

POSTPARTUM INSTRUCTIONS USING HOMEOPATHIC REMEDIES

This post partum regimen is recommended by Ashley Magiera, DCHM Classical Homeopath.
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The following are guidelines for taking homeopathic remedies following a birth experience. Additional remedies may be prescribed as needed for special circumstances. If you have any questions regarding taking these remedies please do not hesitate to call Ashley Magiera.

All of these remedies should be taken in a 200c potency except for the calendula which is in tincture form. Also note one dose is two pellets under the tongue, let dissolve away from food or drink****

Day 1 (birth)	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Arnica One dose every 2 hours	Arnica One dose every 2 hours	Arnica One dose every 4 hours	Arnica- Use as needed every six hours for bruising sore muscles and aching pain			
Bellis One dose every 4 hours	Bellis One dose every 4 hours	Bellis One dose every 6 hours	Bellis- Use as needed every six hours for bruising pain internally or tenderness especially in the abdominal region			
Hypericum One dose every 4 hours	Hypericum One dose every 4 hours	Hypericum One dose every 6 hours	Hypericum- Continue the hypericum if you are experiencing discomfort in your back, it was necessary for you to have an episiotomy or if there are headaches resulting from an epidural.			
Calendula 10 drops in peri bottle, rinse perineum 2x per day	Calendula 10 drops in peri bottle, rinse perineum 2x per day	Calendula 10 drops in peri bottle, rinse perineum 2x per day	Calendula- Use as needed every 6 hours, especially if you have had an episiotomy or tear			

POSTPARTUM REMEDY INFORMATION

Arnica (Leopard's Bane)

Arnica is the most important remedy to take following a shock or physical trauma. This remedy grounds the body and will deal with shock very effectively. On a physical level, Arnica acts on the muscles and blood. This will assist in giving relief from the natural bruising and strain of birthing. With respect to it's affinity to the blood it will act to control bleeding and prevent hemorrhage.

Bellis (English Daisy)

Bellis is made from the daisy. It is a well-known remedy for internal bruising to organs and soft tissues. It is also an excellent remedy for problems with the breasts. It should be taken after birth to help the body heal the internal organs and soft tissues that may have been traumatized by the birth experience

Calendula (Marigold)

Calendula is made from the marigold plant. It is an excellent antiseptic as well as a healing agent for the skin. Used homeopathically it will help any incisions or tears to heal smoothly and infection free. Externally it may be placed directly on open wounds, cracked nipples, incisions, ect. It will soothe and heal any trauma to the skin. It is an excellent alternative to zinc based ointments for diaper rash. If it is being used on the breast it must be thoroughly removed before nursing.

Hypericum (St. John's Wort)

Hypericum has a special affinity to the head, nerves and spinal column. If you have experienced any specific trauma to your back during labour, ie back labour, forceps delivery or an epidural, then this is an important remedy. Hypericum is especially suited to nerve rich areas such as fingers toes and peritoneal area. This makes a wonderful remedy for anyone recovering from an episiotomy or tearing.

Staphisagria (Larkspur)

Staphisagria is a special remedy that I would only recommend using if you have had a c-section birth. This remedy has a special affinity for this type of incision. It can also be very helpful in recovering from any anger or disappointment about a birth experience.

POSTPARTUM HERBAL BATH

Shopping List...

- **Dried herbs** (one small handful of each)
 - **Calendula flowers or petals** (as an astringent which draws tissues together, decreases inflammation, promotes wound healing and reduces risk of infection)
 - **German or Roman Chamomile** (analgesic, antiseptic, decreases inflammation, promotes healing. DO NOT USE IF YOU HAVE SEVERE RAGWEED ALLERGIES)
 - **Chickweed** (promotes wound healing, astringent, soften and smooth skin)
 - **Plantain leaves** (promotes wound healing, astringent, soften and smooth skin)
- Fresh Garlic- one head (antiseptic, promotes wound healing , reduces risk of infection)
- Sea Salt- ½ cup (traditionally used for healing and relaxation)
- Cheesecloth

Mix together and store in an airtight container, in a cool dark place.

Directions for preparing the herbal liquid...

- Place herbs into a large pot with a lid. Either tie the herbs into 3 layers or cheesecloth or add loose herbs to the pot
 - Add 1 litre of boiling water to the herbs
 - Let steep covered for 20-30 min
 - Strain herbs from liquid or remove cheese cloth package
 - Cool herbal liquid, freeze to prepare for later or add fresh into the bath post partum
- *The cheesecloth package of herbs can be used as a compress to enhance healing*

Directions for preparing herbal bath...

- Chop or crush garlic and wrap in cheese cloth
- Place garlic package and frozen or fresh herbal liquid under running tap while filling tub with warm water-remove garlic package once tub is full
- Add ½ cup of sea salt to bath, swirl water to mix and dissolve