

Homeopathy & Pregnancy

– Safe Choices for a Healthy Childbirth

The use of homeopathic preparations is an ideal option for women during pregnancy and childbirth. Homeopathy is a gentle, effective system of medicine that uses specially processed ingredients which stimulate the body to heal itself, without the side effects of Western pharmaceutical intervention. There are two approaches to homeopathy, 'Classical' and 'Combination.' Classical homeopathy uses a single remedy, usually at a single potency to treat a symptom picture. Unless otherwise noted, the classical remedies mentioned in this article may be safely used at either a 30x or 30c potency. Combination homeopathy combines several different ingredients and potencies into a single formula for simplicity and ease of use. This article includes both approaches, since they are both valid options. Generally the use of a combination remedy is recommended first. If it fails to provide relief, then a classical remedy should be considered, often with the assistance of an experienced, professional homeopath.

Thalidomide, Prozac, and countless other drugs either have documented dangers or are too new to have reliable studies backing them. Similarly, herbs, even though they are from nature, can contain a variety of strong chemical compounds that may pose a threat the developing fetus or compromise the mother's health. Forward thinking physicians today are learning from 200 years of homeopathic success that there are valid, efficacious and safe alternatives to the increasingly toxic pharmaceuticals available for expectant mothers and newborns.

Information in this article is not intended to diagnose or treat any medical condition, nor is it intended to replace qualified medical advice and treatment. This report is for informational purposes only.

It takes 42 weeks for a new human being to develop. It is a natural process and one of the few experiences that can be life-changing if intentionally and purposefully experienced. It is unfortunate that Western medicine has made this process into a medical condition.

When a woman is pregnant, it is normal to experience a vast array of new sensations – some pleasant, others not so pleasant. The average woman in the United States receives 4 prescriptions during the term of her pregnancy, many of which can adversely affect the developing baby as well as the mother. The good news is that there is a homeopathic remedy for just about every condition that a woman may experience while pregnant. Homeopathic remedies are strong, safe medicines with more than 200 years of experience behind them. The healthier and more vital we can keep the mother, the faster she heals and the stronger the baby's vitality remains.

MORNING SICKNESS

Few women escape the unpleasantness of morning sickness at least some time during their pregnancy, particularly during the first three months. In addition to being miserable, it can interfere with proper nutrition and

represents a potential danger to the developing baby as well as the mother. Since homeopathy is based on symptoms, **Mediral's Flu Med** is a combination homeopathic remedy that addresses this symptom well without having to repertorize (i.e. repertorizing is the process of researching specific symptoms in the homeopathic literature) all of the accompanying symptoms. If you are more inclined toward the symptom-specific classical approach, the following remedies are commonly used for morning sickness & nausea:

Colchicum is the primary remedy for nausea at the sight, smell or thought of food or cooking, although they may crave a variety of foods. It can also be used during the ninth month for feverish restlessness.

Ipecac eases the constant nausea, with empty belching and vomiting that does not relieve the nausea.

Gossypium is known to help morning sickness in women with an overly sensitive uterus and a feeling of constant motion sickness.

Nux vomica may ease sour belching, indigestion, nausea and vomiting that does relieve the nausea which occurs

especially after eating. There may be the sensation of a knot in the stomach.

Pulsatilla will be helpful for women who are weepy, emotional, moody, changeable or indecisive and like to be comforted or with friends. Nausea that is worse after eating or drinking, usually with minimal vomiting responds well to Pulsatilla.

Sepia helps intermittent nausea that is worse with motion or the smell/thought of food, in women who feel temporarily better after eating or vigorous exercise, and who may feel dissatisfied, detached or disinterested.

Symphoricarpus provides relief for women who feel nauseated at the sight/smell of food.

Tobacum is a good remedy for the day and night nausea of pregnancy when the mother dreads even the least motion or movement. Violent vomiting and ice-cold perspiration are generally indicators for Tobacum. This remedy is also helpful with the whole-body itching that some experience during pregnancy.

If stomach upset and vomiting are severe, or if there is weight loss, consult your healthcare professional.

CONSTIPATION

Constipation is another condition that most expectant mothers experience. Thanks to increases in the hormone progesterone (which prepares the uterine muscles for labor, but also slows peristalsis of the intestine, so matter accumulates), pressure from the fetus on the rectum, and prenatal vitamins with iron, constipation is a regular occurrence. Common sense measures include plenty of fiber (i.e. fruits and vegetables) and water in the diet, less wheat & glutes, and moderate exercise to help keep things moving. Smaller, more frequent meals may also help. **Mediral's Constipation Med** is a combination remedy uniquely formulated for gentle relief, and may be enough to restore normal movement without the harsh stimulants found in laxatives. For the classical approach:

Bryonia will help with large, dry stools that are hard to pass and are generally accompanied by a headache and irritability.

