



Re-discovering pregnancy & birth with Homeopathic Medicine:

Homeopathy is a journey of healing that re-connects us with the natural world.

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Family Planning: Fertility to Childbirth and After

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PART 1: PLANNING THE PREGNANCY BEFORE AND AFTER

Homeopathy for infertility or fertility problems

There are many reasons why someone could have difficulties becoming pregnant. Pregnancy includes three main desires: being a mother, being pregnant, and having a child. All three of these concepts can be difficult for the automatic brain that is 95% of our existence. We may want to be a mother, but not have a child. We could want to be pregnant, but not want to go into labour. These fears that impact us, and of which we may not even be aware, are happening at different levels of the brain. Our experiences and traumas impact our automatic brain which we are not conscious of, and often create corrupted circuits that make us associate such natural desires as pregnancy and family with unrelated experiences that have been misunderstood.

Dis-ease as explained by the Homeopathic method: **Bulls Eye Similimum and Leap to the Similimum** views dis-eases as being analogous with brain circuits of flash memory that connect aspects during learning that are not related to each other. This impact can be explained by looking at the Pavlovian experiments on the brain's understanding of interfering experiences. Changing and making what is not related to an experience become accepted within that system/circuit. The Pavlovian experiments were done on dogs to understand the nature of salivation and digestion. The dogs were exposed to the sound of bells when given food, and over

time they not only salivated to food, but also to the sound of bells. In nature, a bell should not be an activator of hunger. And yet, this experiment shows how the timing of two unrelated experiences can integrate a trigger that has nothing to do with the experience.

This can happen with any aspect of our lives, and similarly, it happens to us when we want to get pregnant, want to be a mother, and or want to give birth. Homeopathic remedies use codes to correct these system misconceptions or what is called 'corrupted circuits.' Homeopathic medicine is well-known for having an excellent track record for helping patients with these problems.

Once the 'corrupted' circuit is corrected, there is often successful outcomes to fertility. The best way to be healed is to be given the deepest constitutional remedy, called a similimum. With this remedy, the automatic brain can begin reversing damage that has happened in multiple circuits in the brain – fertility issues included. Make a Family Planning appointment or Initial Consultation when you decide to include homeopathy into your healthcare basket. Appendix 3 explains the packages and possible combinations of care you may need during this time. Do not however let these packages limit your individual care at any point in time.



Appendix 3 explains the packages and possible combinations of care you may need during this time. This appendix is to help you navigate the combinations of meetings you may need.

How to prepare for a healthy pregnancy

Preparing for a healthy pregnancy is about being present in your life and allotting the time and money into making the pregnancy months the most enjoyable and stress-free as possible. In addition, you can take a few precautions to prevent some physical obstacles to maintaining a good level of health. These include among others the following recommendations as outlined below:



Hydration:

In order to help lessen the experience of morning sickness, it is important to hydrate. This should start before conception if possible. Putting one crystal of raw natural salt (not sodium, but rather a grey natural salt that includes all the micro-minerals and trace elements that we need to sustain our health) is a great additive to support hydration. A good example of such a salt is Celtic Sea Salt or Himalayan Salt. As long as it is not pure white, you know that it has not been chlorinated, unless it has been coloured at a later date – read the online reviews and other information you can find to be sure. When something is white it is usually a sign of most of the goodness taken out, and or chlorinated to look ‘clean’. Put one crystal into a litre of water and drink at least 2 litres a day. If you choose to continue drinking teas or coffees that dehydrate, supplement the same amount of water in addition to your two liters. So an extra cup of coffee, means an extra cup of water – same size cup.



A homeopathic constitutional remedy:

It is a good idea to start your pregnancy on a good constitutional remedy. It will help keep your mind clear as your baby begins to grow. As the baby grows its energy system (gravitational/electromagnetic system) will take over yours and you will be sending most of what you need to the baby first. We try to avoid any medications including homeopathic remedies unless unavoidable. Only towards the end of the term will the baby’s energy need anything, if at all. You may need a remedy if you feel your nausea becomes too much or you have a tendency towards early miscarriages.



Sleep:

Sleeping is very important. You should not be on anything that ‘helps’ you sleep, unless you have been prescribed by a physician and you feel you have done enough research to know it is the right choice for you. In that case, the conversation of what to do about that is between you and

your medical physician. Adding homeopathic medicine will only strengthen your own system and hopefully lessen the need for chemical interventions from pharmaceutical drugs. Whether you need to continue or discontinue such drugs should be discussed with your allopathic physician (conventional doctor). Exercise, good food and a happy disposition will help with the sleep. Sleeping later on in the pregnancy may require some extra pillow and a good imagination. If it is a chronic problem and needs remediation for the continuation of a healthy pregnancy, homeopathy has answers.



