

offered relief. I also needed *Aconite* 200c because this labor was at the opposite extreme—fast and furious—from my first labor experience, and *Aconite* can offer calm during violent or fast labor. I also used *Bryonia* 30c from my blue family kit on the third day after the birth to ward off mastitis. *Bryonia* is a great match if the breast is pale and excruciatingly painful with the slightest motion, and, yes, it helped.

### Empowered by experiences

About six years ago, I was asked to teach a study group online, and now, I'm happy to say our group is over 40,000 members strong ([www.facebook.com/groups/study-homeopathy](http://www.facebook.com/groups/study-homeopathy)). There are many wonderful posts on the group; search for #birth and #successstory. It makes me so happy that people are empowering themselves to have the births they want by sharing their experiences with others and taking the time during pregnancy to study how homeopathy can support them. As I was writing this article, I reached out to some of our group members, who kindly agreed to share their birth success stories here, too.

### Opening up with *Gelsemium*

One night, when the online group had only been going for a few months, I was up late and happened to see a post from a mother-to-be thousands of miles away. She was having stop-and-start labor and had already tried *Arnica* (because she was very tired) and *Pulsatilla* (because she was weepy and missing her partner); however, neither remedy helped the labor move forward. Her cervix was not softening and had dilated very little. She was anxious because her partner could not be with her, and the person who had come to help care for her other children could not stay much longer as the birth was “overdue.” She felt under pressure to perform and was in a “rabbit in the headlights” state. I suggested she read about *Gelsemium* 200c since it can be helpful when someone is experiencing anticipatory/performance anxiety and helps the cervix to open. The next day she wrote, “Immediately after taking *Gelsemium*, my water broke, and strong contractions began.” Her healthy son was born soon afterward.

### Perfect positioning with *Pulsatilla*

Another mother shared, “I was in labor at home with a midwife, a doula, and their assistants. I had been laboring for about two, maybe three hours, when it was clear the baby



was in a posterior position. I had terrible back pain and was losing control of my legs from the pressure. My midwife gave me *Pulsatilla* 200c, and with the next contraction, the baby completely flip-flopped—and it was fairly smooth sailing from there.” — *Rivkah Holland*

*Pulsatilla* is known for helping to turn babies, and we have heard many more success stories from people who took *Pulsatilla* 200c at week 36, and their babies moved from a breech or transverse position into a head-down birth position. Both my babies were in transverse positions, happily treating me as a hammock, and each time, *Pulsatilla* 200c moved them into a head-down, labor-ready position in under an hour.

### Match-it success

Here's another success story shared by a “Match It Mama”: “Last Monday, I had our fourth child during a planned home birth (my first home birth). My water slowly began to leak at 2:30 a.m., and mild contractions started around 6 a.m. My midwife arrived at 8 a.m., and by 9:30 a.m., she asked if I had any “tricks” to help advance labor. I thought of *Caulophyllum* because it matched my situation—weak contractions and a failing-to-progress, stop-and-start labor.

“I took one dose of *Caulophyllum* 200c and began walking around. By 10:30 a.m., labor was progressing well, and I was eight centimeters dilated. Baby Boy joined us Earthside at 11:54 a.m.

“After the baby was born, my symptoms matched with *Arnica*. *Arnica* is excellent for physical exhaustion, bruising, and trauma and can help reduce post-partum blood loss. I also selected it to help me urinate after birth, as *Arnica* can be helpful for urine retention after childbirth.

“Very shortly after taking it, I was up and urinating. Everyone was impressed with how fast I was recovering and how quickly labor began progressing after a very slow start.

“A few days later, I had a deep pain in my lower tailbone region. The pain would pulsate, then travel up my back to my neck. I let the first attack pass, but later in the day, I had another. I looked up my symptoms, and they matched *Hypericum*, which is helpful for pain that travels along nerves. I took a dose and have not had an issue since.

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