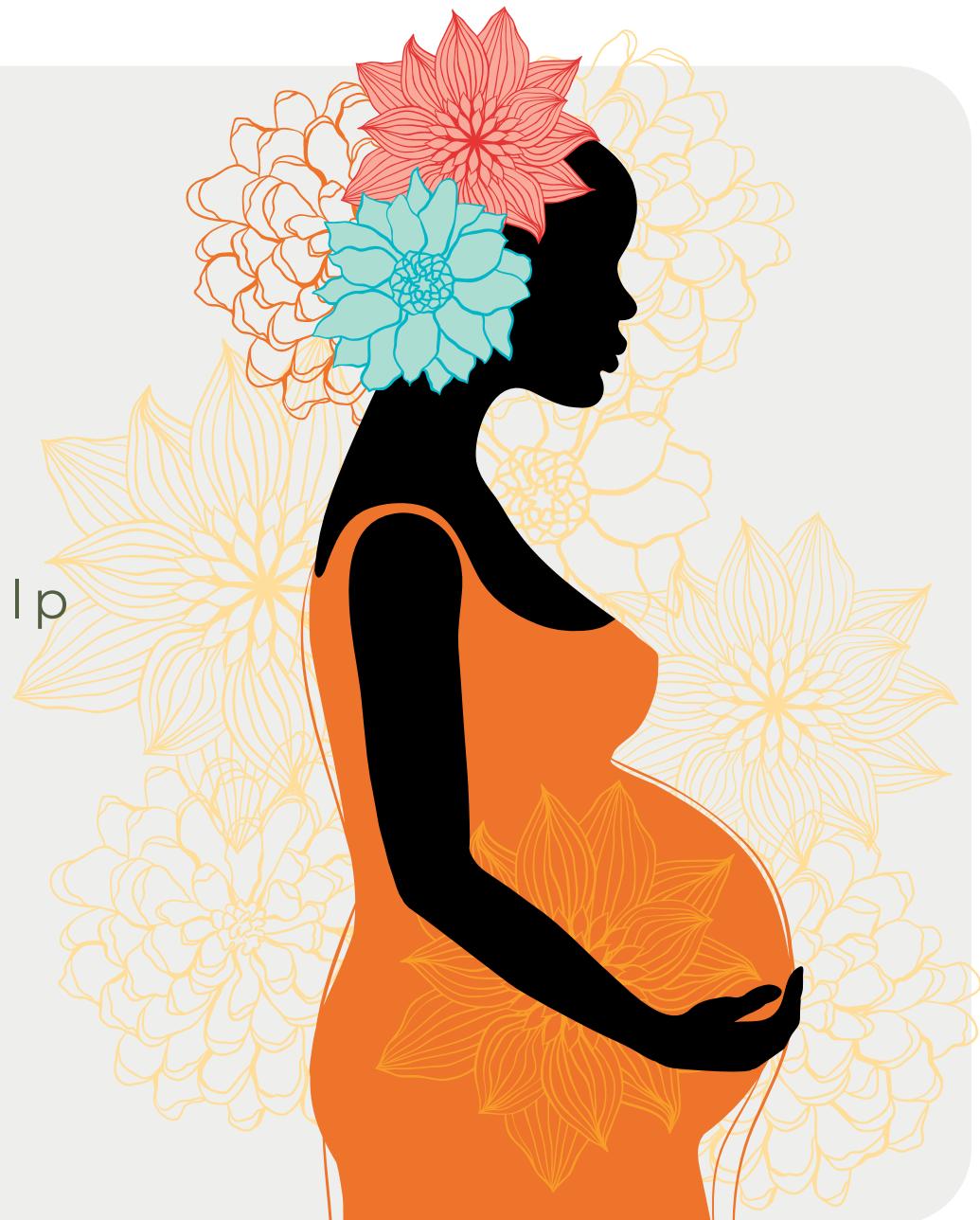
I love supporting women in pregnancy, so I hope my pregnancy guide has been useful!

If you need more help, I would love to hear from you:

[BOOK A CURIOSITY CALL](#) to find out how I can help

[BOOK A CONSULTATION](#) to feel better now

[VISIT MY WEBSITE](#) for more information



BIRTH PREPARATION

Preparing for birth is essential. Homeopathy is the only toll that can help your physical and emotional state during labour and birth.

You can use homeopathy to prevent an unnecessary cascade of interventions and bring your baby earthside in the most gentle and positive way.

Described as “*a MUST, as part of your birthing/postpartum toolkit!...If you work with anyone that is pregnant/giving birth/new parents, including birth partners*” it's also an amazing tool for birthkeepers!

[LEARN HOW TO USE
HOMEOPATHY FOR BIRTH](#)



have a wonderful pregnancy
and beautiful birth

x