

Pregnancy, Labor and Delivery Part 1

In a normal pregnancy, the first trimester is the most important. There should be frequent urination, there's usually nausea and vomiting, constipation, lethargy, hot and swollen breasts. A constitutional remedy prescribed by a homeopath works best for such symptoms. Should gain an average of 30-35 lbs.

What makes a good pregnancy and birth is diet and exercise. Mommy should walk 2 miles per day, no matter how long it takes to complete the walk. This helps with her blood pressure and with the delivery (helps labor go faster). This keeps the uterus toned. Dr. Tom Brewster says 75 grams of protein per day for pregnant women (2.6 oz/day). Eating this much protein per day will heal pre-eclampsia. So if a woman has preeclampsia and the doctor wants to admit her to the hospital, ask the doctor to wait 24 hours and have Mommy eat 75 grams of protein ASAP. It will clear the pre-eclampsia in 24 hours. Then have her keep up with that amount of protein daily for the duration of the pregnancy.

Hemoglobin should be about 12; Ferrum met 6C is good for low hemoglobin... take twice daily if hemoglobin is less than 10.5, and also eat iron-rich foods and take supplements. This should bring hemoglobin up in 3-4 weeks. Brain development happens in the 9th month, so eat lots of protein and fat then.

For labor and birth, there are 3 states: Labor, birth, and expulsion of the placenta. It's normal for the first birth to take longer than later births. Latent phase: 5-7 cm, cannot talk during contractions, contractions are quicker and they peak faster, last longer, labor starts getting a pattern peculiar to that woman, lying on the LEFT side helps the contractions; Mommy's demeanor changes (she wants quiet, may be irritable, may snap, more subdued as she focuses on the contractions). At 6-7 cm, contractions diminish; tell Mommy to rest and lie on left side or take a hot bath IF her water hasn't broken. Transition at 8-10 cm... might be short; it's an intense, powerful, and most painful part of labor; the baby starts to move into the pelvis, Mommy might want to quit, might want to die.

If a mommy even THINKS she's in labor, she should start taking Arnica 1M every 4 hours; shorten to every 1-3 hours when she gets into serious labor. It's not possible to give too much Arnica at this point. Give a dose during transition. During pushing, dose every 30 minutes to 1 hour. When the baby is out, give Mommy another dose (helps the tissues to recover after delivery).

If the baby is overdue: The meridian points to the uterus are at the inner and outer part of the leg from the knee to the thigh; can rub these areas and the woman will go into labor within 24 hours. Talk to her because she may be afraid of labor. Mommy will lose 2-3 lbs before going into labor. Diarrhea often happens before true labor and even before false labor. If she's not having these symptoms or Braxton-Hicks contractions (while overdue), talk to her and find out where she is emotionally because her emotions (negative) can keep labor from starting. Talking to her may help, or may need a remedy.

Women with short menstrual cycles tend to deliver early; those with long cycles tend to be overdue. Two ounces of castor oil in juice can also bring on overdue labor.

Bag of waters: Ask Mommy if the waters trickled or gushed when her waters broke. If just a trickle, then: don't need to leave the house, should use the same bathroom all the time, and nobody else should use that bathroom. No baths, no sex, and be as clean as possible. A little tear can reseal. If it's a gush, then that's a different matter.

Getting ready for the birth: For the pushing contractions, do deep breathing (no shallow breathing). Pushing can take 10 minutes to 5 hours, but Mommy must keep breathing (because tissue will thus stay pink, and therefore she will not tear). Deep breath, hold, exhale slowly. Husband or somebody should help Mommy breathe correctly.

