



LOCAL ANTENATAL COURSES FOR LOCAL PEOPLE

Arnica 200c

No1 trauma remedy. Encourages healing, controls bleeding, reduces swelling and likelihood of pus formation. Nearly all women benefit from it during labour. Reduces exhaustion, gives “second wind,” particular during long, slow, painful labour, where tiredness makes contractions weak/ineffectual. Give routinely after birth to speed recovery/alleviate batter and bruised feeling. Use for shock, when someone claims to be alright but clearly isn't. Reduces excessive bleeding where birth was traumatic/unusually long or short.

Usage

Use during labour as needed remember not to touch the pills.

After labour: 1 dose as soon as you can remember after the baby is born: 2nd dose 12 hrs after the baby is born and 3rd dose 24 hours after the birth.

Hypercal

Excellent first aid remedy for damage to nerve-rich areas. Pains shoot along nerves with terrible intensity. Most useful after labour. Particularly after caesareans, epidurals, episiotomies, forceps deliveries

Usage

1. 20 drops in a shallow bath.
2. 10 drops in a jug of water (or Fill a bottle with a “sports cap”) and use when urinating.
3. 5 drops on a sanitary pad.

Jan2006 Taken from “a specific guide to homeopathy in childbirth” copyright helios homeopathy