



Distressed to hear the poor prognosis, I did some further repertorizing and selected *Calcarea phosphorica* (*Calc phos*) 200c. *Calc phos* is an important remedy for premature babies, especially if their lungs can't expand properly. It has a particular affinity with the lower left lung, where the nurse had suspected a hole. About seven hours after Evie gave her son the remedy, a new X-ray showed "significant spontaneous improvement" in his lungs, especially in his lower left lung. In addition, his breathing rates decreased to almost normal levels for the first time since arriving at the hospital.

The doctor was encouraged by the baby's progress, but a later X-ray showed that the upper right lung had started to collapse. With this new information, we changed the remedy to *Arsenicum album* 200c. *Arsenicum* is also helpful for newborns who cannot expand their lungs and has an affinity with the upper right lung. After the dose of *Arsenicum*, the baby needed less oxygen support.

I'm delighted to say that Evie's son returned home only two weeks after the doctor's dire prognosis, and now, years later, he is still doing well.

Constitutional care halted early labor

"Most of my homeopathy successes have come from having constitutional care [homeopathic care of the whole person to enhance overall health] with Mary as my homeopath. Four weeks before my fifth child was due, I went into early labor and felt like I wanted to bear down and push. My symptoms matched *Sepia*, which stopped the early labor, and I carried the baby to full term.

"During my sixth pregnancy, I didn't experience any early labor, which I attribute to the doses of *Sepia* I had taken with my previous child's birth. In my first four pregnancies, I had gone into early labor anywhere from four days to four weeks before my due date, so *Sepia* really helped me carry my fifth and sixth children to full term." – Anon

VBAC victory

"Thank you to this group. My mother gifted me the yellow birth kit for Christmas. I was able to successfully VBAC [vaginal birth after cesarean], and I used the kit before, during, and after labor and delivery!

"During pregnancy, I mostly used *Bellis perennis* 200c for groin pain.

"I feared being unable to have a VBAC, especially since the obstetrics office pressured me to deliver on time or have a repeat c-section. I took *Cimicifuga* 200c because I was so apprehensive and afraid, but my cervix did not dilate past one centimeter after 24 hours of early labor.

"I left the hospital, went home to rest, and reread the birth kit leaflet, deciding to take *Gelsemium* 200c because it matched my worries about being able to give birth 'on time.' After the dose, my contractions quickly kicked into high gear, and my husband took me back to the hospital, where I discovered that I was dilated to four centimeters. From there, my labor and delivery rapidly progressed.

"After a successful delivery, I used *Arnica* for the bruising and *Bellis perennis* for tail bone bruising from an aggravated old injury. I also had stitches, so I took *Calendula*, *Hypericum* (also good for the tail bone), and *Staphysagria*. Twenty-four hours after the birth, my swelling and pain from the stitches were nearly non-existent." – Rachel Newsome

Some parting thoughts

For over 200 years, homeopaths have recorded their clinical experiences to document which remedies have successfully helped their clients in all sorts of situations, including pregnancy and childbirth. We use this information to select a perfectly matching remedy. Homeopathy is all about the match, which is why you need a broad range of remedies on hand. See *Mary's Pre-Birth Recommendations* on page 42.

I wish you all joyful births and leave you with these beautiful words from *The Prophet* by Kahlil Gibran. 💧

Your Children

Your children are not your children.

They are the sons and daughters of life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you.

You may give them your love but not your thoughts,

For they have their own thoughts.

You may house their bodies but not their souls,

For their souls dwell in the house of tomorrow,
which you cannot visit, not even in your dreams.

You may strive to be like them but seek not to make them like you.

For life goes not backward nor tarries with yesterday.

You are the bows from which your children as living arrows are sent forth.

ABOUT THE AUTHOR



In the early 1990s, Mary designed four internationally best-selling homeopathy kits, including one for birth. She has spent the past 28 years educating the public about Homeopathy and holistic approaches to health through her magazine articles, videos, websites, and online courses. For the past six years, she has run "Mary's Homeopathy Study Group" on Facebook with over 40,000 enthusiastic and supportive members who share their love of this amazing healing art. Find free educational resources at www.maryaspinwall.com/resources.