

# Childbirth Made Easier

## What you need to KNOW

By Mary Aspinwall, RSHom, PCH

**M**y first child was born when I knew just a little about homeopathy. Even so, I had prepared some odd bottles of homeopathic remedies with weird little notes stuck to them, explaining when the remedies might be useful during childbirth. After a grueling 60-hour labor, I asked if someone could get a suction pump to lure the baby's head out. I had decided enough already with natural childbirth! There was a pump somewhere, but no one was quite sure how to use it. They had forceps. Suddenly, my resolve returned at the sight of them, and I finally remembered my handful of homeopathic remedies with their "Alice in Wonderland" labels! I took one dose of *Pulsatilla* 200c because the label said "Weepy—Help me!" and one dose of *Arnica* 200c, "For second wind," and to everyone's astonishment, especially mine, our child was born within two minutes.

A couple of years later, I designed a homeopathic birth kit, which has been available ever since. It's one of four kits I put together, and it's probably the one I am most proud of because of the profound difference homeopathy can make to birthing experiences and the auspicious beginning it can bring to a child's life. I squeezed the most vital homeopathic birth information into an easy-to-follow leaflet, chose 18 of the most frequently needed birth remedies in 200c potency, and stuck them into a bright yellow box. I hoped to encourage more women to turn to homeopathy and ease the often-challenging passage of new lives into this world. To learn more, visit [remedyseeker.com/childbirth-guide](http://remedyseeker.com/childbirth-guide) and [homeopathykits.com](http://homeopathykits.com).

That was the early 1990s. Fast forward to the late '90s, and there were thousands of birth kits worldwide, and I was very happy to have one. At 11:14 p.m. on Saturday 30th January 1999, our second child was born at our home—a barn in West Cork, Ireland. He was delivered in a birthing pool after a fast and feral labor, most of which I spent howling at the full moon.

During this labor, I needed *Kali carbonicum* 200c for backache labor and later for after-pains; both times, the clue was the need for firm pressure on my lumbar area, and both times the remedy

