



## Homeopathy Newsletter Issue 5, December 2009

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### Homeopathy and pregnancy



Let the bells ring because Ireland is in the midst of an unprecedent babyboom! *Some 75,065 youngsters were born last year – a figure not seen since 1896 - with almost half to first-time mothers*<sup>1</sup>

Many mothers and their families are in high hopes of a new beginning and that is what Christmas is about. **Homeopathy** is a mild, natural system of medicine which can provide safe support for mother and child during pregnancy, when in labour and after delivery. Homeopathic remedies are not chemically engineered and can be very beneficial for infants with health problems.

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#### Homeopathy: a holistic therapy

Being pregnant, developing an intimate relationship with your unborn child, giving birth, being a mother and breastfeeding your baby. These can be wonderful experiences.

Mother and child are physically and emotionally one and with the help of homeopathy I deal with many possible problems that can occur. So during a consultation not only the main complaint will be discussed, but I could also ask about your sleeping pattern, food cravings and aversions, previous pregnancies, etcetera. Also experiences that have great impact in your current life are taking in consideration when determining what remedy to administer. During the consultation I take notes of the individual experience of ones discomforts or disease. And based on those descriptions I prescribe a unique remedy for each individual. This remedy will have a healing effect on you and the unborn child at the same time, without side-effects.

#### Homeopathy and pregnancy

Homeopathy can bring relief in the following pregnancy related complaints: threatening premature birth, hemorrhoids, varicose veins, nausea, constipation, itch, sleeplessness, tiredness, bladder infection, pelvic complaints, inflammation of the tendon in the wrists, vaginal infection, breach presentation, negative emotions like fear, depression and mood swings. These negative emotions can have a hormonal background or can be caused by traumatic experiences, like a death in the family. In homeopathic health care we often see that the cause of disease in an infant can be traced back to a traumatic experience of the mother during pregnancy.

#### Homeopathy during delivery

Just like pregnancy, delivery is a very normal and natural process. In many cases the mother is well able to the deliver the baby with a little help from a midwife and/or partner. The mothers body 'knows' how to deliver a baby and the mother can support this process with the help of certain breathing methods and body

movements<sup>2</sup>. Homeopathy, on the other hand, stimulates the delivery, benefitting the mother and baby. With homeopathy several complication and birth related problems can be treated. A few examples are pain relief, lengthy rupture of the membranes, delayed labour, delayed expulsion of placenta, severe after pains, and more.

#### Arnica: a must-have-remedy

A good time to take the remedy Arnica is after birth when the umbilical cord is still intact, because in that way it heals the mother and baby at the same time. The following symptoms are indications for Arnica: bruised parts after delivery, excessive bleeding, soreness and lameness of parts after delivery. Arnica relieves mother and child from the traumatic effects of birth. Arnica grows naturally on the mountain sides in North-America. The native people used to rub the leaves of this plant on bruised body parts after a fall. **Arnica is available free of charge to pregnant women who are attending my surgery.**

#### Homeopathy: gentle for the newborn baby.

I have treated many infants, including my own children for typical diseases and complaints that can occur in newborn babies. Ailments like umbilical infections, infections of the eyes, jaundice, constipation and intestinal cramps can be effectively dealt with the help of homeopathy. It also happens that new born babies cry a lot without any clear reason. Particularly in those cases homeopathic treatment can bring quick relief to both the baby and the parents.



**Wishing you a happy and peaceful Christmas,  
Jeroen Holtkamp, I.S.Hom.**

<sup>2</sup> I recommend mothers and fathers (-to be) to read books on natural childbirth, e.g. Ina May's Guide to Childbirth.

<sup>1</sup> [www.breakingnews.ie](http://www.breakingnews.ie) 15/11/09