Collinsonia canadensis is vital for obstinate constipation accompanied by protruding hemorrhoids and flatulence.

Hydrastis canadensis can be useful with dry, obstinate constipation without the urge to go. It is often accompanied by painful, bleeding hemorrhoids.

Nux vomica is best for frequent but ineffectual urgings and passing only small amounts with every attempt. Often a headache accompanies.

Sepia similarly is good for straining to pass large, dry stools when the sensation of a lump remains in the rectum even after a movement, and the stomach may feel full and sluggish.

Sulphur assists when there is a pain, itching or burning sensation. There may be a thirst and general sensitivity to heat as well.

DIARRHEA

Diarrhea can be quickly improved with **Nature Knows' Diarrhea NKF**, a combination remedy for gentle but quick, effective results. With diarrhea, it is important to remember that dehydration and nutritional deficits can happen quickly. Be sure to rehydrate with water and electrolytes and eat nutritionally dense foods to replenish the lost nutrients. Classical remedies for constipation include:

Phosphorus is useful for profuse, exhausting diarrhea.

Sulphur is often the right remedy for morning or explosive diarrhea. This remedy is also good when diarrhea and constipation alternate.

HEMORRHOIDS & CIRCULATION

Hemorrhoids and varicose veins often occur due to the new pressures and circulatory challenges in the body. **Mediral's Hemorrhoid Med** is an excellent preventive when taken early, although it also helps once they have begun to form. The combination remedy **Circulo Med** can help to strengthen circulation and weakened vessels contributing to circulatory deficits, including hemorrhoids, varicose veins and cold hands and feet. For a more targeted classical approach:

Bellis perennis may be used for varicose veins, to strengthen circulation and weakened vessels and alleviate stagnant or circulatory congestion. This may also be the right remedy if the expectant mother reports an inability to walk.

Collinsonia canadensis is especially helpful for pelvic congestion, resulting in protruding or bleeding hemorrhoids, constipation and flatulence.

Natrum Muriaticum often helps with the common complaint of weak or swollen ankles.

Phosphorus is useful with bleeding hemorrhoids and a prolapse of the rectum.

Sulphur is especially useful with sore, tender and bleeding hemorrhoids occurring during pregnancy, notably worse upon standing.

GENERAL PAIN & DISCOMFORT

Mediral's Pain Med addresses an assortment of pains and discomforts that can accompany pregnancy, and should be available for use instead of NSAIDs that are normally recommended for general pain. *Headache Med* and *Vertigo Med*, both combination remedies, are useful to have in the medicine cabinet. More specific single remedies include:

Arnica for muscular pain from overexertion or strain.

Calcarea Phosphorica for the pain or feeling of ligaments loosening in preparation for birth.

Cocculus provides quick relief from the sensation of vertigo and dizziness during pregnancy.

Kali Carbonicum is excellent for the feeling of a weakened back or any type of back pain.

Magnesium Phosphoricum will often alleviate leg cramps.

Rhus toxicodendron helps with sciatic pain that is better at night or with movement.

Sepia has been effective in alleviating the discomfort of swollen or painful breasts.

Viburnum opulus is known to help with cramps in the abdomen and legs while pregnant. Viburnum is said to help with early false labor pains and to prevent miscarriage when pains become 'spasmodic or threatening.' Viburnum may also be useful if there has been a history of miscarriages.

INSOMNIA

Occasional insomnia during pregnancy is almost unavoidable, given the many new thoughts and responsibilities racing through one's head about becoming a new mother. *Mediral's Insomnia Med* is the first and best choice, particularly when sleeplessness is the result of those mental fires that won't extinguish. It can be used preventively as well, a couple of times per day and then again about 30 minutes before bedtime – it won't cause drowsiness during the day, but it will help you fall asleep when the time is right. If the insomnia is

from physical or mental exhaustion, *Mediral's RLX-Essence* or *Stress Med* respectively will help. *RLX-Essence* contains low potencies of Valerian to relax the physical body; *Stress Med* is a homeopathic combination that redistributes and disperses stress so normal sleep patterns can resume. For more specific types of insomnia disturbances:

Aconite can help with panicky insomnia or sudden attacks of fear that prevent sleep, or shock one awake.

