

## Homeopathic Preparation for Deliveries

### Recommended Prenatal Regimen:

Many homeopaths recommended that the following remedies be taken during the last month of pregnancy to help prepare the woman for labor. Not all women require that preventative measures be taken, but there are some who will benefit. I particularly encourage all of my first-time mothers and women who have a history of post-dates pregnancies, dysfunctional labors with failure to progress, or unusually long labors to undertake this regimen.

The woman should start taking the long remedies four weeks prior to her due date. She takes each remedy once per week, alternating as follows: *Caulophyllum* on Monday, *Cimicifuga* on Wednesday, and *Arnica* on Friday.

**Caulophyllum 30C** : (natural source of oxytocin; helps produce effective contractions; can be used to initiate or enhance labor; will not bring on contractions if the woman is not ready to go into labor and may relieve excessive pre-labor toning contractions)

**Cimicifuga 30C** : (to ease fear of giving birth; complements the action of *Caulophyllum* by aiding the uterus to contract in a coordinated and effective way; especially helpful for women with past traumatic birth experiences who have a sense of impending doom about the approaching labor)

**Arnica 30C** : (to avoid the physical trauma associated with childbirth; prevents excess blood loss, shock, and trauma to soft tissues; often used prophylactically prior to surgery, dental treatments, and so on)

**Combine with:** Evening Primrose oil (500 mg capsules) 4-8 per day  
(Start at 4/day and gradually work up to 8/day.)