Drugs:

No matter where you get your drugs, they are potentially harmful to the baby. Sometimes you have no choice, but in general one should avoid any concentrated substances, chemicals or natural. **Alcohol** is a natural chemical in a concentrated form and should be avoided. **CBD oil** or its smokable counterparts are also concentrated substances. Adding a **liquid multi-vitamin** will certainly help if you need the concentrated form when your body cannot obtain an adequate amount from natural food. And if you need **iron**, make sure you are eating enough food high in iron, and supplement if needed. Too much iron and too little iron can both impact the growth of the baby. During winter, make sure you get around 15 minutes sun, or supplement with a liquid vitamin A, D, K combination on days you cannot get out or there is no sun. Every person is individual, so you do not need to take maximum amounts of supplements to get the needed amount. Vary what you put in your mouth and surprise your body so it doesn't get used to the routine. If you do not have someone advising you on your body's supplemental needs during this time you can make an appointment to see me, or a nutritionist, a medical physician, a doula, and/or midwife, among others. Remember anything that stimulates you is a potential drug – wine, recreational drugs (hallucinogenic or not) and anything that is more concentrated in a pill form than in its natural form. All pharmaceutical drugs that are concentrated will be read by the body and may impact the baby. Ask a homeopath or other health specialist when in doubt.



Good food:

Stay away from GMO. Any fruit that does not have a seed is telling you that it's 'infertile' and we don't need that message anywhere near you while you are getting pregnant, being pregnant and/or giving labour. Even during breast-feeding these suggestions apply. Your food should naturally be healthy and as organic as possible or has proof of no pesticide or GMO use. Try to buy fruit that ripened on the vine, and vegetables that have not been sprayed with pesticides. Ask your supplier how the food is grown, what is on it, get interested as you will be looking for the best for your kid(s) very soon.



Eat enough:

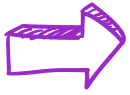
One of the worst things you can do is eat too little! Yes, cut down or cut out white sugars, white flour etc. Stay with healthy choices. You do not need junk food during this period so make your own hamburgers, or eat at a restaurant that has meat without antibiotics etc. But beware you do not make yourself too unhappy. Being happy is the most important thing during your pregnancy, so if you do anything that makes you too anxious, even if it is healthy, cannot really be healthy for you during pregnancy. If you crave something, eat it. Most of the time the body is looking for something – tell your homeopath about these cravings in case you need a tissue salt due to a lack of certain cell salts.



Communication:

Make sure you have communicated your desires with your husband, older kids, partner or support system. Talk about how you see the pregnancy, the labour, and breastfeeding process, and what you want to see happen. Speaking about things in advance really helps keep hidden expectations from clouding the path. And be ready to change your mind, as it may happen. As long as you have a base-line you can all feel comfortable about what to expect. The unexpected sometimes is a difficult part of a

first pregnancy. Speak to your homeopath as many times as needed. Remember that you are bringing the next generation into the world, and we are grateful to you and are there to support you!



Medical expectations:

Start to think how you would like to see the end of your pregnancy. Look into natural ways to lessen pain and labour exhaustion. Speak about it with your homeopath – there is so much homeopathy can do to help you! Be ready with a birth plan in advance of labour – if you are having a hospital birth make yourself aware of what will be offered, and your baby's rights from birth. This will be part of the Family Planning Packages.



See Appendix 2 for your very own birth plan created by the clinic. You can print the forms out and complete the birth plan with or without your homeopath's help.



Conflict:

Conflict is something to avoid as much as possible between yourself and anyone around you. Keep negative energy as far away as possible, but don't stress over it! Try to let things go, or postpone them for after the baby is born. Remember that your energy is run by the baby's and this makes the environment behave in unusual ways. This is often a time when family members feel insecure and begin exhibiting unusual attention seeking, and that is not limited to siblings and partners. Parents often get sick, die, others do unusual things often causing the mother grief. This is not done consciously, but many people are not healthy enough to adapt to your changes that they cannot control. So, keep healthy and remember that the problems and actions of others is not something you have any responsibility over. You should distance yourself from pain and grief that you believe is not worth the impact on the child. That does not mean you disconnect yourself from family and friends, but that you let others take on the energy drain these people need to overcome their

adaptation requirements as you change and become a combination of mother and child. Materialistic people have a really hard time at allowing adaptation to occur, and it may be why they need material things to help them adapt to life's changes.



Medical expectations:

Technology should be limited to some basic guidelines. Screen time is a 'dead time' for the soul, so, use it sparingly. Turn off the internet overnight by putting all the electronics onto one power bar and turn it off when you go to sleep. Don't sleep near your phones, keep them far outside of the bedroom. It is always good to do what makes you calm, so try to work with the suggestions made here, but in the end you and your relaxation and stress-free state is paramount! So, essentially do what you want to do whenever you are not sure what it is you should do.

Keeping the pregnancy going

Sometimes it becomes too much! You may be throwing up too much, or your hip pain is increasing with your level of anger. These are states we can address with a first-aid remedy during pregnancy. Homeopathy can help keep the pregnancy going with well-chosen remedies. It can also induce labour if needed and at the right time for the baby, and it can also address fears and pain experienced towards the end of the pregnancy and during labour.

Preparing for a family

As the end of the pregnancy approaches and decisions regarding the birth plan need to be made, it is time to plan for the birth and afterwards. Preparing for the baby is about preparing for a family, or for an addition to the family. This is an exciting time and sometimes daunting. Homeopathic approaches to life and to health can often provide guidance and a deeper understanding of our place on Earth. There are

understandings that have been overlooked in our conventional health system(s), such as the wonderful aspects of the energies on Earth and their abilities to keep us healthy and adapted to life on Earth. If you have a Family Planning Package you will be aware of the different webinars, resources and other outlets set up to keep you updated and connected to nature's health choices and how to access them. Please feel free to check out what I can do, and what resources are out there to help you make informed choices for the future of your family's health.



