

## Homeopathic Birthing Kit (11 medicines) only \$38



I have put this kit together with the intention for women to have the most commonly required remedies on hand when going into labour and immediately after. Each homeopathic medicine below has numerous more uses than listed below. This is just to give you an idea. With the kit you will receive detailed indications for each so that you can confidently select these natural, and very effective medicines without side effects and risks to the mother or baby.

- \* **Arnica 200C** - the birth remedy
- \* **Aconite 200C** – fear of death/trauma
- \* **Bellis perennis 200C** – pelvic pains
- \* **Caulophyllum 200C** – preparing to birth
- \* **Chamomilla 200C** - hypersensitivity to the pain, poor milk flow
- \* **Hypericum 200C** - nerve pains
- \* **Kali Carbonicum 200C** – lower back pain
- \* **Nux-vomica 30C** - fainting, constipation
- \* **Pulsatilla 200C** – softening the cervix
- \* **Sepia 200C** – retained placenta / postnatal depression
- \* **Staphysagria 200C** – heals surgical wounds / suppressed anger
- \* **A must have is Rescue Remedy** –

### Dosage Guidelines

- Choose the remedy which most closely matches your symptoms and situation.
- Don't touch the other pillules. Tip into cap.
- Let 1 pill dissolve under your tongue.
- If symptoms persist repeat taking another pill the same way 15 minutes later.
- Keep repeating until you notice improvement, then stop taking the remedy.
- Only repeat if symptoms reoccur.
- If there is no improvement within 2-4 hours, check if you have chosen the remedy from the kit that matches your symptoms the best or if a different one might be more suitable.
- If none of the remedies in this kit seem to match your individual symptoms or there is no positive response to the remedies included in your kit, please consult your local Homeopath.

### My offers:

- ❖ Homeopathic Birthing Kit (11 medicines) for kit only \$38
- ❖ Private 1/2 hour pre birthing consultation incl. birthing kit \$60
- ❖ 2 hour short course for couples incl. birthing kit \$60 ( min. participants depending on venue costs)

### Heidi Beck RCHom

Homeopathy, Bach Flowers, Tissue Salts, Herbs, Detox, Short Courses

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