

## URINARY DIFFICULTIES

**Retention of Urine** - after the birth is often caused by bruising and trauma. *Arsenicum* (with anxiety and panic) or *Causticum* will usually set things right. Otherwise *Pulsatilla*, *Nux Vomica*, *Staphysagria* or *Arnica*.

**Incontinence** - can be a result of bruising and weakened pelvic floor muscles. Avoid constipation, exercise the pelvic floor muscles, urinate regularly and practise stopping and starting. Don't cut down on fluids or allow your bladder to be over full. *Arsenicum* is the first choice. Incontinence after coughing, laughing etc. consider *Sepia*, *Nat Mur* and *Causticum* as well.

## BACH FLOWER REMEDIES

These remedies help us on an emotional and mental level to cope with stress. Dr Bach felt that "dis-ease" is a sign of imbalance in one's emotions, attitudes and life directions. His aim was to create a safe system for people to be able to self prescribe. Contact us at the Centre for a leaflet or to discuss having a combination made up to your specific needs.

### KIT 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 Pregnancy, Birth and your Baby's First Year – Miranda Castro  
Homoeopathic Medicine for Pregnancy and Childbirth – Richard Moskowitz  
Neals Yard Natural Remedies  
Aromatherapy an A-Z – Patricia Davis  
Aromatherapy for Scentual Awareness – Judith White & Karen 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, allow them to dissolve 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.
7. Store your remedies away from direct light, heat and strong smelling substances, particularly camphor, as the potency of the medicine will be weakened.
8. When using 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 medicines away from electrical appliances such as fridge, TV, microwave, clock radio and stereo.

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# POST NATAL CARE

*\*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.\**

The third flyer in a series for the care of a woman during pregnancy, birth and after. It is not suggested that this information take the place of medical care but rather that it support and nurture through difficult situations which would otherwise often go untreated.

Homoeopathy is a medical system developed by Samuel Hahnemann 200 years ago. It is well known in the United Kingdom, America, Europe, Asia and 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 called potentisation. This is an activating process involving dilution and succussion (shaking hard) which makes the remedies non-toxic and free from side effects.

Sometimes when we have awaited an event with such joy and anticipation it can be a great shock and disappointment to have to contend with the difficulties of painful breasts and bottom, exhaustion, emotional ups and downs and a less than settled baby. We hope that some of the following will help in a practical way to keep the sun shining on you and babe.

### OWEN HOMOEOPATHICS

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Use the 6c potency unless otherwise suggested.

## AFTER PAINS

*Arnica* usually helps but if it is not enough think of *Mag Phos 6c* for the spasm of the uterus contracting. Seek help with remedy choice if these are not adequate.

## BACK PAIN

Choose a remedy according to the cause and location. The **Tissue Salt Combination G** taken regularly helps and **Rumartica Cream** or an oil blend of **Rosemary, Hyperica, Lavender** and **Arnica** in the bath or as a massage.

## BIRTH TRAUMA

*Arnica* is usually the remedy of choice following a difficult or traumatic delivery. Also, **Rescue Remedy**. See the birthing flyer. Add *Hyperica* or *Calendula* to help heal a tear or *Staphysagria* after episiotomy or caesarean section plus extra Vitamin E and **Silica 6x** and **Calc Fluor 6x Tissue Salt** to promote healing. *Bellis Perennis* for sore bruised pains and over-exertion.

## BREAST FEEDING PROBLEMS

**Blocked Duct**– massage breasts gently and apply hot and cold compresses. Breasts hard and hot, fever and pain – *Belladonna*. Plus, worse on the right and from movement – *Bryonia*. Left, while feeding - *Silica*. Also consider *Phytolacca*, *Hepar Sulph* and *Merc Sol*.

**Engorged** - *Belladonna* - red, restless, may have red streaks and *Bryonia* - worse least movement. Use warm compresses, express extra milk. After feeds cold compresses.

