

Pregnancy, Labor & Delivery Update, Post Covid 11/15/2022

- 1) A midwife from Nebraska has seen low oxygen in placentas of some of the babies she delivered post CV. All of the babies have been healthy. Midwife is concerned b/c she hadn't seen this before CV, but now she's seeing it quite frequently.
 - a) There is no way midwife is aware of to measure baby's O2 level in the placenta before delivery.
 - b) Is this eventually going to cause a problem in babies even though it doesn't seem to be problematic now? No one knows.
 - c) Carbo Veg is a great remedy when anyone needs O2. It doesn't matter what (condition) they need it for. (e.g. Anne's child patient who had pneumonia, and child's O2 level improved rapidly after taking Carbo Veg. Child was on O2 at home.)

- 2) Anne recommends Carbo Veg 200 c once a week for anyone pregnant or who could become pregnant, or is in child bearing years:
 - a) Put a few pellets of Carbo Veg 200c in an Aquafina water bottle (bottled water).
 - b) Label it, store it in fridge.
 - c) Take half a teaspoon once a week.
 - d) Succuss it before you take each dose:
 - i) To Succuss a remedy you hit the bottle on the palm of your hand after shaking it.
 - ii) Do this 5 or 10 times before you take it.
 - iii) Succussing a remedy slightly changes the potency to prevent a "proving" or "aggravation."
 - e) Anne recommends continuing this Carbo Veg 200c once a week for the entire pregnancy until the baby is delivered.

- 3) This midwife also reported seeing "bleeding issues" not resolving with the standard potency of Arnica or Phosphorus that was used prior to CV; (Arnica 200c or Arnica 1M and/or Phosphorus 200c or Phosphorus 1M). These dosages were no longer stopping the bleeding post-delivery.
 - a) Anne recommended the midwife now have both Arnica and Phosphorus in 10 M and 50 M potencies on hand for episodes where the lower potencies of 200c and 1M are not working.
 - b) Both Arnica and Phosphorus in 10M and 50M are IMPORTANT remedies for STOPPING BLEEDING.
 - c) Anne HIGHLY RECOMMENDS people purchase these higher potency remedies if at all possible.
 - d) Anne has them on her website for purchase under "Individual Remedies."

- 4) Anne says another CORAC Member's midwife did not see this bleeding issue.
 - a) It's difficult to know if this is regional? Due to vax shedding issues?
 - b) Ask your midwife if she is seeing this issue.
 - c) The remedies are safe, for babies in utero, from conception until natural birth, so it wouldn't hurt to use them.

- 5) This midwife had a client who hugged a grandparent who just got the CV booster. This client stopped menstruating for one month and the client needed supplements. The menstrual irregularity was scary. Everyone is susceptible to different things. So it's hard to tell how one could be affected.

- 6) If your midwife isn't seeing this issues, you don't have to take it, but it won't hurt you to take it. As long as you succuss it every week before you take it and take a half teaspoon.
 - a) The water bottle should last you the length of your pregnancy
 - b) As the water level gets down, you can add a little apple cider vinegar to keep anything (bacterial, etc.) from growing in it. Nothing should grow in it as long as it is kept refrigerated. [Note, use a clean spoon each time, careful not to contaminate the water bottle containing the remedy by drinking out of it directly].
 - c) You can also add pure vegetable glycerin (available on Amazon).