Once the baby is born, let Mommy rest, put the baby on Mommy, and let the cord stop pulsating before cutting it [? did she mean tying it off?]. There should be no blood if there is no tear (although there might be a little blood throughout the delivery). Put the baby on Mommy's chest near the breast; as soon as the baby starts nursing, that's the signal to the body to expel the placenta. Tie the cord off, but don't cut it ("sorry, I said cut it before") and keep all of it attached until the placenta comes out. Tell Mommy that if she feels any pushes, to work with it. After 2 or 3 contractions, it will [? 12:39, unintelligible]

from the site and will deliver the placenta. Mommy will bleed about 2 cups (seems like a lot more). First 12 hours is the most blood loss; after 24 hours it should be like a normal period. Arnica helps with the bleeding. Give 1M every 4 hours for 2-3 days, or three times daily. If there is a bad tear, then might give Arnica 1M for longer. If Arnica isn't helping enough, try Bellis perennis 200C or Staphysagria 200C (Bellis is for soft tissues; Staphysagria is for slices, and clean tears or cuts). If using Bellis or Staphysagria, give a dose; if you see no change, within a couple of minutes, then give a second dose. If no change in a couple more minutes, give a third dose. If no change in a couple minutes, switch to the other remedy and follow suit. If the after-birth contractions are really painful (common), then Bryonia (first choice) or Ruta (2nd choice) should help; black hawk [?hock?] tea also helps with this (this tea also helps stop premature labor). Bryonia

keynote: worse with movement, doesn't want to move at all, may want to hold her breath. Try Bryonia first; if it doesn't help, try Ruta.

Arnica is a good labor-starting remedy... take 1M, then go to bed and see what happens after that.

Tone of the uterus: If the baby doesn't go head-down, then Mommy doesn't have a good tone in her uterus. "Lazy uterus." So the 2-mile-per-day walking helps to tone the uterus. Around 32 weeks is when you want to see where the head is.... If Mommy is not having good Braxton-Hicks contractions at that point, and if the uterus doesn't get hard at that point, that's not a good sign for labor and delivery; and Mommy should consider remedies and walking. Pulsatilla: very hormonal, weepy.

Episiotomy pain: Staphysagria.

Pulsatilla: affinity for genitals and reproductive organs, hormones. Give 6C daily to women who can't get pregnant, and for their entire first trimester [What????]. A woman who needs Pulsatilla during pregnancy may get carried away by emotions, sentimental, has a softness to her, all because she doesn't want to be alone; needs a lot of reassurance and support, can have changing and wandering pains, better with gentle motion (slow walking, gentle rocking). For painful movement of the unborn baby, and Mommy's uterus feels heavy: give Pulsatilla 200C every 12 hours for 3 doses. Breech baby: Pulsatilla is the #1 remedy. Giving Pulsatilla every 12 hours for 3 doses should turn the baby in 24 hours. If there is no change in 24 hours (if she doesn't feel the baby "right" himself), then take Pulsatilla 200, 3 times daily for 3 days. Talk to the mommy every day in order to see if things are seriously changing. If there's a change, then stop the remedy; restart if necessary. If no change in 3 days, then give Pulsatilla 1M thrice daily for 3 days. If after 3 days there's no change and the baby is still in the breech position, then give Pulsatilla 10M thrice daily for 3 days. Then stop and wait one day; if the baby is still breech, then restart for 3 days.. If none of these work for breach, then try Sepia. Keynotes for Sepia: wants to be alone, usually not the first child (usually it's her 2nd, 3rd, 4th...), tired, worn out, feels she can't take care of the house, husband is getting on her nerves, she's not very sweet (unlike Pulsatilla), may not be bonding with the baby during the pregnancy.

Nat mur: for grief, swelling, when there's too much amniotic fluid [? does she mean hydramnios and/or polyhydramnios?], use if the water breaks and the cord comes down. Use Nat mur 30C, "1-2 times per day, for 2-3 times per day" [? 22:34... did she mean "for 2-3 days' "?], and see how much she is drinking and going to the bathroom. Nat mur should cause more going to the bathroom; if not, switch to Nat hypochlorosum.

Caulophyllum 200C: If labor slows down or stops, Caulophyllum will get it going, will stabilize and organize contractions, and will give better quality of contractions; can bring false labor into true labor, will help calm latent-phase contractions that are too painful early on. Helps when contractions aren't strong enough. For physical or mental rigidity during labor (example: rigid uterus or cervix), slow dilation; may tremble or shiver or be spasmodic; failure of labor to progress.

Gelsemium: the mommy feels weak.

Toxic Shock Syndrome (mommy may have weakness, diarrhea, fainting, uterine spasms/cramping): Caulophyllum 30C every 15 minutes for 5 doses, then every hour for 3 hours, then give China/Cinchona. Be ready to go to the hospital if the remedies for Toxic Shock Syndrome don't work.

