

Cares after child birth



Many women can have that triumphant feeling that the battle is won after giving birth. When holding that little baby the pains and aches of giving birth are quickly forgotten. However it is worth your while to be prepared for the aftermath of childbirth, because this so called post-natal period can be very demanding and various complaints can develop. A considerable group of women would admit that their level of health and wellbeing has never been the same after giving birth.

Homeopathy is a safe and natural medicine. Homeopathic remedies are non-toxic and ideal for mother and infant. I have supported and treated many women successfully with postpartum health problems, like post-natal depression, mood swings, concentration problems, piles, hair loss, constipation, incontinence, bladder infections, a bearing down sensation from the uterus and breastfeeding problems.

For mother and infant I offer a Post-natal Mother and Child package for only € 57.- per consultation for both. Just € 20.- if only your baby needs treatment. The remedies are always included in the consultation fee.

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Enjoy this newsletter. Regards,
Jeroen Holtkamp, I.S.Hom.

Homeopathy is a complimentary system of medicine that applies natural remedies to stimulate your own healing power from deep within. How you experience your complaints is of foremost importance to me. I will prescribe a remedy that matches your whole being mentally, emotionally and physically. This individual chosen remedy will have a beneficial effect for mother and baby, especially if you are breastfeeding. Homeopathic remedies are derived from plants, animals, metals and minerals. These substances are diluted according to special procedures to such an extent that only the curative properties remain.

Characteristic post-natal cases

Hair loss is quiet common after giving birth and generally hair growth will be back to normal within the year. At the same time it can be very problematic. There are many remedies in homeopathy available for the treatment of hair loss. The following remedy description is quiet characteristic for a few of my patients who suffered from hair loss.

Fear of not being able to care for the newborn. Appears to be shy, and yet she can be very bossy. She weeps easily. She has an aversion to company, but dreads to be alone. She feels worse from missing a meal and feels better from fresh air. In the first week after giving birth she had a bladder infection.

Patients with a similar, but not the same, pattern of symptoms as in the above description would certainly benefit from a remedy that is derived from the plant **Lycopodium**.

Many times the one homeopathic remedy will bring partial and/or total relief to a few complaints at the same time. The remedy **Lilium Tigrinum** is derived from a plant as well and would certainly bring instant relief for a mum with the following similar post-natal complaints.

Concentration problems due to constant wild feeling in the head. Great irritability and rage.

She might have delusional thoughts about being doomed and that she has to do penance for her sins. The vaginal discharge is corroding the skin around the vulva. A **bearing down sensation** as if the uterus and other organs will fall out. She must cross the legs to avoid that feeling. She loves MEAT and the quantity she eats is probably not helping her **constipation**.

Sarah's post-natal depression

Statistics have shown that almost 80 percent of women develop a post natal depression. I have successfully dealt with many cases of depression and postnatal depression. I am grateful that Sarah volunteered to wright about her experience.

*When I became pregnant with my second child at the age of 43 I started attending Jeroen the homeopath. He gave me various remedies to cope with the new situation. About four weeks after the birth, sadness came over me. I didn't understand what was happening to me. My baby was healthy and my husband was very caring and supportive. But instead I felt abandoned. I should be happy, but I cried about the littlest thing and I gave out to my husband for nothing. I felt guilty. The one moment I cried and a few seconds later I laughed. I was very emotional. I also had a bladder infection and every cough made me lose drops of urine. Jeroen gave me a remedy called **Pulsatila**. After two days I started to feel more at ease and less panicky. I was able to enjoy the company of my little baby and family again. Before I knew it, my bladder infection disappeared as well.*

Pulsatila is another remedy derived from a plant and is very effective during - and after pregnancy in cases of hormonal imbalance. I am looking forward meeting you for a consultation.



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