

A Crunchy Mama's Guide to Pregnancy and Newborns

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This Guide is a compilation of scientific quotes, expert opinions, and experience from noted naturopaths. Do your own research before utilizing any of these modalities. A special thank you to, Joette Calabrese HMC, CCH, RSHom(NA) for the additions to this guide. Added from her blogs, classes and student input.

As with anything you would give your baby to ingest or use topically, please check with your pediatrician first to be sure it's safe for your baby. The same applies if you are pregnant. Always seek the advice of your midwife, OBGYN, or healthcare provider before ingesting or applying topical medications to your body. Holistic medicine has fewer side effects than chemical medicine, but it is still medicine and should be taken safely.

Disclaimer

The Food and Drug Administration has not evaluated any health-related statements that may appear on this site. The products presented on this site are not intended to diagnose, treat, cure, or prevent any disease.

Quotes are in italics.

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HOLISTIC DEFINED

The first thing you have to understand about holistic is that it entails more than just the physical. Being holistic is a body, mind, and spirit experience. To be balanced in body, mind, and spirit is a protocol. Being holistic is more than just being healthy in your body. So when we talk about being holistic, it means treating the whole person. The word holistic comes from the Greek word "holos," meaning 'all."

Each person is treated as an individual. Although we all require food, love, shelter, etc. we each require these things in a manner unique to you. When a person is ill, one remedy that may work for him may not work for the next person. Homeopathy is an excellent example of that. What I have found is that when a person 'believes' a modality will work for them, it does.

When a person becomes ill, the practitioner will look at the physical symptoms along with the emotional symptoms. A research article by Cancer Institute called "Psychological Stress and Cancer stated, "Research has shown that people who experience intense and long-term (ire., chronic) stress can have digestive problems, fertility problems, urinary problems, and a weakened immune system. People who experience chronic stress are also more prone to viral infections such as the flu or common cold and to have headaches, sleep trouble, depression, and anxiety. Do I believe that emotions can cause disease, absolutely, and the research is proving this theory correct. "https://www.cancer.gov/about-cancer/coping/feelings/stress-fact-sheet

Last in this triad, is the Spiritual connection. Spirituality has a different meaning for everyone. For some, it is delving into Christianity, Buddha, Islam, or any other spiritual belief and following the teaching therein. For some, it is finding peace and serenity in themselves using no outside influence. Whatever your spiritual belief or practice is, it is the third but never the last key to holistic health, tying the entire package together.

The following are a list of natural modalities we use in this guide. We only address the physical. Remembering if the infant is in a situation that brings emotional stress, this must be addressed along with the physical. Each modality should be used with the guidance of a professional. Always do your research before using any natural remedy along with any over the counter or prescribed medication. Gentle Ventures is in no way suggesting that you use any of the remedies or recipes suggested in this manual without first seeking appropriate consultations with your health care provider. We are only acting as an educator, bringing you the best most up-to-date information possible.

Homeopathy



Homeopathy is a form of alternative medicine. It was created in the 18th century by Samuel Hahnemann. The theory behind homeopathy is 'like heals like.' Homeopathy is completely non-toxic and is safe to use at any age, even newborns and wonderful to use on pets and plants. Homeopathy works by stimulating the body's own amazing natural healing properties.

When making Homeopathic remedies, any material may be by crushing a plant, animal, or mineral substance—then putting it into a solvent such as grain alcohol. The extract is then further diluted in a mixture of alcohol and water. (Solid products can be diluted using lactose.) They are diluted over and over again. After each dilution, the mixture is vigorously agitated in a machine or by hand to deliver a calibrated amount of shaking. This is called succussion. Homeopaths believe that the process of succussion is critical to assuring the therapeutic effect of the drug. At that time, there is only the vibration of the substance left. Something that, in large doses, creates the symptoms of a disease, will, in small doses, treat it. This is similar to the theory behind vaccines.

Let's take Arnica, for instance. A remedy is first made by taking the item it comes from; in this case, it would be the Wolfbang flower, the Latin name being Arnica. It is placed in alcohol to create a tincture. After the 2-6 weeks, you have a tincture. A SINGLE drop of this tincture is then placed in a vial of 100 drops of water a succussed (shaken) 100 times. That process is repeated either 6, 30, or 200 times, (IE., 6c/30c/200c). Then the remedy is sprayed on lactose, sucrose pills or a liquid tincture is made out of alcohol or glycerin and distilled water.

When administering, you will use one drop or one pill as your dosage. When using homeopathy, one drop is the same as a dropper full. It can be easily mixed with water if you are giving it to a baby or a small child. You would take a cup of distilled water and put in a drop or a pill swirl until it is dissolved. Then give the baby a dropper full. This can also be added to formula or breastmilk.

The dilutions will be 'x' or 'c' 3, 6, 12, 30, 200, or 1M being the most common. They can go as high as 100M, but you will probably never use anything higher than a 200c. Low dilutions, such as 6C, will relieve long-standing symptoms and work on a physical level. Higher dilutions, such as 30C, will relieve acute or first aid symptoms—more than one symptom in more than one location with possible behavioral or emotional symptoms (IE. very high fever and chills, accompanied by agitation or sleeplessness). The higher the remedy, the deeper it will act.

How do I pick a remedy for me or someone else?

Remember when matching a remedy to a person (newborn – senior) You must pick top complaints and look for a remedy that matches those symptoms. If you choose a remedy with characteristics *most similar* to the

characteristic symptoms of your family member, you should have a happy outcome every time. If you don't – you will find that homeopathy does not work.

If you administer a remedy and the person has ANY improvement, continue to administer until the person is very much better. If there is no improvement, it is the wrong remedy; look for another.

Can a pregnant woman, breastfeeding moms, or a newborn baby use homeopathy?

'Since homeopathic remedies are devoid of all chemical toxicity, homeopathy is the ideal system of medicine for people of all ages, even the most sensitive like an expectant mother or a newborn baby. Difficulties during pregnancy and the delivery or its aftermath, as well as all the problems experienced by the newborn, can be dealt with very efficiently and without side effects with homeopathy. https://www.homeopathycenter.org

How to use a Homeopathic remedy

1. You can purchase a remedy in either pellets or liquid – either is appropriate. Here are a few places to purchase remedies.

Sprouts
Whole Foods
Health Food Store
Homeopathic practitioner
https://www.hahnemannlabs.com/
https://www.homeopathyworks.com/
https://www.boironusa.com/
https://www.helios.co.uk/

- 2. Make sure you have a clean mouth before taking the remedy, free from coffee, mint, or any strong taste.
- **3.** If pellets, take 2 3 pellets and put them under your tongue as directed. If drops, put **one** drop under your tongue. A dropper full is not necessary. When you place something under your tongue (sublingual administration), you are bypassing the digestive tract and sending the medication directly into the bloodstream.
- **4.** Do not take or be in contact with, any of the following **antidotes** while on the remedy: **Mint, Eucalyptus Oil, Tea Tree Oil, Oil of Oregano, Strong chemical odors, Strong paint odors, Ammonia and Coffee (unless you are a daily coffee drinker, then it should not antidote). An antidote causes the remedy to quit working.**
- **5.** If you are interested in learning how to clone or graft a remedy so you never have to buy it again, drop me a line and I will send you the simple instructions.

Commonly used remedies for anyone:

Aconite

- This remedy is great for fear or anxiety. Big event coming up, take Aconite.
- First sign of a cold or a sudden fever; symptoms from exposure to dry, cold weather or very hot weather (in AZ this is the perfect remedy) and heavy, pulsating headaches.

• 200C works good although 30c is as effective.

Allium Cepa

• Colds or allergies with lots of sneezing, itchy, watery runny nose and watery eyes.

Apis Mellifica

• Any rash that is itchy, red, and stinging and feels better with an ice pack on it (insect bites, hives, sunburn)

Arnica

- The #1 medicine for any ache, bruise, sprain, head bonk, or trauma of any sort. A must in any parents' diaper bag or backpack!
- Also great for use topically as a cream or gel (just don't apply to cuts or scrapes as it can be irritating to open skin) 30C or 200C

Arsenicum Album

- The #1 medicine for vomiting and diarrhea from stomach flu or food poisoning with weakness and anxiety
- Asthma attacks in the middle of the night. 30C

Belladonna

Sudden high fever with a clammy, bright red face, and agitation. Your child may even be a little delirious.
 30C

Chamomila

 Teething pain with lots of irritability and crankiness. There may be associated ear pain, green diarrhea, and low-grade fever. 30C

Ferrum Phosphoricum

- The #1 medicine to start when your child has an earache or
- Low-grade fevers that come on slowly at the start of any illness

<u>Gelsemium</u>

• Anxiety due to fear of speaking i.e., interview's, giving a talk in front of a group. Great flu remedy. Fever, chills, headaches, fatigue, aching muscles 30C

Hepar Sulphuris

- · Swimmer's ear
- Anything with pus (earaches with thick pus behind the eardrum, abscesses or boils, etc.)
- Stinging sore throat as though there were a splinter stuck in it. 30C

<u>Ignatia</u>

Symptoms related to anxiety, grief, and despair. Most often used after the death of a loved one. 200C

Mag Phosphorus

• Used most for period cramping and other symptoms related to the menstrual cycle.

Nux vomica

- Upset tummy from too many sweets or indulgences (drinking too much), vomiting helps your child feel better. 6C or 30C
- Anger and irritability with difficulty sleeping when really stressed, i.e., when school demands are too high.
 200C

Pulsatilla

• Colds or allergies with a mild creamy white-yellow runny nose, especially when kids get weepy and clingy and need constant comfort from mama or papa. 30C

Sulphur

• Used for itchiness especially aggravated by warm weather. 30C

Zincum Metallicum

• Restless leg syndrome. Symptoms include weakness, numbness, jerking, and/or twitching of the legs.

Pediatric Chiropractor



A Pediatric Chiropractor uses very gentle manipulations on a baby or child. There are no bone-cracking or neck cracking adjustments. Spinal problems that we have as adults can begin at birth. The result of any type of delivery, including natural birth, can stress a baby's spine and nervous system. This misalignment can cause colic, breathing problems, nursing difficulties, and sleep issues. Allergic reactions can also be caused by misalignment.

The spinal cord acts as an information highway with the brain. Information travels from the brain to the body parts and back to the brain again.

The nervous system's function is imperative in all the systems of the body. So when the nervous system is out of wack, every aspect of your health can be in danger. That includes circulatory, respiratory, digestive, hormonal, elimination, and immune systems.

Chiropractic treatment for children and adolescents is not uncommon. When the use of this treatment is selected in musculoskeletal conditions for which there is proof of efficacy, it enables parents to make informed choices about this form of therapy. Further, well-designed studies are needed to evaluate the chiropractic belief that musculoskeletal dysfunctions can be located and treated in children with nonmusculoskeletal conditions. Ideally, collaborative, evidence-based research into chiropractic care for diverse pediatric conditions should define those patients best suited for chiropractic therapy. <u>Paediatr Child Health</u>. 2002 Feb; 7(2): 85–89.

Colic

If the colic is truly an unbalance of the digestive system and not over-stimulation, chiropractic care helped to reduce the symptoms of colic in as many as 94% of babies. It may be just one of the many benefits of a nervous system working in harmony with the body.

Gastroesophageal Reflux Disease

GERD or reflux, as commonly called, is a condition where the baby will spit-up a lot and will have digestion issues. Acid leaks from their stomach into their esophagus, causing considerable pain and discomfort. The conventional treatment is to prescribe acid blockers, which may reduce symptoms but do nothing to address the underlying problem. We know now that Zantac, one of the leading prescribed antacids, may lead to cancer.

Chiropractic care for babies has shown that the source of the problem is often a misaligned spine putting

unnecessary pressure on the diaphragm and upsetting the balance of the digestive system. With this underlying issue, one of the benefits of infant chiropractic care is the relief of that pressure, and this approach has been known to reduce symptoms in as few as four treatments.

Breastfeeding Problems

There are quite a few benefits of infant chiropractic care that can affect the movement of the neck, jaw, and shoulder to help babies latch and feed better. In fact, one study showed that 100% of babies who were treated by a chiropractor had an improved latch, and the overall stress of feeding for both mother and baby was reduced by 84%. www.100percentchiropratic.com

Nervous System Support

The benefits of child chiropractic adjustments extend into the nervous system. Chiropractors make sure the spine is growing in the correct way. This prevents and treats certain nervous system issues like ear infections.

This care can also treat asthma, allergies, and other respiratory issues. It does this by targeting misaligned nerves that affect a child's respiratory system. https://myboulderchiropractor.com

Special Needs

Babies with special needs often have physical problems other than their primary diagnosis. Case studies show that chiropractic care for babies with special needs such as Down Syndrome and Cystic Fibrosis has helped these little ones to reach developmental milestones. www.100percentchiropratic.com

To Find a Pediatric Chiropractic:

- 1. https://icpa4kids.com/find-a-pediatric-chiropractor/
- 2. https://www.healthgrades.com/pediatric-chiropractics-directory
- **3.** https://thenfwa.org/directory

Cranial Sacral Therapy



If the colic is truly an unbalance of the digestive system and not over-stimulation, chiropractic care helped to reduce the symptoms of colic in as many as 94% of babies. It may be just one of the many benefits of a nervous system working in harmony with the body.

<u>Cranial Sacral</u> therapy addresses the Cranial Sacral system and has a powerful influence on the nervous system and the endocrine and immune systems. The practitioner works with the bones of the skull and the pelvis. This, in turn, affects the deeper layers of membranes and cerebrospinal fluids in the spinal canal, the brain, and the spinal cord itself.

CST is a form of bodywork or alternative therapy using gentle touch to palpate the synarthrodial joints of the cranium. A practitioner of Cranial Sacral therapy may also apply light touches to a patient's spine and pelvic bones. Practitioners believe that this palpation regulates the flow of cerebro spinal fluid and aids in "primary respiration."

The Cranial Sacral therapist searches for areas of the body that may result in the Cranial Sacral system not working as it is intended, The therapist can access the Cranial Sacral system by gently touching bones of the skull, the sacrum, and other areas of the body.

The result of a restriction in the Cranial Sacral system may result in anything from a headache to body aches and could result in achiness in any part of the body. It is the job of the central nervous system to send messages to the muscles and organs of the body. It is essential that the muscles and organs get these messages unrestricted. There are few systems in the body that have as much influence on the central nervous system as the intracranial system.. We want it to be running in optimal capacity.

Disorders that Cranial Sacral Therapy may help could include:

- Birth trauma, such as issues from a vacuum or forceps extraction or an emergency C-section
- Trouble with breastfeeding
- Constipation
- Gastrointestinal pain and acid reflux and colic
- Not sleeping well, including early days when day and night seem to be reversed for the infant
- Teething pain
- Head-shape issues

- Problems stemming from the birthing process
- Earaches
- Developmental delays

Find a Cranial Sacral Therapist

- 1. https://www.craniosacraltherapy.org/find-a-practitioner-page
 - 2. https://www.alternativesforhealing.com/business-directory/wpbdp category/craniosacral-therapy-

Herbal Remedies

The following is a list of different herbs that are **safe for baby**, used for many baby products and health issues. (We will discuss safe and avoided herbs for pregnancy, childbirth and breast-feeding in that section). Herbal remedies are obtained from plants and plant parts. We suggest using only standardized, organic herbs, plant, or plant part or an extract or mixture of these used in herbal medicine. The list for uses of herbal remedies is endless. Herbs may be used internally or externally. **For an infant, we suggest external only** with the exception of a few herbs. These are a few of the safe herbs to use on newborns. **External use only**.

Barberry

Black walnut

Calendula

Caraway seed

Catnip

Chamomile

Comfrey

Eyebright

Fennel

Goldenseal

Lavender

Lemon balm

Mint

Licorice

Rosemary

Usnea

Vervain,

Many of these herbs are used in recipes in this guide.

Find a Herbalist

- https://www.americanherbalistsguild.com/herbalists-and-chapters-near-you
- https://www.theforagerspath.com/links-directory/
- https://blog.mountainroseherbs.com

Acupressure

Acupressure is a painless form of acupuncture. The same points are used in both modalities. Instead of using needles, you will use your fingers, stimulating specific points on the body. Using this method will stimulate the body's ability to heal naturally. When using acupressure, you will press gently but firmly on the point for a couple of minutes. Acupressure is specific to points that are utilized. Some of the things that acupressure may help include:

- Constipation
- Colic
- Sleep
- Congestion
- Pain
- See the section on pregnancy for a list of points to use and points to avoid.

Where acupressure is used a diagram will be shown.

Find an Acupuncturist:

- **1.** https://www.healthprofs.com/
- **2.** https://www.nccaom.org/find-a-practitioner-directory/
- **3.** https://www.acufinder.com/Find+Acupuncturist

ESSENTIAL OILS

Essential oils are derived from many natural substances, which include plants of a variety of uses. The oils are used for healing and also for scents or perfumes. When using oils on babies, you must be very proactive. Research is essential. Never use an essential oil on a baby undiluted. You will always use a carrier oil when applying. Dilution should be 1:400 in a carrier oil. That means one drop of the essential oil to 400 (one drop of essential oil to four teaspoons of carrier oil) drops of carrier oil. A carrier oil may be olive oil, coconut oil, almond oil, jojoba oil, It is suggested that you apply an oil to the baby's skin before putting the diluted essential oil on. If the baby's skin turns red, you can dilute the oil more by adding carrier oil to the skin. Do not try to remove an essential oil with water. Always remove with oil.

It is our suggestion that oils are not used on a baby under three months of age.

There has however, been a misconception for many years on Lavender being a hormone disruptor for boys and should not be used on or around baby boys. A new report by Tisserand with better testing claims that the initial study was incorrect. "Lavender oil does not mimic estrogen, nor does it enhance the body's own estrogen. It is, therefore, not a 'hormone disruptor' that cannot cause breast growth in young boys (or girls of any age)." Tisserand Institute

The oils that are safe for babies (over three months), according to Debra Raybern, an Internationally Certified Aromatherapist, include Geranium, Lavender, Frankincense, Myrrh, Lemon, Orange, Copaiba, Ginger, Roman Chamomile, Dill, Tea Tree, Rosemary. Once again, please use it after three months of age.

When used in pregnancy, labor, and birth, the rules are different. Please see the list of approved and oils that are not approved in the pregnancy section.