Arsenicum is for people who are almost compulsive about small details, often resulting in anxious or disturbed sleep and dreams.

Cocculus is popular with mothers who become 'too tired to sleep.' Especially helpful when the stress of taking care of a newborn infant wears a new mother out, or an upset in their routine.

Coffea cruda is the standard homeopathic remedy for insomnia, particularly where mental activity or over-stimulation prevents sleep. Coffea cruda can also counteract insomnia from drinking too much coffee.

Ignatia is a good remedy for emotional upset arising from grief, loss or shock. Once the upset is quieted, sleep comes easier.

Nux vomica is appropriate for over-indulgence in food, drink or exertion that prevents sleep, or if sleep is light and easily disrupted in the early hours.

Sulphur is good for light sleepers who feel their hands or feet are hot, and often sleep is not restful.

INFECTIONS

During the process of growing a new life, a woman's defense system may end up compromised, allowing an infection to take hold. Conventional antibiotics can have a number of unpleasant side effects, and homeopathy should be seriously considered. *Mediral's Defense Med* is an all-purpose formula designed to restore defenses in a compromised host. This may be used throughout the pregnancy as a preventive measure. If an infection should occur, *Mediral's Endoxinol Med* is formulated to nonspecifically stimulate the body's defenses to fight off bacteria, viruses and fungi. *Endoxinol Med* is handy to have on hand for the occasional infections that most people succumb to, such as urinary tract infections, sore throats and earaches. For a more classical approach:

Belladonna is indicated when an infection is hot, red and swollen, and relieved by cool applications.

Calcarea Carbonica is good for mothers and infants who have swollen lymph nodes, frequent colds, sore

throats and ear infections. These may also be accompanied by skin eruptions.

Cantharis, when dosed every 1-2 hours, can alleviate the occasional UTI (urinary tract infection).

Graphites is often good for mothers who have unhealthy skin, and a history of impetigo, herpes of infections around the ears, eyes or nose with recurring colds and earaches.

Sarsaparilla can also help with UTIs, particularly if there is severe pain at the end of urination.

Sulphur may be used with many general infections, including most urinary infections. Drinking an acidic beverage like cranberry juice (not the sweetened cocktail drinks available in grocery stores, but the real juice available in most natural health food stores) may also help.

Poor diet, impaired assimilation, inadequate nutrition, hormonal fluctuations and pharmaceutical interventions can and often do result in long-term or persistent Candida (Thrush) problems. Conventional anti-fungal pharmaceuticals are harsh. **Mediral's Fungex** may be a better, shotgun approach to general yeast and fungal infections, and may be taken safely without danger to the mother or developing child.

URINARY INCONTINENCE

The weight of a developing fetus pressing down on the bladder will predispose pregnant women to urinary incontinence (called 'Stress Incontinence' because there are mechanical considerations). One common sense approach to incontinence is practicing Kegel exercises (if not familiar with the many benefits of kegels, there is an excellent review and instructions at www.mayoclinic.com/health/kegel-exercises/WO00119). Don't ever intentionally delay urination, infections can occur quickly because of retained urine – it is waste product that needs to be eliminated in a timely manner. Some of the classical remedies include:

Causticum can help with enuresis that occurs during the early part of sleep, and with physical/stress incontinence that results from coughing, laughing or sneezing-type actions.

Eupatorium is useful for enuresis and for people who make it a habit of holding their urine for extended periods. If the bladder feels full and under pressure with the frequent urge to urinate, this is the remedy.

Pulsatilla can be a good choice for incontinence that accompanies coughing, laughing or sneezing in people who habitually resist urinating when they should. If the

urine tends to dribble out and the mother is weepy or depressed, **Pulsatilla** may be the right remedy.

Sepia is the remedy for incontinence resulting from the displaced uterus and the bearing-down pressure from the developing fetus.

