

PREGNANCY:

A woman's body heals quicker when pregnant than at any other time of her life, as her force is activated during this period. The body will cleanse out anything unsuitable for new life and only minute doses of any remedy are needed to heal.

At this time of growth and nourishment try to keep you food as natural and organic as possible, and remember if you crave something it may be because you are lacking a mineral such as; Craving bananas or ice cream might indicate a shortage of magnesium.

Look to Biochemic Cell salts for healing and mineral balance if needed.

- No1 (Calc Flour).. Elasticity of growing tissue.
- No2 (Calc Phos).. for nutrition of bones and cell growth.
- No3 (Calc Sulph). is a blood purifier.
- NO4 (Ferr Phos). for lack of iron in the blood.
- No9 (Nat Mur). poor digestion, blood sugar instability also sinus and hayfever.
- No10 (Nat Phos). heartburn and acid conditions.
- No11 (Nat Sulph). prevents toxemia.

This is just to give you an idea of what these gentle cell salts can be used for, you may not need any at this stage but they are also good to remember for babies and children as they can be crushed into liquid or the mother can pass the benefit through the breast milk.

Raspberry leaf tea strengthens the uterus and baby, take in the last six weeks.

If you can get a blend called 5-W containing Red Raspberry, Squawvine, Black Cohosh, Pennyroyal and Lobelia, They say if you take this for the last 5 weeks you have a more natural easier birth and a stronger more placid child.

Lavender in a warm bath or footbath, to relax.

If you have back ache use ARNICA cream or oil on the area, rub it in well and apply a warm towel or wheat pack. ARNICA lotion is good to have for putting in the bath or helping any strains or pains after the birth, pads can be soaked in it and applied.

If you have trouble sleeping try lavender oil on wrists and pulse spots or spray if you have some.

Back Flowers: Rescue Remedy whenever you need it a good idea to take a specific blend before the birth, and during laybor, keep taking for 3-6 weeks after the birth, or longer as required, baby benefits from this as well.

Points for relieving Discomforts due to Pregnancy

Caution: Do not press on disintegrating discs, fractured or broken bones. If you have a weak back a few moments of stationery, light touching instead of pressure can be very healing.

See your medical practitioner if you have any questions or need medical advice.

B23-B47 In the lower back two to four finger-widths away from spine at waist level.

Benefits: Relieves postpartum discomfort, lower backache, fatigue, sexual reproductive problems, and irregular vaginal discharge.

B48 One or two finger widths outside sacrum (the large bony area at the base of the spine and midway between the top of the hipbone (the iliac crest) and the base of the buttock).

Benefits: Relieves pelvic tension as well as constipation, urinary problems, sciatica, lower-back aches, and hip pain during pregnancy.

B10 One half inch below the base of the skull, on the ropy muscles $\frac{1}{2}$ inch out from spine

Benefits: Relieves the following common complaints during pregnancy: Stress, exhaustion, insomnia, head congestion, stiff neck, and swollen eyes.

CV 17 On the center of the breastbone, three thumb widths up from base of the bone.

Benefits: Relieves nervousness, chest congestion, insomnia, anxiety, depression, and other emotional imbalances during pregnancy.

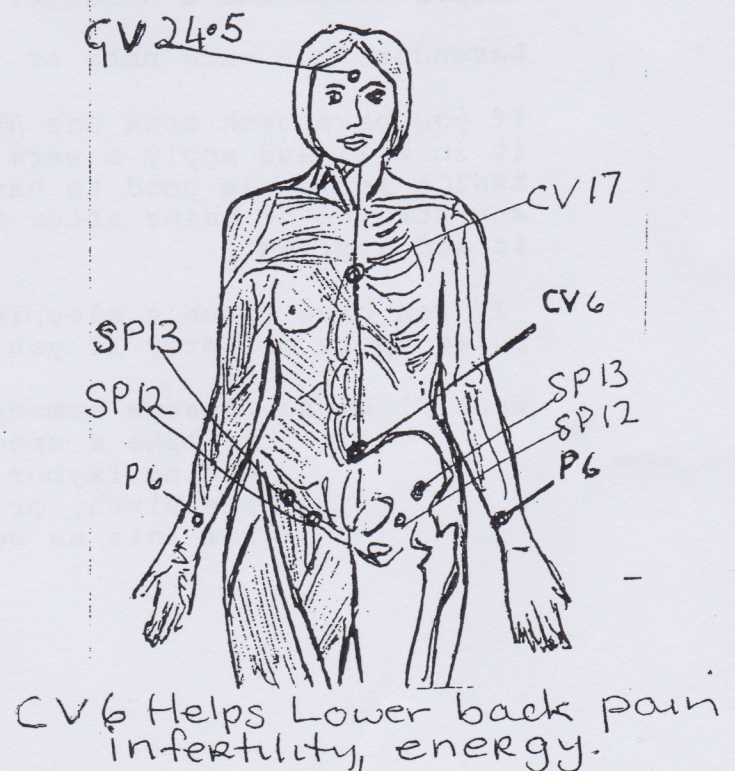
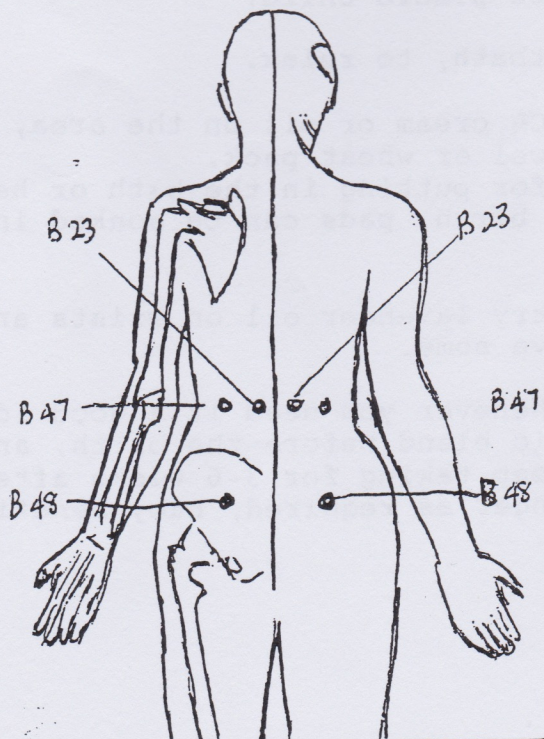
P6 In the middle of the inner side of the forearm $2\frac{1}{2}$ finger widths below wrist crease.