Never use essential oil internally during pregnancy. Use only topically or diffuse. Dilution for a pregnant woman is one percent dilution (6 drops of oil to 2 tbsp of a carrier – olive oil, grape seed, almond oil, or any organic oil. For some oils, you'll want to go even lower. Here are a few examples:

- Lemongrass 0.7%
- May Chang 0.8%
- Melissa 0.9%
- Honey Myrtle 0.9%
- Lemon Myrtle 0.7%
- Nasturtium Absolute 0.26%
- Lemon Tea Tree 0.8%
- Lemon Thyme 0.8%
- Lemon Verbena 0.9%

Easy Comparison Chart of Essential Oil Companies https://www.essentialoilhaven.com/best-essential-oil-brands/

		* **	•	•	
Star Rating:	1. Young Living (4 / 5)	2. dōTERRA (4 / 5)	3. Plant Therapy (5 / 5)	4. Rocky Mountain Oils (5 / 5)	5. Edens Garden (4.5 / 5)
Founder(s):	Gary Young	A group of health- care and business professionals	Chris Jones	A group of wellness enthusiasts	Grace, Edens Garden CEO
Headquarters:	Lehi, UT	Pleasant Grove, UT	Twin Falls, ID	Orem, UT	San Clemente, CA
Therapeutic Grade:	Yes, YLTG™ (Young Living Therapeutic Grade)		https://www.essentialoilhaven.com/plant-therapy-essentialoils-review/	Yes	Yes
100% Pure:	Yes	this term but guarantee purity through their CPTG® Process	Yes	Yes	Yes
Certified Organic:	Not officially certified because sourcing happens across a wide variety of countries that don't all have US matching quality control standards.	Same as with the Young Living Oils, they're not US "certified organic" because of all the rules in the different source countries.	Yes – Some of their product line-up is USDA certified organic. Not all of their oils are.	6 out of their 150 essential oils are USDA certified organic.	Edens Garden offers both a certified organic line of essential oils, and a conventionally sourced lineup. In- house laboratory and independent labs and consultants perform analyses for product quality.
Quality Standards & Control:	Proprietary "Seed to Seal®" production process.	Subjected to strict requirements set forth in the CPTG Certified Pure Therapeutic Grade® quality protocol. "Source to You" production process.	Third-party tested and all test results are fully disclosed on their website.	GC/MS Testing, plus their proprietary S.A.A.F.E. Promise™.	E.D.E.N.S Guarantee.
Distillation process:	A gentle, proprietary, steam extraction technique for distilling. Also cold pressing and resin tapping methods for select oils.	Low-heat steam distillation process and compression.	Plant Therapy works with third-party distillers that can continuously guarantee quality and purity.	Steam distillation.	They are steam distilled/cold pressed without any adulteration or synthetic additives.
Price Compare Lavender		ca. <u>\$28 for 15 ml</u> *	ca. \$6.49 for 10 ml	ca. <u>\$14 for 10ml (1/3</u> oz)*	\$7.95 for 10 mL*

Comparison Chart Continued

	6. Mountain Rose Herbs	7. Aura Cacia	8. NOW Essential Oils	9. Lisse Essentials	10. The Ananda Apothecary
Personal Rating:	(4.5 / 5)	(4.6 / 5)	(4.2 / 5)	(4.4 / 5)	(4.7 / 5)
Year Founded:	1987	1979	1968	2014	2004
Founder(s):	Rosemary Gladstar, then Julie Bailey	Member-Owned Cooperative	Paul Richard	Family Group	Eric Cech †2018
Headquarters:	Eugene, OR	Norway, IA	Bloomingdale, IL	Sylmar, CA	Boulder, CO
Therapeutic Grade:	Yes	Not mentioned	Terminology not used as such	Not mentioned	Not mentioned
100% Pure:	Yes	Yes	Yes	Yes	Yes
Certified Organic:	All of Mountain Rose Herbs essential oils are organic; some of them are USDA Certified Organic.	Yes, some oils are USDA Certified Organic.	Some certified organic plus inhouse quality control review.	No organic oils l available.	Yes, some USDA Certified Organic varieties available.
Quality Standards & Control:	Independently tested and quality controlled using third party testing.	l Internal Quality Standards and Control Mechanisms No 3rd party testing.	Uses their own team to conduct quality tests and ensure oils matches their standards.	Quality controlled by producers.	GC/MS testing. Also have a PhD chemist on staff.
Distillation process:	Depends on the oil, mostly steam distillation but some also cold pressed.	Depends on the oil.	Citrus oils: 100% cold pressed, All others: 100% steam distilled	Steam distilled.	Steam distilled, CO2 distillation, cold pressing for certain oils.
Price Comparison (Lavender Oil):	a. <u>\$12.75 for ca.</u> 15ml (1/2oz)*	ca. <u>\$10 for 15 ml</u> *	ca. <u>\$10 for 30 ml</u> *	ca. <u>\$8.95 for 10 ml</u> *	\$10.06 for 10 ml*

^{*} Prices as on Amazon.com or supplier's website(s) at the time of writing and subject to change without notice.

I hope this overview helped you get started on choosing the best essential company for you!



PREGNANCY, LABOR, AND BIRTH

Interesting fact: A baby's temperament is determined before birth by what the mother's stress level is (this determines the chemicals released in the mother's system and absorbed by the fetus), the medications she is on, her general health, and her state of mind.

Increased maternal stress during pregnancy seems to be one of the determinants of temperamental variation and delay in infants' development. It may be a risk factor for developing psychopathology later in life. Prenatal stress and cognitive development and temperament in infants. Neurobiology of Aging, Volume 24, Supplement 1, May-June 2003, Pages S53-S60 Jan K. Buitelaar Anja C. Huizink, Edu J. Mulder, Pascalle G. Robles de Medina, and Gerard H. A. Visser.

It would stand to reason that when a mother is focused on the well- being of her child and herself, she is going to do everything in her power to keep the baby chemical and drug-free.

I want to take a look at all phases of pregnancy, labor, and birth holistically to give you an idea of what works and what does not.

If you are pregnant and have never used herbs, homeopathy, or essential oils before, I would suggest that you consult with your caregiver before using any of these. Go slow when you do use essential oils and herbs. Homeopathy has no side effects, but not all homeopathic remedies are appropriate for pregnancy.

PREGNANCY Essential oils



How safe are essential oils when you are pregnant? The answer depends on who you ask. In the medical profession, you will find the answer to be "stay away from anything resembling essential oils, herbs, and homeopathy." This answer is due more to a lack of education on that subject rather than actual knowledge about the efficacy of the question. If you ask an essential oil expert, you will find a more accurate answer when they are open to say "these oils may be used and these oils must be avoided" However that being said we must always defer to the disclaimer that before using any oil, you should check with your healthcare provider.

How are oils to be used when pregnant? Essential Oils are meant to be used either topically or diffused. Internal digestion of Essential Oils is to be avoided unless you are under the care of an expert in the field and have the express permission of your healthcare provider. We know that using oil topically, the product is absorbed through the skin and then transferred to the bloodstream and distributed throughout the body. When diffusing the oil, it is taken in through the nasal passage; the molecules send chemical messages to the part of the brain that affects emotion. Diffusing is a great help when dealing with stressful situations and many times, insomnia.

Safety Precaution It is advised that you not use essential oils while pregnant or breastfeeding, if you have allergies, have a sensitivity to an oil, or if you are taking medication.

Do not use any essential oils internally while pregnant. These are for topical use only. If you are experiencing any adverse effects to an oil, discontinue use immediately. Always check with a trusted and trained medical professional, aromatherapist, or midwife before use as medical history, current condition, and medications need to be taken into consideration.

Essential oils that may be used if you are pregnant

- Lavender is a mild essential oil and can be used safely if applied topically. Putting Lavender in a suitable carrier oil such as almond or coconut oil makes a great oil to use for **health looking skin** during pregnancy.
- **Chamomile, Lavender, Peppermint, and Ginger** also work great for **nausea**. If you are using it for nausea, it is suggested that you either sniff from the bottle or put some oil on a cotton ball and sniff it that way.
- **Frankincense** is one of my favorites and can be used as long as you dilute it properly and use only once a day. Dilution for this would be one teaspoon of carrier oil to one drop of Frankincense. *Frankincense* is a go-to oil for skin support during *pregnancy*. *It can also aid stressed muscles*.

- **To improve sleep:** Lavender, Ylang-Ylang, Mandarin, and Frankincense. Add a total of twelve drops of essential oil to two tablespoons of distilled water in a spray mist bottle, and mist pillows before bed,
- **To soothe muscle aches:** Lavender, Ylang-Ylang, Ginger, chamomile, and Frankincense. Add a total of six drops of essential oil to one tablespoon of a base oil, like jojoba, or almond or coconut,
- To treat hemorrhoids: Tea Tree, Cypress, Geranium, and Lavender. Irritation and swelling may be reduced. Blend all three essential oils (for a total of four drops altogether) and add the mix to one tablespoon of aloe vera gel; apply the concoction directly onto the affected area with a cotton ball or tissue. Please remember that Tea Tree antidotes homeopathic remedies.
- Peppermint is also an excellent topical oil for pregnant women but should not be used internally. **Headaches, nausea, congestion, and muscle aches** have been successfully treated with peppermint. Please remember that Peppermint antidotes homeopathic remedies.

Here are some easy and fun recipes that include safe pregnancy oils and proper dilution from Young Living.

Massage My Feet

- 1 Drop Cypress
- 1 Drop Juniper Berry
- 1 Drop Sweet Marjoram_
- 1 Drop Frankincense
- 3 tsp Carrier Oil (Coconut or Almond Oil

Mix essential oils and carrier oil together and massage into feet and legs as needed.

Smooth Baby Bump

2 tsp Shea Butter

- 1 Drop Lavender
- 1 Drop Roman Chamomile
- 1 Drop Frankincense

Melt 2 teaspoons of Better Butter in the palm of your hand, add essential oils and apply to your baby bump for smooth skin.

The following may be used in a diffuser:

Spring Baby Diffuser Blend

- 2 Drops Ylang Ylang
- 2 Drops Orange
- 2 Drops Bergamot FCF

Morning Sickness Diffuser Blend

1 Drop Ginger Root1 Drop Lavender1 Drop Grapefruit

Do Not Use These Oils While Pregnant https://naha.org/explore-aromatherapy/safety

Essential Oil	Latin Name
Aniseed	Pimpinella anisum
Basil ct. estragole	Ocimum basilicum
Birch	Betula lenta
Camphor	Cinnamomum camphora
Hyssop	Hyssopus officinalis
Mugwort	Artemisia vulgaris
Parsley seed or	Petroselinum sativum
leaf	retrosennum sativam
Pennyroyal	Mentha pulegium
Sage	Salvia officinalis
Tansy	Tanacetum vulgare
Tarragon	Artemisia dracunculus
Thuja	Thuja occidentalis
Wintergreen	Gaultheria procumbens
Wormwood	Artemisia absinthium

PREGNANCY Herbs

I love the idea of incorporating herbs, essential oils, and homeopathy into our everyday regimen. The concept that we do not have to look to allopathic drugs for wellness is a significant relief because we know, with a prescription also comes side effects that can sometimes be worse than the original malady. The journey



into motherhood is an exciting one and should be met with health and confidence. So whether it is preparing your body for birth, labor, lactation, or just everyday wellness, we embrace the natural help these modalities bring us. If you are concerned about yourself ingesting alcohol when you take a tincture, you can always put your alcohol preserved herb in a cup of hot water, and much of the alcohol will be released. Then drink that cup of hot water. We want you to be aware, however, that if you take the suggested dosage of the tincture, 25- 30 drops, it has the equivalent to as much alcohol as a ripe banana. So use your best judgment.

The appropriate use of these herbs requires specialized knowledge. So always contact your healthcare provider for that information.

Although herbs can be very beneficial for most people, not all herbs are suitable for a pregnant mom. Please be well informed. It is best, to begin with, a small quantity, gradually increasing the dosage if appropriate and if no adverse effects occur.

The following is an overview of which herbs are beneficial and which ones to avoid. Talk with your healthcare provider to be sure you are using the correct herb in the correct way for you and your baby's safety. It's generally recommended to avoid the use of any herbs or medications during the first trimester unless necessary.

It is important to follow the dosage guidelines for each herb. Digestion slows during pregnancy, so substances tend to remain in the digestive tract longer, and their effects may be heightened and longer-lasting.

Beneficial Herbs While Pregnant

<u>Fennel</u>: A carminative herb, fennel helps to relax the intestinal muscles. So it is useful in giving relief from indigestion and bloating. In addition to its many digestive benefits, fennel is used for everything from alleviating water retention to creating a healthy supply of breast milk in nursing mothers.

Caution: Fennel may increase the risk of seizure. Therefore, you should not use fennel if you have epilepsy or any other type of seizure disorder. You should also avoid fennel if you take medication for seizures.

<u>Milky Oats</u>: Milky oats can be used regularly with excellent results for stress and energy. Mikly Oats are supporting and nourishing to our nervous system. Herbalists rely on milky oats during times of anxiety, transition depression, and grief. An excellent herb for soothing irritable moods, wired and tired nerves, and overtired new parents.

Raspberry Leaf: A mineral-rich uterine tonic, notably called "womb wellness." "It provides B vitamins, iron, niacin, manganese, magnesium, selenium, vitamin A and astringent alkaloids that nourish and contribute to the healing process," says Eden Fromberg, MD, board-certified ob-gyn and medical director at Holistic Gynecology in New York City. Raspberry leaf is best known for its role in preparing and toning the womb for childbirth. Additionally, it is an important herb used to support overall women's reproductive health throughout the childbearing years.

Caution: To begin, midwives may recommend starting with a cup a day around 32 weeks, then gradually increasing to three cups as you approach your due date. Here are some of the side effects – so please use this herb as all other herbs with caution:

- Nausea
- Diarrhea
- The onset of Braxton Hicks contractions
- Decreased insulin response. It is not recommended if you have been diagnosed with gestational diabetes.
- If any condition classifies your pregnancy high-risk, experts say that red raspberry leaf tea is not for you.

In the capsule form, it may help to shorten the second stage of labor and reduced the need for forceps delivery.

One study found that women who consumed Red Raspberry Leaf tea regularly (approximately 2 cups a day beginning the second trimester) are less likely to go overdue or give birth prematurely. These women may also be less likely to receive an artificial rupture of their membranes or require a cesarean section, forceps, or vacuum birth than the women in the control group. https://www.mamanatural.com

Red Raspberry Tea Smoothie

Begin by making a tea stock. You can store the herbs in an airtight container and used as needed.

1 tsp of the dried leaf with one cup of boiled water. Let steep 10 minutes and allow to cool for the smoothie or drink it hot.

- 2 cups dried organic red raspberry leaf
- ½ cup dried alfalfa leaf
- ½ cup nettle leaf
- ¼ cup dried dandelion leaf

Smoothie: One smoothie is equal to the allowed amount of tea per day. (see above)

- 2 cups of tea from the above mixture. Allow to cool
- 1 frozen banana
- 1 cup of frozen raspberries
- Put in blender and mix until smooth

<u>Nettle:</u> Considered the mother of all tonics, Nettle is one of nature's best wild herbs. It's a fabulous source of vitamins and minerals, including iron, vitamins A, C and K, and potassium. Nettle is amazing for its nourishing qualities for your skin, and nutritive support during pregnancy.

Use **only the dried leaf** and NOT the root to make a tea from this beautiful herb.

Caution: Do not use this herb during the first trimester. Herbalists say it is safe for the second and third trimesters.

Ginger: Ginger's qualities make it one of the world's most well-known medicinal plants. There are two types of compounds in Ginger, gingerols, and shogaols; these are thought to aid the digestive system and speed stomach emptying, which in turn may help reduce feelings of nausea—celebrated as a welcome relief for expectant mothers, easing normal morning sickness, and nausea associated with motion. Ginger has also been shown to help relieve pain from uterine cramping, which many pregnant women experience in the first trimester. There is some proof that suggests that ginger tea should not be consumed close to your due date, as it may increase the risk of bleeding. If you have a history of miscarriages, vaginal bleeding, or blood clotting issues you should also avoid ginger products. Ginger tea is made by steeping fresh or dried ginger root in hot water. Four cups a day of the tea is a recommended safe amount. The following is a smoothie using Ginger.

Anti-Nausea Smoothie

1 frozen banana
¼ cup of blueberries (frozen or fresh)
or ½ cup of pineapple or mango
1 cup of Almond, Rice, or Coconut milk
1 tsp fresh ginger grated
1/3 tsp vanilla
Blend until smooth

<u>Chamomile:</u> One of the most loved plants in the herbal community today, Chamomile is used to promote everything from initiating calm to helping with digestion. The qualities are soothing to the body and mind, which helps a nervous stomach, occasional gas and bloating, and for the discomfort of nausea associated with pregnancy. Chamomile is also great for sleep and helps the body fight off infections and increase resistance to diseases. You should limit your consumption to one or two cups per day.

Caution: Excessive drinking of this tea can lead to miscarriage and preterm delivery.

<u>Passionflower:</u> According to Dr. Romm "Passionflower has marked benefits for pregnant women with extreme mood swings, particularly anxiety and irritability," With that in mind, I would consider Passionflower as an important herb for a pregnancy.

<u>DIY Pregnancy Tea</u> The herbs used in DIY Pregnancy Tea (edited). Are listed below. by Sarah Outlaw

- 1 part nettle leaf
- 1 part red raspberry leaf
- 1 part oatstraw
- 1 part spearmint
- 1 part lemon balm
- 1/2 part red clover leaf

- 1/4 part alfalfa
- 1/4 part anise seed
- 1/4 part rose hips
- 1/4 part hibiscus flowers

To make a nourishing tea infusion

- 1. Mix all herbs in a bowl.
- 2. Take 2 TBS of dry herb and place in a quart ball jar.
- 3. Pour hot water over and place lid on.
- **4.** Let steep on counter for 4 hours or overnight.
- **5.** Strain and sweeten with raw honey or stevia if desired.
- **6.** Drink up to one quart throughout the day.
- **7.** Store remaining dry herbs in a clean ball jar with lid.

NOTE: This tea, as all herbs, should not be used in the first trimester. *Please note the herbs to omit for certain conditions.*

<u>Nettle Leaf</u> – Provides nourishing, bio-available nutrients like crucial calcium and magnesium, boosts immunity, aids in adrenal and thyroid function, is said to strengthen the baby in utero, helps relieve nausea, alleviates asthma and allergy symptoms, and so much more.

<u>Red Raspberry Leaf</u> – Tones the uterus, high in calcium, magnesium, B vitamins, vitamin C. The ultimate pregnancy herb!

Red Clover – Helps keep hormones balanced, anti-inflammatory (omit if on blood thinners).

<u>Oatstraw</u> – Very nourishing, high in B vitamins, calcium, and silica which is a wonderful mineral for hair, skin, nails and bones. can help with stress and anxiety.