NUTRITION

As a preventive approach, it is also a good idea to include cell salts in the daily regimen. The demands of the mother and developing child quickly deplete the tissue salts and increase the need for supplementing (for a more in-depth coverage of the individual cells salts and their applications, please request Mediral's newsletter on Schuessler cells salts). **Mediral's Cell Salts** contains all 12 cell salts in 6x and 12x potencies. If you prefer to individually dose the salts:

Cell Salt #1	Calc. Fluor.	Tissue elasticity
Cell Salt #2	Calc. Phos.	Nutritional issues
Cell Salt #3	Calc. Sulph.	Blood purifier
Cell Salt #4	Ferr. Phos.	Oxygen carrier
Cell Salt #5	Kali. Mur.	Sluggishness
Cell Salt #6	Kali. Phos.	Nerves
Cell Salt #7	Kali. Sulph.	Oxygen carrier
Cell Salt #8	Mag. Phos.	Anti-spasmodic
Cell Salt #9	Nat. Mur.	Water balance
Cell Salt #10	Nat. Phos.	Acid balance
Cell Salt #11	Nat. Sulph.	Biliousness
Cell Salt #12	Silicea	Cleanser

According to www.gentlebirth.org, Europeans use cell salts to nourish their unborn babies throughout the duration of their pregnancies.

To assist with general digestive functions, **Mediral's ENZ-Essence** can provide a needed boost the help the mother assimilate the nutrients in her diet. It contains homeopathic digestive enzymes and other ingredients specially selected to support digestive function.

Calcarea phosphorica can strengthen digestion and overcome poor absorption of nutrients. Often women who need this remedy crave junk food or smoked and salty foods and may have a history of tooth decay.

Nux vomica is useful for indigestion, heartburn and stomach pain/nausea.

While pregnant, the nutritional needs of the expectant mother are especially high. As a high quality supplement, we recommend **Mediral's Amino Acid**

Complex – for amino acids - and **Fatty Acid Complex** – for fatty acids – on a daily basis. These two products are not homeopathic, but are naturally sourced nutrition supplements at a time when the mother’s nutritional needs are at their highest. 1-2 teaspoons every day can help the mother and developing child get the nutrients they need.

MISCELLANEOUS

If a mother is past due, David Needleman of the UK Homeopathic Helpline, recommends the following procedure. The first remedy is **Calcarea carbonica** 30c, one dose every hour for three hours in the morning. Then a single dose of **Caulophyllum** 200c at 11 PM, followed by a single dose of **Gelsemium** 200c at 11:30 PM. He reports that the water usually breaks between 3 and 4 AM – and if they don’t, to wait 24 hours and repeat the protocol (*re: ‘Homeopathy Today’ June 2008, p22*).

Bellis perennis can help with the inevitable fatigue often felt during the last trimester.

Pulsatilla 200c has been known to turn babies who are in a breech position. Rather than the risks related to caesarian section, it is certainly worth a try and can often act very quickly, even within hours.

Sepia can sometimes help with changes in facial complexion, coloring and tone related to pregnancy.

DURING LABOR

There are a number of remedies that are helpful during the process of childbirth. While the birth process is normal and natural, we always recommend the birth be attended by a qualified and experienced healthcare professional, in the unlikely event of complications. Homeopathy during labor and birth can act quickly and alleviate the need for Western intervention. Following are commonly used remedies for childbirth:

Always consult with a healthcare professional when using this or any medication.

Aconite is useful when labor is progressing too fast or labor pains are unusually strong, almost unbearable. Often there is an increasing feeling of panic or fear of death as labor progresses, and an insistence that they ‘just can’t do this.’

Arnica is a standard midwife tool to help with the feeling of over-exertion during labor. It is also helpful to alleviate the bruised feeling following childbirth, and makes it easier for women to empty their bladders postpartum due to a reduction in swelling.

Arsenicum can be useful for labor pains that leave the mother completely exhausted after every contraction.

Belladonna can help when labor produces a hot, delirious or excessively agitated mother. Also useful with a failure to dilate, a throbbing headache and an aversion to touch.

Caulophyllum, or Blue Cohosh, helps with labor when the contractions are irregular or even stalled and the cervix is thick and slow to dilate. Contractions may also disappear due to exhaustion, and there may be a sensation of ‘internal trembling.’ Mother may be weak and warm and becoming exhausted from a lengthy labor. *It is best to consult with a professional homeopathy when using this remedy.*

Chamomile, according to Susan Roberts ND of the National College of Naturopathic Medicine, is most suitable for the inevitable 7 F’s – ‘fretful, finicky, furious, fault-finding, frantic and frenzied.’ Mother may be desperate to escape the unbearable pain and needs to be cuddled.