The clinic's resources are available to you for free on my clinic portal. Canadian Homeopathy Wellness Group also runs an initiative to promote natural health resources for all. Their publication, *Materia Wire*, offers dozens of natural health resources that are uploaded weekly for free.

PART 2: PLANNING THE BIRTH AND AFTER

Homeopathy for birth and for all eventualities

Homeopathic medicine has been used over the past decades all over the world. It is used during birth to help both the mother and the baby during labour, after labour, during breastfeeding and for the mother's quick recovery. Breastfeeding itself speeds up the recovery process by impacting the copper levels and causing cramping that returns the mother's body back to its natural state.

The birth process has many aspects to it and we will look at each one separately. I have added a list of homeopathic remedies that are well indicated during and after labour and birth. These remedies should be used under the guidance of a homeopath. Understanding the variety of possible remedies will also highlight the eventualities that may occur during this amazing time. **See Appendix 1.**

Homeopathic remedies are gentle, safe and effective when prescribed by a homeopathic practitioner. Studying the remedies themselves will make you aware of the needs that may occur and natural ways of preventing and/or coping with unwanted symptoms or experiences. Pain management is a wonderful thing that

homeopathy provides. Once the body is made aware of the code given through the resonance of a homeopathic remedy, an increase in comfort is the result. It is worth a conversation with your homeopath.

Naturally helping the baby direct the labour

Nature works in wonderful ways. Homeopathy comes from nature and how to prepare the remedies is something that has been forgotten and remembered over thousands of years. Avoiding any intervention that overcomes the natural process of labour should be prevented if possible. By doing so, you allow the labour to be directed by the two individuals involved, the baby and the mother. It is very important to keep the experience harmonious. If you intervene, you may be harming both the mother and the child. Concentrated substances are known to have unwanted effects, which we generally call side-effects. Yet, they are not side effects, but rather effects as powerful as those originally desired. Giving birth is painful, but is a pain that every woman has been conditioned to bare. Using codes to support the process without any negative impact on those involved would be a choice for you to make.

Keeping the mother healthy during labour

Having a healthy baby is something that comes naturally to the body. Yes, things can go wrong, but we don't get into our car every day saying, do you know how many people get hurt on the roads every day? There are two laws of nature to remember at this time:

- **Your body was made to give birth.**
- **Your body is made to heal itself, it does so naturally.**

And with the help of a few codes from Homeopathy if something is not working accurately, most births are successful for all involved. There is always conventional medicine for emergencies only, but unless it is an emergency, the body does it best.

Responding to injections is never a good thing for a healthy body. The healing part of the body does not like to be interfered with and is referred to as the automatic brain, the brain that is running our heart and bodily functions. It is a resonance-based system that does not think logically. It may be logical to us to have a hot shower when we are cold, but getting out of the shower will see this automatic brain cause us to shiver – its attempt to bring the body back to its previous state. Injecting substances has a very negative effect on the individual as it is a backdoor entry into a system that does not even appreciate concentrated substances in oral pill form. As a result, you would be best served to try to keep from interfering with the natural process and let your body do its thing. Of course, you have all the other modalities to help if needed, but only in the case of emergencies. Let the body try first! If possible.

Many pregnant parents feel the need to stay as natural as possible during this time, and homeopathy can help reach this goal. Attempting to stay away from unwanted interventions is admirable and can be supported by choosing a code-based resonance medicine, namely, Homeopathy. While homeopathy is not about vitamins, if needed it is always a good idea to include other systems of medicine you may feel complement your experience.

Pain maintenance during labour/birth

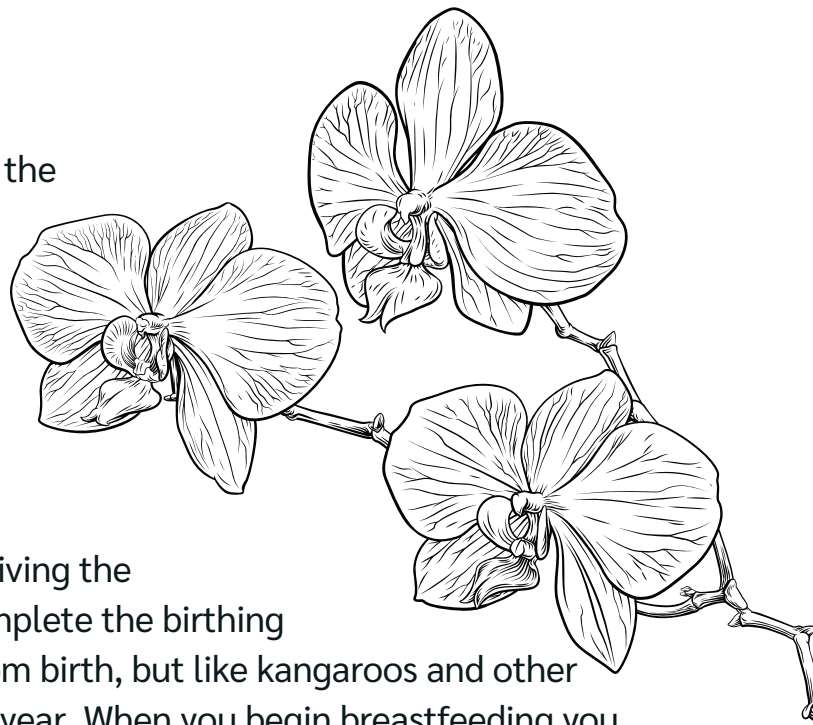
There are specific remedies included in Appendix 1 in this booklet. It is a good idea to be prepared and look into which ones you may need. In an appointment, we can discuss your options and make sure you have the required remedies. It is important to remember that Homeopathy provides pain maintenance during and after birth. With homeopathy you can be inflammation free as well as free of unnecessary pain as soon as possible. Speak to your homeopath to discuss your options. Remember you can do it as naturally as your body allows, so give your body that choice.