<u>Lemon Balm</u> – Uplifting and carminative (good for digestion), helps with stress and anxiety and promotes restful sleep. Also high in antioxidants and immune boosting (omit if on thyroid medication).

<u>Alfalfa</u> – Helps keep hormones balanced, good source of vitamins and minerals including vitamin K, vitamin C, Vitamin E, potassium, iron, calcium, magnesium and essential amino acids just to name a few. It's a nutrient-dense powerhouse!

<u>Orange Peel</u> - Catalyst that helps the other herbs work better together. Also carminative.

<u>Anise Seed</u> (or Fennel) – Carminative, aids digestion and relieves bloating, gas, acid reflux and indigestion. Also aromatic.

Rose Hips – Bioavailable vitamin C, helps with joint pain and sciatica, helps prevent urinary tract infections, is antiinflammatory and helps keep the immune system healthy and strong.

<u>Hibiscus Flowers</u> – Bioavailable Vitamin C, helps maintain healthy blood pressure levels. (not for use during 1st trimester)

Spearmint – Catalyst herb, carminative and adds wonderful flavor.

Herbs To Avoid During Pregnancy

https://www.motherearthliving.com

Alder buckthorn (*Rhamnus frangula*)—cathartic

Angelica (Angelica archangelica)—emmenagogue

Barberry (*Berberis vulgaris*)—uterine stimulant

Birthroot (*Trillium spp.*)—uterine astringent

Blessed thistle (Cnicus benedictus)—strong bitter

Butternut (Juglans cinerea)—laxative

Cascara sagrada (Rhamnus purshiana)—laxative

Coltsfoot (*Tussilago farfara*)—possibly fetotoxic

Damiana (Turnera diffusa)—nervous system and hormonal activity

Drug aloe (Aloe vera)—cathartic

Ephedra (*Ma-huang*) (*Ephedra sinica*)—high alkaloid content, cardiac stimulant

Feverfew (*Tanacetum parthenium*)—emmenagogue

Goldenseal (*Hydrastis canadensis*)—uterine stimulant

Gotu kola (Centella asiatica)—affects nervous system

Juniper berries (Juniperus communis)—possibly fetotoxic, affects kidneys

Mugwort (Artemisia vulgaris)—emmenagogue

Nutmeg (*Myristica fragrans*) (safe to use in cooking)—slightly toxic

Osha (Ligusticum porteri)—emmenagogue

Parsley (Petroselinum crispum) (safe to use in cooking)— emmenagogue

Pennyroyal (Mentha pulegium)—emmenagogue

Pleurisy root (Asclepias tuberosa)—cardiac stimulant

Rhubarb (*Rheum palmatum*)—laxative

Rue (Ruta graveolens)—emmenagogue

Sage (Salvia officinalis) (safe to use in cooking)—emmenagogue, hormonal activity

Sarsaparilla (*Smilax regelii*)—hormonal activity

Scotch broom (*Cytisus scoparius*)—cardiac stimulant

Senna (Senna alexandrina)—laxative

Shepherd's purse (*Capsella bursa-pastoris*)—hemostatic

Tansy (*Tanacetum vulgare*)—emmenagogue

Wormwood (*Artemisia absinthium*)—emmenagogue

PREGNANCY

Acupressure

Acupuncture has been studied extensively and is effective in the treatment of nausea and vomiting, blood pressure regulation, musculoskeletal pain, headaches and migraines, and digestive issues -- which are all common during pregnancy. The following are a list of things that can be helped with acupressure or acupuncture. We suggest that you contact your local acupuncturist for professional treatments.

First Trimester

People often benefit from regular acupuncture treatment during the 1st trimester, especially for nausea/vomiting and fatigue.

- History of miscarriage
- Threatened miscarriage
- Miscarriage
- Nausea and vomiting: 2 visits/week until resolved
- Constipation and/or hemorrhoids
- Fatigue
- Urinary discomfort or chronic UTIs
- Headaches and migraines
- Insomnia
- · Anxiety and depression

Second Trimester

There tends to be less of a need for regular acupuncture in the 2nd trimester, unless there is a specific issue, such as pain, fatigue, migraines, insomnia, UTIs, sinus congestion, or a more complex medical diagnosis, such as essential hypertension or pre-eclampsia.

Third Trimester

In the 3rd trimester, people often seek acupuncture treatment for pain, insomnia, anxiety, heartburn, headaches, fatigue, and general discomfort.

- Breech presentation: 2 visits/week from weeks 33-35 for moxibustion
- GERD / acid reflux heartburn
- Musculoskeletal pain including neck, back, sciatic-type, or rib pain
- Leg cramps
- Headaches and migraines
- Insomnia
- Discomfort
- Itching
- Sinus congestion
- Anxiety

Pre-Birth Treatment

- Weekly visits for weeks 36-39
- Biweekly visits for week 40-41
- If past 40 weeks with a medical induction scheduled, plan for acupuncture treatment every other day up until the induction to reduce the rate of medical induction by 57%.

https://alignnewyork.com

Here is a list of points not to be used in pregnancies:

Acupuncture/Acupressure Points to Avoid During Pregnancy

- Points on the sacrum can cause contractions (a triangular bone in the lower back formed from fused vertebrae and situated between the two hipbones of the pelvis).
- Point on the lower abdomen "there is a risk of needling too deep
- Point on the low back " avoid deep needling.
- (Sp6) "located three fingers above the medial malleolus (inner ankle bone). Can cause contractions. (LI4) "located on top of hand in the fleshy area between the thumb and index finger. Can cause contractions.

PREGNANCY

Homeopathy

How safe is homeopathy in pregnancy? The safety of homeopathic medicines in pregnancy has been confirmed by 200 years of homeopathic clinical practice around the world. As homeopathy is safe for newborns as well as pregnancies and elderly, we do not have to be concerned for the unborn child. And therefore, anything that can help the mother to heal, to feel better in herself, must and will be of benefit to the baby.

I will share hints that will help with pregnancy, morning sickness, heartburn, moodiness, sleeplessness, labor and shorten delivery, turn a breech baby and help you avoid unnecessary drugs during labor. I will help you have an unmediated delivery if you so desire. We even share tips about less fortunate events like excessive bleeding, threatened miscarriage, a placenta that will not deliver, and much more.

The birth of your baby is an event you will talk about for the rest of your life. You are a powerful woman; whether you have a home birth or choose to go to the hospital, you should be in charge of your experience.

Dick Moskowitz MD, in the introduction to his book Homeopathic Medicines for Pregnancy and Childbirth, writes impressively:

"I have used homeopathic remedies since 1974 in more than 800 pregnancies. I have found them to be wonderfully safe and effective in many situations in which conventional drugs and surgery are not required."

How safe is homeopathy in pregnancy? The safety of homeopathic medicines in pregnancy has been confirmed by 200 years of homeopathic clinical practice around the world. As homeopathy is safe for newborns as well as pregnancies and elderly, we do not have to be concerned for the unborn child homeopathy will be of benefit to the baby.

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Remedy	Symptoms:	Better:	Worse:
Anacardium	 nausea, better by eating short relief from nausea after eating you have an empty feeling in your stomach 	heat of sun movement eating warm bath vomiting	cold, open air and draughts too much mental activity anger fasting hot food or cold drinks left side
Arsenicum album	constant nausea diarrhoea at the same time you feel restless you are concerned about little things you may be feeling anxious and worried about your health you feel picky and suspicious you are thirsty, but only take small sips each time you are chilly	wrapping up warm warm drinks and food sitting upright walking or moving about in the company of others fresh, open air	cold air damp and wet weather eating cold food and drinks physical activity at 24:00-02:00 right side
Ipecacuanha	constant nausea and vomiting nothing relieves the nausea you may have bad breath your tongue is red and clean you are not thirsty	resting fresh, open air cold drinks resting	warmth and warm wind movement lying down feeling stressed right side
Nux vomica	 nausea, worse in the morning nausea, better after vomiting heaviness is felt in the stomach after eating your tongue is thickly coated your mouth is dry you feel irritable you are chilly 	warmth after vomiting sleep firm pressure on the stomach area in the evening being left alone	cold and draughts windy weather too much food, drinks or spicy food after eating feeling stressed early morning at 03:00-04:00
Pulsatilla	nausea, that is not relieved by vorniting nausea, worse early evening your mouth is dry you are not thirsty you feel sensitive and tearful you are chilly	cold, fresh air cold drinks and food crying reassurance gentle movement keeping cool in the moming	warm and stuffy room warm food and drinks early evening eating rich and fatty food lying on one side at 19:00-20:00 right side
Sepia	constant nausea nausea, worse afternoon your appetite is lacking you are sensitive to all smells you feel irritable your loved ones annoy you you are chilly	warmth of bed movement and activity fresh, open air eating in the evening resting	 cold wind and dampness you find any smell annoying in the morning at 14:00-17:00 left side

There are a couple of remedies that are questionable but have never proved to be harmful. In any case, we steer away from any hint of questionably. One of them is Apis in any potency lower than a 30c. Why? Because it can work so well, that it may compromise a mother's water. In all my research, this is the only one that was mentioned, and even this article suggested it has never been a reported problem. Parts of the following homeopathic charts are gleaned from blogs, podcasts, videos produced by Joette Calabrese HMC, CCH, RSHom, (NA), a distinguished American homeopath, and her students. As stated before, please consult your healthcare provider before you utilize these charts.

PREGNANCY

SYMPTOM	REMEDY POTENCY	FREQUENCY	IF FAILSTRY
Heartburn	Nat. Phos 6x	As needed	Lycopodium/Arsenicum, Mag Phos, or Iris Ver.
Cramps	Mag Phos 6x	As needed	Time Released Magnesium, Rec. Brand Jigsaw
Sciatica/Nerve Pain; Shooting Pain	Hypericum 200c Symphytum 200c	2x day	
Breech	Pulsatilla 200c	2x day or 1 EODay	Only after 35/36 weeks gestation
Insomnia	Coffee Cruda 200c	In morning & before bed	Calc Phos.
Anticipatory Anxiety	Gelsemium 30c	As needed	
Nausea Vomitting	Veratum Album 200c	As needed	Tabacum 200 , Ipecac 30 or Cocculus Indicus 30
Positive Group B Strep Test	Streptococcinum 200c + Hepar Sulph 200c	2x day	
Low Iron	Ferrum Phos 6x Kali Mur 6x	2x day	Usually due to lack of bio- available copper and magnesium
Braxton Hicks	Calc Carb 30 for 1st 7 months,	2x day	Pulsatilla 200 1D 7 months till end
Inflammation	Ferrum Phos 6x		
Prenatal	Calc Carb 200c	Every other Day	
High Blood Pressure	Aconite 200 Arnica 6c	2x day	
Pubis Ligament Pain/ Pubic Symphysis	Bellis 200 Hypericum 200	2x day or as needed	Calc Fluor for ligaments, Ruta for tendons
Voracious Appetite	Calcarea Phos 3x, Lycopodium 200c	2x day	
Blood Clots	Hammelis 200c Arnica 3c	2x day more if needed	
Varicose Veins/ Hemorrhoids	Hammelis 200c Arnica 3c	2x day	
Edema	Lycopodium 200c	2x day	Kali Mur 6x Hammelis 200c
Positive GBS	Hepar Sulp 200c Strepptococinum 200c	2xday	Arsenicum Alb if itching is present
Depression	Phosphoricum Acidum 200c	Every other day	

Breech Birth - Pulsatilla 200, twice daily. After week 35

PREGNANCY PROTOCOL

by Joette Calabrese

Week	Cell Salt
5 - 12	Calc Flor 6x, Mag. Phos 6x, Ferr Phos 6x,
13 - 16	Calc Flor 6x, Mag phos 6x, Nat. Mur 6x
17 - 20	Calc Flor 6x , Nat. Mur 6x, Silica 6x
21 - 24	Calc Flor 6x, Ferr Phos 6x, Silica 6x
25 - 28	Calc Flor 6x, Mag phos 6x, Ferr Phos 6x
29 – 32	Calc Flor 6x, Mag. Phos 6x, Nat. Mur 6x,
33 - 36	Calc Flor 6x, Nat Mur 6x, Silica 6x
37 - 40+	Calc Flor 6x, Ferr Phos 6x, Silica 6x

This prenatal plan is a nutritional gift you can give yourself and your baby using homeopathic cell salts. You may dissolve them all together in 4 ounces water and sip on three times daily, or put them under your tongue once a day.

You should use the last protocol (week 37 -40 +) for the duration of breastfeeding.

Actea Racemosa: This remedy may be given three or four months before delivery to ensure safe and delivery. It will help safe and painless delivery even if it is given a few days before the delivery. It also help to ensures living birth, but for this purpose it should be given thrice daily for six or seven months before delivery. It checks false labor pains also.

LABOR AND DELIVERY

Essential oils



In a study by the National Institute of Health, they took one hundred women in labor and focused on the effect of **Orange essential oil**. Doing a random blind study using diffused distilled water and diffused **Orange essential oil**, they found that those who had the Orange essential oil diffused in their room had lower levels of stress or anxiety during labor.

Stress is a massive indicator of how we will respond to pain. So it stands to reason that if stress is reduced, so will pain be. Pain management is among the core benefits of aromatherapy during labor. The modalities, herbal, essential oils, and homeopathy can be used at the same time with a couple of exceptions.

Tea Tree and Peppermint will antidote homeopathic remedies. Some of the most common oils used to achieve pain management during labor with aromatherapy are:

- <u>Clary Sage</u> A compress made with Clary Sage essential oil will give pain relief from contractions. Due to its antispasmodic and analgesic properties. Consider blending Clary Sage with other calming essential oils like Lavender oil or Geranium Oil to reduce tension and alleviate pain.
- **Jasmine** essential oil will help to reduce uterine pain and strengthen contractions to shorten labor.
- <u>Lavender</u> A recently published study investigated the effect of Lavender inhalation on the severity of labor pain and the duration of labor. The Lavender group inhaled diluted essential oil for three minutes at three different labor stages and experienced a **significant drop in pain levels.** For example, 9.6 to 7.6 at 9-10 cm dilation after the intervention. There was no effect on the duration of labor, suggesting that Lavender oil does not affect labor progression. https://www.ncbi.nlm.nih.gov/pubmed/27863615

A review of clinical trial data (see link above) found that when lavender is used during labor as aromatherapy, women reported less pain. Other studies have found that lavender can reduce pain, nausea, and dizziness after cesarean section, as well as pain, redness, and need for topical pain relief after episiotomy when used in a sitz bath.

Essential oils also may help women get better sleep. Many postpartum women have trouble sleeping due to stress. Research has shown that when people are well-rested, they're better able to manage pain and stress. A study using lavender fragrance was conducted with 158 mothers after delivery. Those in the first group inhaled lavender from a cotton ball for ten deep breaths and slept with it next to their pillow until morning four times a week for eight weeks. The second group did the same actions but with a placebo. At the end of the study, the sleep quality of the mothers who used lavender improved significantly.

<u>Labor Massage Oil</u>

https://freshmommyblog.com

You will need:

Fractionated Coconut Oil
15 Drops Clary Sage Essential Oil
10 Drops Lavender Essential Oil
5 Drops Ylang Ylang Essential Oil
Empty Essential Oil Bottle or Dropper Bottle

What to Do:

Add essential oils to the dropper bottle and top with fractionated coconut oil (**fractionated coconut oil** remains in its liquid form even at low temperatures). Clary Sage is an oil to avoid during pregnancy, but when it's time for labor, this oil can release oxytocin in the brain and help to trigger and stimulate contractions. The Lavender helps to ease tension and anxiety, while Ylang Ylang oil produces a calm and uplifting atmosphere. The combination of these oils rubbed on your abdomen and back during labor will help to calm you while keeping contractions going and stimulated. You can even replace the Lavender or Ylang Ylang with other oils that are calming if you prefer. Mix this one up and save it for those signs of labor starting!



LABOR & DELIVERY

Herbs

Would you like a faster delivery, that would also be so safe for your baby? Did you know that any drug that passes through your body affects your baby also? So using an epidural will make your baby groggy and less likely to nurse effectively immediately after birth.

Researching this portion has been a massive eye-opener for me. How I wish I had known about some of these natural modalities when my babies were born 40 years ago. I had 2 of my babies without any medication, but I am sure it would have been much faster and more comfortable with the following natural products.

Medications for labor can be a big help as far as pain relief. While you may still feel some sensations during contractions, most of the process is virtually pain-free. Although it may be easier for you to use pain medications, they can also always carry a risk of side effects for you and your baby. Pain medications may be transmitted to the baby, though this varies by medication type. What the mom puts into her system, the baby will experience, and the transmission may cause side effects in the baby. The following is a list of possible risks:

- Drowsiness
- Headaches
- Nausea
- Vomiting
- Low blood pressure (hypotension)
- Itchy skin
- Urinating difficulties
- Opioids can cause difficulty in breathing for a baby

Dates

Although not herbal, I wanted to include this great tip in my labor and delivery prep. According to research, it is concluded that the consumption of date fruit in the last four weeks before labor significantly reduced the need for induction and augmentation of labor, and produced a more favorable, but non-significant, delivery outcome. The results warrant a randomized controlled trial. https://www.ncbi.nlm.nih.gov/pubmed/21280989

It is generally noted that six dates per day beginning four weeks prior to the delivery date gives the best scenario.

Black Cohosh

Black Cohosh and Blue Cohosh are considered by many to be the best combo to have on hand. Black Cohosh is not only excellent as a herb for back labor, but it is also used to relieve muscle pain and cramping in the womb. Blue Cohosh is used to stimulate uterine contractions and to tone the uterus.

Blue Cohosh

Blue Cohosh can be used at any time during pregnancy that a threat of miscarriage occurs. Similarly, because of its anti-spasmodic action, it will ease false labor pains and dysmenorrhea. Blue Cohosh is used to stimulate uterine contractions and to tone the uterus.

"The practice of labor induction with blue cohosh remains a popular choice both among self-prescribers and obstetric professionals in the United States and abroad, with one large survey indicating widespread use among nurse-mid-wives". This, according to sciencedirect.com, may be the reason many midwives use it in the laboring process as it may speed up the contractions.

