

Use the 6c potency unless otherwise specified.

This leaflet is written as an accompaniment to the Breastfeeding Kit. Further useful information is available in the Post Natal Care and Babies leaflets. Please contact your Homoeopath or other health care practitioner if problems persist or you have difficulty in choosing remedies for your particular problem.

### BLOCKED DUCT

Massage breasts gently and apply hot and cold compresses.

Make sure that you are getting enough rest and allowing enough time at feeds for the breasts to be drained completely. Increase fluid intake. Seek help if the indicated remedies don't work reasonably quickly. **Belladonna** -first remedy to think of for the acute inflammatory process. Use hourly for threatened mastitis especially where there is heat, fever, congestion and possibly throbbing. **Bryonia**

- usually right sided and is much worse from movement and heat. Breast is hard and hot. **Silica** - left sided and worse while feeding. **Phytolacca** –breast is hard, nodular and lumpy, or if lumps becomes painful and an abscess threatens. Also consider **Hepar Sulph** or **Merc Sol.**

### COLIC

Regular use of the Tissue Salt combination in the Breastfeeding Kit is helpful. The following remedies are also useful for colic pains in babies. Irritability, green diarrhoea, knees drawn up with the pain – **Chamomilla**. Tired and exhausted with sharp, cramping pains – **Mag Phos**. Hot, restless, distended abdomen, arches back – **Belladonna**.

### ENGORGEMENT

Use warm compresses and express extra milk. After feeds use cold compresses. When the milk “comes in” the breasts may become red, hard, painful and throb. Red streaks may radiate out from the nipple - **Belladonna**. Breasts look pale and any movement is painful - **Bryonia**.

Weepy and sensitive to cold. Hates stuffy rooms - **Pulsatilla**. Extreme sensitivity to cold, cold sweats and tendency to be overweight – **Calc Carb**.

### EXHAUSTION FROM FEEDING

Weakness from loss of vital fluids, during delivery or from breastfeeding – **China**. Weakness, loss of weight and low energy – **Silica**.

### MILK SUPPLY

**Low** : Supply low or milk watery and thin in mild, weepy women - **Pulsatilla**. Breast may be full and sore but not producing much milk. Fearful and sluggish. - **Calc Carb**. Supply low in chilly women after exposure to cold - **Dulcamara**. Mother thirsty and depressed. Exhausted from lack of sleep - **Lac Deflor**. When supply is low for no obvious cause - **Urtica Urens**.

**Overabundant** : Breasts, full and hot, flow too copious - **Belladonna**. Engorged, full and worse movement - **Bryonia**. Breasts large and uncomfortable, supply copious but poor in quality - **Calc Carb**. Supply copious but changeable in timid weepy women - **Pulsatilla**.

### REFUSING MILK OR VOMITING

Poor quality milk - **Calc Carb**. Downward movements during nursing cause baby to scream - **Borax**. Baby is thin with large sweaty heads and vomits after feeds - **Silica**.

Breasts hard and swollen - **Bryonia**. Oversupply in timid, weepy mother - **Pulsatilla**.

### SORE & CRACKED NIPPLES

Beware of creams, soaps and detergents that may be creating an allergy. Apply **Calendula** or **Rescue Remedy** cream topically. Expose nipples to the sun or warm air often. Nipples are sore, cracked and very tender, quickly becoming raw if left untreated. Breasts may be engorged and skin itchy - **Castor Equi**. Nipples inflamed, extremely tender and sensitive – **Chamomilla**. Cracks deep and sore and may be across the crown - **Sepia**. Inverted nipples which are cracked, sore and bleeding -

**Silica**. Chapped and with smarting, burning pain – **Sulphur**.

### WEANING

Weaning your baby is best done gradually, however this is not always possible.

**Lac Caninum** and **Pulsatilla** are useful to help reduce the milk supply when weaning.

Some babies become upset or experience other difficulties when feeding stops and may benefit from Constitutional homoeopathic care.

### BACH FLOWERS

Bach Flower remedies have a balancing effect on our emotional state and help us to cope with difficult and stressful situations calmly. The kits contain a combination to support the emotional needs of the feeding mother.

### ESSENTIAL OILS

Essential oils can be very helpful with the problems and discomforts of breastfeeding. Be sure to wash away any traces of oil before feeding as the even small amounts of oil taken internally by a baby can be potentially harmful.

**Cracked Nipples** : Calendula is excellent for healing and the oil can be added to creams and applied after each feed. Geranium, Lavender, Hyperica and Rose will also aid healing.

**Low Supply** : Aniseed, Caraway, Dill and Fennel are helpful and as an alternative to the oil, they can be taken as a herb tea.