Remedies cover the muscle pain, birthing pain, exhaustion, cramping pain, as well as deep tissue pain.

Pain maintenance after the birth

Straight after birth, the baby is still full of the substances that kept them safe.

It is the crawl to the breast and then the latching of the baby with the colostrum that starts the breastfeeding process. Some babies lose weight when the insulation substance leaves their bodies. This is natural as they excrete the black insulation material. The mother is giving the baby life-giving milk that is needed to complete the birthing process. Like mammals, we breastfeed from birth, but like kangaroos and other marsupials we are not mobile for the first year. When you begin breastfeeding you may experience more cramps, but that is because the system is healing quicker because you are breastfeeding. Sometimes there is a problem with the milk coming down because something went wrong with the codes – there are remedies mentioned in **Appendix 1** that can help with you that. Look at the list and discuss the remedies with your homeopath.



As a result, I would recommend staying away from adding any dangerous drugs and concentrated substances that may impact the body's natural system. Anything the mom takes goes to the baby. Remember that even creams after 20 minutes will enter the bloodstream. Homeopathy can help give you codes for pain maintenance after the birth.

Speeding up healing and bonding

When you have a child, your life changes in ways you can predict and in other ways you couldn't! It is natural to be excited and scared at the same time. The most important thing to remember is that you CAN do it, nature made it that way! And if you need some help along the way, you have so many supportive health care providers that can help you during challenging moments.

Homeopathy has in its toolkit many remedies that are safe for you and the baby

that will help with the healing process and bonding.

Bonding can be easy, and sometimes it cannot. There are beautiful homeopathic and Bach remedies that help make sure this happens. Be yourself, demand your own way and get it! This is not about anyone but you and the baby – let your surroundings be there for you!



Any Family Planning Package you choose will be comprehensive and include care for you throughout the process of bringing a healthy and happy baby into this world. *Choose a package you feel will meet your needs and the needs of your family.*

Breastfeeding

Breastfeeding is natural for many mothers, but many times comes with difficulties. There are mothers who have too much milk and those who do not have enough to start with and need the baby to help activate the supply. I am here for you during this process if you choose to use homeopathy. There are lactation specialists who can help with latching, getting the milk flowing, and with mastitis, as well as many other problems that may occur.

Remember when your milk comes in so does your original experience with your own breastfeeding. Sometimes things go wrong in the circuits of the brain, and these misunderstandings can be corrected in a timely way to make sure breastfeeding is a pleasurable experience. Even one week of breast milk is better than none. Your breast milk is worth more than all the gold in the world – it is a resource you make with the help of Earth's laws and you can be proud of it. Recovery also speeds up when breastfeeding, so it is good for both you and the baby. You can breastfeed as long as you want. The optimal age to stop breastfeeding is when the child is anywhere between 2 to 5 years. However, any breastfeeding is better than no breastfeeding.

Check out [this video](#) of a baby climbing to the breast. What an amazing way to ensure your baby can carry out the first action it needs to do straight after it is born. This helps later with latching as the baby does it themselves!

Pumping is not breastfeeding!

Pumping is providing the baby with breast milk. It is better than artificial milks or milk that comes from someone other than the human mother. Pumping can be wonderful for some women, I have only met a few of them, but for most, it is not a positive experience. It is okay to try out different combinations. The body will adjust to supply and demand. If you have to go back to work, or want some body autonomy after breastfeeding for a while, then you can give the breast maybe just before sleep, or just after waking up. I know more women who breast fed to age 5 than who enjoyed pumping. It isn't the amount of the milk that counts when a baby reaches the age it can supplement with whole food, but rather that one shot of pure immune boosting supplement, called mother's milk. The human immune system is much like that of a kangaroo, it takes 5 to 6 years before the child has its own fully-functioning immune system. The decision needs to be a personal one and I am so happy to discuss ways of making informed decisions you can be happy with. Remember the needs of the baby and the mother come first!

PART 3: KEEPING THE FAMILY HEALTHY

Homeopathy for family health

Life is often about the best we can do with what we have. I say this because during this time in the family planning and executing there is undue stress put onto both parents. The mother is already trying to keep things together and doing what is best for her baby and family and so is the father who understands but cannot directly experience the pregnancy. While everyone's needs are important, we also need to remember that happy mothers make happy babies. A suggestion I am making at this stage is to try your best, but let go of the rest. Try to 'outsource' your worries. Find a good homeopath, a good book on child-bearing, or child-rearing. Make sure dad takes on his responsibilities and that all care-givers involved, as well as guardians,

take some load off of you. Parents and grandparents, friends and neighbours are willing to play their part. However, remember that if it is all about them, they are not making it all about you. And it has to be about you, and later the baby.