Shepard's Purse

Shepard's Purse has long been a number one recommendation for hemorrhage and excessive bleeding. It is a stiptic (Styptic **herbs** are astringent **herbs** that can be applied to the skin directly to the wound to stop the bleeding). herb that constricts blood vessels and tissue, lowering blood pressure and contracting the uterus. A 2017 study found that Shepherd's Purse is effective in reducing postpartum hemorrhages, which happens when women lose more than 500 milliliters of blood after giving birth. The Shepherd's Purse group had, on average, 76.9 mL of blood loss vs. 112.64 mL of blood loss in the placebo group. Reference: Ghalandari S, Kariman N, Sheikhan Z, et al. Effect of hydroalcoholic extract of Capsella bursa pastoris on early postpartum hemorrhage: A clinical trial study. J Altern Complement Med 2017;23 (10): 794-799

Motherwort

Motherwort_is often used for problems surrounding pregnancy, such as pain, postpartum depression, and stress before and after labor. Though it is not to be used until labor, Motherwort can ease early labor pains if they begin prematurely. Motherwort can also alleviate the restlessness, anxiety, tension, and insomnia some women experience during labor. After childbirth, it is given to help the uterus relax and return to normal.



LABOR & DELIVERY
Homeopathy

If you are supportive of homeopathic remedies in pregnancy, you will be delighted with what they can do for a more natural labor and delivery. According to Midwifery Supplies, "For decades, midwives have been recommending a regimen of Actea Racemosa, Arnica Montana, Caulophyllum Thalictroides, Gelsemium Sempervirens, and Pulsatilla in a 5C potency to be taken daily within the last month of pregnancy to help prepare the body to give birth."

The body is truly a marvelous instrument. With a good diet and a good regime of homeopathy, herbs and, essential oils, a mother can deliver a healthy, full-term baby with a minimum of discomfort.

As a doula, midwife, or a soon to be mother, I would strongly consider having a pregnancy, labor & delivery, and postpartum homeopathic kit. You can buy them online, or you can make up your own. As this part of motherhood is out of the realm of the Newborn Care Specialist, this information may still come in handy for general information with friends, family, and even to demonstrate to your clients that you have knowledge in the field of natural remedies.

Actea Racemosa: This remedy may be given three or four months before delivery to ensure safe and painless delivery. It will help safe and painless delivery even if it is given a few days before the delivery. It also ensures living birth, but for this purpose it should be given thrice daily for six or seven months before delivery. It checks false labor pains also.

Parts of the following homeopathic charts are gleaned from blogs, podcasts, videos produced by Joette Calabrese HMC, CCH, RSHom, (NA), a distinguished American homeopath, and her students. As stated before, please consult your healthcare provider before you utilize these charts.

LABOR AND DELIVERY

SYMPTOM	REMEDY	HOW OFTEN	IF FAILS TRY
Exhaustion, Weakness, Lethargy	Gelsemium 200c		Carbo veg
Weak/Erratic Contractions; Labor too long or stalled	Caulophyllum 30c or 200c alternate with Cimicifuga 200c	Every few hours until very much better	3 weeks prior to due date Caulophyllum 6c can be taken once a day; Gelsemium 200 if not working Kali Carbonicum
Painful Contractions with Irritability	Chamomilia 200c	As Needed	
Severe Hot Throbbing Pains with Need to Bear Down Before Its Time	Belladonna 200c	As Needed	
Fluid Loss From Bruising	China 6c	2x day	
Exhaustion from Fluid Loss	China 200c	2x day	
Dehydration	Natrum Muriaticum 6x Kali Phosphoricum 6x	Every hour until very much better	
Anxiety, Shock, Fear	Aconite 200c	As Needed	
Contractions too Fast	Aconite 200c	Every few hours until very much better	
Labor Onset	Mag Phos 6x	Every few hours until very much better	4 tablets in water sipped at one minute intervals or as needed
Fever	Ferrum Phos or Belladona 6x if over 104	Until the fever breaks	
Back Labor, Severe Pains in Back with Slow Contractions	Kali Carb 200c	Every 15 minutes or as needed	
Exhaustion Mental, Emotion and Physical, Nervous Exhaustion, Unable to Relax	Kali Phos 6x	As needed until relaxed	
Too Much/ Labor Very Long	Nux Vomica 200c	Until much better	
Puncture Wounds from Epidural	Ledum 200c	2x day until better	
Thirsty, Restless, Hot Irritable Want to be Alone	Ledum 200c	Until better	
"I Can't do it"/ Not Thirsty	Pulsatilla 200C	Until much better	
Giving up, Completely Irritable, Want to be Alone	Sepia 200C	Every few minutes until MB	

IMMEDIATELY AFTER DELIVERY

SYMPTOM	REMEDY	FREQUENCY	IF FAILSTRY
Hemorrhage	Phosphorus 200c Alternate With Arnica 200c China 6c (FLUID Loss)	Every few minutes until much better	Ipecacuanha When Faint, Gasping For Breath, Persistent Nausea; Pulsatilla 200c
Exhaustion Dizziness	Cocculus 200c	Every few minutes until much better	
After Pains Torn Perineum	Bellis Perennis 200c	Every few minutes until much better	
Tearing To Heal Tissue	Calendula 200c	2x day until much better	
Retained Placenta With Painful Urination	Cantharis 200c	Every few minutes until much better	Caulophyllum 200
Rentation Of Placenta From Atonic Conditions Of Uterus	Sabina 30c	Every few minutes until much better	Caulophyllum 200c
Retention Of Placenta Due To No Expulsive Action Everything Is Relaxed/Dark Offensive Green Lochia	Secale Cornutum 30c	Every few minutes until very much better	Caulophyllum 200
Nosebleeds/ Weakness And Headache	Ferrum Metallicum 30c	Every few minutes until very much better	
Burning Sore Urethra	Cantharis 200	Every couple hours or sooner until better	

Postpartum Depression

Homeopathic Remedy

Aurum metallicum

A homeopathic medicine that has a reputation for addressing the deepest imaginable depression and anxiety.

This state of mind can be triggered by a business reversal or disappointed love relationship, and may include anorexia nervosa, suicidal thoughts and fatigue. Yet it also touches the lives of those who have depression running in their family bloodline.

If both chronic fatigue and depression are found in the same person, this remedy will likely act in a most surprising way.

Aurum metallicum 200 is best taken every 2-3 days for a period of a few weeks and halted when the condition has much improved.

Postpartum Homeopathic Remedies

SYMPTOM	REMEDY	FREQUENCY	FAILEDTRY THIS
AFTER BIRTH - PAIN SORENESS	ARNICA 200C MAG PHOS 6X	2x Day	BELLIS VIBURNUM
JAUNDICE	CHELIDONIUM 6C	2x Day	
DEPRESSION	SEPIA 200C AURUM METALLICUM 200C IGNATIA 200C	Every 3 rd Day	
USE OF CATHETER UTI RESULT OF PENETRATION	STAPHYSAGRIA 200C	2x Day	
MASTITIS	PHYTOLACCA DECANDRA 200C BYRONIA 200C	3x Day or As Needed	
INFECTION	HYPERICUM 200C ARSENICUM 200C	3X Day	HEPAR SULPH 200 1EOD AURUM ARSENCIUM 6X 3- 4XD
DECREASED LIBIDO FROM HORMONE FLUCTATION	SEPIA 200C	1x Day	
AFTER BIRTH PAIN - VIOLENT IN SACRUM AND HIPS WITH SEVERE HEADACHE	HYPERICUM 200C	As Needed Until Much Better	

Resources for Pregnancy and Birth

The Nursing Mother's Herbal - It issues each herb a clear safety rating, and is also appropriate during pregnancy.

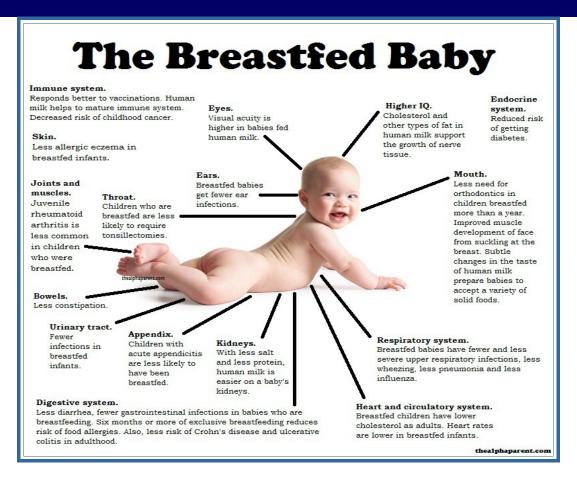
Conceiving Healthy Babies - An Herbal Guide to Support Preconception, Pregnancy, and Lactation - whether you're TTC (trying to conceive), pregnant, or nursing, Dawn Combs' is a lovely person and has a lovely book full of herbal advice on everything from fertility to kombucha to milk production.

Wise Woman Herbal for the Childbearing Year - Susun Weed's classic text covers pre-pregnancy through caring naturally for your infant child and offers plenty of anecdotal and traditional remedies for safe, easy, gentle use of herbs to nourish, tonify, and heal.

The Natural Pregnancy Book - Dr. Aviva Romm the author of basically the ultimate guide on herbs during pregnancy. She includes rituals for celebrating pregnancy, lots of nutritional strategies, and advice on common concerns during pregnancy such as pre-eclampsia, stretch marks, UTIs, fatigue, and morning sickness.

For a great website for pregnancy, labor and delivery remedies use the following:

https://remedyseeker.com/guide-to-homeopathy-for-pregnancy/



Breastfeeding is the most recommended form of nutrition for a newborn. It is supported by the AAP, encouraged by pediatricians and child experts, and is unequivocally the most miraculous food you can give a newborn. Your job as a Newborn Care Specialist is to support the mother in whatever decision she chooses to make, but also be a resource of information so that she can be well educated in her decision. Breastfeeding is the food of choice, and the following information can equip you with a well-rounded history of how breastfeeding works and also provide you with tips on how to assist the mother and baby during their breastfeeding relationship.

It has been proven that many natural modalities can help with breastfeeding. We are going to cover Herbs, Homeopathy, Essential Oils, Acupressure, and some home remedies that will help.

For Basic all around lactation support

Joette Calabrese HMC, CCH, RSHom, (NA) a distinguished American homeopath says "So as usual, I view breastfeeding from a homeopathic perspective, from which an important question to be posed is: how can we be certain that mother and baby are getting what they need?

A fine place to begin is with a cell salt. Cell salts are a nutrient-based category of homeopathy. One of our favorites is Calc. Fluor 6x because this cell salt supports bone growth, teeth and muscles of both mother and baby. It is advised that this remedy be employed throughout the entire pregnancy and all the way to weaning.

Another remedy of importance that I urge mothers to use for the length of their breastfeeding career is China. China3x is a grand remedy for any condition involving loss of fluids, so it is especially beneficial for the breastfeeding mother. It is reputed in India to offer the mom stamina during this most vital time in a mother and baby's life. Both remedies are generally taken twice daily throughout the entire breastfeeding career.

We strongly encourage the practice of breastfeeding as the best possible way to nourish your child. However, we understand this is not always practical or sometimes even possible. Our next best choice is homemade baby formula, and we suggest you go to WestAPrice.com for great recipes for formulas that are very close to breast milk.

Our next option would be an excellent organic formula. We would recommend that you research Designed by Nature Goat's Milk, Hipp or Holle Goat's Milk (European Formulas) or Baby's Only Nature's One (you can buy on most grocery store shelves). I choose Goat's milk because of the lesser degree of allergens, and it is much closer in properties to breastmilk than cow's milk formulas. These formulas are all organic. Organic formulas do not mean organic, so be very careful when you research and choose your baby's formula. The European formulas are safer than most U.S. Organic formulas, simply because the National Organic Program (NOP) guidelines have made there rules so lax that chemicals are now being allowed in all organics.

What's So Great About Breast Milk

- 1. One of the most amazing things is the ability of the mother's body to take the saliva from the baby that travels through the nipple and in that saliva is anything the baby has been exposed to over the last few hours. Mom's body takes the information and automatically makes the exact antibodies required to fight that illness or infection. Within the next hour, it is ready for a baby to drink.
- **2.** Research has shown that there are components in breast milk that can reduce inflammation, kill cancer, act as a painkiller. Breastmilk has stem cells that are being used to help with curing Alzheimer's. Breastmilk also has great hormones, such as oxytocin, that help with relaxing and the feeling of love.
- 3. Your **breast will regulate their temperature** to warm up or cool down your baby. If you have twins, each breast will act separately to warm up or cool down the specific child.
- 4. Breast milk is **made differently for boys vs. girls**. It may have a different composition based on the sex of the child. Researchers at Michigan State University and other institutions found that among 72 mothers in rural Kenya, women with sons generally gave richer milk (2.8 percent fat compared with 1.74 percent for daughters). Poor women, however, favored daughters with creamier milk (2.6 versus 2.3 percent). These findings, published in the American Journal of Physical Anthropology in September. The new study also follows findings that affluent, well-nourished moms in Massachusetts produced more energy-dense milk for male infants. https://www.scientificamerican.com/article/boys-and-girls-may-get-different-breast-milk/

LACTATION Sore Nipples

Sore nipples are generally the result of one of two things. First of all, keep in mind that whenever a baby is nursing, whether she is a first-time mommy or if this is her sixth baby, her nipples are going to be sore at the beginning. Her pregnancy body has prepared her nipples for breastfeeding as best it could. But the trauma of having a baby sucking on the nipple is going to produce soreness at the beginning.

The second option may be the baby is not positioned correctly. If this is continued, it could result in cracked and bleeding nipples, so you may want to access this situation before offering solutions.

Lanolin – This is a GMO product and is full of pesticides; there is no such thing as organic Lanolin; we caution you on using it. The FDA has approved Lanolin, but that does not mean it is safe. It can contain sweat, dirt, dust, pollen, fecal matter, and more. In addition, different sheep breeds create different consistencies of Lanolin with different makeups. Lanolin must first be purified before it can be used in any product. This refining process varies significantly between different companies, the chemicals used, and the degree of purity in the process. It should always be washed off the nipple thoroughly before a feed if used.

The following is a list of recipes that are 100% natural and organic that can be used as nipple cream to ease the pain of sore nipples. If you use a recipe with essential oil in it, I would advise that you wipe it off before babynurses. This would be the same for any purchased cream also, even if they say "safe for baby."

1. Simple Nipple Cream Recipe

http://modernalternativemama.com

I wanted to include a super simple recipe, and this one contains only three ingredients. Coconut oil should be organic, and it is eatable. It also protects against thrush and contains the same medium-chain fatty acids as breast milk. It is actually very good for the skin, as is cocoa butter if you get the organic brand. It will protect the nipples if they are sore, and beeswax ties it all together.

- 1 tsp. beeswax
- 2 tsp. cocoa butter
- 3 tsp. Coconut oil

Directions:

- Step 1: Measure all the oils and beeswax in a small saucepan.
- Step 2: Turn it on very low heat and let it melt.
- **Step 3**: Pour the melted butter into a small jar or tin. This makes one ounce.
- *Step 4*: Let it cool completely before putting on the lid.

To use, rub a small amount on your nipples as needed for soreness. These ingredients are safe and there is no need to wash it off before feeding baby.

2. Homemade Nipple Cream

https://www.thekitchn.com

4 tablespoons cocoa butter

2 tablespoons olive oil

2 tablespoons sweet almond oil

1 tablespoon coconut oil

2 drops lavender essential oil

Melt the cocoa butter in a small saucepan over low heat. Add in the olive oil, sweet almond oil, and coconut oil. Remove from heat once it's all melted and stir to combine. Gently stir in the lavender oil. Pour into a container and store at room temperature

3.. Homemade Nipple Oil or Cream

https://naturallivingfamily.com/homemade-nipple-cream/

For Infused Oil

- 1 cup organic olive oil
- ½ cup calendula flowers
- optional ½ cup chamomile flowers

For Cream

- ½ cup infused oil
- ½ cup organic cocoa butter
- 8 drops essential oils suggestions: lavender essential oil, chamomile essential oil

Instructions

- **1.** Use a double boiler, or make one by setting a glass jar or measuring cup in a medium pot with 1-2 inches of water. Bring the water to boiling then turn down to med/med-high.
- **2.** Make the infused oil by putting the olive oil and flowers into a double boiler and letting it heat on low for several hours. You should see the oil slightly change color and take on the smell of the herbs.
- **3.** Strain the flower pieces out of the oil.
- **4.** Melt together the infused oil and cocoa butter. If using, melt the beeswax also.
- **5.** When melted, remove from heat and add essential oil.
- **6.** Store the cream in a sterilized glass jar. It should last for up to 6 months if not sitting in sunlight.
- **7.** Apply a thin layer to your dry nipples and areola between feedings.
- **8.** For even more soothing benefits, cool the cream in your refrigerator before applying it.

Tips:

- **1.** To have a super smooth balm, just use the infused oil.
- **2.** For a soft balm mix equal parts infused oil with cocoa butter.
- **3.** A harder balm can be made by adding more cocoa butter or (if your baby is a bit older) unbleached beeswax. For the beeswax try half the amount of oil you started with and adjust from there to your liking.

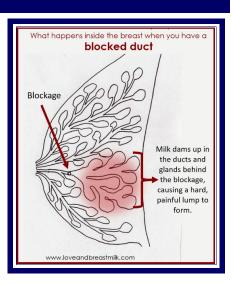
Here are some suggestions of essential oils you can use diluted in a carrier oil or in the homemade nipple cream.

- Clary Sage to start production (you may start at 36-38 weeks pregnant and **stop** this mixture after birth)
- Chamomile, Lavender, Geranium & Tea Tree for comfort and soothing
- Fennel, Basil & Lavender to increase production
- Sage to decrease production
- Lavender, Tea Tree, Patchouli, Orange to stop or prevent mastitis

LACTATION Plugged Milk Ducts

Preventing Plugged Ducts From Recurring

Studies have shown that taking a tablespoon a day of oral granular Sunflower lecithin from a non-GMO source or a 1,200 mg lecithin capsule three to four times a day is helpful in preventing and treating plugged milk ducts. Lecithin thins out the breast milk, so it does not thicken and clump in the breast.



