

TOPICS IN MODERN HOMEOPATHY

HOMEOPATHIC MEDICINE FOR THE 21st CENTURY

mediral international inc * toll free 877-633-4725 * 303-331-6161 * fax 303-355-4155 * www.mediral.com

HOMEOPATHY FOR PREGNANCY

Powerful Remedies for Pregnancy and Childbirth

It takes around 42 weeks to build a new human being. Is it the most natural process in the world, and one of the few experiences that are truly life-changing and indeed sacred if intentionally and purposefully experienced. It is unfortunate that Western medicine has made this process into a medical condition.

It is normal to experience a vast array of new sensations; some good, others not so good: nausea and vomiting; soreness and tenderness; fatigue; stretch marks and varicose veins; pain; rapidly fluctuating emotions; gas; hemorrhoids; infections; constipation. The average woman in the United States receives 4 prescriptions during her pregnancy, many of which 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, and the healthier and more vital we can keep the mother, the stronger the baby's vitality is.

Few women escape the unpleasantness of morning sickness at least some time during their pregnancy. While it normally isn't dangerous, it can interfere with proper nutrition and present a real danger to the developing fetus. Since homeopathy is largely focused on the symptom picture, *Mediral's Flu Med* addresses this condition well without having to repertorize the unique accompanying symptoms. If you are more inclined toward the classical approach, Colchicum, Gossypium, Ipecac, Nux vomica, Pulsatilla, Sepia, Silicea and Symphoricarpus are commonly used remedies for this condition. Sepia helps nausea that is worsened with motion, in women who feel better after eating or exercise, and who may feel dissatisfied, detached or disinterested; Ipecac and Nux vomica are polychrest remedies that may ease the nausea and vomiting in women who experience it at any time of the day or night, not only in the morning; Gossypium is known to help morning sickness in women with an overly sensitive



CUSTOM CORNER

Every month we highlight a custom formula designed by one of our clients that has proven extremely effective in practice.

This month:

Candida Combo

This month we feature a custom remedy that may help expectant mothers deal with their occasional Candida problem. The Candida Combo consists of:

Candida pseudotropicalis 30c;
Candida utilis 30c; *Candida tropicalis* 30c; *Candida albicans* 30c; *Candida lipolytica* 30c.

If you use a formula that works especially well, please let us know so we can share it with our readers. Thank you.

'PRODUCT OF THE MONTH'

Take an additional 15% discount on these Mediral products during their featured months (wholesale and retail accounts only)

October – **Gastro Med**
November – **ENZ-Essence**
December – **Stress Med**

uterus and a feeling of constant motion sickness: Pulsatilla will be helpful for women who are weepy, emotional, moody or indecisive, and women who feel nauseated at the sight/smell of food may find relief with Symphoricarpus.

Constipation is another condition that most expectant mommies experience. Thanks to increases in the hormone progesterone (which slows peristalsis of the intestine), pressure from the fetus on the rectum, and even prenatal iron-containing vitamins can make things worse. Common sense measures include plenty of fiber and water in the diet, less wheat & glutens, and moderate exercise to keep things moving. When a little extra help is called for, *Mediral's Constipation Med* may be just enough to restore normal movement. Classically, Bryonia will help with large, dry stools that are hard to pass and are generally accompanied by a headache and irritability. 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. Sulphur assists when there is a pain or burning sensation. Nux vomica is best for frequent ineffectual urgings and passing only small amounts with every attempt and a headache. Collinsonia & Hydrastis canadensis are very useful with dry, obstinate constipation accompanied by hemorrhoids. Constipation

... continued

The FDA recommends you consult with a health care provider before using any product containing alcohol if you are a woman who is pregnant or nursing a baby.

The statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

The Safety of Homeopathy and Pregnancy

Homeopathy is gentle, effective, inexpensive and available to everyone. Homeopathy stimulates the body to heal itself without the outside intervention of harsh, pharmaceutical chemicals. With regard to the safety of homeopathy in pregnancy:

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 does go on to state that some remedies carry with them precautions, particularly Cimicifuga, Caulophyllum and Thuja, especially in the early stages of pregnancy. After researching these remedies, I have not found any legitimate, substantiated reasons for concern. It should also be pointed out that these remedies are not normally indicated early in pregnancy anyway.

