

## Natural Remedies for Pregnancy and Labour

Certain remedies have been used throughout history to help bring on a safe pregnancy and natural labour. The following suggested remedies should only be used after consultation with a qualified practitioner.

### Tissue Salts

During pregnancy the baby requires certain salts which it gets at the expense of the mother. These salts can also help reduce common problems that can arise, so taking them throughout the pregnancy will make good any deficiencies and help the baby with its salt requirements.

#### Calc. Fluor

Months 2-9

Bone development & elasticity of connective tissues  
Can help prevent stretch marks

#### Mag. Phos

Months 2,3,5,6,7,9

Heartburn & nerve development  
Can help with muscle cramps

#### Ferr. Phos

Months 2,6

Blood oxygenation

#### Nat. Mur

Months 3,4,7,8

Salt control & fluid balance  
Can help prevent oedema

#### Silica

Months 4,5,8,9

Teeth, bones, hair & general health

*One tablet of each 6c or 6x homeopathic remedy twice a day or 4 tablets of New Era tissue salts as directed. Homeopathy from Ainsworths – 0207 935 5330, Helios – 01892536393 / 537254*

### Supportive Herbs

#### Slippery Elm

Soothes inflammation and irritation of the entire digestive tract  
Can reduce discomfort and gastric reflux  
*Take 1-2 teaspoons daily in juice, yoghurt, smoothies or muesli*

#### Nettle

High in iron and trace minerals, can prevent anaemia  
*Drink 1-2 cups daily throughout pregnancy when needed*

#### Raspberry Leaf

Parturient (beneficial in pregnancy and ease of delivery), which strengthens and tones the uterus  
*Drink 1-3 cups daily in the last 3 months*

#### Squaw Vine

Parturient to promote development of healthy foetus, safe easy delivery and to assist womb back to normal after birth  
*Add 50 drops (2ml) to water or raspberry tea in last month 3 x day*

**Perineum massage with olive or almond oil** to improve elasticity of area between anus and lower edge of pubis, preventing tears during childbirth. Massage twice daily in last 3 months.

**Reflexology** monthly until 30 weeks, then weekly ideally, or at 32, 34, 36, 38, 39 and 40 weeks. The window for turning breach babies is between 34 and 36 weeks. Statistics show that by 37 weeks the success rate drops from 77% to around 17%. Birth stimulation points are used from 37 weeks. Reflexology twice weekly from 40 weeks.