If you find yourself supporting all these other people as well, you may run out of steam. In the equation of mom, dad, baby, grandparents and friends, the mom is often the one who forgets about herself. It is not your responsibility to be perfect, in imperfection we find the perfect form. Homeopathy is an amazing system of medicine and philosophy that provides a foundation for good health. But remember it is also not the only one. Make us work for you, and not the other way around. You have done everything you can to make this the most amazing time for everyone, now you do your thing. You choose your way of doing things and others need to find a way to accommodate you. You already accommodated a living being in you, then you widened your hips enough to let them leave your body, then you let them crawl to your breast and latch. You have done the most amazing thing, and everyone is grateful for your time, patience and guidance. You have brought a life into this world and tried your best. Anything else someone wants from you is secondary. Look to those who desire to support you, your homeopath included, and tell us what you need, or ask us how we can help you. Having a million people asking you what you want to do becomes overwhelming. Remember nature is behind you, and if people are trying to make you play god they may have overstepped their boundaries.

The body's innate healing capacities: understanding a fever

The sign of good health is when a person is able to make a fever. Fevers are there to help the body's immune system keep certain elements inside the body protected while destroying certain elements it no longer needs. Dead ganglions in the brain are cleared out, leaving the brain and body in a healthier state after a successful fever.

It is like heating or boiling water to kill and remove the unwanted substances while not boiling it at a temperature that will kill the desirable substances in the body. You see a virus cannot be a toxin because there cannot be good toxins and bad toxins. Viruses are just cells that help the body and that the body uses and disposes of once they are no longer needed. Like food that is consumed and disposed of.

The body decides on a well- chosen temperature depending on the need at the time of healing. When a person is not able to create a fever, homeopathy can help. Sometimes the body is hindered by many factors and the fever becomes unstable, homeopathy can help here too. Make sure you have the appropriate remedies for fevers that are not successful. *Belladonna* and *Aconitum* in a 30C is often the first remedies to have in your Homeopathic First Aid Kit! If well intended remedies do not work, you have other medical modalities that you should also consider.

Balancing the innate healing capacities with constant interference both physically and emotionally that causes debilitating fears and real dangers is not an easy task. There are many actions we can take to reduce the interference, but sometimes we start our pregnancy journey at a point where we have not tapped into the extent to which we can maintain our own health. That is okay. We use what we know now, we make the best choice we know how to and then we continue to learn. Sometimes we learn from mistakes, and that is okay. I am available for discussion on any subject regarding this process. I have information that is freely available, please make use of what speaks to you, and be free to discuss the rest.

Remember different health methods work differently in the system. Homeopathy does not use blockers. In fact, remedies are used to help ‘open’ and ‘unblock’ the mind. When we use a ‘blocker’ we are ‘blocking’ the signals that the automatic brain is using to keep us well. Despite the fact that there are times we do need blockers, pregnancy is the time to avoid them if possible. When such blockers are used, they should always be considered extreme emergency measure, which they were originally intended for. Remember many health practitioners and physicians are ignorant of how homeopathy works. This ignorance can be dangerous. Please suggest they make a complementary information appointment with me if they would like to better understand this age-old tried and trusted system. Homeopathy is not a vitamin, it is not a concentrated substance, it does not work with your primary response, but with the secondary response, and homeopathy is best used when done as individual remedies.

Understanding the natural vs artificial

Yes, we do want to do things naturally, but we live in a very artificial world that has intruded into our lives and cannot be kept at bay by just closing the door. In this world, it is imperative to remember that we are not superhuman and should not be attempting to be so. As mothers and fathers to the next generation, you should see yourselves as facilitating the lives of those we have brought into the world.

Educating them about nature's laws and the responsibility we have to keep healthy and towards that which keeps us healthy. We share human babies with the world, with Earth and its creatures. Earth is there to help make them stronger and give them a chance to learn and grow as successful creatures of Earth. The bugs, the viruses, the bacteria, the falls, the stings, all life is there to teach us to be stronger and better one generation at a time. We protect them from being hurt as much as possible, but we are also part of nature and need to let our children interact with them.

The laws of nature should not be forgotten. We are now indigenous to Earth and need to take on the responsibilities that comes with it. We are not going to another planet to live there, we cannot afford to destroy that which feeds us, clothes us and provides the medicines to heal us. The Earth does all this with no need for thanks. Yes, we can die, but we can also live. If we live in fear of death, we cannot live at all. Even the justice system will tell you that if you do the most reasonable thing, and with the best intentions, you stay justified. Although society has many great ideas, it is not an individual. Balancing the needs of society, with your needs and the baby's needs is a juggling game that can be played with the baby's best interests in mind. Remember that there are many narratives out there that explain life in different ways. This booklet has a narrative, and it is not the only narrative available, but neither is the conventional narrative that many will make you believe is the only one. There is no moral majority that has the monopoly on truth. You need to hear what is said, but choose your own truth and the source of the truth. Include all the narratives and use them when you feel and if you feel they represent your integrity.