Cimicifuga, or Black Cohosh, is a good choice when labor produces a wild-eyed, out-of-control hysteria, and the mother is intolerant to pain and notably pessimistic, possibly from prior trauma. Late labor and cramps in the pelvis that go from one side to another are good indicators that Cimicifuga is appropriate. This remedy is also good when labor is slow or produces nervous shivers, chilly. *It is best to consult with a professional homeopathy when using this remedy.*

Gelsemium may be the choice if the expectant mother is so sleepy that she can’t keep her eyes open. She may be shaking with some degree of dysfunctional labor and a failure to dilate.

Kali Carbonicum mothers experience back labor and crave touch and rubbing; baby may not turn for delivery.

Kali Phosphoricum can help the overall physical, mental and emotional exhaustion that often accompanies childbirth.

Nux vomica may be the best choice for an overly sensitive mom in labor with pains sharp enough to almost cause fainting, who also feels a need to urinate or defecate but is unable.

Pulsatilla is the best choice when the mother is weepy or unpredictably moody. Weak, irregular contractions and a cervix that is slow to dilate are also indicators that Pulsatilla is the right remedy. Mentally they may want to ‘give up and go home.’ There are reports that Pulsatilla 200c has even helped to turn a breech baby. It may help with post-partum hemorrhage from a retained placenta.

Secale cornutum has been used to hasten childbirth when not progressing, and in the case of a retained placenta.

FOLLOWING THE BIRTH

Labor & childbirth always require a period of recovery, regardless of the ease of birth. Caring for the new mother will keep her calm, healthy and better able to care for the new life that she has ushered into this world, and homeopathy can provide powerful healing. **Mediral's Injury Med** is the first, best combination remedy for healing the soreness and bruising following childbirth. **Injury Med** may also be appropriate after surgical interventions such as caesarean section or episiotomy assists. **Depression Med**, a Mediral combination remedy, is useful for the emotional instability and depression that occasionally follows childbirth. Classical remedies can include:

Aconite can help everyone recover from shock following the events surrounding birth (mother, husband, newborn, etc).

Arnica is standard treatment for the pain, soreness and bruised feeling following the exertion of childbirth. Also recommended in the case of caesarean section births when necessary, or healing the bruised newborn when mechanical assists (i.e. forceps) may have been used. This remedy is also useful for postpartum urinary incontinence.

Bellis perennis is recommended if soreness continues beyond three days after delivery, to heal the deeper tissues that may have been damaged during birth.

Calcarea Phosphoricum works well when tiredness is accompanied by cold hands and feet.

Cantharis can assist the uterus to expel a retained placenta, particularly when there is a burning, painful urination and the mother is anxious and angry.

Ignatia is the remedy for grief, fear of the newborn dying and is generally worse upon consolation.

Kali Carbonicum can be useful with the fatigue and backache often following birth.

Kali Phosphoricum is useful for the mental exhaustion that follows childbirth, but the mother is too excited to rest.

Pulsatilla is a powerful remedy for emotional healing, and especially for depression and post-natal blues, usually accompanied by sobbing without provocation and seeking comfort. It also can be useful to help expel the placenta of a gentle and yielding person.

Secale cornutum has been used in the case of prolapsed was used to hasten childbirth when not progressing, and it has also been used to aid in the recovery of a prolapsed uterus following a forceps delivery.

If the weight gained during pregnancy was not more than the recommended 22-30 pounds, you should expect to return to your normal weight within 7-8 months - not sooner. **Mediral's Weight Med** can help.

Urinary incontinence is often follows the trauma of childbirth. Usually this will disappear over time, but the previous section on 'Urinary Incontinence' offers some helpful suggestions for homeopathic treatment until things return to their normal state.

BREASTFEEDING

Breastfeeding affords countless health benefits, short- and long-term, to both the mother and the newborn. When administering a homeopathic remedy to the nursing mother, be aware that the remedy will also affect the infant. Take a single low-potency dose and then wait and see. This way, you limit the infant's exposure to the remedy. Properly used, homeopathy is very safe, do not delay treatment of any condition unnecessarily. Homeopathy offers some useful classical remedies for conditions that often accompany breastfeeding:

Belladonna can be useful when the breast becomes hard, swollen, hot, red and throbbing, possibly with red streaks radiating from the nipple.

Calcarea Carbonica can be used if the milk is disagreeable to the child, and for either over- or under-production of milk.

Chamomilla will help when nipples are inflamed and tender, cramps upon nursing or if the milk is spoiled and the child won't nurse.

Graphites may be helpful when the breast is swollen & hard and the nipples are sore, cracked and blistered.

Lac caninum is good for drying up the milk production when breastfeeding is finished.