Natural Remedy for Blocked or Clogged Milk Duct

- 1. Take a hot shower; it will relax, make it easier for the milk to flow, and then massage breast tissue.
- **2.** Studies have shown that taking a tablespoon a day of oral granular Sunflower lecithin from a non-GMO source or a 1,200 mg lecithin capsule three to four times a day is helpful in preventing and treating plugged milk ducts. Lecithin thins out the breast milk, so it does not thicken and clump in the breast.
- **3.** Take a hot shower; it will relax, make it easier for the milk to flow, and then massage breast tissue.
- **4.** Make a Lavender tea tincture. Take four Lavender tea bags and put them into two cups of hot water. Let it steep for 10-15 minutes. Soak a washcloth or paper towel in tea mixture and apply the wet cloth to breasts. (You can also apply the used tea bags to breast tissue.) Let it sit for 10-15 minutes. If you don't have Lavender tea, you can use real aloe vera instead. You can massage the aloe into your breast.
- **5.** Oat Straw Infusion* this is the herb for 'Mothering the mother.' For nursing mamas, Oat Straw is like the doula of herbs. Mixed with Echinacea at the first sign of an infection can ward off mastitis or clogged milk duct.
- **6.** Use organic coconut oil and massage the entire breast using the palm of your hand and firmly pressing from the armpit to the nipple. Focus on the clogged duct. This also works very well on cracked nipples. Please remember that if you have cracked nipples, your positioning of the baby may need to be adjusted. This cream will soften the nipple area.
- **7.** After you have massaged the coconut oil into the breast, you should grate some organic potatoes and apply them to the breast. Put a bra on that you do not care about, to hold the potatoes will stay in place. Leave on at last one hour. Replace when needed.
- *To make an herbal infusion, place one ounce (about a cup) of dried herb into a quart mason jar. Fill it with boiling water, put a lid on it, and let it steep for 4-8 hours. Strain out the herb and enjoy one or more cups of the liquid daily. Infusions are delicious warm or cold and can be sweetened with honey or any other natural sweetener. They keep for 2-3 days in the refrigerator.
- Please note that the same remedies can be used for mastitis and clogged milk ducts.

Please note that the same remedies can be used for mastitis and clogged milk ducts.

Homeopathic Remedies for Clogged Milk Ducts and/or Mastitis

Belladonna 30c

Belladonna has a picture that includes a fever. The breast will be very red, painful, and swollen. The pain will be deep pain and will be even more so if mom is moved.

If the mother fits this description, she should take Belladonna 30 every 3 – 5 hours. As soon as she sees significant improvement, she should stop the remedy. If, after five doses, there is no improvement, she should stop the remedy, and try one of the following remedies:

Phytolacca 30c

This homeopathic remedy stimulates the lymph system and can help to fight inflammation and infection. This is used more for clogged milk ducts. You would use it the same as above. One dose every 3 – 5 hours, stopping when significant improvement occurs.

Hepar Sulph 6c

It can be added to one of the above to help with the healing. You would take it in-between the other remedy. This method will not only help with either Mastitis or Clogged Milk Ducts, but it may also help the initial cause.

LACTATION Mastitis

Mastitis means that the breast is inflamed, and there is swelling, redness, tenderness, and pain.

Signs Of Mastitis

- **Part of or the entire breast** is intensely painful, hot, tender, red, and swollen. Some mothers can pinpoint a specific area of inflammation, while at other times, the entire breast is tender.
- Mom feels tired, run-down, achy, has chills, or flu-like symptoms. A breastfeeding mother who thinks she has the flu probably has Mastitis. Mothers with Mastitis will sometimes experience these flu-like symptoms, even before they get a fever or notice breast tenderness.
- Has chills or feels feverish, or **temperature is 101° or highe**r. These symptoms suggest that you have an infection.
- **Feeling progressively worse**, breasts are growing more tender, and fever is becoming more pronounced. With simple engorgement, plugged duct, or Mastitis without infection, you gradually feel better instead of worse
- **Recent events have set mom up** for Mastitis: Cracked or bleeding nipples, stress or getting run down, missed feedings or longer intervals between feedings.

Preventing Mastitis

- There are situations that can set you up for Mastitis, such as forgetting to pump or not emptying the breast. Avoiding these situations will help to prevent Mastitis.
- Relieve engorgement promptly. Milk that doesn't flow, it gets thicker and clogs the ducts, which is a set-up for Mastitis.
- Breastfeed frequently
- Boost your **immune system with proper nutrition**. Sleep without a bra. At other times, wear a looser fitting bra that does not put pressure on the affected area. Or, if possible, go without a bra.
- **Don't quit nursing at this point.** Weaning increases the risk of a breast infection, turning into a breast abscess that requires surgical draining. Continuing to nurse baby is the best treatment for engorgement, Mastitis, and breast infections.
- If the baby refuses to nurse on the affected breast, it may be because inflammation of the milk glands increases the sodium content of your milk, giving it a salty taste. Most babies either don't notice or don't care. Milk will soon return to its usual taste.

Homeopathy for Mastitis

Belladonna 30c Belladonna is the remedy to think of when the breast is *very* red, hot, deeply painful (particularly

when mom is jarred), and swollen. It can even be shiny from swelling. It may be accompanied by fever as well. If this fits the description, Belladonna 30 is taken every 3-5 hours (4 pills or whatever is considered a dose on the bottle). As with most homeopathic remedies for acute situations, the remedy is stopped as soon as significant improvement is seen.

<u>Phytolacca</u> <u>30c</u> If no improvement is noted after five doses, it's time to consider another remedy. If the symptoms are not as angry and extreme, then Phytolacca 30 is likely the right choice. Phytolacca would be used in the same fashion as above. That is every 3-4 hours until improvement. Again, it should be noted that once the remedy has acted fully, it should be stopped.

<u>Hepar sulph 6c</u> Regardless of the symptoms, Hepar Sulph 6 has a history of aiding the healing of Mastitis if integrated into the schedule of either of the two other remedies twice daily. That means it would be taken every 3-4 hours but on the off hours from the other single chosen remedy. Not only has this method been shown to address even the most painful of breast infections, but it may also uproot the propensity for another infection to ensue.

Herbs:

Try a few drops of <u>poke root extract</u> or <u>calendula extract</u> in a cupful of hot water and use a cloth to create a comforting compress to apply to your breast for a few minutes at a time. Sore breasts that hold residual discomfort in them even after the clogged milk duct is history can really benefit from a gentle massage with one of these oils every few hours.

LACTATION Increasing Milk Supply

One thing we have learned about the breast and milk supply is that you must keep the breast empty, or it will not do its job producing. The breast works on a supply and demand basis. If there is no demand, there is no supply.

To Increase Milk Production Naturally

- **1.** We have learned that with the breast and milk supply that you must keep the breast empty, or it will not do its job producing. The breast works on a supply and demand basis. If there is no demand, there is no supply.
- **2.** If you feel the baby has not emptied both breasts, you need to pump the breast dry. If you have a baby who is emptying both breasts and is still hungry, we would suggest pumping at the 90-minute mark for 15 minutes to encourage the breast to produce more.
- **3.** Red Raspberry Leaf **i**ts high nutritive content makes for top-notch breast milk. Use Red Raspberry in the tea form only for breast milk as the tincture does not seem to be as effective.
- **4.** According to Breastfeeding Inc., Fenugreek and Blessed Thistle are two herbs that work exceptionally well with the production of breast milk. https://www.breastfeedinginc.ca/informations/herbal-remedies-for-milk-supply/

Fenugreek: 3 capsules 3 times a day

Blessed Thistle: 3 capsules 3 times a day, or 20 drops of the tincture 3 times a day

- In my experience, Fenugreek does not work well on its own. Some people use Fenugreek and Blessed Thistle together. If this works, you will know within a day of beginning it. This combination works best at the beginning of nursing.
- I have found that although you must have the two of these herbs, you also need to have other herbs in the mixture for it to work correctly. I would look at Fennel, Organic Shatavari, Organic Milk Thistle, and Organic Marshmallow to add for an additional push.
- There is a lot of controversy on using Fenugreek alone, and for some moms, it works well. Fenugreek is also sold using Thyme. This is not recommended.
- If you take Fenugreek alone, here are some things to remember. Fenugreek has a smell that resembles maple syrup. You will know you have had enough when your skin and urine begin to smell like something you would pour over waffles. Generally, two 610 mg. tablets three times a day. If you cannot smell it on your skin up that to three tablets three times a day. To be sure the Fenugreek is fresh, you should be able to smell the maple syrup odor when you open the container.

Power Pumping

Power pumping is a great way to increase breast milk production, which is relatively quick and easy to do. It involves pumping but in a slightly different way. The idea is to suggest to the breast that it is not doing its job, and production has to pick up. A baby in a growth spurt may also emulate this activity. So mom would breastfeed the baby when the baby is satisfied she would wait 10 minutes and pump 10 minutes and rest again for 10 minutes and pump for 10 minutes. Do this for an hour. If you have a significant breast milk production issue, you can do it once a day. You would continue to do your regular pumping for the remainder of the day. Look for changes to milk production after a week of power pumping. Many times it will happen faster.

If you have a client who would rather do it on the weekend, she can power pump after every pumping session for a couple of days. On the third day, she would return to her regular routine.

Other Herbal Treatments that have been used to increase milk supply are:

- Alfalfa
- Fennel
- Milk thistle
- Marshmallow
- Spirulina
- Goat's rue
- Raspberry leaf
- Brewer's yeast
- Stinging nettle
- Shatavari

Lactation Teas are very iffy. You would have to consume a large amount of tea for it to affect your milk production. Although they may be worth the try, do not expect too much.

I wanted to add the formula's that I would recommend if Mom cannot breastfeed. These are the only truly organic formulas.

Homeopathy many women also have great success with twice a day. Cinchona officinalis 200 (China 200)

Organic Formula (Store Bought)

(We prefer Goat's milk-based in each of the following although the dairy formula is also impressive)

- · Designed by Nature
- · Baby's Only Nature's One
- ·Hipp
- · Holle



LACTATION Gas Producing Foods To Avoid For Nursing Moms

This list applies only to moms whose babies are showing signs of digestion, gas, constipation, diarrhea or reflux issues.

Homeopathic Remedy for Reflux or Digestive Issues:

<u>Aethusa Cynapium:</u> This is for children and babies who cannot digest or tolerate milk. Symptoms may include diarrhea, spitting up, vomiting, sleepiness. This is also a great remedy for babies who seemingly are not able to tolerate breast milk. We would try this remedy before changing the client's diet.

Foods to consider removing

Vegetables

Broccoli Green Peppers
Cabbage Brussels Sprouts

Cauliflower Tomato
Tomato Juice Corn
Cucumber Turnips
Garlic Rhubarb

Green Peppers

Kale and lettuce (salad is one of the big offenders) Spinach seems to be fine.

Fruits

Apple (especially peels)

Bananas (can cause constipation)

Citrus fruits: strawberries or berries especially

Figs Coconut

Drinks

Dairy of any kind is a huge offender (lactose intolerance can provoke reflux in some babies)

Coffee (even decaffeinated)

Tea - Kombuca

Carbonated drinks

Caffeinated drinks

Miscellaneous

Beans

Tofu (in large quantities)

Fatty or Fried Foods (fats take longer to digest)

Gluten

Vinegar

Chocolate

Honey

Black pepper

Creamy food such as gravy, etc. (basically anything with a high fat content)

Chili powder

Oats (rolled oats are OK)

Food that may help

- Eating oatmeal daily oatmeal has been known to cause gas, so watch the newborn's gassy issues.
- Garlic in moderation be careful with garlic as it can adversely affect your nursing newborn.
- Ginger in moderation
- Lactation cookies It has been suggested that you can take any recipe or ready to bake cookie mix and add brewer's yeast for a nutritious lactation cookie.

The following are some great lactation cookie recipes:

Lactation Cookie Recipe

http://www.geniuskitchen.com

- 1 cup firmly packed brown sugar
- 4 tablespoons water
- 2 tablespoons flax seed meal_
- 2 eggs
- 1 tsp. vanilla
- 3 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 cups oats
- 1 cup chocolate chips
- 2 -4 tablespoons brewer's years

Directions

- 1. Preheat oven to 350°.
- **2.** Mix the flax seed meal and water and let sit for 3-5 minutes.
- 3. Beat butter, sugar, and brown sugar well.
- 4. Add eggs and mix well.
- **5.** Add flax seed mix and vanilla, beat well.
- 6. Sift together flour, brewers yeast, baking soda, and salt.
- **7.** Add dry ingredients to butter mix.
- **8.** Stir in oats and chips.
- 9. Scoop onto baking sheet.
- 10. Bake for 12 minutes.
- **11.**Let set for a couple minutes then remove from tray.

These cookies will soften if stored in an airtight container at room temperature, so I recommend storing them in the fridge or freezer for best texture and shelf life. Or, you can store them on a plate at room temperature for a couple of days.

Vegan Lactation Cookies (Gluten-free)

Calories: 185 kcal Author: Detoxinista.com Prep Time 10 mins Cook Time 10 mins Total Time 20 mins

Ingredients

- 2 cups old fashioned oats*
- 4 tablespoons ground flax seeds
- 1/2 cup water
- 6 tablespoons coconut oil
- 1 cup coconut sugar
- 1/4 cup debittered brewer's yeast*
- 1 teaspoon vanilla
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/2 cup old fashioned oats
- 2/3 cup dark chocolate chips (optional)

Instructions

- **1.** Preheat the oven to 350F and line a baking sheet with parchment paper. Pour the 2 cups of oats into a blender, and process them into a fine flour. (Don't take the blender lid off right away-- set the blender aside while the flour settles.)
- **2.** In a large bowl combine the ground flax seeds with the water, and stir well to mix. Add in the coconut oil, coconut sugar, debittered brewer's yeast, vanilla, baking soda, and salt, and stir again until well combined. Gradually stir in the oat flour until a dough is formed, then fold in the 1/2 cup of oats and dark chocolate chips.
- **3.** Drop the dough by heaping tablespoons onto the lined baking sheet, then use your fingers to flatten the

cookies.

- **4.** Bake at 350F for 10-12 minutes, until the cookies are lightly golden around the edges. I prefer mine baked for 10 minutes, so that they are crisp around the edges, but still nice and soft in the center, but they will firm up more the longer you bake them. Allow the cookies to cool on the baking sheet for 10 minutes, then transfer them to a wire rack to cool completely.
- **5.** These cookies will soften if stored in an airtight container at room temperature, so I recommend storing them in the fridge or freezer for best texture and shelf life. Or, you can store them on a plate at room temperature for a couple of days.

Dairy Free Lactation Cookies

Ingredients

- 1-1/2 cups old fashioned rolled oats (NOT quick cooking oats)
- 3/4 cup all purpose flour
- 3 tablespoons brewers yeast
- 1 tablespoon ground flax seed
- 1 tablespoon ground hemp seed
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup virgin coconut oil, room temperature (not melted)
- 1/2 cup granulated sugar
- 1/4 cup light brown sugar
- 1 egg
- 1 teaspoon pure vanilla extract
- 3/4 cup dairy free semi-sweet chocolate chips (I prefer Trader Joe's or Kirkland brands, both are dairy free)

Instructions

Preheat oven to 350 degrees with the oven rack in the upper and lower third. Line 2 baking sheets with parchment paper.

- **1.** In a medium size bowl, combine the oats, flour, brewers yeast, flax seed, hemp seed, baking soda, baking powder and salt. Stir to combine. Set aside.
- **2.** Using your stand mixer (or in a large bowl with a hand mixer) beat the coconut oil, granulated sugar and brown sugar over medium high until light and fluffy, about 3 minutes. Add the egg and vanilla extract. Beat another minute until combined. Turn the speed down to low, and slowly add the dry ingredients. Beat until combined. Add the chocolate chips and beat briefly until just combined.
- **3.** Using a medium size cookie scoop (1.5 tablespoons), scoop the cookie dough onto the cookie sheets, 12 per sheet. Will make exactly 24 cookies. No need to chill the dough.
- **4.** Ba

NEWBORN CARE

Bathing Baby



PRODUCTS TO USE ON BABY'S SKIN

We recommend only organic products. We want to caution you on organic products as you still need to read the ingredients list. When a product says it is 100% organic, it must be genuinely organic. Nothing else is permitted, no additives or ingredients. If a product is labeled organic, it must be 95% of organically produced ingredients. Products labeled as "100% organic" must contain only organically produced ingredients and processing aids, excluding water and salt. No other ingredients or additives are permitted. Products labeled "organic" must contain at least 95% organically produced ingredients (excluding water and salt). Here is where it can get tricky if it says "made with organic ingredients" it only has to be 70% organic. This means that 30% of the ingredients do not have to be organic and can be anything the manufacturer desires.

Skin is the largest organ in the human body. Applying anything on the skin, you are putting it directly into your system, including your liver, heart, lungs, and brain. We will into that more in the section devoted to chemicals and their dangers.

African Shea Butter is one of the purest and best products for not only a baby but for you. It is relatively inexpensive and can be found on Amazon.com. If the baby you are caring for is of the ethnicity that has curly hair, this product is impressive. REAL African Shea Butter Pure Raw Unrefined From Ghana https://www.amazon.com/African-Butter-Unrefined-Ghana-CONTAINER/dp/B00987FWHW/ref=sr 1 2? dchild=1&keywords=African+Shea+Butter&gid=1585756010&sr=8-2

NEWBORN CARE

Candida Infection

Thrush or Candida is a yeast infection. It may be challenging to treat breastfeeding mothers as the infection gets passed back and forth from mother to baby. It is essential that both the mother and baby be treated simultaneously to reduce the threat of passing it back and forth.

In a baby's mouth, it appears as thick white milk or yogurt on the baby's tongue. On the mother, it appears as dry flaky or cracked skin on the nipples. Nursing will be very painful for the mother.

TIP from breast-feeding mom: We kept it from spreading by using a nipple guard and coconut oil. Since it is typically passed back and forth between mom and baby, the nipple guard could help with that. And the coconut oil just feels really good on sore nipples! Plus it will help kill off the thrush in both mommy and baby. Sherry

Natural Remedies

Apple Cider Vinegar

Yeast cannot live in vinegar. After each nursing episode, wash the nipples in a 50/50 solution of cider vinegar and water. Keeping a bottle at the bedside with cotton balls will make this easier to do. Rub the baby's tongue with the 50/50 solution using gauze, Q-tip, or toothbrush –BE CAREFUL NOT TO SCRUB as this will cause pain to the baby.

Borax

This is the first remedy to think of, especially for breastfed babies. The baby's mouth might feel hot while feeding. The area will be very sensitive as the baby may refuse to feed. 200c potency, single dose. It should be gone within 48 hours.

Kali Mur

Give this remedy at the onset of symptoms when the baby's tongue is becoming white and coated, and there are no other strong symptoms. 200C

Yogurt

Eat plenty of organic unsweetened yogurt with live bacteria. These healthy bacteria will prevent the yeast from spreading in your body.

Acidophilus

Be sure to get organic plain yogurt. It is safe to be ingested, so do not clean it off.

<u>Wash and change your bra</u> frequently to avoid lingering infections. These garments should be washed separately with hot soapy water. It may also be helpful to use disposable nursing pads at this time.

Avoid sugar and sweets. Yeast thrives on sugar.

Use Baking Soda wash

Try using soft paper towels (such as Viva), cotton flannel or cotton fabric, and inexpensive washcloths soaked in a solution of 2 tablespoons of baking soda and four cups lukewarm water. Use this mixture every time you change. your baby's diaper. This will aid in the removal of the burning pain. You can also put this in a spray bottle.