Reducing vibrational disturbances

Unfortunately, much of technology is the product of attempting to replicate ourselves and the ways we work internally. Why we have to come to a crossroads in our evolution where we have decided to evolve externally instead of as a species is interesting in of itself but does not help you navigate its inclusion or interference in your baby's life. You can only do the best you can, and to help you I have decided to discuss the interferences in our lives that enter our homes without the capacity to lock or keep them out.

The waves that we have included as a result of substances mined and ripped out of the Earth bring substances to the surface that were not meant to be exposed in such large numbers. The Earth keeps a balance that is sometimes altered through volcanoes, weather, earthquakes etc. We, as humans, are altering it by layering asphalt on the ground, making buildings from substances developed through concentrations of substances natural and artificial, and turning a natural world into an artificial one. And in addition to all this, we have made devices that connect through electrical, magnetic and resonance enhancing gadgets. The end result is that we are radiating ourselves, impacting the Earth's gravitational resonance and putting our lives in constant states of needing to be altered in order to adapt. It is viruses and bacteria that try to correct these imbalances. And we are fighting these life-helping substances that attempt to help us adapt.

Mother's milk from any mother mammal is not toxic in its raw state. It is a lie to believe that milk is better outside of its natural state. We have accepted some very harmful advice as the truth, but as we continue with the scientific process we begin to question and better understand some conclusions made by faulty logic. That pasteurized milk is better for a child cannot be the case. Nature's law is that what is natural will always trump the artificial. Despite this, we do include the artificial at times because to try to avoid life would make us a lot sicker. It is your personal balance you need to achieve, and you have all the practitioners you need to make that a forcible reality in the health of your growing family.

Understanding what causes dis-ease in newborns and childhood

Viruses were mistakenly named with the Latin word, “virus”, which means ‘toxin’. It is hard to realize that it was a man (not a global agreement of scientists), Louis Pasteur, who erroneously decided that they are toxins and not a positive natural phenomenon. The conventional medical scientific model has built its logic on some faulty assumptions, this being one of the most blatant mistakes. Today we know we are not toxic beings. Some people have bought into this toxic theory and continue to add other toxins, like drugs and interventions. Our body is a temple that is the most amazing expression of our energy source and genetic makeup - working together to choose the most appropriate DNA to express in the immediate needs of our reality. And as reality changes, so do we. Actually, viruses are not toxins. Our bodies are electric and we are connected to the gravitational force such that when we leave the Earth we see that both our bodies and homeopathic remedies lose their resonance, and are no longer able to stay ‘alive’ and resonate. Astronauts are good examples. No matter how much exercise and how many supplements taken, bone marrow, the life-giving part of the blood system stops functioning. We are electric, we are gravitational.

Newborns are born with what homeopaths call miasms i.e. states of the DNA injured by previous interventions through concentrated ‘medical’ substances through the generations. Religion and other cultural resources refer to these as ‘sins of the fathers’ or ‘humours.’ So, babies are now born with DNA memory of the diseases that we have suppressed over the past thousands of years.

Babies also develop faulty circuits when things that are not meant to be connected, connect by mistake. The baby can’t breath every time it breastfeeds, breastfeeding then may be mistaken as dangerous. This is where homeopathic remedies come into play. The automatic brain is where dis-ease happens, and this is also where the codes in a remedy are read. If you want to see a code, look at a snowflake. It has an intricate structure different to other drops that froze because each drop is expressing the code of the substance it came into contact with. This is the basic understanding of nature, its codes and how making and taking something homeopathically is utilizing these codes that the Earth gives us.

Listening to nature and their powerful laws

There are those who believe that man has dominion over the land, air and water (LAW), but in fact we do not. We are entrusted to look after those around us, and to integrate into the world on Earth. We can do so by listening to nature and being humble in our realization that the Earth looks after us when we look after them. When you were pregnant you had dreams that were not yours, you may have had cravings for food you were loathing to eat before, and generally you interacted with another living being on an electro-magnetic resonance level. Your baby's electrical/energy system is younger than yours and therefore stronger. When the baby is born your body and system will use breastfeeding to complete the separation. The levels of copper among other substances in your body is used to cause cramping and return your physical body to a natural level. Your emotional, mental and dream (spiritual) world may need longer to return to you. Sometimes the breastfeeding is short, or life is stressful and you may need help getting back to yourself. Homeopathic remedies follow the powerful laws of nature and as a homeopath, I listen to nature as much as is humanly possible. As a result, try to work with nature, and remember that natural is always better if we can still do it!

Including all avenues of support when keeping everyone healthy

The best thing about life is the ability to learn. It means we have ideas that we look to support and sometimes that support teaches us how we have understood something, or it highlights the further need to learn. During this time of your life, you begin learning things you did not know before. It is good to keep an open mind, and be ready to change some assumptions you have held your whole life. A whole life is generally considered to be around 20 years and you are now in the second 'whole life' where the most amazing learning and growth happen. Narratives run by society can be true for many, but they are not true for all.

Learning to listen to your common sense; the automatic brain's supporting material

Remember common sense is health. You may be lacking common sense which can mean you have some form of germaphobia or a form of automatic logical functioning that causes you anxiety. That is okay. As a homeopath, I am here to help you. Hopefully you have a spouse you can ask, or have found a few successful books for resources. I am here for you and hopefully the lectures, discussions and support groups that will be available on my online clinic will also help. I am always a phone call away, just make an information consultation appointment with some questions – it is complementary and a pleasure for me.