Caulophyllum also for painful Braxton-Hicks, too many too often. Caulophyllum symptoms: thirsty, chilly, sensitive to cold, may be delicate and nervous, stoic, doesn't show emotion much. Caulophyllum also has a history of repeated miscarriages or dysfunctional labor. For a tired uterus, give every 30 minutes for 3 doses; stop when the contractions start staying and are more organized. Put it in water and have her keep taking it until the body gets into an organized labor and things are progressing [? does she mean Caulo e30min for an undetermined number of doses?]. Caulophyllum helps expel placenta if the contractions aren't doing it.

Cimicifuga: Not used very often. For uterine dysfunction. Mommy feels like she has a black cloud over her, following her, gloomy, pessimistic, negative, may have memories of a previous birth, fear may turn into anger. Postpartum depression.

Phosphorus: Bright red blood flowing out during labor or delivery. Give 30C every 2 - 5 minutes until the bleeding stops. Keep dosing even if pellets haven't dissolved yet in the mouth. Once the bleeding is under control, give 200C to hold it. If the woman has a history of hemorrhaging, give Phosphorus during the birth (before delivery) so that she won't hemorrhage again. Arnica will also help with this. So, can alternate Arnica and Phosphorus (so if Arnica is given every 30 minutes, give Phosphorus 15 minutes after Arnica). For history of hemorrhage, give 2 - 3 doses of both remedies during labor, and then keep them [the remedies] nearby.

Gelsemium 30 to 200C: for anticipatory anxiety during pregnancy, especially during 9th month when mommy is dreading labor; this emotion can also be present during labor.

The lower the dose [does she mean potency?], the faster it acts [general rule with remedies] [she clarifies that she meant potency], higher potencies typically hold longer.

Lachesis for pregnancy issues: mommy is very talkative, worse if the cycle has been suppressed, symptoms get worse every time she gets her cycle. Tendency to hemorrhage.

Morning sickness: a good constitutional remedy usually works. To ameliorate: (1) good diet and exercise; (2) drinking 3 quarts of water per day; (3) Epsom salt baths twice weekly for 15 minutes each bath; (4) milk thistle (helps the liver with detoxification).

Remedies that might help with morning sickness: (1) Colchicum... if mommy dislikes the smell of food so much that she can't even cook; worse from any emotions; better in the evening, and better bending double. (2) Ipecac... she wants to lay down but is worse from laying down, persistent and constant morning sickness. (3) Nux vomica... would feel better if she could vomit, but she can't vomit. (4) Tabacum... if she is violently vomiting, has icy-cold sweat, she wants to be wrapped up, but wants stomach uncovered. (5) Sepia... bloating, sour belching, eating sugar causes heartburn. (6) Pulsatilla... weepy, sensitive, and emotional; changing moods. (7) Cocculus... a caretaking remedy. She has nausea and vomiting, is already taking care of children; take daily for 3 - 5 days... if it helps but doesn't hold, then move to 200C (start with 30C); should notice difference right away when she takes it [true for all remedies, or just for Cocculus?] (8) Anacardium... stomach feels empty, but she has to keep something in it all the time; she may feel trapped by being pregnant (this is a necessary symptom). (9) When nothing else works, try Symphoricarp 200... constipation, worse from moving at all, aversion to all food. (10) Chelidonium... if there are liver issues. (11) Bryonia... she doesn't want to move at all. (12) Nat mur... she has a lot of grief or is retaining a lot of fluid. (13) Ferrum phos... if she is anemic. (14) Kali carb... if there are a lot of back complaints. (15) Mag carb... if there are lots of issues with cramping. (16) Phosphorus... if there are boundary issues or if there is bleeding. (17) Arsenicum... if she is highly anxious.

Miscarriage: If a mommy thinks she is going to have a miscarriage, she should stop all exercise. She doesn't necessarily have to go to the doctor. Most miscarriages result from having been on the pill or having suppressed hormones in the past. Someone who has been on the pill should be off the pill for at least six months before attempting to conceive. Often the first pregnancy after that ends in miscarriage. If the mommy is bleeding, then give a remedy that fits the symptom picture (typically Arnica or Phosphorus); if she is angry and extremely talkative, then could also give Lachesis.