Baby Wipe Alternatives

Use soft paper towels (such as Viva), cotton flannel or cotton fabric, or inexpensive washcloths

- 13/4 c boiling water
- 1 tbsp aloe Vera
- 1 tsp liquid Castile soap
- 2 capsules of vitamin e
- 1 tsp olive oil

Let the mixture cool. Place baby washcloths in Rubbermaid bin and then pour the liquid over cloths. They'll absorb in 5-10 min.

Hint: Powdered probiotics_made into a paste and applied to breast, before and after each nursing session, are effective in curbing thrush.

Homeopathic Tip: *Merc sol 200 and Kali Mur 3x or 6x - 2 times a day. Merc Sol can be used every 3 hrs. Borox 30c every three hours or three times a day.*

Homeopathic Remedies

Borax

This is the first remedy to think of, especially for breastfed babies. The baby's mouth might feel hot while feeding. The area will be very sensitive as the baby may refuse to feed. 200c potency, single dose. It should be gone within 48 hours. 30C every 3 hours or 3 times a day is also good.

Kali Mur

Give this remedy at the onset of symptoms when the baby's tongue is becoming white and coated, and there are no other strong symptoms. 200C once a day until much better. If you do not have the 200c 3 or 6x two times a day will work

Mercurius

The baby requiring this remedy will probably be drooling and have developed canker sores in the mouth and on the tongue, which will be coated. 30c

Other Natural Remedies

<u>Gentian Violet:</u> This is an anti-fungal/antiseptic remedy that is effective for the pain of the nipples if they are cracked or bleeding. You may use this remedy for seven days only. The pain should be gone by the 4th day, but if not, you may continue until the 7th day. If you pick up Gentian violet in the 2% solution, it needs to be diluted to 1% (add water). You do not want skin irritation to occur. You may also use it in the baby's mouth or on their bottom.

Apply a small amount once a day to the baby's mouth, but be aware that the overuse of gentian violet may irritate the sensitive oral mucus membranes of the baby's mouth. Apply Gellee to baby's lips before using the gentian violet to avoid purple stains. We suggest you use this remedy sparingly, and for as little time as possible.

- **Dietary changes**: Eliminating sugar from your diet, along with gluten and or dairy, may make a big difference in your healing process.
- If your baby has thrush, but your nipples are not yet sore, apply the prescribed remedy to the baby's mouth just before feeding so that your nipples get the preventive benefit of the medication as well.
- Candida is extremely painful and will make nursing difficult. Be aware of the latch and take great care in easing baby off the breast. It can be very easy to injure the breast when it is already fighting an infection.
- Candida can be active for weeks, so use whatever remedy you are using for a couple of weeks after the infection 'seems' to be gone.
- Colloidal Silver is suggested as a great natural cure.

Fight Yeast Cream

1 TB of raw apple cider vinegar 1 cup distilled water Raw coconut oil Powdered infant probiotics

Directions:

Mix 1 cup of distilled water with 1 TB of raw apple cider vinegar in a squeeze bottle.

Below are three alternate ways to use the above recipe.

- **1.** After each feeding, squirt a cotton ball or a small piece of cloth with your vinegar solution and apply it to nipple and areola. This will kill any harmful bacteria or yeast as well as clean your nipple area.
- **2.** Apply a small amount (~ 1/4 tsp.) of your raw coconut oil to your breast. NOTE: If you live in a warm climate, keep your coconut oil refrigerated, so it is a solid rather than liquid oil.
- **3.** Pour a small amount of probiotic powder into the palm of your hand. (Be sure your hands are clean!) and sprinkle the probiotic directly on your sore nipples. The coconut oil will catch the powder and keep it adhered to your breast. You could also make a paste by mixing 1 TB of firm coconut oil with 1 tsp of probiotic powder and apply that way.

NEWBORN CARE

Circumcision Care

A circumcision is the removal of the normal male foreskin. Tenderness and red around the incision should be minimal by the third day. The scab around the incision usually comes off between the 5th and 10th day.

- **1.** Squeeze Waxelene Soothing Botanical Jelly (Vaseline substitute) out of the tube (not touched by you) directly onto the head of the penis.
- **2.** Set a 1" square of gauze on top of the penis.
- **3.** Use this procedure for 4 to 7 days with every diaper change, until there is no more oozing and the penis looks healthy and pink.
- **4.** If the baby had the circumcision done by a Mohel, he would give you instructions on the circumcision care.

Natural Remedies

- 1. Rescue Remedy® is a Bach Flower remedy that works very well for any distress. Rescue Remedy can be safely given to the parents and the baby before or after the procedure. You will dilute Rescue Remedy in about a teaspoon of water using a few drops and give by the teaspoon, or in the baby's case, you can put it in the medicine pacifier or syringe. You may also use it undiluted and put a couple of drops on the forehead or rub on the bottom of the feet for the baby. Rescue Remedy is a safe remedy for any age.
- **2. Calendula** comes in the cream, oil, or ointment and is a great healer. Calendula can be used instead of Vaseline.
- **3.** Use **Wexlene or Gelee (organic and GMO-free) i**nstead of Vaseline, which is a petrolatum product.

Homeopathy is excellent for circumcision care

- 1. <u>Arnica Montana</u>(Arnica) is for injuries that include bumps, bruising, cuts, breaks, strains, sprain, swelling, or any injury received. It may be used immediately after the circumcision to stop swelling. You can give a 30c every hour for six times. This should stop the swelling. Please keep it in your purse for quick access for yourself and your family.
- 2. <u>Hypericum</u> is used for injury to parts of the body rich in nerve endings. For anyone who has pain that is associated with the nerve endings, this would be the remedy. Give 30C to the baby immediately after the circumcision if the baby is crying in pain. This should calm him down. You may repeat if he seems to be in pain again later. You should only have to do this one or two times.

NEWBORN CARE Colds

Herbs

Chamomile tea used in the dilution of one teaspoon in four ounces of formula or breastmilk can help the baby sleep and relax.

A warm bath in **Chamomile**, **Lavender**, and **Rosemary** will calm a restless baby.

Homeopathy

<u>Aconite:</u> For any cold that comes on suddenly, often with a fever, restlessness, and thirst. It's generally only effective, at the onset of symptoms, in the first 24 hours. This is always the first remedy I take when I feel a cold coming on. 200C once a day. Two times a day, if severe.

<u>Calcarea carb</u> A person needing this remedy typically sweats while sleeping, particularly on the back of the head and neck. In fact, they may sweat so much they soak the sheet they are lying on. Babies who need this remedy often sweat from the head while breast-feeding – this is a good clue. The nose may be running or completely stopped – making nose breathing difficult, and this symptom may be worse at night. The mucus discharge is typically whitishyellow.

<u>Chamomilla:</u> This child is restless and wants to be carried. One should think of this remedy when the child seems excessively restless and ill-tempered and can only be quieted when being carried. If the cold seems to be related to teething and the mood is very demanding, and the child is hard to please, this is the remedy. The child may also have a runny nose with a watery discharge. The symptoms are often worse at night. If they are feverish – they may have one hot, red cheek and one pale. There may be loose, greenish stools and more thirst than usual.

<u>Nux Vomica</u>: This baby will be cranky. They wake up in the morning, coughing and/or sneezing. Their nose is blocked and runny at the same time.

Pulsatilla: During the day, the cold seems to be better but worse in the evening. The discharge from the nose will be yellow or yellow-green. The nose may be obstructed with thick and crusty mucus.

<u>Sambucus Nigra:</u> This baby will have a dry nose that is completely obstructed. If you are breastfeeding, it will be very noticeable, as the child will be unable to nurse. The mucus that can be discharged tends to be very thick and tenacious.

Acupressure

Large intestine 4 helps with congestion

Lung 7 helps with upper respiratory tract infection



How to Use a Vaporizer

There are times when it is very apparent that a little one is having breathing issues; his breathing may be impeded by congestion and eating. You may be able to tell just from the sound of the in and out of breathing, and you need to take action. You may consider a vaporizer.

The **cool mist vaporizer** has been the favorite for many years but is now coming under scrutiny for the impurities it can deliver into the air. Studies have revealed that although it produces clean air, as it does kill the bacteria and mold, it does not provide safe air. The minute impurities in mineral-laden tap water, such as asbestos, lead, and other minerals, can be breathed into airways and irritate rather than help the breathing passages. This can be eliminated by using only distilled water in these machines or buying an ultrasonic humidifier with built-in particle filters.

The old fashion **hot mist vaporizers** seem to be the favorite among specialists as the water is boiled and the steam produces a mist that kills bacteria and mold. You can tell when you clean it; the minerals do not leave the machine. The hot mist seems to work better than the cool mist to deliver moisture to the affected area. Cool is always good for inflammation. So really, it is up to the parents.

Caution: Use caution with older siblings and mobile babies. Steam can burn a child severely.

Rules To Using The Vaporizer

- Clean them once a week using two cups of apple cider vinegar to a gallon of water, rinse well after cleaning.
- Change the water daily.
- Use only distilled water.
- Place the Vaporizer approximately two feet from the baby aiming the mist at the baby's nose.

If you need to **break up of congestion** in a hurry and do not have a vaporizer, you may use the shower in the bathroom to get the steam. DO NOT put the baby in the shower. It will be too hot. Sit on the toilet with the baby. If a cold lasts more than five days and is not getting better, see the Doctor or health care provider. If the baby is less than six weeks old, have the baby checked at the first sign of a cold.

Nasal Discharge

- If the discharge from the baby's nose is clear, there is no problem. This is normal when the baby has a cold or is teething. Treat it as such.
- If the discharge is yellow or green and thick, and the baby has a fever, it is the sign of an infection. If it does

not clear up within a day or two, you need to consult your Doctor. Use homeopathic **Pulsatilla** 30x or 9c for this baby. One dose, three times a day for three days.

Whooping Cough:

<u>Aconitum Napellus 30c</u> between barks of seal-like coughing. Dose again if needed. Take him to a steamy bathroom until the remedy takes hold. "Joette Calabrese" One dose weekly of a 30c dilution of homeopathic Pertussinum and a 6c dilution of homeopathic Drosera 3 times daily.

Whooping Cough Alleviated by Homeopathic Medicines: A Case Report. https://www.ncbi.nlm.nih.gov/pubmed/28987075

For an entire list of homeopathic remedies for Whooping Cough, please see https://www.homeopathycenter.org/whooping-cough

NEWBORN CARE

Colic usually affects babies in the first few weeks of their lives but generally goes after about four months. Crying can be intense and furious, and it may last for several hours a day over a few weeks. Although crying can occur at any time, it usually gets worse in the late afternoon and evening and can affect your baby's sleep.

If a baby cries inconsolably for long periods every day, particularly at the same time each day, but is happy, healthy, and alert at all other times, it is suggested that he may have colic. Colic occurs only in newborn babies up to about four to five months of age. Colic generally begins any time after two weeks.

The official definition is: our current definition of colic in the "rule of 3's"—crying that lasts more than three hours a day, more than three days a week, or more than three weeks. According to Dr. Karp, there are four main theories of the cause of colic: gastrointestinal disorders, maternal anxiety, difficult temperament, and brain immaturity.

Although colic isn't thought to be due to pain, your baby may look uncomfortable or appear to be in pain. Babies may arch their backs, draw up their legs to their tummy, become red in the face, and pass wind.

GI disorders

Two categories are considered GI disorders: minor problems like gas, cramping, swallowed air, overfeeding, major problems such as food intolerance, and reflux.

Minor GI problems

It is very interesting to us that colic does not begin until the two weeks of life (adjusted), so a premature baby does not have colic until they reach the two weeks adjusted age. Colic generally ends at three months. However, let's take a look at baby gas. It begins at birth and generally lasts a lifetime. Colic generally occurs in the evening, or late afternoon, however, babies have gas all day long. Although gas happens with every baby, in some cultures, colic is nonexistent.

Some want to attribute colic to swallowed air. However, radiographs of colicky babies show that there was more air in their GI tract when they had finished crying than when they began. And gas drops have been proven to have no effect, as shown in a double-blind controlled study. Danielsson B, Hwang CP: Treatment of infantile colic with surface-active substance (Simethicone). *Acta Paediatr Scand*1985;74:446 Metcalf TJ, Irons TG, Sher LD, et al.: Simethicone in the treatment of infantile colic: A randomized, placebo-controlled, multicenter trial. *Pediatric* 1994;94:29

Finally, the minor causes of colic could also include overfeeding. This has been proven to be unfounded as in some cultures, they nurse their babies up to 100 times a day, and their babies do not experience colic.

Major GI problems

In this category, we include reflux along with basic food intolerance, which in itself has been known to cause gas, upset tummies, fussing, inability to sleep, etc. There is an entire list of foods for moms to avoid listed in this manual. The top of that list is dairy products. Everything a mom eats will be passed to the baby. Some babies are very tolerant. Some sensitive formula-fed babies can have the same issues with cow's milk protein, artificial DHA/ARA, and other processed items added to the formula.

Over the past 25 years, the number of children given a diagnosis of GERD has increased 20-fold. Many of those patients are infants younger than 3 months. de Boissieu D, Dupont C, Barbet JP, et al: Distinct features of upper gastrointestinal endoscopy in the newborn. J Pediat Gastrointerol Nut 1994;18:334 Heine R, Jaquiery A, Lubitx I, et al: Role of gastro-oesophageal reflux in infant irritability. Arch Dis Child 1995;73:121

Homeopathic Remedies

<u>Colocynthis and Magnesea Phosphorica</u>. Are two abdominal relaxants most commonly prescribed for colic. They are especially effective when used together. To dissolve one pill each in either a 6c or 12c in a small amount of purified water. Use an eyedropper to give the infant a couple of drops in the mouth three times a day. If this remedy is not effective after two days, it is not the correct remedy.

<u>Chamomilia</u> 6 or 12c If the infant is better being carried, has a red face, feels hot, and has a loud, demanding cry. Dissolve one pill in either a 6c or 12c in a small amount of purified water. Use an eyedropper to give the infant a couple of drops in the mouth three times a day. If this remedy is not effective after two days, it is not the correct remedy.

<u>Carbo Vegatalis</u> 12 or 30c This baby quits crying when picked up and starts again when put down. Cries when been nursed or fed, burps for long periods after feeds. Dissolve one pill in either a 6c or 12c in a small amount of purified water. Use an eyedropper to give the infant a couple of drops in the mouth three times a day. If this remedy is not effective after two days, it is not the correct remedy.

If this a true case of Colic and not over stimulation you can alternate Nux Vomica 30C and Colocynthis 200C every 15 minutes. Until much better

Colic induced by medication: Homeopathic relief

Mother had been given Pitocin to induce labor and/or an epidural for the pain, a local anesthetic, a section, and the usual accompanying antibiotics. Any of these medications may bring on colic.

Baby has gas, spits up, can't sleep. The child is practically impossible. Any gut problems presenting with irritability and not being comfortable in one's own body) resulting from post-surgical synthetic drugs, **Nux vomica 200C** 2 times a day until better. It could be better with one dose or it may take a few days.

A few other homeopathics that can help with colic are Chamomilla, Nat phos, Cuprum, and Colocynthis

Acupressure

Stomach 36 helps to activate the digestive system You can also massage the spine on either side to relax and improve circulation.

Soothing Stomach Distress

We love the baby colic hold. It is a comfortable way to hold a baby, and it is soothing to the baby. Place the baby with their tummy down on your forearm, legs straddling your arm, baby's face in your hand. It is now easy to jiggle the baby, give them tummy time, and calm them down. The photo does not show the legs dangling, but that way, it is safe, so the baby does not fall off your arm.

Baby Massage for Gas

- 1. The first thing you should do is to gently massage your baby's tummy beginning at the top and moving to the bottom. Do one hand and follow it with the next and so on.
- **2.** Hold baby's knees together and push them up to his tummy. Count to 10 and straighten the legs out and repeat.
- **3.** Massage the tummy with one hand following the other in clockwise circles. This follows the path of gas pushes it through the system.
- **4.** Starting on the right side of the baby's tummy, Walk your fingers across your baby's tummy from the right to the left side, then down toward your baby's left hip (to move gas toward the rectum). Repeat sequence as needed.

Baby Bath for Gas or Constipation

A good method of working out baby gas and/or constipation could be to first draw a warm bath, with a teaspoon of Epsom or Himalayan salts from your local health food store. After the bath, you can lay the baby gently on her back, and with a little olive on your fingers, you can trace a gentle clockwise circle about two to four inches from her belly button with your fingers. With this action, you are following the natural circuit of the large intestine and encouraging the squeezing action of the intestines, for the purpose of promoting elimination. Make sure the baby is reacting favorably to this kind of stimulation as severe cramping or colic isn't a normal reaction.

Bicycle For Gas

- 1. The other baby massage technique that works well is the bicycle. While the baby is on his back, you can take his legs and gently imitate the motion of riding a bike. This also acts to stimulate the same way that walking and movement help us, parents, to stay regular. If during the baby massage you feel hard or knotty stool, or you don't hear any gas bubbles when you put your ear to baby's tummy, it may be a sign of obstruction from too much stool built up. In this case, you will want to see your Pediatrician. Use only natural gas remedies such as Colic Calm.
- **2.** With the baby lying on their back, take both of the legs at one time and bend them at the knees. Bring their knees up to the chest, then bring both knees to the left, center, right, and then left again, etc.

Naked Sun Bathing in the Morning

Get everything (diaper off) sunned.

Lay baby on a blanket for 2-3 min under indirect sun.

You may start this anytime.

Mom's experience:

I've been doing this ever morning and my lil guy (7 weeks) is sleeping 7 straight hrs at night. It also greatly helped his colic.

NEWBORN CARE

Constipation

Constipation

Constipation can be a sign of dehydration. Mild dehydration often occurs when introducing baby to solid foods. Breastfed babies are less likely to be constipated because breast milk has a natural balance of fat and protein and hydration, which promotes soft stool. A breastfed baby can go a week or more without a bowel movement and not be constipated. A bottle fed baby should have a bowel movement at least one time a day. May have more than one. Watch for the symptoms of constipation before acting.

Infrequent Bowel Movements: If your baby has infrequent bowel movements, or goes several days without a bowel movement, and then has a hard stool, this a sign of constipation. If the baby is breastfed infrequent bowel movements are not a sign of constipation unless they then have a hard stool.

Straining: Straining is a good sign of constipation if nothing come so of the straining.

Blood in Stool: Red or blood in the stool can be a sign of the baby pushing to hard and causing a tear in the rectum.

Firm Belly: Bloating and constipation can cause your baby to have a firm belly.

Refusal to Eat: If the baby refuses to eat or eats little and has a hard or firm tummy you should consider constipation.

