

USING HOMEOPATHY IN CHILDBIRTH

Childbirth is the most natural process which will ideally call for no intervention. However, at times a woman can “get stuck” along the way, and this is when homeopathy can be used effectively to move the process forward lending a “helping hand”. The art lies with the prescriber to read the symptoms being expressed and to match them with the indicated remedy. Therefore as “birth partner” there is the need for a clear understanding of the stages of birth and the “types” of symptoms that could call for a remedy.

3 Stages of Labour

Whilst each labour is unique, there are 3 recognised “stages”. In a fast or easy labour these stages will often merge smoothly into one another.

Stage 1

The baby is in utero whilst the cervix starts to dilate until it is wide enough (7cms) for the baby’s head to enter the vagina (birth canal).

Stage 2

This stage starts with the baby entering the birth canal via the cervix and ends with the birth of the baby into the outside world.

Stage 3

Delivery of the placenta.

Potential “sticking points”

During my birth consultation we will go through the 3 stages of labour and the potential “sticking points” within each, discussing the various remedies that could be called for. I supply the “Helios Childbirth Kit” as part of the consultation fee, and have produced and supply a booklet for future reference detailing all we have covered during the consultation. It is important for both “mum to be” and her birth partner to attend the consultation as it is the birth partner that will be reading the symptoms and prescribing throughout.