Usually in a miscarriage, either pain or hemorrhage dominates the picture.

If Pain Predominates over Bleeding

If pain dominates, you want Apis, Pulsatilla, and Sepia... usually in 1st to 4th month, and up to 16 weeks; [?which remedy do the following symptoms go with?]may have early edema with scanty urine output (this will happen only a few days before the miscarriage); she will feel the contraction pains stinging down her thighs; she may have bleeding, but the pain is way worse; strong attachment to family and to taking care of the family; Pulsatilla is weepy and soft and gentle and would like gentle motion to comfort her at this time; Apis and Sepia women will be quite snippy; Sepia will be more not wanting to be around people; Apis would be more trying to make sure she's running everything in the family while she's miscarrying; Sepia would be more "I'm too exhausted, tired, and in pain to care... somebody else needs to figure that out." Viburnum... for a miscarriage early in pregnancy, contractions involving bearing-down pain in the thighs, very intense labor pains, cramping in the legs, good for women who habitually miscarry (3 or more); good to take when she is first pregnant... start with 6C daily, then 12C daily, then 18C daily. For the different potencies and when to move from one to the next: base this decision on the mommy and on if she's feeling any better or different. So if she's taking the 6C (or 12C) and notices that something feels different (she's not having symptoms, not feeling like something is off or not right) then she'd take the lower potency for a month before moving to the higher potency; but if she's taking the lower potency for a week and can't tell if anything is happening and nothing feels different, then move her up to the next potency. But if she's on a lower potency and any symptoms start at all, then move up to the next potency immediately. If you get up to 18C and the mommy still feels that something is off, then can go with twice daily (she needs to follow her intuition here).

Sepia... more pain than bleeding. The uterus is exhausted, and it feels like everything is going to fall out because she's so worn out. If there is cramping and spotting, then give 30C once per day for 2 weeks, OR 6C daily, to see if the spotting stops.

Caulophyllum... for miscarriage around the 3rd month. She'll have spasms either in the uterus or elsewhere in the body. Caulophyllum is for a weak uterus. She can also take raspberry leaf tea, 1 cup per day if she needs to expel the baby, if she has miscarried and the remedy hasn't prevented the miscarriage.

Cimicifuga... for miscarriage in 2nd or 3rd month, violent pain that causes her to bend double, she might faint from the pain; it's usually connected to something emotional; the hemorrhage is profuse, dark, and coagulated; she may have pain from hip to hip.

Kali carb... if there is back pain that is relieved by pressure; there may be cutting pain in the abdomen; blood may be oozing; for miscarriage in the 2nd month.

Pulsatilla... She's weepy, gentle, likes gentle motion, she's very hormonal.

If you don't know what to do, then give Arnica or Phosphorus if she's bleeding. Choose Lachesis instead if she's bleeding and angry and might want to kick you in the head or something. So choose one of these remedies to buy you some time while you read your notes and figure out how to proceed.

If Bleeding Predominates over Pain

Sabina... There are profuse clots that look like liver, and the blood loss is pretty fast.

Secale... if she is physically weak and anemic; usually she has had many pregnancies; she has a fear of death and a fearful nature; the labor pain will push out the blood and just have her repeat [?the remedy?]; she will have tingling all over the body; the blood can be black and smelly; the clots can also have a foul smell; she will hold her fingers apart [as if signing the number "5"]; has excessive thirst and appetite.

Ustilago... flabby and poor tone to the uterus; there's no vitality to the uterus (this is hard to determine unless you're a midwife, but the mommy might have been told this by doctor); bearing-down pains; huge clots with bright red flow or dark flow; passive constant flow, can be offensive smelling; the blood may be stringy; if you're not present with the mommy, you must ask the characteristics of the blood and the clots because that will help to determine the correct remedy; she has a history of incompetent cervix.

Pulsatilla... has more hemorrhage than pain; may pass out and be tired.

Crocus sativa... Dark black blood that is slimy and stringy; clots hang together in strings and are smelly.

Trillium... Poor uterine tone, hemorrhage of gushing bright red blood and a great bearing-down sensation, hemorrhage is accompanied by a feeling of the hips' being forced apart, and she wants to wrap them tightly.

