

Miranda Castro

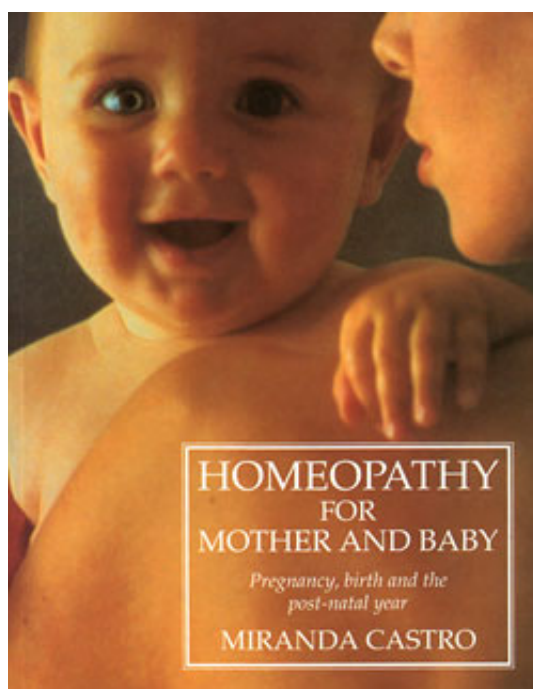
Homeopathy for Mother and Baby

Extrait du livre

[Homeopathy for Mother and Baby](#)

de [Miranda Castro](#)

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HOW TO USE THIS BOOK

The goal of this book is to enable you to use homeopathic medicines safely and effectively at home during pregnancy, childbirth and in the post-natal year, both for yourself and your baby.

Many homeopathic first-aid books currently available have attempted to simplify the process of finding a remedy (as homeopathic medicines are called) to make homeopathy more accessible. This has resulted in some disappointment, as many people have found their attempts to use this form of natural medicine to be a hit-or-miss affair. This book aims to right this error by mimicking the method that a professional homeopath uses. To this end chapters 1 and 6 focus on taking a case history, working out a remedy and prescribing. Chapter 2 looks at many of the practical aspects of preparing for pregnancy, birth and the post-natal year, and chapters 3, 4 and 5 deal with the complaints common to each of those times.

Chapter 1: Understanding and Using Homeopathy

This chapter looks at the history and theory of homeopathy, including its guiding principles and the myths that surround it; clear guidelines on taking a 'case history', on working out a remedy, on how and when to prescribe - including complaints you can't treat as well as those you can treat yourself - and a list of symptoms to watch out for that would necessitate your seeking professional help (Cause for Concern, p. 23). This part ends with 12 sample cases which bring all of the above theory to life.

Chapter 2: Preparing for Life after Birth

This part discusses many of the issues that come up during pregnancy, birth and the post-natal period,

many of which can be addressed in pregnancy to gain a sense of perspective and to be better prepared, especially for life after birth. Issues that need to be looked at for you to be able to enjoy this all important time include your choices regarding medical treatment, medical tests and interventions (before, during and after birth) and how to cope with them, the pros and cons of breastfeeding and bottle-feeding, general advice to help you look at how you are going to maintain (or even improve if necessary) your strength and health during this time in your life; and a job description of parenthood!

Chapters 3,4 and 5: Pregnancy, Birth and the Post-natal Period

Each of these sections starts with a look at what happens to your body because many changes take place - during pregnancy, birth and post-natally - all of which can affect your health. Then the complaints common to each of these periods are listed. Each complaint includes clear guidelines on how you can deal with it yourself and suggestions of practical measures that may be helpful or downright important for healing to take place, and pointers to help you decide when to seek professional help.

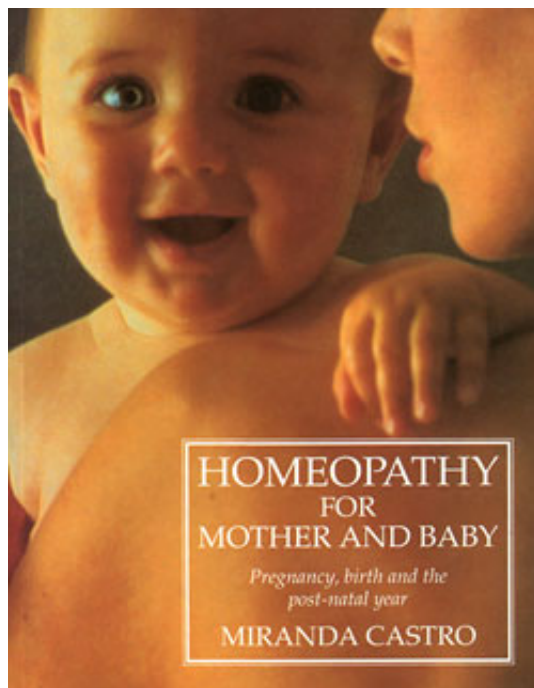
Chapter 6: The Materia Medica and Repertories

This part of the book is divided into two sections: the external remedies (drops, lotions, creams and ointments) and internal remedies (tablets taken by mouth). Each has a Materia Medica - an alphabetically arranged list of descriptions of the remedies, and a Repertory - an index of the symptoms and complaints listed in the Materia Medica. As a homeopath, my

tools for prescribing are the Materia Medica and Repertory. What I present here is a simplified form of these books where they apply to home prescribing, translated where possible into lay-person's terms.

You will need to read chapter 1 to be able to use

this section, and, although it may take some time and effort to get the hang of it, it is worth persevering. I hope that the results will encourage you to pursue this most rewarding system of healing.



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Pregnancy, birth and the post-natal year

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