



REMEDIES TO BRING TO THE HOSPITAL/BIRTHING CENTER

PREGNANCY AND LABOR REMEDIES

• Aconite - "Fear of Death" Give to mom and baby soon after birth

- Anxiousness
- Fearful, before and during labor
- Extreme or violent pains
- When mom tries to run away
- Give a dose to both mom and baby ASAP to manage shock

• Antimonium tart*

- Use this when baby's lungs have a wet, rattling sound
- Not in the Helios Kit

• Arnica* - Bleeding and Bruising

- #1 Trauma remedy
- Reduces swelling and bruising (inside and outside the birth canal)
- Heals bruising of eyes, arms, or legs
- Hates being touched or examined
 - Wonderful for the mom that refuses a post delivery exam or stitches (if needed)
- Can be used as a labor induction if *Cimicifuga* and *Caulophyllum* fail to act

• Bellis* - Deep Bruising/Bladder and Uterine Tonic

- Before birth can help with sciatica and round ligament pain
- Refreshes parts *Arnica* cannot reach
- Especially useful after C-section or forceps deliveries
- Important to heal unknown bladder injury

SYMPTOM SOLVER: LABOR & DELIVERY

• *Calendula - Speedy Tissue Repair**

- Speeds healing process
- Can add pellets to peri bottle during postpartum

• *Carbo veg* - Use when they get the Oxygen out

- Low oxygen
- Fetal distress (give to mom)
- Trouble breathing

• *Caulophyllum - #1**

- Alternate with #2 to establish strong contractions
- Helps to restart labor if contractions become slow and sluggish
- Helps to relax cervix for dilation
- Afterbirth pains
- Helps to expel placenta

• *Cimicifuga* - #2, "I can't do this anymore"

- Alternate with #1 to establish strong contractions
- Contractions move from side to side

• *Gelsemium* - Drunken Stupor

- Use if contractions become slow and sluggish
- Physical heaviness
- Drooping eyelids
- Dazed or stupefied look
- Muscular or mental weakness

• *Hypericum - Nerve pain**

- Most useful after labor
- Especially after C-sections, epidurals, or episiotomies

SYMPTOM SOLVER: LABOR & DELIVERY

• **Ipecac** - Constant nausea

- Violent vomiting
- Worse at sight of food
- Bright red hemorrhaging

• **Kali carb** - Back Labor

- Misplaced contractions
- Baby is "sunny side up" or posterior
- Woman must have someone pressing on back

• **Kali phos** - Exhaustion

- Great transition remedy
- Best taken between contractions

• **Pulsatilla** - Can't stop crying

- Can be used during to turn a breech baby (*Rhus tox* if *Pulsatilla* fails to act)
- Weepiness
- Begging for help
- Must have someone with her

• **Rescue Remedy**

- 4 drops into her water bottle
- Repeat with every refill
- Not in the Helios kit

• **Staphysagria***

- Most often used after birth
- Anger, resentment
- Wonderful after a C-section

*Denotes postpartum remedies

SYMPTOM SOLVER: PREGNANCY & LABOR

HOW TO MAKE REMEDY BOTTLES

- Disposable water bottles or Amber glass dropper bottles
- Everclear or vodka
- Labels
- Clear packing tape
- Remedies

If you want these to be short term, I recommend using half-pint spring water plastic water bottles. Remove the paper label. You may need to pour a little water off the top. Put 3 pellets of the remedy into the water bottle along with a cap full of Everclear or vodka. Label it with however you want. I like to do the name + how my husband would remember it and cover with packing tape (to protect it in case it gets wet).

When using during labor, 1 sip = 1 dose.

If you want these for a longer term, use an amber glass bottle of any size. There are two ways of washing the glass bottles. I boil mine for 45 minutes then bake at 350 for an hour to fully dry them. You can also fill with Everclear, swish around and dump it out. Your choice.

Fill bottle 1/3 full with distilled water. Add 3 pellets of your remedy. Then finish the bottle with 1/3 Everclear or vodka. Be sure to label it.

When using during labor, 1 dropper = 1 dose.

FAVORITE BOOKS ABOUT HOMEOPATHY AND BIRTH

Homeopathy for Pregnancy, Birth and Your Baby's First Year - Miranda Castro (This one is great for mothers.)

Homeopathic Medicines for Pregnancy and Childbirth - Richard Moskowitz, M.D. (A nice middle of the two.)

Homeopathy for the Modern Pregnant Woman and Her Infant - Sandra Perko (This one is written more for a midwife. It is very detailed and my absolute favorite.)

SYMPTOM SOLVER: PREGNANCY & LABOR*Emily Frye*

www.emilyfryehomeopathy.com

emilyfryehomeopath@gmail.com

Emily Frye has been using and studying homeopathy for nearly 20 years. She was first introduced to it after the birth of her fourth child and used homeopathy with the labor and deliveries of the next five babies! She studied with Robin Murphy before his death and completed his Lotus Institute in 2021. Emily has a small practice in Spring, TX where she lives with her Baptist preacher husband and six children still at home. She is a homeschool mom, the mother of nine children, mother-in-law to three sons, and grandmother to five beautiful children.

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