

What's in the Breastfeeding Kit

The selected remedies are those most usually indicated in breastfeeding issues such as mastitis or lack of supply. Other remedies may be indicated in individual cases. If your home prescribing does not bring improvement contact your homeopath or seek professional support as soon as possible.

See over the page for dosage.

- 1. Belladonna 30c** Engorgement, throbbing pains, red streaks, breasts hot, hard, inflamed, often worse right breast. Supply can be excessive. First remedy to think of for blocked ducts. Patient may be feverish and hot.
- 2. Bryonia 30c** Similar to Belladonna but breasts are pale and much worse for movement. Engorgement, stitching pains, Breasts may be hot, tender, very hard and feel very heavy. Pain in nipples like an electric shock. Mastitis with high fever (can combine with Belladonna) and nausea.
- 3. Calc Carb 30c** Hot swollen breasts and nipples, mastitis. May help with poor quality milk that baby doesn't want. Mum may be sensitive, fearful and prone to cold sweats. Tendency to being overweight or women with large breasts but insufficient milk.
- 4. Phytolacca 30c** Cracked nipples, blocked ducts, lumpy breasts, abscess. Breasts heavy, stony hard, tender. Pains when baby nurses from nipple extending all over body.
- 5. Pulsatilla 30c** Sore and/or swollen breasts, cracked nipples, mastitis, either not enough milk or too much in mild, weepy women who need comfort and

support. Blues when milk comes in. Supply can be over abundant or changeable as can the emotions. Helps to balance hormones.

6. Lactation support (Alfalfa 6c, Urtica Urens 6c, Nat Mur 6x, Silica 6x) These remedies have been selected for their traditional use in supporting breastfeeding and helping to prevent the onset of mastitis or abscess.

Alfalfa and Urtica Urens are both known to help gear output to demand and this can be useful for both under and over supply.

Start the remedy during the week before due date, once a day only. Continue twice a day following the birth until breastfeeding is established, then stop. If supply drops off, take twice a day until re-established.

NB: If the remedy says it is for both over and under supply, it will not reduce supply further if already low or vice versa.

Other Remedies to Consider

Castor Equi Very badly damaged, cracked, raw and painful nipples. Breasts engorged and skin itchy.
Dulcamara Supply low in chilly women who have been exposed to cold.
Sepia Cracks deep and sore and may be across the crown.
Silica Abscess, inflamed breast, lumpy, painful, white and sore, cracked and/or bleeding. May be worse left breast. Inverted nipples.
Urtica Urens Supply low for no particular reason.
Rescue Remedy a combination of flower essences for anxiety, stress or similar at any stage. A very useful remedy to have in any kit. Can safely give one drop to a newborn if unsettled by mouth or on the top of the head.

Post Natal Remedies for Mums

After-Pains

Labour Drops (Available separately)
A combination of Arnica 30c, Mag P 6c, Kali Phos 6x and Rescue Remedy to use during labour for pain relief, emotional support and to help with exhaustion. Can be continued after the delivery to help with recovery and after-pains.

The *Mag Phos* and *Arnica* in the combination are helpful for after-pains, otherwise just use Arnica 30c on its own and continue for up to a week following the birth if required. Especially helpful if pains are worse when baby feeds.

Pulsatilla - weepy and pathetic with pains.
Sepia - severe after pains, depressed, "burnt out", irritable and wants to be left alone.
Staphysagria pains with resentment and anger.
Secale - severe after-pains. May help expel retained placenta— take 2 or 3 dose if Syntometrine injection administered.

Remedies for Healing

Bellis Perennis - generally feels bruised and sore in deep muscles, finishes off what Arnica began.
Calendula for tears or episiotomy.
Hypericum same as Calendula but more stitching pain, also pain in coccyx or spine after birth.
Recovery Combination (Available separately or as part of the *Caesarean Kit*) Contains Arnica 30c, Bellis Perennis 30c, Calendula 30c, Hypericum 30c. Can be helpful after a difficult delivery or caesarean for healing wounds and deep bruising.