One teaspoon of unsweetened organic prune or pear juice to four ounces of formula or breast milk can help this. Remember that natural remedies are generally not fast-acting but given time are very effective.

A good probiotic will also help with constipation issues. A probiotic provides good bacteria for your body. It should naturally occur in the body but if you have an infection you need more good bacteria to protect you. Probiotics help your microbiome. We each have our own microbiome that is unique to us. Your microbiome is made up of organisms that work together to keep your body running and healthy. When this micobiome is not in balance constipation may happen.

Homeopathic Remedies

<u>Allumina:</u> 12 or 30c: This would be used for a child who has stools that are hard, small, dry pellets often covered with mucus. Elimination is very difficult for this child. Dissolve one pill and a 6c or 12c in a small amount of purified water. Use an eyedropper to give the infant a couple of drops in the mouth three times a day. If this remedy is not effective after two days, it is not the correct remedy.

<u>Calcarea Carbonica</u>: 12 or 30c If the infant is constipated with a hard, distended stomach, but is not cranky or crying and seems fine. Dissolve one pill and a 6c or 12c in a small amount of purified water. Use an eyedropper to give the infant a couple of drops in the mouth three times a day. If this remedy is not effective after two days, it is

not the correct remedy.

Other Natural Remedies

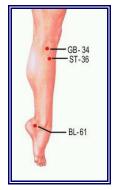
If you have a constipated baby, you can use **manual manipulation** to encourage the bowels to move. This should only be done with the permission of the parents and/or the baby's doctor. A rectal thermometer is inserted in the rectum. Insert the thermometer only as far as you would to take the baby's temperature. (Some rectal thermometers have stops on them, so you do not over-insert.) You rotate the thermometer slowly in a circle a few times and withdraw. Many times only one time is necessary, and as you take the thermometer out, you should have the diaper ready to catch feces that may follow.

Acupressure

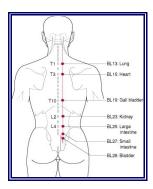
<u>Large Intestine 11</u> helps to relax the large intestine You would apply firm but gentle pressure one or all of the points for a couple of minutes. It is not necessary to use all the points, however you may.



Stomach 36 tones the digestive tract



Bladder 20 - 25 along the lower back relaxes and stimulates the intestine



NEWBORN CARE

Diaper Rash Remedies

Name of Rash Appearance of Rash Natural Solution

Allergic Reaction	Red ring around the anus	Check the diet: formula - change brands, breastfeeding - what is Mom eating
Contact Dermatitis	Appears around thighs, waist or, anywhere diaper is rubbing. It is not in the folds of the skin. Flat red irritated skin. When severe skin will peel or blister and slough off.	Caused by chemicals used in the diaper. Change brands. Use bleach free diaper – found at your health food store.
Seborrhea Dermatitis	Sorest looking - red, raised, rough, greasy looking. All over diaper area. No known cause. This is also Cradle Cap when it is on the baby's scalp.	This is a rash that is called a harmless diaper rash and will go away without further treatment.
Yeast Rash (Thrush)	Reddish, pink, raised rash with tiny pustules - It may appear on top of another rash. If you cannot get rid of this rash suspect yeast. There may be white patches inside of mouth. Thrush may be picked up from Mom during delivery, contracted from care giver, or it may simply be too much yeast in system.	1. Baking soda wash (1tsp. baking soda dissolved in 1 cup of water). Pat on baby's bum and swab inside of baby's mouth. 2. Swab baby's mouth with plain yogurt after every feeding (Lacidophilus kills yeast bacteria). You must treat baby's mouth and mom's breast if nursing. 3. Bottle fed - boil all nipples and bottles for every use for 2 weeks after symptoms disappear. 4. Wash all bedding in hot water, adding white vinegar to final rinse. YEAST SPREADS wash hands after touching baby's affected area.
Impetigo	Coin sized blisters or red raised patches that ooze honey colored crust. Appear around buttocks and groin.	Antimonium Crudum 6c ,_two doses daily, along with a dose of Hepar Sulphuris 200c every other day.
Intertrigo	inflammatory condition of skin folds, induced or aggravated by heat, moisture, maceration, friction, and lack of air circulation.	Homeopathic Causticum is the called for remedy.

The following are some natural recipes for diaper rash ointment and cream

1. Diaper Rash Ointment for Thrush

- 1 Tablespoon unrefined, raw, organic coconut oil.
- 1/2 Teaspoon powder probiotics **or** one capsule of Kyolic Garlic
- 1/4 Teaspoon (approx 20 drops) Grapeseed Extract
- 1 drop of Lavender Essential oil

2. Cloth Diaper Rash Ointment

https://naturaltastychef.com

- 1/3 cup coconut oil
- 1/4 cup Shea butter
- 2 Tablespoons beeswax pellets
- 2 Tablespoons vitamin E oil
- 2 3 drops top quality Lavender Essential Oil

Instructions

- 1. Using a double boiler heat the coconut oil, Shea butter and beeswax pellets over medium-low heat until fully melted. Remove from the heat and let cool for about 5 minutes before whisking in the Vitamin E oil and Lavender Essential Oil. Let cool to room temperature.
- **2.** To speed up the cooling process, option to place in the fridge for about 30 60 minutes. Finally, beat with a handheld mixer to create a whipped texture. Store in an airtight glass jar.

Recipe Notes: *To prevent contamination, when using do not double dip. Use a clean finger every time.*

3. Diaper Cream

wellnessmama.com

1/4 cup Shea butter.

1/4 cup coconut oil.

1 Tablespoon beeswax pastilles.

1 Tablespoon Fermented Cod Liver Oil (optional)

2 Tablespoons zinc oxide powder.

1 Tablespoon bentonite clay.

Optional: A few drops of chamomile essential oil.

Mix Shea butter, coconut oil and beeswax in a double boiler or glass bowl over a small saucepan with an inch of water. Bring water to a boil and melt the ingredients. I keep a double boiler just for making beauty products since it is difficult to clean dishes after making anything with beeswax or zinc oxide.

- 1. Remove from heat and add the Fermented Cod Liver Oil, Zinc Oxide, Bentonite Clay and Essential Oil (if using).
- **2.** Stir carefully as it starts to cool. I recommend using a popsicle stick or disposable straw to stir so it can be discarded since it is difficult to get the mixture off of dishes.

- **3.** Pour in to container you are going to use to store it and stir a few more times as it cools.
- **4.** Store in an airtight container in a cool, dry place for up to 3 months.
- 5. Use as needed for diaper rash.

Caution: Zinc oxide should not be used with cloth diapers so please take that out of the formula if you plan to use it for a baby using cloth diapers. Also you may rethink the Cod Liver Oil with cloth diapers. It will not hurt the baby but may smell like dead fish.

Natural solutions for treating diaper rash

Vinegar

Make a weak vinegar solution by adding one teaspoon of white vinegar to one cup of water. This is something you will do for every diaper change if you would like your baby to be resistant to yeast.

Baking Soda

Another thing you can do to spare your baby a diaper rash you take four cups of water and dissolve two tablespoons of baking soda. Use this mixture every time you change your baby's diaper.

Yogurt

Using plain, sugarless yogurt undiluted on your baby's bottom can work quite well with a yeasty bottom.

Shea Butter

Shea Butter that is organic and preferably African Shea Butter is lovely for anyone's skin, but it is especially useful for healing diaper rash. It has anti-fungal properties that make healing easier using this marvelous product.

Coconut Oil

While considering this product, be sure it is the virgin, organic version. You may apply this product as often as you wish and until the rash disappears.

Breast Milk

We know that breast milk has so many anti-bacterial properties, is it any wonder that this may be the perfect diaper rash remedy. Allow it to dry completely before you put the diaper on.

Fresh Aloe

If you have a fresh Aloe plant in your yard, break it open and use the juice on the rash. Aloe has excellent healing properties.

Wipes alternatives

For baby's who get a rash from the commercial wipes:

- 1. Viva Towels paper towels cut in half. You can just cut the entire roll in half if you wish. It works well.
- **2.** Cut up a towel and finish the edges, or use flannel or other cotton fabric.
- **3.** Use inexpensive washcloths.
- **4.** Disposable washcloths.
- **5.** Use your commercial baby wipes container for your homemade wipes.

Baby Wipes

from Wellness Mama edited by Gentle Ventures:

One roll Bounty (the only brand that is heavy enough to work) paper towels

- Old baby wipe container any plastic container with a lid rectangle works best.
- 1 3/4 cups boiled water (or distilled)-cooled but still warm
- 1 Tablespoon of pure Aloe Vera organic only
- 1 Tablespoon of pure Witch Hazel Extract
- One teaspoon of Dr Bonner's Liquid Castile soap.
- 10 drops Grapefruit Seed Extract or two capsules of Vitamin E (optional) some babies are sensitive to Grapefruit Seed
- One teaspoon of Olive or Almond Oil (optional)
- · I use six drops each of orange and lavender essential oil)

Cut the roll of paper towels in half using a sharp knife

- 1. In bowl or quart size jar mix the water, aloe, witch hazel, castile soap, GSE/Vitamin E and oil and stir.
- **2.** Add essential oils if desired and stir.
- **3.** Pour over paper towels in container and let absorb- this takes about 5-10 minutes.
- **4.** Flip the container over to make sure wipes are well soaked.
- **5.** If using a Rubbermaid container, pull the cardboard roll out from the inside. This should also pull the innermost wipe out and start them for you. Depending on the brand of paper towels you use, you might have to experiment with the amount of water to get the right amount.
- **6.** Use as you would regular wipes, and smile, knowing you are not causing your beautiful child any future health problems!
- **7. Note:** If your child has extremely sensitive skin, you may need to leave out the essential oils or use Calendula or Chamomile.

Homeopathic Remedies

<u>Sulpher</u> 30C or 6cx if diaper rash is very red, irritated, and sore give twice daily until the redness goes away. Do not give for more than three days.

<u>Thuja</u> 30c or 9c for a persistent diaper rash two doses for two days.

Rhus Tox 6c Skin itchy, with little blisters two doses for two days.

Medorrihinum 6c Rash area raw and bleeding two doses for two days.

Yeast Diaper Rash https://www.earthley.com/product/no-yeast-salve/ Earthley Yeast Balm

NEWBORN CARE

Diarrhea

If your newborn has runny, watery stools, and they happen frequently, more than once a day, the baby may have diarrhea. If your baby has diarrhea for 24 hours or if they have dehydration, vomiting or fever, call the baby's caregiver.

In the first few weeks of the baby's life, the color, frequency, and consistency of the newborn's poop will change.

The character of the baby's poop depends on his age, whether he is breast or bottle-fed, and whether solids have been introduced. As a result, the baby's stool will change on a regular basis during the first year of her life. When it comes to frequency, there isn't a magic number. Depending on whether the baby is bottle or breastfed, she can have several bowel movements a day or not pass a bowel movement for two or three days.

The color of the baby's stool can be different on a day-to-day basis, ranging from yellow to green, a process that is natural.

As the baby grows, you will get to know what is normal for them.

And don't worry if the baby grunts or cries when passing a bowel movement. Babies are vocal when they poop because they're not used to the feeling of this process and generally isn't a sign that they're in any real distress. The following are some natural ways to help your newborn with diarrhea.

Homeopathic Remedies

Calcarea Carbonica 30 or 9c after eating dairy or is teething with diarrhea

China 30 or 9c if diarrhea after drinking milk and has a distended abdomen

Herbal Remedies

Fennel tea

Use one teaspoon of dried fennel or a fennel tea bag, add one cup of hot water, and allow 10 minutes to steep. Strain before drinking. If you are breast-feeding, you can drink one hour before feeding the baby.

For bottle-fed children, add one teaspoon of fennel tea to every four ounces of formula or breast milk.

Mixed Tea Blend

- 1 teaspoon of Chamomile
- 3/4 teaspoon of peppermint
- 1 teaspoon of Caraway fruit
- 2 teaspoons of fennel fruit
- 1/4 teaspoon of bitter orange peels

Combine and blend all ingredients. Add one cup of hot water to powdered combination and allow 10 minutes to

steep, then strain.

For Breastfeeding Mom: Drink the tea one hour before breast-feeding.

For Bottle-Feeding: Add one full Tablespoons to every four ounces of formula or breast milk.

NEWBORN CARE

Ear Infection

"Antibiotics suppress symptoms such as fever and ear infections but at a cost. Generally they drive the pathology deeper into the body until it re-emerges later as a more serious problem. This is why one illness follows another shortly after the use of drugs to "control" the symptoms of the first." Joette Calabrese



Ear infections are one of the ongoing problems that babies experience. You have two ways to handle the situation, one is to start of endless antibiotics. The other way is to allow the body to process the infection and ease it out of the body for good, with the help of natural methods.

Homeopathic Remedies

<u>Belladona 30c</u> if the child has a fever, red face dilated pupils, and hot and moist skin. One dose 3x daily for one day. <u>Chamomilla 30c</u> Earache with teething - 30c one dose 3x daily. No more than two days

Ferrum Phosphoricum 6c Earache with a fever - 4 doses of 6c 30 minutes apart. No more.

Note: Breastfeeding Clients can also squirt breast milk into the ear. Breast milk is very healing.

Herbal Remedies

Garlic/Mullein drops

Garlic is found to be very effective in killing bacteria than antibiotics. When garlic is accompanied with mullein, it forms the best baby ear pain home remedy. Garlic is known for its immunity providing capabilities and mullein for its ability to ease the pain. Put 2-3 drops of garlic and mullein oil in your baby's ear and repeat it three times a day for faster relief. You can make your own or buy it in this combination at your local health food store.

Client testimonial - Essential Oil

My three-month-old son became very congested, was sleeping more than normal, and then began running a low fever. I noticed one of his ears was draining fluid, was sensitive to touch.

I put some Lavender oil behind his ears and on the back of his neck, Lemongrass on his chest, and Frankincense on his crown. The next morning he had no more fever, and his ear was completely better! The congestion had greatly improved also! (Young Living) As always you would use with a 400:1 dilution (100 drops = 1 teaspoon)

NEWBORN CARE

Eczema

Eczema develops from a few possible causes

- **1.** An immune system dysfunction that affects the and the skin barrier and its ability to hold in moisture.
- **2.** Although a dairy allergy is an accepted cause, however there is little research to back that up, leading me to believe that it is environmental and inherited.
- **3.** A baby's temperament is determined before birth by what the Mother's stress level is (this determines the chemicals released in Mom's system and absorbed by the fetus), the medications she is on, her general health, and her state of mind. In the *International Journal of Environmental Research and Public Health from February 2018 it was* suggested that children have a higher risk of developing eczema if their mothers experienced high-stress situations during pregnancy.

Eczema symptoms may include

- A red rash that makes the skin dry, itchy, and scaly.
- Small bumps, which may ooze or weep fluid.
- Thickened skin
- Redness and swelling
- Darkened skin on the eyelids and around the eyes
- Changes to the skin around the mouth, eyes, or ears
- Wash new clothes and remove tags before the baby wears them.
- Dress your child in loose rather than tight clothes.
- Moisturizers to use include Wexlene or Gelee. When using a moisturizer make sure you use only organic

Homeopathic Remedies

<u>Graphites 30 or 9c</u> if patches are moist and oozing with a clear or yellow discharge. Mostly on the palms of hands, behind ears, and on the scalp. 3x a day up to 5 days.

Mezerum 30c Eczema is infected, oozing, and particularly bad on the scalp, one dose 3 times daily up to 5 days.

Psorinum 30c or 9c Worse on legs use, 3 times a day up to 3 days.

Rhus Tox 30c Dry, red itchy in the folds of the joints with small blisters on the surface of the skin, use. This child likes to snuggle under covers three times a day up to 5 days

<u>Sulpher 30c, or 9c</u> If the child is sweaty, dislikes being washed, throws off covers, choose once a day for three days.

<u>Calc Fluor</u> - Hyperaemia (increase of blood supply to the skin) worse in damp warm weather

Natruim Phosphorus - Yellow honey colored; rawness of the skin. cellular turnover

Natrum Muriaticum – White scales; clear watery secretions or very dry. Can be due to eating to much salt Natrum Sulphuricum – yellow, watery eruptions, dry yellow scales; may be itchy

<u>Kali Muriaticum</u> – Vesicular eczema. Flour-like deposits; Scurfy eruptions on the head and face of little children. This is the principal remedy alternates well with Ferrum Phos;

<u>Silica</u> – Itching, small pustules with lymph that dries quickly - Crusts of yellow matter on an festering base (Also Calc Sulph);

<u>Kali Sulphuricum</u> – Skin peeling, is the shedding of the outermost membrane or layer of a tissue, and/or a yellow or greenish slimy or watery matter. Dryness of the skin.

Kali <u>Phosphorus</u> – Greasy scabs with offensive smell; secretions of skin irritating, causing soreness of the parts, itching with a crawling sensation, gentle friction agrees, excess causes sore, chafed, bloody, watery secretions over sensitiveness accompanies the eczema – given at bedtime and upon rising

Ferrum Phosphorus if inflammation is present

Directions:

Tablets should be dissolved under the tongue or if a baby, dissolved in a little warm water.

Time:

A dose should be taken every ½ hour if the case is acute. In less urgent cases every two hours during the day. In chronic cases 3 times daily

Alternate remedies:

When more than one remedy is strongly indicated, these remedies should be taken in alternation. In chronic cases take one remedy wait 30 minutes and you may take the next.

External Application:

Highly recommend with eczema or other skin conditions that the remedies are taken internally and applied externally.

To prepare a lotion dissolve tablets in a bit of boiled water, allow to cool and dab on affected parts. I use a fine spray mister (4 oz), and add the liquid dilution of the remedies to 3 oz of distilled or purified water. This is sprayed on clean skin several times a day

More natural solutions for eczema

Herbal Calendula If eczema is wet and weepy. Use 2 - 3 times a day

<u>Urtica Urens</u> ointment If the skin is dry and scaly apply herbal - 2 - 3 times a day.

Sprinkle a bit of baking soda or uncooked oatmeal into the tub when you wash your baby.

Aloe Vera

Antibacterial

- Antimicrobial
- · Immune system-boosting
- Wound-healing

Aloe can be purchased or grown. Be sure if you buy it that it has no added ingredients and is organically grown. Added ingredients may dry skin out. You would put on like a lotion. Put on a small area first to check sensitivity before using on your entire body.

Apple Cider Vinegar

Apple Cider Vinegar is very acidic, and people with eczema have low acid in their skin. ACV will neutralize the acidity levels. It also fights bacteria and can be very healing. ALWAYS DILUTE BEFORE USE and use it on a small area before use to test compatibility to skin.

