

Pregnancy Tissue Salt Programme

During pregnancy, the baby requires certain salts which it gets at the expense of the mother. This programme will help to replenish any salt deficiencies in the mother and help the baby with its salt requirement. The remedies (salts) are prepared in a very dilute form, making them non-toxic and completely safe to use during pregnancy.

Programme

Take one tablet of each of the following in a 6x potency twice a day (morning and evening):

- Months 2 and 6 Calc Fluor, Mag Phos, Ferrum Phos
- Months 3 and 7 Calc Fluor, Mag Phos, Nat Mur
- Months 4 and 8 Calc Fluor, Nat Mur, Silica
- Months 5 and 9 Calc Fluor, Ferrum Phos, Silica

The above remedies can either be taken individually or in the relevant combinations for each stage of pregnancy. They can be purchased from a good health food store or pharmacy.

Remedy Information

Calc Fluor – for bone development and elasticity of connective tissue, helping to prevent stretch marks, circulatory problems and varicose veins.

Mag Phos – for nerve and muscle development, therefore reducing the chance of heartburn and cramps.

Ferrum Phos – for blood oxygenation, hence reducing the tendency to anaemia.

Nat Mur – for controlling fluid balance, helping to prevent swollen hands or ankles and high blood pressure, as well as supporting nerves and muscles, including the heart.

Silica – for building strong teeth, bones and hair and general strength.

If you join the Special Pregnancy & Childbirth Programme or attend a consultation, your tissue salts will be included in the price.

Please contact me or check the website for other ways in which homeopathy can help you during pregnancy and childbirth, e.g. for morning sickness and other complaints.