Benefits: Relieves discomforts during pregnancy and postpartum, nausea, insomnia, anxiety and indigestion.

Sp 12-13 Both points are in the pelvic area in the middle of the crease where the leg joins the trunk of the body.

Benefits: Both these points release abdominal discomfort, impotency, menstrual cramps,

24.5 Third eye point Regulates glandular imbalances during pregnancy, relieves hay fever, headaches and indigestion.



Accupressure and LABOR

②

Self-accupressure can greatly ease the stress and pain of childbirth without causing any of the side effects of drugs. Tension & fatigue tend to increase labor pain. The more you resist the pain the stronger it gets - So relaxation is the key to easing labor - Accupressure used with deep breathing releases muscle tension and helps you relax.

Shoulder well (GB21)

Location - Top of the shoulder - directly on muscle 2" out from Neck
 Benefits - Assists childbirth and relieves pain, nervousness, irritability, fatigue - shoulder tension.

Sacral Points (B27 - B34)

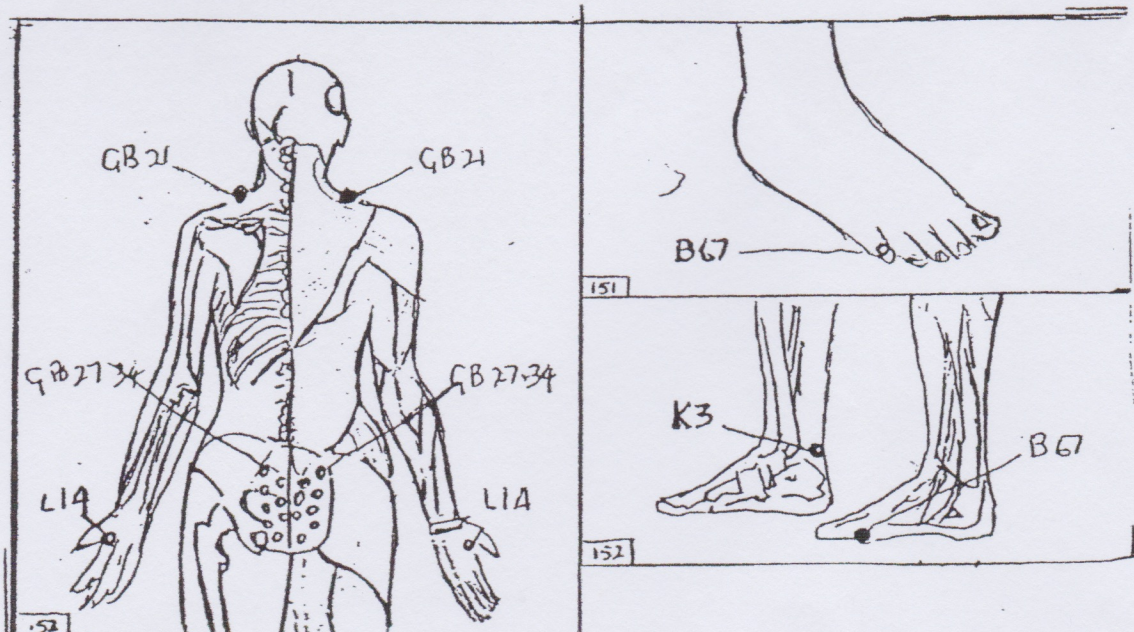
Location - Lying on your back put hands one on top of other under the base of the spine
 Benefits - Helps relax the uterus and the pelvic area to relieve pain during labor.

(LI4) between thumb & index finger -

(K3) midway between inner ankle bone & Achilles -

Benefit - Relieve labor pain

(B67) on outside of little toe at base of toe nail -
 For difficult labor and/or malposition of the fetus.



Labor Coach or friend can use K3 and B67 press for 30 seconds at a time