

homeopathy

AND HOW IT COULD BENEFIT YOU...

Hello my name is Nicola Holdcroft. One of the topics I am most frequently asked about relates to Homeopathy and pregnancy. Below I have tried to answer those questions as well as explaining the options open to you if you decide a homeopathic alternative is best for you.

Nicola



homeopathy for pregnancy & childbirth

Homeopathy is ideal for women during pregnancy, childbirth and the new born period as it is a highly effective yet gentle system of medicine.

Many women are concerned about the possible side effects of taking medicines during pregnancy and go on to suffer minor complaints such as morning sickness or heartburn (either in silence or very loudly!) rather than seek medical advice.

Homeopathic medicines are safe for your growing baby as they work by stimulating your own healing powers, are non toxic and non habit forming.

Homeopathy is also useful prior to conception to prepares your body for a healthy pregnancy and many Homeopaths will offer diet and lifestyle advice to encourage as healthy a pregnancy and birth as possible for you.

Whilst a consultation with a professional homeopath is advisable for chronic (long term)

health problems, many minor complaints can successfully be handled by you at home.

Remedies can be purchased at many health food stores or prescribed by a Registered Homeopath. As a general guide, take one tablet up to 3 times daily for up to 3 days or until you feel better. Use a 6c or 30c potency. Homeopathic pharmacies will post remedies direct to you at home.

For morning sickness

Ipecac - Constant nausea with empty belching and retching, vomiting is difficult and does not make you feel any better. You are very hard to please.

Sepia - Nausea worse in the morning and for the smell of or when thinking of food. You feel better after eating but are generally very grumpy especially with loved ones.

Pulsatilla - Nausea worse after eating and drinking and better for company and fresh air. You feel very tearful and moody and like lots of attention and cuddles.

Nux Vomica - Nausea relieved by being sick, indigestion and heartburn, you are bad tempered.

During childbirth

Many homeopaths are willing to attend a home birth along with your midwife and may supply you with a remedy kit for labour.

Arnica - This well known homeopathic remedy is invaluable to help your muscles function well and to heal bruising after delivery.

Caulophyllum - For a difficult labour where the cervix is slow to dilate, labour pains are slow and ineffective. (This remedy is not available over the counter)

Kali Phos - For exhaustion during labour.

After childbirth

Using homeopathic remedies after childbirth has helped many women to speed up their recovery so that they can get on with enjoying their precious new born.

Arnica - To relieve bruising, soreness and after pains. Also used to help babies who are bruised as a consequence of an assisted delivery.

Pulsatilla - If you are feeling 'blue' and weepy. Especially around the time when your milk comes in.

Aconite - For shock for you, your partner and baby.

A low cost childrens clinic for pre-school children runs on the first Tuesday of every month. Places are limited.

You can email me on nicola_holdcroft@homeopathy-soh.org if you would like more information on Homeopathy. A selection of your questions may appear here next month.

*Nothing contained in this information should be taken as individual medical advice or as a substitute for consulting your homeopath or healthcare practitioner.

MENOPAUSE?

Are you suffering from hot flushes, mood swings, night sweats, headache falling libido?

STRESS, ANXIETY & DEPRESSION?

Emotional stress caused by grief, shock, abandonment, disappointment or major life changes can leave us drained and prone to illness.

Fully insured member of the Society of Homeopaths and bound by their code of ethics & practice
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What's The Alternative

the homeopathic
PRACTICE

01782 212 422

Health Matters, 4 Victoria Square, Hanley ST1 4JH
www.homeopathic-practice.co.uk