Insomnia after Birth

Can be caused by "hormonal high" - try *Coffea*, *Nux Vomica* or *Kali Phos* (see *exhaustion*).

Post natal Blues

Pulsatilla - Weepy and clingy, better for fresh air.
Ignatia - grief that the pregnancy is over, may be slightly hysterical - laughing alternating with crying.
Sepia - depressed, "burnt out", irritable and wants to be left alone.
Silica or *Nat Mur*—Cannot cry or wants to be alone to cry, irritable.
Nux V - irritable and anxious with constipation and insomnia.

Exhaustion

China - Anaemia, exhaustion from breast feeding, loss of blood or fluids.
Kali Phos - Simple exhaustion during or after birth. possibly with insomnia from the excitement.
Phos Ac - exhaustion from feeding, apathy.
Cocculus - exhaustion with nausea and dizziness from loss of sleep.

Post Natal Remedies for Baby

Aconite - shock.
Apis - urine retention in newborn
Borax - Jumpy babies who are upset when put down, oral thrush.
Chamomilla - angry, colicky babies who just won't settle.
Colocynthis - colic, when baby pulls knees up.
Dioscorea - colic when baby arches back.
Lycopodium or *Chel* - jaundice.
Nux Mosch - sleepy babies.
Nux Vom - retention of stool in newborn
Pulsatilla - sticky eyes, snuffles in clingy babies.
Stramonium - shock with screaming, very clingy, frequent feeders.

Notes:

- Babies delivered by Caesarean may require remedies to antidote drugs given which can cause colic and reflux. Consult your practitioner.
- Any remedy you are taking yourself will pass through the breast milk to benefit baby too. Therefore the Labour Drops or Arnica you take after the birth will help ease baby's transition into the world too.
- If you need to give baby a remedy you can either take it yourself if breastfeeding or, more effectively, crush a pilule between 2 teaspoons and tip a tiny amount inside baby's bottom lip. Homeopathics are safe for newborns and breastfeeding.
- *Remedies which are incorrect or not required have no effect at all*

REMEMBER should your home prescribing prove ineffective call your homoeopath for advice or visit your medical practitioner.

Dose

- The dose for remedies in the kit is 2 pilules as required until improvement is felt.
- If the situation is intense take a dose every 5-10 minutes for up to 5 doses, then spread out to hourly, 2 hourly and 4 hourly as improvement is seen.
- For general use, we suggest taking the remedies 3 times a day for 3 days, and increasing to more frequently if required.
- If you do not wish to take the sugar pilules remedies are available from the website in drops.
- If you want to take more than one remedy at a time, the remedies can be combined in a glass of water or drink bottle. Just stir vigorously or shake to activate the remedies.
- If there is no improvement after 5 doses, change your remedy or seek advice from your homeopath.

Care of Your Remedies

1. Do not touch the remedies with your hands. Roll into lid of container and drop under tongue. Remedies are absorbed in the mouth, so allow to dissolve there.
2. Try to take remedies 10 or 15 minutes before or after food, drink, smoking, and brushing teeth. This promotes the best remedy action, but in a really acute situation (eg during labour) *just take the remedy!*
3. Discard any pilules which are dropped as they may be contaminated.
4. Store remedies away from direct light & heat, strong smells (such as essential oils) and electrical appliances.



Homeopathy is safe to use during pregnancy, labour and breastfeeding. It is natural, non toxic and very effective. It is also valuable for the aches, pains and discomforts some women experience during pregnancy, and is very helpful after the birth for emotional issues, breastfeeding problems and baby's complaints.

A selection of well chosen remedies will not only help you through this time, but can be used in the months and years ahead as your family grows and experiences the minor health problems of life.

The remedies in this flyer are those traditionally indicated to assist with breastfeeding issues. Other remedies are suggested and may be purchased individually if required.

If symptoms do not improve with home prescribing contact your homeopath or seek medical advice.

The information in this flyer does not replace appropriate medical advice and care.

Use remedies as directed in the information flyer and/or on the label.

Homeopathy for BREASTFEEDING

HOMEOPATHY Medicine for the 21st Century

Safe, Effective Health Care for You
& Your Family

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