



How to use homeopathic remedies in pregnancy

Homeopathy works on the principle of "treating like with like", but must be prescribed for your *exact* symptoms. Very dilute amounts of substances are used which, if given in larger amounts, would actually cause the symptoms the remedy is intended to treat. Remedies are usually in tablet form but don't work the same way as normal drugs. It's believed the remedies contain energy or "vital force" released from the original substance during the production process of repeated dilution & vigorous shaking; the more dilute the remedy, the more powerful it is. When you start taking the remedies you may feel slightly worse before feeling better, but this is normal & usually means they're working effectively. Research shows homeopathy may be useful for infertility or menopausal symptoms. Arnica to relieve pain, bruising & infection after surgery or injury has also been studied although results are inconclusive.

Homeopathy is a very gentle therapy, but it is also very powerful, so it's important to use it correctly - it's best to get expert help to choose the most appropriate remedy unless you are familiar with using them. Remedies won't interfere with prescribed drugs but may be inactivated by some strong medicines such as cough linctus, Deep Heat liniment, decongestants, strong antibiotics, blood thinning drugs & pain killers such as aspirin. Don't store your remedies near aromatherapy oils, coffee, deodorants or perfumes. Don't use homeopathic remedies to turn a breech baby at the same time as doing moxibustion as the strong smell of the moxa will prevent the tablets working.

Take one remedy at a time; use the 30C strength in pregnancy unless advised differently by a qualified homeopath. Tip the tablet into the lid of the bottle & don't allow anyone else to handle it. Don't use a metal spoon either, as the metal will prevent the remedy working. Don't eat, drink, clean your teeth (or smoke) for 15 minutes before & after taking each remedy. Don't swallow the tablets – let them dissolve under your tongue. Normally 3 to 4 doses a day are sufficient. To increase the dose, take them more frequently, *not* by taking more tablets each time. If there's no improvement after 5 days, *stop* the remedy & consult an expert. **Always inform your midwife if you are taking homeopathic remedies in pregnancy and, especially, during labour.**

Leaflet written by Denise Tiran, Expectancy's Director, and intended as a general guide only