



Homeopathy

How to take homeopathic remedies

- Homeopathy works on the principle of “treating like with like”; extremely dilute amounts of substances are used which, if given in larger amounts, would actually cause the symptoms which the remedy intends to treat
- Take only one remedy at a time unless specifically advised
- To increase the dose, increase the frequency of administration, not by taking more tablets on each occasion
- Take the smallest possible dose for the desired effect
- *Do not* eat, drink, smoke or clean your teeth for 15 minutes before and after taking each remedy
- *Do not* allow anyone else to handle your tablets (inactivates the tablets)
- *Do not* use a metallic spoon - tip tablets directly from the bottle lid into your mouth
- Allow the tablets to dissolve under your tongue before swallowing; do not chew them
- Initially, you may feel slightly worse before you start getting better, but this is a normal “healing crisis” and usually indicates that the remedies are working effectively.
- If there is no improvement after 3 days, stop taking the remedy and consult an expert



Always inform your midwife if you are taking homeopathic remedies

Things to avoid when using homeopathic remedies

Certain substances can inactivate homeopathic remedies, making them ineffective. These include some strong drugs and strongly aromatic substances. The following is a list of common substances which should be avoided when you are taking homeopathic remedies.

- Coffee, deodorants and antiperspirants, perfumes, mint flavoured toothpastes, sweets or gum
- Aromatherapy oils - especially eucalyptus, tea tree, frankincense, peppermint, spearmint
- Medicated creams and liniments including *Deep Heat*
- Cough medicines, decongestants (Karvol capsules, Vicks vapour rub, Olbas oil)
- Pain killers including aspirin
- Strong antibiotics and blood thinning drugs
- Incense sticks and moxa sticks (to turn breech babies)



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Homeopathic arnica for postnatal bruising

Arnica is a well-known remedy for bruising, shock and trauma. You can use it after your baby's birth if you have stitches, bruised buttocks, or have had a forceps, ventouse (vacuum) delivery or Caesarean. Unlike most homeopathic remedies, which must be prescribed for your precise symptoms, arnica is universally acceptable. You can use tablets or cream, but don't apply the cream directly to a wound. You can buy arnica in health stores – ask for the 30C strength. As soon as possible after delivery, take one tablet four hourly for three days, then stop. If you've had a forceps, ventouse, a particularly difficult delivery or a Caesarean, take one tablet every 2 hours for the first day, every 3 hours on day 2, and every 4 hours on day 3, then stop. You do not need to take arnica before a Caesarean – start as soon as you can after the operation.

[Always inform your midwife if you are using homeopathic remedies during pregnancy, labour or when breastfeeding](#)

For more individualised information on homeopathic medicines in pregnancy and childbirth, telephone **0906 400 6227** (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary).