



# Healthy Momma, Healthy Baby!

**P**regnant or Breastfeeding? If so, you are probably all too familiar with how hard it is to find a supplement or medication that can help you with your issue but is safe to take during pregnancy or while breast feeding. It seems like everything has a cautionary message reading "consult a health care practitioner when pregnant or breast feeding". Well, homeopathy is here to help for all your pregnancy issues from morning sickness, heart burn, back pain, insomnia and more. The following homeopathic medicines listed are safe for pregnant and breast feeding women and can be of great help. Don't spend your pregnancy sick or in pain. Congratulations and enjoy your journey of Motherhood!

Morning sickness:

Pulsatilla: nausea is worse in a warm, stuffy room, better in the

open air, and better when walking slowly. You tend to crave rich, sweet, fatty foods, but they make you feel worse. You tend to be weepy with changeable moods and desire comfort/ reassurance.

Colchicum: extremely sensitive to the smell of food and can gag at the very thought of food. The nausea can last all day and is worse from motion. You want carbonated/ bubbly drinks and prefer to lie with your knees drawn up, since stretching out can cause nausea.

Nux vomica: nausea is strong, especially in bed upon waking, but you're unable to vomit. You tend to be very hungry but feel worse after eating with indigestion and cramping. You may be irritable and oversensitive causing feelings of anger.

Sepia: nausea is worse from the smell and thought of food. You have a sinking feeling in the stomach that makes you feel faint; eating may relieve it but only temporarily. You crave vinegar and pickles, as well as sweets. You tend to have a sensation of

heaviness or sagging in the pelvis. You may feel indifferent/ irritable to your loved ones because you're exhausted.

Heart Burn:

Pulsatilla: heartburn comes at different times of the day and after eating rich, greasy foods. Burps are sour and bitter tasting. The stomach feels empty, with gurgling/rumbling in the evening and pressing pain, with tendency to feel better in fresh air.

Carbo vegetabilis: burps are sour, rancid and bitter which give temporary relief, but you experience nausea and a very bloated abdomen. Tendency to feel worse after eating rich, fatty foods. Can crave fresh air and want the windows open and fans turned on. Physically exhausted and mentally sluggish, and lying down makes the indigestion is worse.

Back Pain:

Kali carbonicum: bruised sensations, dragging feeling with sudden sharp pains up and down the back, buttocks, and/or thighs. Pain in the hip joint is common.

Hard pressure over the painful area offers relief, but pain is worse from light touch. Tendency to be very sensitive to changes in weather and cold drafts. Desire to be warm but not overheated and may feel irritable and domineering.

Rhus Toxicodenron- stiffness and aching in the morning that is worse on first motion and better for continued motion. Warmth tends to alleviate the pain and stiffness. Pain and stiffness is worse for overexertion, cold/damp weather and standing or sitting for long periods.

Sepia: Lower back aching and dragging pain. Sensation of heaviness or bearing down in the pelvis. Can feel depressed, overwhelmed and chilly.

Bellis perennis: useful for sciatica pain for pregnancy or pain in the groin extending down the legs that can make walking difficult, which often comes on during the third trimester of pregnancy.

Insomnia:

Coffea Cruda: problems

sleeping because you're excited/euphoric or uptight and extremely sensitive to slightest pain. Senses tend to be acute and you wake up at the slightest sound. Over activity of the mind and vivid dreaming. Tendencies toward anxiety/energy and very tired at the same time. This remedy takes roughly an hour to kick in.

Aconite: Awake due to a lot of fears, the biggest being that you'll die in labor. You are a restless sleeper, with vivid, frightening dreams. Sometimes associated with shock due to an unexpected pregnancy.

Homeopathic remedies listed can be taken in a 30ch potency for mild symptoms or a 200ch potency for moderate to intense symptoms. For more information come visit us at One Stop Naturals!

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 SUDBURY HOMEOPATHIC CLINIC

## Providing Support for New Mothers

**S<sup>+</sup>Francis**  
HERB FARM<sup>®</sup>

### Fenugreek - Blessed Thistle Herbal Capsules

*Our Fenugreek seeds and Blessed Thistle herb tops are Certified Organically Grown.*

#### Lactation Support

Used in Herbal Medicine: (1) as a nutritive tonic; (2) as a galactagogue to help promote milk secretion; (3) as supportive therapy for the promotion of healthy glucose levels; (4) to help reduce elevated blood lipid levels (hyperlipidemia).

Medicinal Ingredients (per 500 mg capsule): Fenugreek (*Trigonella foenum graecum*, seed) 425 mg (5:1 extract, DHE 2125 mg), Blessed Thistle (*Cnicus benedictus*, herb tops) 75 mg (5:1 extract, DHE 375 mg)

Non-Medicinal Ingredients: Hypromellose (vegicap), Magnesium stearate, Maltodextrin  
DHE = Dried Herb Equivalent



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