It's normal to lose a lot of blood during a miscarriage. China (Cinchona) is good to use for blood loss. Also Cantharis 1M, one dose, for getting out of the uterus the stuff that should not be there (placenta, infection, etc).

BIG NOTE: Some remedies have weird things with them. But DON'T EVER give Apis in a potency lower than 30C during pregnancy! Note this, and put it in bold!

Question regarding Ferrum met vs. Ferrum phos: Ferrum metallicum is just plain iron; Ferrum phos is iron phosphate. These are different remedies with different functions in homeopathy. Ferrum phos is good for low-grade fevers, for when you first feel something [an illness] coming on. Outside of pregnancy, labor, and delivery, you don't hear about Ferrum met too often.

Uterine ligament pain: First, women should not lift more than 7 - 10 pounds while pregnant; lifting more than that can cause ligament pain; and if you strain your ligaments while pregnant, then they will spasm. Try Bryonia 30C if the pain makes you not want to move any part of your body. Also consider Ruta and Arnica. Ruta is known for ligament and tendon issues, pain and strain and injury; Arnica is for lots of stuff. Try Ruta first if the Bryonia "I don't want to move" symptom is absent. Frequency of dosing depends on the severity of the pain. Can re-dose after 5 minutes or even after 2 minutes if the pain is severe and the previous dose helped a little. If the first dose helped a lot, wait 15 minutes to re-dose; if pain gets worse after having improved, then re-dose; if pain gets worse after having improved, then re-dose. Keep redosing until mommy is about 90% better, then stop and let the body finish its work on its own; but if the improvement doesn't continue after that, then give another dose.

"Incompetent cervix" means the cervix is loose and things will fall out. If mommy is on a constitutional remedy, that should take care of this issue. If not on a constitutional remedy, then consider Caulophyllum (spasmodic symptoms), Sepia (if she doesn't want to be around people, is averse to kids or husband, wants to do her own thing, is moody and snappy), Ustilago, Pulsatilla (weepy, sensitive, wants gentle motion, moody), Helonias (habitual miscarriage do to incompetent cervix... she is critical, fault-finding, and very conscious of her uterus--this is a notable symptom), Carbo veg (mommy has feeble circulation and low vitality, she faints easily, may be worn out, may be pale and cold and may want to be fanned even if she is cold, she may belch a lot), Plumbum (tends to miscarry because the uterus is unable to stretch, mommy will say that her uterus is too small for the baby... listen to her intuition).

For anemia: Take chelated iron 25 - 50 mg, Vitamin C 500 mg, yellow dock root, and chlorophyll. Take all of these every day, along with Calcium 250 mg twice daily, Ferrum met 6C daily. Doing all this, the mommy's iron level will be up in 3 weeks. A mommy needing this protocol probably can't sleep well, has a poor appetite, and is irritable.

Pre-eclampsia and Toxemia: primarily a liver disorder brought on by poor nutrition, and it is a secondary sign of kidney issues. May have headaches, high blood pressure, protein in the urine because she's not eating enough protein, edema in the hands and ankles and feet (some edema in pregnancy is normal, but only a little; it shouldn't be extreme or even major), may have rapid weight gain (of water weight), pain on right side due to liver, may be agitated and restless, and fluid retention causes her blood pressure to rise, there's nausea and vomiting, there may be vision changes, uric acid level may be elevated.

For toxemia, Belladonna is the #1 remedy; then Natrum hypo. Apis and Natrums [?????] pull the water out of our bodies. The mommy may have some grief (example: about bringing the baby home, or something); more extreme than Nat mur grief; she may cry all day but cries alone, she has a wall up and doesn't talk about what's bothering her, keeps troubles and symptoms to herself, doesn't want to be vulnerable, has uterine symptoms after she gets angry, has a flabby and water-logged uterus, feels heaviness low down in the uterus and pushing down as if everything would fall out (therefore it's a good remedy for uterine prolapse), mommy is worse with damp wet weather, useful for women with too much amniotic fluid [? hydramnios and polyhydramnios?] it's a remedy for spongy edema [? as compared to what?].

