

Third time's the charm

"I had had issues with my placenta not coming out on its own for my first two births. When I thought about my symptoms and mental state during and after the second birth, I realized that *Pulsatilla* would probably have helped me. I had felt whiny and weepy, wanting my husband nearby, even in the birthing pool with me, and my son's head was born transverse, facing my leg instead of my back, all symptoms that matched *Pulsatilla*.

"For my third birth, I was ready! I took *Arnica* and *Pulsatilla* immediately after delivery because both remedies matched my symptoms during previous births. Also, Florida home birth regulations only allow 30 minutes after birth to deliver the placenta before the mother must go to the hospital. The placenta came out easily on its own less than 10 minutes after I took *Pulsatilla*. I felt incredibly triumphant with that success because it allowed my post-partum period to be much more peaceful than it had been with the previous two."

– Raquel Schneider

Old trauma resolves, cervix opens

"During my first, very fast birth, I tore from my vagina to my anus. As I wanted to breastfeed and usually have bad reactions to anesthesia, I asked for no anesthesia. I was treated brusquely in the delivery room, and the experience was painful and quite upsetting. I didn't know about homeopathy at the time. To make matters worse, I was separated from my baby, put into stirrups, and left there for a long time. Afterward, I carried a lot of buried anger and frustration about this experience.

"When I was six centimeters dilated with my second baby, I felt pressure on my cervix, and the feeling triggered terrible memories from my first birth experience. My cervix then completely locked and would not dilate any further. Fortunately, I had since learned about homeopathy and had my yellow birth kit with me. I took *Staphysagria* 200c, as it was the perfect match for my reawakened suppressed anger and past feelings of violation. It was miraculous! I was fully dilated to 10 centimeters just 15 minutes after the remedy dose, and our son was born." – Anon

Homeopathy saved my tush

"After my third birth, I developed painful hemorrhoids that obstructed my stool and made it impossible to sit, hold my baby, or nurse him without lying on my side. My midwife suggested various natural therapies, which did not help, and my doctors advised me to have surgery to remove the hemorrhoids. I decided to contact Mary, and she suggested a remedy not commonly used for hemorrhoids based on all my symptoms. [Homeopaths follow the homeopathic principle known as *Totality of Symptoms* to select a remedy that matches an individual's unique group of physical, mental, and emotional symptoms.]

"After taking the remedy, I had a very strong urge to apologize to my mother for my rude and ungrateful behavior. As I apologized, I realized I was sitting comfortably for the first

time in weeks! I held my baby, nursed him upright, burped him myself, and snuggled him to sleep. Homeopathy likely saved our entire breastfeeding relationship. It definitely saved my tush!" – Anon

My go-to hemorrhoid remedies include the following:

- *Nux vomica* can help with hemorrhoids caused by straining during birth. It often helps reduce irritability, too. A bonus is that it can also reduce side effects from pain relief medications.
- *Sepia* is another good choice for hemorrhoids during pregnancy. This indifferent and withdrawn mom is usually exhausted and has heavy, dragging pains that make her want to bear down.
- *Lachesis* can help when hemorrhoids appear during the first month of pregnancy. The mother typically cannot tolerate tightness, such as high collars around her neck or tight pants around her abdomen. She often feels worse at night, after waking, or after eating.

Premature lungs spontaneously heal

Evie was a huge help with the Facebook study group, so when her son was born four weeks early, I was happy to help. After a home birth, Evie's son started to show signs of distress, and then he stopped breathing and turned blue. The midwife performed infant CPR to revive him, and on the way to the hospital, Evie gave *Carbo vegetabilis*—a remedy that matched the baby's weakness and difficulty in breathing.

At the hospital, Evie's son was sedated, intubated, put on a ventilator, and given a dose of surfactant, a substance normally secreted by the lungs that makes breathing easier. Next, he went by helicopter to a pediatric hospital, and Evie and her husband followed by car. Initially, Evie and I tried many remedies that helped a little, but the X-rays showed "significant lung disease." The lead nurse suspected that he had a hole in his lower left lung. Later, the doctor told Evie that he was pretty sure her son had surfactant B deficiency—without surfactant in the lungs, the air sacs collapse, and the infant cannot breathe normally.

Mary's Pre-Birth Recommendations

- **OBTAIN** a birth remedy kit by the start of your third trimester in case you need a remedy before the birth.
- **READ** and ask anyone attending the birth to also read the birth kit leaflet from start to finish, so everyone is ready to grab the birth kit if needed during labor.
- **ASK** your homeopath to be on standby during your labor to help you select a remedy if the situation becomes complex.