**Sore and Cracked Nipples** - Beware of creams, soaps and detergents that may be creating an allergy. *Calendula* or *Rescue Remedy* cream are good. Expose nipples to the sun or warm air often. Consider – *Castor Equi*, *Causticum*, *Phytolacca*, *Sepia*, *Silica* or *Sulphur*.

**Supply Low** - *Calc Carb*, *Lac Deflor*, *Secale*, *Dulcamara*.

**Over Abundant** - *Belladonna*, *Bryonia*, *Calc Carb*, *Pulsatilla*.

## CONSTIPATION

As the bruising heals this will improve. Hold a pad against stitches when going to the toilet to reduce pain and pressure. Many remedies may apply, try *Nux Vomica 6c* or *Nat Mur 6c* (or **Tissue Salts Nat Mur and Calc Fluor**)

## DIET

Nutritional requirements are at a peak when recovering from childbirth, breast feeding and coping with broken and often inadequate sleep. The quality of the food eaten will reflect in your and baby's general emotional and physical health. Avoid sugars, additives, refined foods and stimulants. Drink plenty of fluids, minimising tea, coffee, soft drinks and herbal teas with medicinal effects.

## EXERCISE, RELAXATION AND REST

Easier said than done, however the benefits of finding time for yourself fall on the whole family so make a little time for walking, massage, baths, reading, daydreaming and sun sitting. Burn oils such as **Lavender, Geranium, Neroli** and **Orange** to help you and the family unwind or add them to the bath or a massage blend.

## EXHAUSTION

Make sure that you are your number one priority or you won't have the energy required. Ditch the housework and have fun. Restrict visitors, eat and sleep well and drink enough water. Get practical help with chores and emotional support from your partner or a friend. Take **B Vitamins**, extra **Vitamin C** and **Tissue Salt Combination B**. Try *Cocculus*, *Nitric Acid* or *Nux Vomica* for lack of sleep and nervous exhaustion or seek professional help choosing a remedy.

## HAEMORRHOIDS

*Ignatia*, *Kali Carb*, *Pulsatilla* or *Sulphur* as indicated. **Tissue Salts Combination G** taken regularly improves elasticity and tone. *Hamamelis* cream or tincture applied to a napkin as a compress eases pain and holds them in position.

## HAIR LOSS

Eat well and regularly, include lots of mineral rich foods. Try *Nat Mur* or *Sepia* or seek homoeopathic advice. Use **Combination K in Tissue Salts** and *Calc Phos* (defective nutrition) or *Kali Phos* (nervous causes).

## INSOMNIA

After birth this can be caused by the "hormonal high", try *Coffea* or *Kali Phos*. Use *Nux Vomica* if there is irritability as well.

## LOW LIBIDO

This is common and you often just need time and patience. Main remedies to consider are *Causticum*, *Nat Mur* and *Sepia*. Treating problems such as painful episiotomy, backache, colicky baby, exhaustion etc. often makes all the difference.

## POSTNATAL BLUES

This feeling of weepiness or depression may last for a day or so or for weeks. Constitutional care is necessary and effective for depression or feelings of anxiety, hopelessness, mood swings or gloom which are not self limiting. Weepy, better from fresh air – *Pulsatilla*. If you cannot cry or cry on your own – *Ignatia* or *Nat Mur*. Irritable – *Sepia*, *Silica* or *Nat Mur*. Irritable and anxious – *Nux Vomica*.

## PROLAPSE

Due to damaged or weakened ligaments and muscles may be helped with *Calc Fluor*, *Pulsatilla*, *Rhus Tox* or *Sepia*. Seek professional help if the problem persists. Lie flat with legs elevated whenever possible. Take care not to strain ligaments or muscles further, don't lift or carry. Do pelvic floor exercises regularly.

## LOSS OF A BABY

The loss of a baby is devastating whether it is before birth, at birth or in infancy. Homoeopathics will help through this process but will not take the place of the support, counselling and care that the grieving process deserves. *Ignatia* – the great grief remedy for loss and disappointment, especially with frequent sighing. Also *Nat Mur*, *Pulsatilla* and *Phos Acid*