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## **Homeopathic Labour Kit - Tips**

### **Where to buy a kit?**

Most good health food shops should stock a homeopathic labour kit however if you have no luck locally Down to Earth, Georges Street, Dublin 1 definitely stock them. You can also buy them online at

<http://www.organico.ie/shop/helios-homeopathic-kit-for-childbirth.html> for €36.95.

The kit comes with a detailed booklet explaining how to use the remedies and what they can assist with however I would also recommend reading section D A-Z guide to symptoms and potential problems in each trimester at the back of the Gentle Birth Method by Dr Gowri Motha.

Some tips for birth and recovery with homeopathy:

**Aconite:** Promotes calm, take for shock. 200c if feeling overwhelmed in labour or post delivery if you experience a traumatic birth.

**Arnica:** Use during and post delivery to reduce exhaustion and for trauma & bruising. Take 200c every 30mins in labour. Take 3 times per day after the birth to aid recovery. (take with bellis per & hypericum)

**Bach Rescue Remedy:** Every 15mins in labour

**Belladonna:** 200c if suffer from mastitis or redness and throbbing in breasts from breastfeeding. Take one dose every 2 hours for first 6 does then as required.

**Bellis per:** 200c post delivery 3 times per day for pain/swelling (take with arnica & hypericum).

**Calendula:** 200c 3 times a day to speed up the healing process (take an hour after arnica, bellis per & hypericum)

**Caulophyllum:** 200c once labour starts and then every 8 hours to keep the contractions going.

**Chamomilla:** 200c twice daily post delivery for after pains of uterus contracting.

**Gelsemium:** Very useful if labour slows to aid contractions and move labour along. Take 200c when needed.

Hypericum: 200c 3 times daily for swelling and pain (take with arnica and bellis per).

Kali carb: Useful in backache labour to ease the pain. 200c as needed.

Phytolacca: Treat mastitis 200c every 2 hours for first 6 doses then as required.

Pulsatilla: Take for weepiness or slow labour or postnatal if too much milk produced.

Secale: Take to speed up the expulsion of the placenta post delivery of baby. Take 200c as soon as baby arrives safely.

Staphisagria: Take postnatal if you have an intrusive birth procedure with stitches and bruising to aid recovery.

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