



What to do when things get tough

- Use *Aconite* if you or your baby are frightened.
- Use *Cimicifuga* if you have a terrible sense of foreboding.
- Use *Carbo vegetabilis* if you or your baby turn blue or seem at risk.

“Thank you, Mary and all the Marvels (moderators) who have given me the empowerment to trust in my body and the education to provide gentle support to help my body do what it needs to do.” – Anon

Use as needed

“When I was 41 weeks pregnant with my second child and patiently waiting for her to make an appearance, I was suddenly unable to walk or even lie down without having sharp pains. I limped to my midwife’s office, and, after examining me, she said that I had “lightning crotch.” [Lightning crotch is a common third-trimester occurrence when the baby grows bigger and, in response, the mother’s body naturally relaxes to prepare for birth. Unfortunately, this can cause sharp shooting pains in the vagina and pelvis.] My midwife said there was nothing I could do to ease the pain.

“After a few more days of struggling, I remembered Mary’s yellow birth kit and Miranda Castro’s book, *Mother and Baby: Pregnancy, Birth and Your Baby’s First Years*. After reviewing the kit’s leaflet and Miranda’s book, I matched my symptoms to *Bellis perennis*, a helpful remedy for deep abdominal bruising, sciatica, and sleeplessness caused by the baby’s position or its kicking. I took one dose of *Bellis perennis* 200c at 11 p.m.; by morning, I was nearly pain-free and able to move around!

“The following week, I labored for an intense three and a half hours, and although I had my birth kit nearby, I didn’t need to take any remedies. After the birth, I used *Arnica* 200c and *Bellis perennis* 200c for recovery, and, within one week, my body had healed, and my uterus had contracted back down. My midwife was astonished at how quickly I recovered.

“My advice for expectant mothers and their birth partners: study the birth kit leaflet to be prepared to use a homeopathic remedy if needed. However, trust in the body’s ability to birth, and avoid taking unnecessary remedies.” – Laura McNair

Natural support for labor and delivery

“I had elevated blood pressure associated with pre-eclampsia, so my doctor wanted to induce labor. I was in the hospital, scared and worried about how the induction and labor would go, so I took three doses of *Arsenicum album* 200c in water. Soon after, my blood pressure normalized, and my doctor allowed me to go home from the hospital to rest. My blood pressure stayed normal, so it was much later when I returned to the hospital to give birth. The birth was hard and fast, so I took *Arnica* to make me more comfortable and *Aconite* to keep me calm. When my daughter was born, she had trouble breathing, and we rubbed *Carbo vegetabilis* in water on her ankles. In about 15 minutes, her breathing regulated, and the nurse brought her to my room!

“After the birth of my son, I started bleeding profusely, both vaginally and through an IV port that my hospital nurse had placed in my arm before delivery. I started feeling weak and dizzy, so I took *Carbo vegetabilis* [for weakness] and *Phosphorus* [to stop the bleeding]. Soon after, the bleeding stopped, and I could rest and heal!

“Before the birth of my next son, I used Bach Rescue Remedy® to help me relax and prepare for delivery. After the dose, I peacefully slept until I needed to start pushing. He was born quickly, and I needed stitches. The remedy *Calendula* [not to be confused with *Calendula* tincture or topical ointment] and *Arnica* in my water bottle helped with the suture pain and vaginal healing.” – Anon

Easier placenta delivery with *Secale*

“My biggest birthing success with homeopathy happened when I used *Secale* 200c before delivering the placenta. The yellow birthing kit leaflet mentioned that *Secale* could help with placenta delivery if contractions are too weak to push it out naturally. After I took the remedy, the placenta practically fell out.” – Anon