

Approaching The Birth Event With Homeopathic Remedies

"All men are mortal" (Socrates), therefore birth and death are always present in every life, and something we all have in common.

Preparing for birth (The pregnancy)

Emotions

- Anticipatory anxiety
- Fears
- Mitigating external stressors
- Guilt ("Am I doing enough to take care of myself and baby properly?")

Physical

- Morning sickness
- Issues with sleep
 - Can't find a comfortable position to sleep in as the pregnancy progresses
- Breach position

At the birth:

Emotions:

- Of mom and any caretakers present:
 - General anxieties
 - Possibility of antagonistic relationship with medical professionals who insist on unwanted interventions.
- Of baby (usually taking on Mom's emotions)

Physical:

- Long, extended labour:
 - Physical, mental, and emotional exhaustion
- Remedies for pain.

After the birth (Time line of shocks and traumas)

Simple, natural birth process

- Arnica (physical aspects of labour, giving birth, going through the birth canal, etc.)
- Head trauma remedies (all the pressure bearing down on the skull and nervous system through the birth canal).

Remedies for medical intervention

- C-section
- Vacuum / Suction methods
- forceps
- Drugs for mom and/or baby
- The "modern" birth experience
 - Being born under bright lights, under the scrutiny of emotionally uninvolved "professionals".
 - Antibiotics drops into the baby's eyes
 - Vitamin K injection
 - Circumcision
 - Vaccination at birth
 - Separation from mother (Need for incubator, or otherwise).