

Happiness at hand.....



But not able to count your blessings? You are not alone, because **crisis pregnancy** is actually very common in our society. *Research has shown that 28% of women who had ever*

*been pregnant had a crisis pregnancy.*¹ After the shocking discovery of being pregnant, follows a difficult and emotional period in which important decisions need to be made. Essential to the, predominantly young, woman is the support of her friends, partner and/or family. Many times women in a pregnancy crisis are not able find satisfactory support.

Homeopathy supports woman in pregnancy crisis first of all through non-judgemental, attentive listening during consultations. The focus of the treatment is what you want for your future. Homeopathic remedies have no side-effects and are very effective in giving relief from stress and emotions that obstruct clear decision making in accordance with your heart. At the same time the homeopathic remedies also relieve from typical pregnancy complaints.

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May this newsletter be a help. Regards,

Jeroen Holtkamp, I.S.Hom.

What is a homeopathic consultation?

Body and mind are harmoniously united. How you feel and think has a temporary - or chronic effect on your physical wellbeing. We all



know, for example, the effects that an emotional trauma can have on the health. The way you express your problems and health complaints are of foremost importance to me. It enables me to prescribe a remedy that matches your individual needs. **I will ask you questions that invite you to look at the bigger picture of your**

life related to health, disease, the good - and the bad experiences. The questions can be very specific as well, in order to be able to select an individual chosen remedy out of the over 5000 that are at my disposal. Homeopathic remedies are not chemically engineered but derived from plants, animals and minerals. These substances are diluted to such an extent that only the curative properties remain.

The bigger picture

Each woman in a crisis pregnancy has her own life story and can think of different reasons why her journey led to this point. In my eleven years experience I have learned that many women who are trying to solve their pregnancy problems rely on the skills to control situations that they have developed. People develop valuable control skills in times when they encounter personal difficulties. Control gives us a sense of security. Problems may arise if a woman had to rely too much on her control skills in family-, school situations or relationships in the past. As a result she might experience difficulties in relying on others at present. The extent, to which these difficulties are experienced vary from person to person and also depend on the circumstances that surround the conception. Balancing motherhood and the pursuit of a career, for example, can be a very challenging task.

It requires self-control in which a mother sacrifices some of her ideals or desires, like giving the care of her baby out of hands, with the aim of securing a future. The main reason why pregnancies turn out to be a crisis is because they are not planned. **As a Homeopath I will address the triggers to the reliance on self-control that has its roots in the past. The homeopathic treatment increases your ability to see more of the practical options and possibilities within your circle of family and friends in your efforts to secure your future.** The bigger picture is very helpful in the reflective process towards a **free** decision whether to accept or not. **In my opinion it is important to the new born child that it is loved out of free will and it doesn't matter by whom. However, a steady harmonious relationship with the father is most beneficial to all concern; it supports an unconditional love for the child.** Please, have also a look at www.ppositiveoptions.ie

Beneficial homeopathic remedies

Pulsatilla can be very effective when the ordeal leads to depression and changeable moods. It will stop urinary tract infections and relieves the feeling of being forsaken by her partner. She appears to be soft and timid.

Aurum is beneficial for women in a successful career with a lot of responsibility. The news of being pregnant caused an overwhelming fear of failure to the extent of heart palpitations and suicidal thoughts. They love music and are inclined to drink too much alcohol.

Sarsaparilla is effective when a woman feels isolated from family and friends. This remedy helps to come to a more positive outlook towards her relations. It gives relief from feelings of being left out and neglected; It relieves from retracted and/or numb nipples. This remedy is suitable for quit, reserved women who feel generally chilly. **Please contact me if you have further questions.**

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¹ <http://www.crisispregnancy.ie/pub/cou.pdf>