Someone asked what can be done for an ectopic pregnancy. Answer: Chamomilla if there's gripping pain behind the navel and pain in the small of the back, mommy is fractious (example: demands something and then rejects it or tosses it aside; angry, irritable). Belladonna... severe pain, probably a lot of heat and redness (maybe a red face, maybe a fever), doesn't want to be moved or jarred. Colocynthis... boring pain in the ovary, bending double, great restlessness, agonizing and cutting pain. [There was discussion of a particular case. Anne recommended red meat and increased protein, improved nutrition with supplements and such, and consideration of Pulsatilla or Sepia depending on symptoms and mommy's temperament.]

High blood pressure in pregnancy: The first choice is the mommy's constitutional remedy. The next choice is either Sulphur or Belladonna. Belladonna... the condition comes on suddenly and rapidly, she can be very hot and her face can be red. Sulfur... Mommy can be very opinionated, wants her own way, may not shower as often as she should. Try one and give a couple of doses; if it doesn't help, then try the other one.

Breech Babies: refer to the previous discussion in the class. Also consider Viscum album (Mistletoe) if Pulsatilla and the other previously suggested remedies fail.

Nat mur: Too much amniotic fluid [?does she mean hydramnios or polyhydramnios?]. Start with 30C; but if it's an extreme amount of fluid, then 200C.

Vaginal Strep B: Up to 30% of pregnant women have this or fecal matter in their vaginal canal; it's a normal thing to have in the body. But only 1% of women will be infected. Infection usually presents itself in 1 - 3 days with septicemia or pneumonia. If the mommy decides to take antibiotics, then so be it. Another option is Streptococcinum... take one dose in the 9th month. (At Anne's home, if anyone has a sore throat that is made worse by swallowing, she gives one dose of Streptococcinum in order to clear the strep bacteria in case that's what's causing the sore throat; and usually a different remedy is then used for addressing the pain associated with the throat). Or if the mommy is going into labor early than the 9th month, then give one dose of strep right then; and have her take the Streptococcinum with her to the hospital, just in case.

Back labor: Take the following in 200C or 1M... The biggest remedy is Kali carb, or Chamomilla (she wants to die because the pain is so bad, and she may be hysterical).

Premature labor (defined as labor before 37 weeks): (1) If accompanied by nausea and vomiting, give Ipecac or Colchicum. (2) Mag phos if she has leg cramps that are better from heat and pressure. If she has a history of preterm labor, start 6C or 6X a couple weeks before mommy thinks she's going to go into labor, or start at the beginning of the 9th month. Mommy might have muscle twitching, the baby might have hiccups; these spasms are due to a magnesium deficiency.

Extreme labor pain: (1) Chamomilla. (2) Aconite... if mommy is fearful and thinks she's going to die, and she might be restless. (3) Sepia... if she fights the pain, can't relax, and is trying to control the pain. (4) Belladonna... if there are spasms of the cervix; mommy might even point to her cervix or try to point to it. The cervix doesn't want to dilate, her face might be bright red, she is very hot, symptoms came on suddenly; look for a Belladonna symptom picture. (5) Coffea... if mommy is extremely excitable, if the contractions are hyper, it's going really fast, mommy can't calm down, and she can't listen to the person who is trying to coach her. (6) Chloroform... for severe labor pains from failure to dilate. The cervix is not responding, and no position brings relief. 7) Lycopodium... if mommy has a rigid os and pains shoot from right to left. (8) Arsenicum... if there is fear and anxiety from losing control and her security is threatened; mommy is better at telling other people what to do, and she may be paranoid.

For failure to progress and contractions have stopped: let mommy rest, give her Kali carb 200C or 1M if the contractions had been strong but are now weak and feeble, she

has low back pain, and she wants a lot of pressure on her lower back. The other remedy would be Opium... start with 30C but increase potency quickly if you don't get a response; Opium is for if mommy gets drowsy and kind of "checks out," she goes from intense fright to kind of checked out.

One of the attendees commented that she felt overwhelmed by all the information from the class. Anne responded that she writes up a paragraph for her client, saying, "These are the remedies to have with you [during labor]"; and she writes up the protocols for them. Sometimes a husband texts her during his wife's labor, asking her what to do.