There are things the automatic brain can do that you don't even know exists! An example, is allowing the baby to climb to the breast straight after birth and latching onto the mother's breast. This action that is programmed into us since time immemorial has an amazing impact on the baby's experience of self-worth, and has been done for centuries in many parts of the world. It is time to allow the automatic brain to do those things our DNA is wired to succeed at. We can't forget the things we used to do, as they are hardwired into our DNA, but we need to trust Earth and Nature and do the things we humans were always meant to do. Bring back life, not focus only on civil-ization - civic duties of hospitalization etc, but rather our natural duty to follow our own journey. There is not just one truth. We do not need to buy into something just because someone says we need to do so. In a free world, we can work out which aspects of the civic world is needed and best for our children. The only advice I can give during this time, is stay away from genetically modified foods, and if you are not sure, don't eat infertile foods. A lemon that has no seeds intact is infertile, so not a good idea. Let nature continue to teach us through the things we ingest – foods and viruses alike. If we get to know it, it teaches us! Stay away from backdoor entries into the body – the body reacts with autoimmune chronic disease over time when substances continue to impact the organs and the body never got to see it enter.



Please feel free to make a complementary appointment or start a family planning package to find out how homeopathy can help you do things as naturally as you and your baby can.

APPENDICES

Appendix 1: Remedies for your first aid birthing kit and afterwards

There are many remedies that can be included in a first aid birthing kit, but we need to start somewhere. Here are some basic remedies that you should purchase for your family kit. During the presentation we will look at other remedies that would be good specifically for you.

Remedy list:

The remedies you should definitely buy (*)

All the remedies below can prove useful after you have contacted a homeopath who will decide which remedy is well-indicated for the specific problem at hand! *(If you think you may need the remedy, buy it in 30C potency. If you think you will NOT need the remedy, buy it in 200C. If you think you will never need the remedy, buy it in 1M).*

○ Aconite*

Sudden fear, high sudden fever, thinking the weather suddenly affected you, fear of death, fear something bad will happen like death, cold winds impacting you. No milk produced after birth.

○ **Arnica***

Muscle pain, but don't need anyone's help. I can walk it through. Fetal distress.

○ **Belladonna***

Dilated pupils, one cheek red the other pale, high sudden fever.

○ **Pulsatilla***

Holding on, can't let it go, want to be together, ear ache, feel that the pregnancy will be overdue, maybe may need to be induced. Natural source of oxytocin.

○ **Gelsemium***

Tired and exhausted, ready to give up. Body ache, back pain, too much pushing.

○ **Arsenicum**

Stomach upset, maybe was poisoned from something you ate.

○ **Carbo veg***

Need to be fanned, feel the body is heating up like coal. Fetal distress.

○ **Caulophyllum***

Lack of progress of labour. Natural source of oxytocin. Exhaustion.

○ **Cimicifuga**

Female remedy if you have cramps. Impacts the estrogen levels. Back pain that feels like sciatica.

○ **Cinchona**

Hemorrhoids, varicose veins and cramps together.

○ **Hamamelis**

When the pushing has caused haemorrhoids. And you have varicose veins.

○ **Hypericum***

Sudden pain that feels like a nerve is being pinched. General ache.

○ **Heparsulphuricum***

Yellow discharge coming out of the nose, feels like inflammation is everywhere. Sinus is congested, vaginitis that has asour smell. If you see pus, this is a good remedy for you!

○ **Kali Carb***

Lower back pain during labour. If you feel you may give up on natural birth because the lower back pain is too much this is your remedy!

○ **Sepia**

Feeling depressed, very emotional, hate your spouse suddenly because you just bit off too much you can chew! Can't control peeing. Mastitis with abscess. Constipation after birth.

○ **Bellis perennis***

Deep muscle ache; feels like the muscle is sore, but very deep soreness.

○ **Staphysagria***

Feeling the injustice of how much you need to do and how little everyone else does, being injured physically and feeling you may lash out. Injection site hurts, cut area hurts, anger you attempt to suppress.

○ **Lac humanum**

Just feel like you can't be a mother, your mother was terrible. Nobody loves you.

○ Secale

Never take this remedy as long as there is something in the uterus. This remedy is only to be taken after birth! Had a scare in the 3rd month of a natural miscarriage. During labour there is no expulsive action. Milk does not flow, breasts are not filling up properly. Violent cramps after birth. This will help the body get back on track when taken AFTER the uterus is completely empty of everything and anything!

○ Sabina

Miscarriages and retained placenta.

○ Melilotus

Fluid retention problems. You can also try the remedy *Natrium muriaticum*.

○ Ferrum phos

(Tissue salt #4) This is very important to take daily for 6 weeks after if you have a tendency to anemic states and you need your blood to rebalance itself.

○ Magnesium phos

(Tissue salt for cramps). Taking it in moderation when the cramps become unbearable.

Appendix 2: Birth plan

Congratulations! Now comes the plan for birth. The where, when, how, why and what you may need to decide on before the baby comes out and comes home!

Section 1: Questions you want to ask yourself regarding a natural birth when preparing your birth plan

To better prepare yourself for a successful pregnancy and birth, consider the following questions and answer them to the best of your ability with the help of your practitioner:

1. Where do you want to give birth? (Choose an option)

☐ Home birth ☐ Hospital birth ☐ Other

Elaborate as to why this is your preferred choice?