ATTENTION: Apis is one remedy of concern. There are instances in which the use of homeopathic Apis with an expectant mother may be linked to miscarriage. Until further research can be compiled, we recommend avoiding Apis with anyone suspected of being pregnant. 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. **Consult your healthcare professional.**

TOPICS

Mediral International Inc.
10550 East 54th Avenue, Unit E
Denver, Colorado 80239 USA
www.mediral.com

PLEASE DELIVER TO:

**In this issue we
take a look at
the many ways
homeopathy is
used during
pregnancy and
childbirth.**

... continued

without the urge to go and accompanied by painful, bleeding hemorrhoids often responds well to *Hydrastis canadensis*.

Hemorrhoids and varicose veins often form due to the 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. Varicose veins respond well to *Hamamelis* or *Bellis perennis*, and may be used together with ***Mediral's Circulo Med*** to strengthen circulation and weakened vessels and alleviate stagnant or circulatory congestion. Swollen ankles often respond well to a simple dose of *Natrum muriaticum*.

Diarrhea can be immediately improved with ***Nature Knows' Diarrhea NKF***, a combination remedy for gentle but quick, effective results. *Mercurius* is helpful after movements that don't quite feel finished, and for explosive diarrhea, *Sulphur* is often the right remedy.

Mediral's Pain Med addresses the vast assortment of pain and discomfort that accompanies pregnancy. Targeted single remedies can include *Arnica* for back pain from overexertion; *Kali carb* is excellent for the pain and feeling of a weakened back; *Rhus tox* helps with sciatic pain that is better at night or with movement, and *Calcarea phosphorica* for the pain or feeling of ligaments loosening in preparation for birth; if leg cramps are not remedied by *Mediral's Pain Med*, low potency *Magnesia Phosphorica* may just do the trick. Most headaches (non-migraine type) respond well to ***Mediral's Headache Med***. Motion sickness can also accompany pregnancy. For quick relief, try ***Mediral's Vertigo Med*** or *Cocculus* every 15 minutes.

Digestive upset invariably accompanies pregnancy, and is another condition that can adversely affect the nutrition the fetus receives. Indigestion can quickly be eliminated by a little charcoal (non-homeopathic), but be forewarned, it will probably turn your stools black – not a problem if you are expecting it, but maybe a shock if you haven't been warned. Homeopathically it may be more effectively remedied with ***Mediral's Stomach Med*** or ***ENZ-Essence***, although a little low-potency *Magnesia phosphorica* or *Carbo vegetabilis* sipped in water can also help.

Occasional insomnia during pregnancy is almost unavoidable, given the many new thoughts 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 *Insomnia Med* isn't handy, homeopathic coffee can be an effective second choice. 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* redistributes and disperses stress so normal sleep patterns can resume.

During the stress of growing a new life, the immune system may end up compromised and subsequently allow 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 immune system balance 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 immune system to fight off bacteria, viruses and fungi. The occasional urinary infection can respond well to the classical remedy *Cantharis*, often requiring frequent dosing (every 1-2 hours), or *Sarsaparilla* if there is severe pain at the end of urination. If nothing else is available, *Sulphur* may be used with most urinary infections along with drinking an acidic juice like cranberry juice (not the sweetened cocktail drinks available in grocery stores, but the real juice available in most natural health food stores).

Poor diet and 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. *Mediral's* featured custom *Candida Combo* (listed in our custom corner) might be more appropriate for a medically diagnosed *Candida* presence.

The weight of a developing fetus pressing down on your bladder will predispose all pregnant women to urinary incontinence. This may be helped somewhat with the use of *Causticum*, and practicing Kegel exercises (if not familiar with the many benefits of kegels, especially for expectant mothers, go to 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.

As a preventive pseudo-nutritional approach, it is also a good idea to include cell salts in the daily regimen because of the increased nutritional needs of both mother and developing child. ***Mediral's Cell Salts*** contains all 12 cell salts in 6x and 12x potencies. If you prefer to individually dose the salts, *Calc Fluor* helps with bone development and connective tissue elasticity; *Mag Phos* helps with heartburn and nerve damage; *Nat Phos* is a pH balancer; *Ferum Phos* and *Kali Sulph* are oxygen carriers; *Nat Mur* balances the fluids; *Silica* assists with teeth, bone and hair development and acts as a cleanser. *Mediral* provides all of these in our *Geo* line in 1 ounce single potency (6x) remedies, although the stresses of pregnancy and childbirth easily justify using the combination formula.

