

**Phos Acid. Rescue Remedy** and oils such as Rose, Lavender, Marjoram, Bergamot and Chamomile.

### ESSENTIAL OILS

The following oils should be avoided during pregnancy. Cinnamon, Clove, Hyssop, Myrrh, Origanum, Basil, Pennyroyal, Sage, Savoury, Thyme. Jasmine should not be used before labour as it is a uterine tonic and aids contractions.

### 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.

### BACH FLOWER REMEDIES

The Bach Flower 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. Contact us at the Centre for a leaflet or other information

### 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 – Susan Curtis  
Aromatherapy an A-Z – Patricia Davis

### 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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# PREGNANCY

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

This flyer is written to help pregnant women cope with the common symptoms and difficulties experienced during the nine months of pregnancy. It is not suggested that Homoeopathy take the place of medical care, rather that it allows us to deal with problems which often go untreated and cause distress and discomfort. Please contact this centre, your Homoeopath or Medical carer if you need advice or are unable to resolve a problem.

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 medicines are provided in either pilules or drops and the dose varies depending upon the patient's individual need. These medicines 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.

### OWEN HOMOEOPATHICS

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*Take in 6c potency unless otherwise specified.*

## ANTICIPATORY ANXIETY

Medical tests if needed may cause anxiety or trauma – discuss this with us at the centre or your Homoeopath or medical carer. Take a friend or partner for support and ask them to write down information for you. Remedies – **Rescue Remedy**, **Argent Nit**, **Gelsemium** or **Aconite**. **Arnica** and **Rescue Remedy** are helpful after traumatic procedures. **Aconite** if you feel shocked.

## BREAST PREPARATION

Massage the nipples daily from early in the pregnancy and toughen them up to stand up to feeding.

## CONSTIPATION

Careful attention to and adjustment of the diet is essential. It is undesirable to have the resorbing of toxins from the bowel into the system. Consider **Nux Vomica**, **Alumina** or the tissue salts. Iron supplements can promote constipation, look to alternatives.

## DENTAL HEALTH

Hormonal changes can affect the gum (gingival) tissue. Particular attention to diet, hygiene and dental health is important. Consider **Mercurius** or **Phosphorus**. If planning pregnancy have all dental treatment up to date before conceiving.

## DIET AND NUTRITION

Be aware that your requirements for folic acid, vitamins B and C, calcium, zinc and magnesium will rise by 30-100% during pregnancy. This means closely monitoring the quality of your dietary intake. Consult a nutritionist or naturopath if you are uncertain.

## EXERCISE

Increases stamina, strength and flexibility. Maintaining a gentle, regular exercise program will facilitate the birth process and recovery. In this program incorporate exercises to strengthen the back and pelvic floor.

## HAEMORRHOIDS

Attention to diet and constipation. Use Tissue Salts to improve elasticity and tone. **Pulsatilla**,

**Sulphur** or **Lachesis** may be useful. **Witchhazel** (**hamamelis**) applied to a napkin and held in place as a compress eases the pain.

## HEARTBURN

Hormonal changes can relax the sphincter of the stomach and aggravate this problem. **Lycopodium** – heartburn after only a little food, worse cold food and drink and between 4-8p.m. Also consider **Nux Vomica** or **Pulsatilla**. Drink **Fennel Tea** and use **Ginger** in cooking. **Avoid antacids** as they affect iron absorption. The tissue salt **Nat Phos 6x** and a **Combination E** Indigestion formula are helpful.

## MORNING SICKNESS

The best results are obtained by treating the situation as soon as possible rather than letting it become chronic. Use Bach Flowers to adjust to the rapid changes for self and family. The Tissue Salt **Nat Sulph 6x** repeat every 10 minutes as needed. **Ipecac** – copious vomiting with persistent nausea. **Pulsatilla** – thirstless, excessive mucous. **Nux Vomica** – with heartburn, belching and heavy bloated feeling. **Colchicum**, **Ars Alb** or **Sepia** if you cannot bear the sight or smell of food.

## RELAXATION

Make time to incorporate beautiful relaxation into your program, massage, music, play, friendship, meditation and rest.

## SKIN PROBLEMS

Hormonal changes often affect the skin. Broken veins – **Arnica**, Pigmentation – short courses of **Sepia**, Spots – **Sepia**, **Nat Mur** or **Pulsatilla**, Itchiness – **Sulphur**.

## SLEEPLESSNESS

**Aconite** – sleepless with fear and excitement. Anxious, restless and worried. **Coffea** – sleepless from crowding of thoughts. Full of ideas and quick to act. Sleepless from joy. **Nux Vomica** – from

mental strain or over-indulgence in food, coffee etc. Bach Remedies and safe essential oils help relaxation.

## STRETCH MARKS

Some women have more elastic skin which stretches easily. If you are not so lucky use essential oil blends such as Frankincense, Lavender and Neroli in Wheatgerm base, regularly to keep the skin supple. Take Vitamin E and short courses of **Calcium Fluor** tissue salt to improve elasticity.

## TISSUE SALTS

The Pregnancy Program of tissue salts devised by famous homoeopath John Damonte is suitable for general use by any woman who is pregnant and wishes to ensure that she and her baby will be fit and strong throughout pregnancy, delivery and breastfeeding. They will promote the body's own metabolism. One dose of each per day in the 6x potency.

2<sup>nd</sup> & 6<sup>th</sup> Month - **Calc Fluor**, **Mag Phos**, **Ferr Phos**

3<sup>rd</sup> & 7<sup>th</sup> Month - **Calc Fluor**, **Mag Phos**, **Nat Mur**

4<sup>th</sup> & 8<sup>th</sup> Month - **Calc Fluor**, **Nat Mur**, **Silica**

5<sup>th</sup> & 9<sup>th</sup> Month - **Calc Fluor**, **Ferr Phos**, **Silica**

*from The New Active Birth by Janet Balaskas. This is a very helpful book and is available at the Centre.*

## THRUSH

The acid/alkaline balance of the vagina changes during pregnancy often resulting in thrush. Live yoghurt and a drop of tea tree oil applied locally can be helpful. Reduce sugars and yeasty foods. The main remedies to consider are **Sepia** and **Pulsatilla**.

## 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