Lactuca virosa acts as a galactagogue, increasing the milk production of the breasts.

Phytolacca is a priceless remedy for mastitis and pain during nursing, particularly when there may be cracks or ulcerations in the nipple and the surrounding skin.

Pulsatilla is good when the mother is producing too much milk.

Sulphur can help with nipples that are cracked around their base, or pain, burning and bleeding after nursing.

FAMILY

Don't forget that pregnancy affects every member of the household, including husband, other children and even pets. Remedies are just as effective for family members as they are for the expecting mother, and can be used without fear of side effect or contraindications with other therapies. *Mediral's Anxiety Med* and *Stress Med* are two combination remedies that should be in every expectant home, available to everyone in the family.

SAFETY

Homeopathy is gentle, effective and inexpensive. Homeopathy stimulates the body to heal itself without the outside intervention of harsh, pharmaceutical chemicals. With regard to the safety of homeopathy in pregnancy, the great American homeopathy Dr. James Tyler Kent is quoted as saying,

"A pregnant woman is more sensitive to the indicated homeopathic remedy than at any other time . . . The physiological functions are more active and, because great changes are occurring throughout the whole organism, the remedy has a much better opportunity to do its work."

Judyth Reichenberg-Ullman writes in her article, [Homeopathy: The Safest Medicine for Pregnancy and Labor – Healing with Homeopathy](#),

"Homeopathy is the safest form of medicine you will ever find, plain and simple. Safe for pregnant moms, for newborn babes, for debilitated, elderly folks at the end of their lives, patients who are hypersensitive to other medications"

Sandra Perko PhD asserts in her book, [Homeopathy for the Modern Pregnant Woman and Her Infant](#),

". . . in actual fact, homeopathic 'drugs' or remedies are indeed safe for the mother and the developing infant alike. Mothers (and fathers) who are treated with homeopathic remedies prior to and throughout the pregnancy, labor and delivery are healthier and are far less likely to develop problems . . . Homeopathy is the safest and most effective method of treatment of the pregnant woman's emotional and physical wellbeing."

She goes on to state that some remedies carry precautions, particularly Cimicifuga, Caulophyllum and Thuja in the early stages of pregnancy. Most homeopaths are comfortable using these remedies during pregnancy, as they can site no substantiated reasons for concern. It should also be pointed out that these remedies

are not normally indicated early in pregnancy anyway, but to err on the side of caution, it may be best to avoid these few remedies early.

Homeopathic remedies usually contain alcohol, at least 16%. While the amount of alcohol in a dose is minimal and the mother's liver usually processes the alcohol, we recognize that some mothers prefer to minimize the amount of alcohol in their system. To this end, we recommend placing the dose in 3 ounces of warm water (not hot – homeopathic remedies are irreparably damaged above 140°F) and waiting for 2-3 minutes. Then drink the water. This will allow most of the alcohol to evaporate while still delivering the homeopathic remedy. *Consult your healthcare professional while taking any medication and nursing.*

DOSING

Homeopathic dosing is more an art than a science. When using homeopathy, the frequency of the dose is more relevant than the size. Generally a few drops under that tongue 2-3 times per day is adequate. During an acute attack, a few drops under the tongue every 15-20 minutes until symptoms abate is recommended. Potency selection should lean toward the low end of the spectrum for expectant mothers. Generally between 6x and 30x (or 6c and 30c). Higher potencies should be used under the supervision of an experienced, professional homeopath.

PRECAUTIONS

Homeopathy is renowned for its' safety and absence of ill side effects or contraindications. Apis is one possible remedy of concern. There are instances in which the use of homeopathic Apis with an expectant mother may have been linked to instances of miscarriage. Until further research can be compiled, we recommend avoiding Apis with anyone suspected of being pregnant. Not all homeopaths agree that Apis is a concern, *please consult your healthcare professional for additional information.* The Apis found in the *Pain Med* and *Stress Med* is synergistically blended and does not retain its singular waveform, thus it is considered safe in these combination products.

There are some homeopaths who recommend against using nosodes (disease-causing tissue) with expectant or nursing mothers, due to the energetic susceptibility of the developing fetus and nursing newborn. This remains a judgment call and is not recognized as a danger by most practicing homeopaths. *Consult your healthcare professional for additional information.*

Pregnancy is a time of change, excitement, anticipation and joy. Homeopathy can provide a safe alternative to maintaining health and giving the newborn child a leg-up on life and health.