

Pregnancy and Homeopathy...

Pregnancy is a wondrous experience that may be overshadowed by physical complaints such as nausea, headaches, back pain, constipation, yeast infections, and iron deficiency, just to name a few. Then if that isn't enough there are the emotional concerns that pregnant women are dealing with; money, the birthing process, to breastfeed or not and how to raise a child. It is no wonder that the Mom-to-be may be feeling overwhelmed and out of her element.

Many pregnant women are reluctant to take over-the-counter drugs or prescriptions. So they seek natural alternatives such as...Homeopathy, to find the relief they are desperately seeking. Homeopathy is a *gentle, effective* form of alternative medicine that is perfectly **safe** for pregnant woman as well as their infants. It is used world wide in treating many conditions successfully.

A Homeopathic Physician will take the time to listen to the patient's physical and emotional symptoms they are experiencing. A Homeopath can be of great assistance during the pregnancy and with the birthing process. There are remedies that can help induce naturally, ones that can help turn a breech baby prior to the birth, ones that will aid in the healing process so the recovery time can be reduced to almost half the normal healing time, and remedies that can control the anxiety that the new mom-to-be may be feeling.

After the birth comes the real fun. Now you are a parent, and solely responsible for this little ones care and well being. What happens to most new moms is the sense of overwhelm! In the hospital there is the support of the doctors and nurses and now that support may not be there. This is where post partum may set in, the lack of sleep, the crying baby and life is not looking great...although this is a normal feeling you feel like the worst mother on this face of this planet! Don't despair, homeopathy can provide the support you need and help you regain your emotional stability. It can also assist your new born with such concerns as cradle cap, colic, breast feeding and more.

If you or someone you love has concerns surrounding a pregnancy take a serious look at Homeopathy and how it is able to support you and your needs during this amazing time of your life.

Shawna is a Homeopathic Physician who is passionate about her profession. She has successfully helped families and individuals of Chatham-Kent achieve the balance they were seeking. For more information please contact her at gettingoveritnaturally@cogeco.ca