**Overabundant** : Peppermint helps reduce the flow of milk and can be used as a cold compress.

### TISSUE SALTS

These remedies are prepared in very low homoeopathic potency and work gently on the physical structure of the body, building, repairing and maintaining health over a period of time.

## MATERIA MEDICA

**Belladonna:** breasts engorged, red, hard, hot, inflamed, throbbing & painful, especially right sided. Supply can be overabundant.

**Bryonia:** as for Belladonna but breasts are pale and much worse for movement. Mastitis.

**Calc Carb:** Breasts full and sore but supply low, or copious but of poor quality. Mum can be sensitive, fearful and prone to cold sweats.

**Castor Equi:** Sore / cracked nipples, can become raw. Breasts can be engorged and the skin itchy.

**Ignatia:** Depression, guilt, disappointment and/or grief especially when things do not follow our ideals.

**Phytolacca:** Breasts can be inflamed and lumpy with pain while nursing. Nipples cracked & sore where pain radiates all over the body. Also for infections and abscesses.

**Pulsatilla:** Supply low with thin watery milk in mild, weepy women or copious but changeable as are the emotions. Helps to balance hormones.

**Tissue Salts: Feeding** For the mother to take regularly to support the physical needs of the body.

**Tissue Salts – Colic:** Aids proper functioning of babies developing digestion and assimilation of nutrients.

**Urtica Urens:** When supply is low or overabundant, with no obvious cause and little desire to express and store. Helps establish a good supply.

### REMEDY INFORMATION

Owen Homoeopathics remedies can be purchased from your local stockist or from us direct. Check the website for a full list of stockists.

[www.h-e-c.com.au](http://www.h-e-c.com.au)

### BOOKS TO READ

Homoeopathy for the Home Prescriber – Jan Owen

Homoeopathy for Women – Handley

Homoeopathy for Pregnancy, Birth & Babies First Year – Castro

Everybody's Guide to Homoeopathy - Cummings & Ullman

Australian Family Homoeopathy – Callinan

Neals Yard Natural Remedies - Susan Curtis

Aromatherapy for Scentual Awareness - White & Downes

### IMPORTANT

#### Taking of Homoeopathic Remedies

1. The remedies are absorbed in the mouth, so are best held in the mouth for several minutes before swallowing. In the case of pilules, dissolve them under the tongue.
2. Unless the dose is very frequent, half an hour before meals, or between meals, is the best time to take your dose. However, 10 minutes before or after a meal or taking a drink is acceptable.
3. Do not use peppermint toothpaste, or drink strong peppermint tea, or ordinary coffee as these may antidote your remedies.
4. Do not smoke, brush your teeth or gargle, or drink alcohol, within half an hour of taking remedies.
5. Do not touch the remedies with your hands. Liquids may be administered on a teaspoon, diluted with water. Likewise when administering pilules to infants or small children, a teaspoon is helpful. Pilules can be rolled into the lid of the vial, and then dropped under the tongue.
6. If any pilules are dropped, they should be discarded and not returned to the bottle, as they are probably contaminated.
7. Store your remedies away from direct light, heat and strong smells particularly camphor or essential oils, as the potency of the remedy will be weakened.
8. When taking Homoeopathic remedies, do not use products such as "Vicks" or "Deep Heat", as these will antidote the remedy. There are very effective Homoeopathic creams which you can use instead.
9. When taking more than one medicine, separate the doses by at least 10 minutes, preferably longer.
10. Store your remedies away from electrical appliances such as fridge, TV, microwave, computer and stereo.

© Copyright

# BREASTFEEDING

*\* It is stressed that these suggestions are intended as a guideline. A trained Homoeopathic practitioner must be consulted if there is any doubt or query.\**

Breastfeeding while an incredibly rewarding and nurturing experience when everything is going 'right', can be the cause of extreme disappointment, frustration and despair if we experience difficulties establishing feeding patterns. Problems can be the result of incomplete recovery from a traumatic delivery, emotional issues or even physical problems such as cracked nipples, colic etc. Homeopathy can offer support, nurture & healing at this time.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe and Asia, and to a lesser extent Australia. Homoeopathy follows definite scientific laws of preparation, prescription and cure which are as true today as they were in Dr Hahnemann's time.

Homoeopathic remedies are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These remedies have been prepared in a specific way by a process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects. Homoeopathic medicines will not affect or influence other medicines prescribed for you by your doctor.

### OWEN HOMOEOPATHICS

443 Great Eastern Highway Redcliffe WA 6104

Phone: 08 9277 9565 Fax: 08 9277 9192

Email: [jan@h-e-c.com.au](mailto:jan@h-e-c.com.au) Web: [www.h-e-c.com.au](http://www.h-e-c.com.au)