2. What kind of pain management do you want to use?

- ☐ Natural ☐ Drugs ☐ Combination of both ☐ Other

Elaborate on procedures and action incorporated in this choice...

3. Which position(s) of labour would you like to include during the birthing process?

- ☐ Active ☐ Passive ☐ Squatting (Gravity) ☐ Water-birth

Elaborate on your preferred choice(s)?

4. Please pick the following you feel are important for allowing the baby to direct the labour and birth experience...

- ☐ Skin on skin
- ☐ Crawl to breast & latch
- ☐ Clean off vernix
- ☐ Timing of cutting cord
- ☐ Taking the baby for tests at birth
- ☐ Deciding pushing time

Research information to discuss with the parties involved...

5. Who would you like to include in the delivery area/room?

- ☐ Dad/partner
- ☐ Parents
- ☐ Extended family
- ☐ Friend(s)
- ☐ Doula
- ☐ Homeopath
- ☐ Midwife
- ☐ Medical Physician
- ☐ Nurse

6. Choose the medical interventions you want to include for the baby...



Medical-induced birth

(Include/Not include)

- Rupturing
- Oxytocin shot



Homeopathic remedies for labour and birth

(Include/Not include)

- See Appendix 1



Medical injections/vaccines

(Include/Not include)

- Hepatitis B
- Anti-syphilitic eyedrops
- Vitamin K



Cleaning the vernix off the baby

(Include/Not include)



Blood-test from baby

(Include/Not include)



Taking the baby away from mother

(Include/Not include)

7. Choose the medical interventions you want to include for the mother:



Homeopathic remedies for labour/birth/recovery (Include/Not include)

- See Appendix 1



Medical pain-killers (Include/Not include)

- Epidural
- Over the counter drugs
- Morphine
- Gas (Entonox)



Medical injections (Include/Not include)

- Oxytocin injection to induce labour
- Oxytocin injection to induce milk
- Medically recommended conventional vaccines
- Medically recommended mRNA vaccines



Amniocentesis (Include/Not include)

- Genetic testing



Blood-tests (Include/Not include)



Formula to replace breastmilk (Include/Not include)

8. Answer the following for your after birth preparations...

- Who's responsible for the other children? (if applicable)

- Have you prepared the materials for birth?

- Who's going to do the domestic duties?

- Who is supporting the mother/child relationship?

- Have you done enough research to protect your child's rights?

8. Are you choosing to breastfeed?

☐ Yes ☐ No

Elaborate on your choice...

9. Is your baby going to sleep with you?

☐ Yes ☐ No

Elaborate on your choice...

10. Are you going to use pacifiers?

☐ Yes ☐ No

Elaborate on your choice...

Section 2: Quick guide for helpful tips regarding a natural pregnancy, labour, birth, and after

- #1:** Successful breastfeeding is the best.
- #2:** Avoiding injections helps keep mother and child healthy.
- #3:** Allowing the baby to direct labour and birth makes for a better experience - let the baby push!
- #4:** Walking, climbing stairs, nipple stimulation, sexual interactions, and love will naturally induce and encourage labour.
- #5:** Using homeopathic remedies during labour makes for an easier experience - less pain and more relief!
- #6:** Homeopathic remedies can help ensure a successful breastfeeding experience.
- #7:** Remember you are the parent(s), this is your baby, and you decide!
- #8:** The body doesn't like interventions, try to keep it natural, especially throughout pregnancy and birthing.
- #9:** The baby's immunity kicks in around age 6, therefore breastmilk is key to support the baby until then.
- #10:** Oxytocin is needed to begin the labour process.
- #11:** Food sources with oxytocin will increase your oxytocin naturally.
- #12:** Oxytocin works best with vitamin B & C. So get lots of sunshine and eat fruits and vegetables high in vitamin C.

Appendix 3: Family planning packages

In order to decide on the best homeopathic options for you, think about what it is you would like to include in your experience and what you would like to avoid. The recommendations are general while also providing you with an idea of options and costs.

Complete Package | \$380.00 (CAD)

- Fertility & family planning session prior to pregnancy
- x3 consultation meetings and an informational booklet during pregnancy
- x2 case-taking after birth (*for the mother AND the baby*)
- x2 post-birth consultation meetings for mother (*support for breastfeeding, and post-birth problems*)

Comprehensive Package | \$280.00 (CAD)

- x3 consultation meetings and an informational booklet
- x1 case-taking after birth
- x2 post-birth consultation meetings with mother (*support for breastfeeding, and post-birth problems*)

Basic Package | \$200.00 (CAD)

- x3 consultation meetings and an informational booklet
- x1 case-taking after birth

*You can upgrade your package at any time

Giving birth is the most natural thing on earth. Having said that, with today's stressors and lifestyle, doing nothing is not natural anymore. If you're looking for a natural way of supporting your pregnancy, labour and birth, homeopathy is a fantastic start. It will be a privilege to support you through this process. Please contact the clinic if you have chosen a birth & family planning package so we can start integrating homeopathy into your new life.

If you're not sure where to start see the “**New Patient Guide**” under **Resources** in our [client portal](#)

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In health always.