... continued

.. *continued*

DURING: Less complications develop when the mother has been treated constitutionally during the pregnancy. Constitutional treatment is beyond the scope of this newsletter, so we highlight a few common circumstances and the remedies indicated. *Always consult with a qualified healthcare professional before using this or any medication.*

LABOR (COMPLETE EXHAUSTION): Arnica, Kali Phos

LABOR (TOO FAST, STRONG, PANIC): Aconite

LABOR (HOT, DELIRIOUS, AGITATED): Belladonna

LABOR (HYSTERIA, PAIN INTOLERANT, PESSIMISTIC):
Cimicfuga

LABOR (PROLONGED, DIFFICULT): Sulphur

LABOR (SLOW, UNDIALATED, INEFFECTUAL): Caulophyllum
(consult professional before using)

LABOR (WEAK, IRREGULAR CONTRACTIONS): Pulsatilla

MISCARRIAGE (HISTORY OF): Viburnum opulus

PLACENTA (RETAINED): Secale

AFTERWARD: 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. *Always consult with a qualified healthcare professional before using this or any medication.*

CAESAREAN SECTION: Injury Med, Arnica, Staphysagria

DEPRESSION: Depression Med, Pulsatilla

EPISIOTOMY: Injury Med, Staphysagria, Arnica

INSOMNIA (TOO EXCITED): Insomnia Med, Anxiety Med,
Kali Phos

MENTAL EXHAUSTION: Stress Med, Kali Phos

NIPPLES (SORE, CRACKED): Phytolacca

SORENESS, BRUISING: Injury Med, Arnica

STRETCH MARKS: SKN-Essence, Baby Smooth Massage Oil

TIRED (COLD HANDS, FEET): Calc Phos

FAMILY: Conditions within the pregnant household extend to every member of the home, including husband, children and even pets. Remedies are just as effectively used on them as the expecting mother, and can be used without fear of side effect or contraindications with other therapies. This is one practice that everyone can benefit from.

TOP 11 CLASSICAL REMEDIES FOR CHILDBIRTH

Homeopathy is about treating the whole person, the totality of symptoms. Homeopathy is also valuable for treating a variety of acute symptoms. Susan Roberts ND is clinical faculty at National College of Naturopathic Medicine and author of Naturopathic Pediatric Essentials. Dr. Roberts has been in practice for 20+ years and specializes in pediatrics, women's health and midwifery. At a recent birthing conference in Portland, she discussed the following 11 classical remedy recommendations for acute conditions in childbirth.

ACONITE: panicky, confident throughout her pregnancy and then increasingly fearful as labor begins; agitated; feeling that 'something terrible' may happen; violent pain; belief that she 'just can't do it.'

ARNICA: always appropriate following the trauma of childbirth, no matter how well it may have gone, helping with the aches, pains and exertion of childbirth.

ARSENICUM: increasing anxiety; restless, fear of dying; exhausted with every contraction.

BELLADONNA: hot, red, angry; anterior lip, rigid os failing to dilate; worse from being touched; throbbing headache.

BLACK COHOSH (CIMICFUGA): pessimistic from prior trauma or experiences; wild eyed, out of control; chilly.

BLUE COHOSH (CAULOPHYLLUM): dysfunctional labor, short or irregular or ceased contractions; failure to dilate; cervix remaining thick and closed; too weak to stand; warm.

CHAMOMILE: the 7 F's – fretful, finicky, furious, fault-finding, frantic, frenzied; gloomy; irritable; lashing out; very angry; 'can't bear the pain,' trying to escape the pain; a need to be cuddled;

GELSEMIUM: dysfunctional labor, failure to dilate; total exhaustion, shaking; thirstless; better with urinating.

IGNATIA: grief, hysteria; feeble labor pains; fear of baby dying; worse upon consolation and changes in plans.

KALI CARB: back labor and low back pain; posterior, baby won't turn; better with pressure and vigorous rubbing; 'don't take your hands off of me.'

NUX VOMICA: strong need to urinate or defecate but can't; chilly; pain severe enough to cause fainting; oversensitive; over-thinking everything; better with no touch.

PULSATILLA: dry lips but thirstless; pressing or cutting pain; breech; flatulence; exhausted; no two contractions the same, lots of variance.

Dr. Roberts recommends dosing every 15 minutes, or as needed, generally using higher potencies once labor has begun. In addition to the combination remedies that Mediral is well-known for, we also carry a complete selection of classical singular remedies in 1 ounce liquids. *Always consult with a qualified healthcare professional before taking this or any medication.*