To use apple cider vinegar in a wet wrap:

- Mix 1 cup of warm water and one tablespoon of the vinegar.
- Apply the solution to cotton or gauze.
- Cover the dressing in clean cotton fabric.
- Leave it on the area for 3 hours.

To try an apple cider vinegar bath soak:

- Add 2 cups of apple cider vinegar to a warm bath.
- Soak for 15–20 minutes.
- Rinse the body thoroughly.
- Moisturize within several minutes of leaving the bath.

After bathing, moisturize within 3 minutes of getting out. Gently pat the skin dry with a towel and apply an organic oil-based moisturizer before the skin has fully dried. This can help seal in water from the shower or bath before it evaporates.

Coconut Oil

Apply organic cold-pressed virgin coconut oil directly to the skin after bathing and up to several times a day. Use it before bed to keep the skin moisturized overnight. Be sure to check for sensitivity before using it.

DIY Eczema Cream/Diaper Rash Cream https://howtodetoxyourlife.ca Ingredients

- 2 oz organic extra virgin coconut oil
- 1 oz raw shea butter
- .5 oz organic beeswax
- .5 oz non-nanonized zinc oxide
- 12-24 drops lavender essential oil

Instructions

- **1.** Add coconut oil, shea butter and beeswax to a double boiler (on medium heat).
- **2.** Once oil, wax and butter have melted, remove from heat and cool for about 5 minutes.
- **3.** Add zinc oxide and stir (really) well.
- **4.** Add lavender essential oil. Stir again.
- **5.** Use a spatula and scrape the mixture into a glass container with a lid.

Recipe Notes

*To make a double boiler, place a half-full pot of water on medium heat. Add beeswax, coconut oil and shea butter to a stainless steel bowl and place on top of the pot.

*Beeswax is really difficult to clean. I recommend using the boiled water from your double boiler and pouring it into the bowl you used to make the cream. Then dump the water, wipe the bowl (and utensils) with some paper towel to soak up most of the beeswax/oils, then wash with hot, soapy water.

*You should use a scoop or a spoon to scoop it out (not your fingers) and either wash it or discard it after using and use a new one next time - using your fingers can add bacteria to the cream.

*Recipe makes about 3 oz (90 ml) of cream.

Where I buy my ingredients

I am very frugal. My mom taught me well. I always hunt down the best products for the best price. Here is a list of what I used and where I bought it.

- 1. Shea butter Plant Therapy or Amazon
- 2. Organic virgin coconut oil Costco
- **3.** Beeswax –Amazon
- 4. Zinc oxide Amazon
- 5. Lavender essential oil Amazon

NEWBORN CARE Clogged Eye Duct



The American Academy of Ophthalmology reports that as many as 20% of babies are born with a blocked tear duct, which is also called a nasolacrimal obstruction. Blocked tear ducts are one of the common disorders we see in a baby before they are three weeks old.

- If the child has a cold, there may also be tearing.
- Excessive watering of the eyes.
- There may be pus or mucus, depending on where the blockage is located.
- Generally, the blocked tear duct will affect one eye and not the other, but 30 percent of the time, it will affect both.

Even though their eyes may be full of tears, a blocked tear duct does not usually cause a baby much discomfort.

A blockage in a newborn's eyes comes from the tear gland, which is located above the baby's eye on the outside of the eye. If a tear duct is blocked and the end does not open properly, tears will not be able to drain normally. This has a lot to do with the fact that the newborn's duct system is only partially developed.

When the drainage builds up, your baby's eye will develop a crust, and you will need to gently clean the eye. Warm-up a clean and soft washcloth or cotton ball with water and gently clean the eye. You can apply gentle pressure to the tear duct by massaging the area. If both of your baby's tear ducts are clogged, use the clean side of the washcloth or a new cotton ball before wiping the other eye.

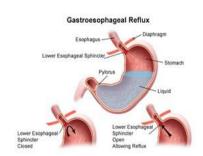
HERBS

Eyebright is a good-go-to herb for this. To make an Eyebright infusion, dip a cotton ball in it and rub baby's eye with it several times a day. Within 4-6 days, it's usually opened up, and there is have no more gooey eyes!

How to Make An Infusion

- **1.** Bring 1 cup of pure water to boil on the stove top
- **2.** Place $\frac{1}{4}$ oz of herbs in a quart mason jar.
- **3.** Pour water over herbs, place lid on the jar, and shake once to mix herbs and water well.
- **4.** Let sit anywhere from 4 hours to overnight.
- **5.** Strain the herbs. Use this infusion after every nap.

NEWBORN CARE GERD or Reflux



GERD (Gastro Esophageal Reflux Disease) or Reflux is one of the most frustrating issues to deal with when you are caring for a newborn. The occurrences of GERD have risen over the last few year; some believe this is due to the addition of DHA/ARA to the formula.

According to Dr. Vartabedian, author of Colic Solved here are the symptoms of GERD:

Nocturnal GERD that will show symptoms as:

- 1. Nasal and throat congestion worse at night
- 2. Cough that only occurs at night
- 3. Sudden awakenings with painful type crying
- 4. Hoarse crying in the morning
- 5. Wakening at night with arching that doesn't go away when you comfort them

Additional signs to watch for:

- Frequent choking or gagging episodes
- He may have a cough not related to a cold
- Cries when being fed
- Squirms or wiggles a lot for no reason
- Seems to have many colds or upper respiratory infections
- Ear infections that seem to be frequent
- Bad breath or Sour breath
- Sticking fingers or fist into the back of the throat
- Full feeling belly hard belly
- Excessive gas not due to diet
- Wheezy breathing sound
- Gargling noise
- Baby may have failure to thrive which could pose as poor weight gain or losing weight
- May enjoy sucking more than usual.
- Always sounds like he has a nose-full, but is not congested

The child may have some of these symptoms or all of these symptoms. Still, if you suspect GERD have Mom consult a medical doctor. GERD is most often misdiagnosed as colic or other things.

GERD is very common in infants. It can usually be attributed to three things:

1. Immature Infant Physiology

"Infants are physiologically predisposed to GERD (Gastro-Esophageal Reflux Disease) because they have a short intra-abdominal esophagus and an immature lower esophageal sphincter (LES)." Because of this, the baby may have trouble keeping their stomach contents down. This means burning, as stomach acid travels back up the esophagus, and sometimes "spitting up." This can also be the stomach acid traveling up the esophagus and then back down without spitting up. This usually clears up by itself within the first six months to a year.

2. Cow's Milk Protein Intolerance

If the baby is formula-fed, pay attention to this one. It's more common than you think. You may have to get the dairy out of the baby's formula. Breastfed babies are not immune. Although it's rarer, many breastfeeding moms find they have to remove dairy products from their diet to ease their baby's reflux pain. Half of all reflux cases can be attributed to a reaction to cow's milk protein and will resolve with the elimination of the offending food. That's one in every two reflux cases, according to Dr. Alan Greene.

Cow's milk protein intolerance is NOT the same as Lactose intolerance.

3. Artificial DHA/AHA

Added into formulas and prenatal vitamins.

Probiotics

According to *AMA Pediatrics*, colic, reflux, and constipation are common gastrointestinal issues for under six months. These disorders can result in the use of medications, changes in formulas, and children who are in severe discomfort.

Studies have recently shown that probiotics given to infants in their first three months of life may reduce their risk of developing gastrointestinal disorders.

Dr. Flavia Indrio from Aldo Moro University of Bara in Italy found that when probiotics were given to infants, it may lower the incidences of gastrointestinal disorders.

Probiotics are live microorganisms thought to be healthy for the host organism. Probiotics regulate intestinal function and digestion by balancing the microflora of the gut. They are commonly consumed as part of fermented foods with specially added active live cultures; such as in yogurt, soy yogurt, or as dietary supplements. www.Medical.net

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Dr. Flavia Indrio from Aldo Moro University of Bara in Italy found that when probiotics were given to infants, it may lower the incidences of gastrointestinal disorders.

There is a lot of research being done right now on probiotics and infants. Until recently formula was void of all probiotics and enzymes because it is cooked. We have not seen any research on the benefits of probiotics being added to formula. Breast milk has ample probiotics. Makers of formula are adding probiotics in formula.

One study discusses C-section babies and the effect of not going through the vagina canal. "As a mother's due date approaches, extra Lactobacillus begins to populate in the mother's vagina in anticipation of transferring to the baby during birth. Babies that are born vaginally get this first major dose of healthy bacteria (primarily Lactobacillus acidophilus, the predominant vaginal species) from their mothers as they pass through the birth canal. Babies that are delivered via C-section never pass through the birth canal, so they are never exposed to the body's natural method of transferring healthy bacteria to the baby. Instead, they receive their first dose of healthy bacteria from the skin of their mother, doctors, and nurses in the delivery room. The amount of bacteria delivered via this exposure is significantly less than through vaginal birth.

According to a 2013 Swedish study C-section babies have less gut diversity during the first two years of life than babies delivered vaginally. This study is consistent with many other studies which show that the results of microfloral colonization can have long-lasting effects on the intestines of breast fed infants, such as this particular study showing major differences in children up to seven years old." https://humarian.com/probiotics-important-c-section-babies/

You can purchase the probiotics at a natural food store in the refrigerator section. Buy only probiotics that are kept in the refrigerator section. You should buy infant probiotics with a very high number of the Lactobacillus group and the Bifidobacterium group. This number will be in the millions or billions. The higher, the better. You would follow the directions on the package.

Reflux/GERD Symptoms in Newborns

The following is a chart of GERD symptoms and how to deal with the issues. This chart is not for a diagnosis; this is for you and your clients to observe the child and bring these observations to your pediatrician or gastrointestinal specialist. Your child could have one or more of the symptoms and have GERD or not have GERD.

FEEDS NATURAL REMEDIES Baby is hungry but will fight a feed or begin to eat If the client is breastfeeding, check her diet. Look and pull away crying; if breastfeeding, they may at the list of Foods to Avoid and be sure you begin latch and pull away. The baby may be with dairy and then gluten. uncomfortable, not able to settle. If the baby is formula-fed, check the formula A lot of discomforts during and/or after a feed. making sure it is as pure as possible. No sugars, chemicals, GMO's, DHA/ARA Problems swallowing. Give baby a good probiotic. If the client is The baby may want to suck more than usual. May breastfeeding, she may also take the probiotic. be pacifier dependent. Be sure the nipple hole size is appropriate, and Comfort feeds work well, but only a small amount the baby is not getting milk too fast. at a time. So the baby is constantly feeding. Burp the baby more than usual. **SLEEPING OBSERVATIONS SLEEPING**

Sleep baby at a 30° angle. Baby Stay Asleep works The baby does not take good naps or have good nighttime sleep, because of frequent painful very well. www.babystayasleep.com wakings. Swaddle baby tightly - no tummy sleeping here. This baby has a hard time getting to sleep. Ask permission from the doctor to sleep baby on May be more comfortable sleeping on the tummy. tummy, unswaddled. WEIGHT **NOTES** Baby may be a failure to thrive child. If the baby is a failure to thrive, you may have to feed less, more often, perhaps every 2 hours. Baby may have excessive weight gain For overweight babies, - mom may be using food as a comfort tool. She should follow the guidelines for the number of ounces per day. **OTHER SYMPTOMS NOTES** This baby may have what clients are calling colic. You might use the herb mix of catnip and fennel Excessive crying, never happy, hard to calm down. for gas. You may put a drop on her pacifier. You can tell the baby is in pain by crying, and You may also make a tea of these herbs and put 1 knees were drawn up, flushed face. tsp in 4 ounces of milk. This baby has a lot of gas. Gas may seem to be You may put a drop of lavender on her tummy, bottom of her foot, or on her neck. Use the 1:400 causing the pain. dilation method using one drop in 400 drops of Lots of spit-ups. Perhaps projectile vomiting. oil. (1 tsp = 100 drops)Hiccups that are violent, hard and may be wet. Chiropractic adjustment Congestion, especially at night, but no cold. **Craniosacral Therapy** Sour breath **Check for Tongue-tie** Red throat Steep five or six bags of chamomile tea in with a May have ear or chest infections, recurrent. quart of water. Let it cool down, then add the formula to the water in a pitcher. It will keep for a week in the fridge. This remedy comes from a fellow NCS who received it years ago a holistic nurse. Give it time to work. The time frame could be up to two weeks. If the baby is breastfed, the mom can drink chamomile tea. If the Pediatrician suggests a thickener like cereal, which is not generally safe, you can use Gelmix, which is an organic, GMO-free, sugar, dairy-free thickener. Great for breast or formula milk. LESS COMMON SYMPTOMS Diarrhoea and constipation Milestones, vaccinations, over stimulation Skin rashes **Allergies**

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Triggers could make the reflux worse or bring it out more. Triggers could be developmental

Homeopathic Remedies for Reflux or GERD

Lycopodium Clavatum 200c along with **Iris Versicolor** 200c every 2 days and **Natrum Phosphoricum** 3x before eating.

Aethusa Cynapium: 30c or 200c. This is for children and babies who cannot digest or tolerate milk. Symptoms may include diarrhea, spitting up, vomiting, and/or sleepiness. This is also a great remedy for babies who seemingly are not able to tolerate breast milk. We would try this remedy before changing the client's diet.

Reflux/GERD and Nursing

It is not uncommon for doctors to recommend that mothers not nurse their GERD babies. If you notice this happening, mom should start pumping and doing whatever it takes to keep her milk supply up. At the same time, you need to re-evaluate her diet. She needs to begin eating as if she had GERD. This means cutting out all acidic foods such as tomatoes, onions, chocolate, peppers, fried food, milk, and **all dairy products.** Begin adding them back in one at a time. Have Mom keep a record of how the baby reacts to each added food. Permanently cut out those offending foods. Read up on GERD in adults to see what you should and should not be eating.

Sensitivity or allergy to cow's milk protein can contribute to reflux. To determine if the breastfed baby is sensitive to cow's milk protein, the mother should avoid all forms of cow's milk protein for two weeks (including milk, yogurt, ice cream, cheese, butter, casein, and whey). If the baby seems to be feeling better, it is best for the mother to continue to avoid all dairy products. The mother may need suggestions for dietary sources of calcium other than dairy. Some mothers find they can eat very small amounts of dairy products without the baby becoming symptomatic. In contrast, in other cases, any amount of dairy in the mother's diet will trigger symptoms in the baby.

Natural Herbal Help For Reflux or GERD

- **1. Steep five or six bags of Chamomile tea in a quart of water.** Let it cool down, then add the formula to the water in a pitcher. It will keep for a week in the fridge. This remedy comes from a fellow NCS who received it years ago a holistic nurse. Give it time to work. The time frame could be up to two weeks. If the baby is breastfed, the mom can drink Chamomile tea.
- 2. Cinnamon Powder, Fennel Seed Powder, Marshmallow Root Powder, and Slippery Elm powder.
 - One tablespoon divided with those ingredients (34 t. for each ingredient)
 - One cup pure water and bring to boil with the ingredients.
 - Summer 10 minutes covered then cool.
 - Give the baby 1/2 teaspoon after each feed, or if she's extra upset or spitting up.
 - This is food-based, and according to one Pediatrician, you cannot overdose; however, use with caution and **only** with your Pediatrician's consent.
- **3. Happi Tummi**_is a natural Velcro belt that is filled with herbs that soothe the baby. It is heated in the microwave and put on the baby, and then the baby is swaddled. www.happitummi.com
- **4.** Gripe water is just herbal tea, and there are two ways to make it. The easy way and the super-duper easy way.

Herbal Gripe Tea. #1 Recipe (the easiest one)

- Buy organic ginger, fennel, chamomile, and/or peppermint teas bags.
- Put them all in a mug, pour hot water over it and steep for at least five minutes.
- Let it cool and refrigerate to store.

Dosage – 1 teaspoon or 5 ml in a bottle with milk.

Herbal Gripe Tea #2

- Use only the actual organic herbs.
- 1 tsp. each of Dill Weed, Ginger, and Fennel.
- 1 or 2 Bags of Lemon Ginger Tea Chamomile tea.
- Other herbs that also work are catnip and peppermint. The two most important ingredients are fennel and ginger.

Pour hot water over all ingredients and steep for about 10 minutes, or until it starts to get strong. If you want to make more, add 2 or 3 cups of water and steep for 20 to 30 minutes. Let it cool and refrigerate to store.

Dosage – 1 teaspoon or 5 ml in a bottle with milk. Store in the refrigerator for up to two weeks (label your jar)

Craniosacral Therapy For Reflux/GERD

- Fussy, hard to soothe babies
- · Babies who seem uncomfortable in their bodies
- Babies who have digestive or elimination difficulties
- Reflux
- Colic
- Spitting up

Chiropractic Care For Reflux

- Colic
- Acid reflux
- Fussiness

Acupressure for Reflux/GERD

- Stomach 36 is a great point to activate the digestive system ST 36 is three *cun* (about three inches, or about 4 *finger* widths) below the knee. Hold pressure for a couple of minutes.
 - You may also rub your fingers up and down either side of the spine.



New Information

Holding the infant in a head-elevated position for 20-30 minutes after feeding may reduce GERD (Farivar, 2001). The prone position has also been shown to reduce reflux, aspiration, and crying time and speed gastric emptying (Sherman, 2001). According to Borowitz (2002), after meals, the best position to place a baby with reflux is lying prone with the head of the bed raised about 30 degrees. Parents should be cautioned that placing the infant in a prone position should only be done when the child is awake and can be continuously observed. Prone positioning during sleep is only considered in unusual cases where the risk of death from complications of GER outweighs the potential increased risk of SIDS (Rudolph et al., 2001). The semi-supine position after feeding, such as when placing the baby in an infant car seat, exacerbates GER and should be avoided (Rudolph et al., 2003

Update on Antibiotics and Antacids

Infants who are given antacids like Zantac or Pepcid are more likely to develop childhood allergies, perhaps because these drugs may alter their gut bacteria, a new large study suggests.

The early use of antibiotics also raised the chances of allergies in the study of nearly 800,000 children. Gut bacteria play a role in a healthy immune system. Antibiotics and antacids might change the makeup of a baby's microbiome, perhaps enough to cause an overreaction in the immune system that shows up as an allergy, lead researcher Dr. Edward Mitre of the Uniformed Services University in Bethesda, Maryland, said Antacids also change the way protein is digested, and some may alter the development of immune system pathways.

For children who received an antacid during their first six months, the chances of developing a food allergy doubled; the chances of developing a severe allergic reaction called anaphylaxis or hay fever were about 50 percent higher. For babies who received antibiotics, the chances doubled for asthma and were at least 50 percent higher for hay fever and anaphylaxis. The results were published in JAMA Pediatrics.http://www.whas11.com/article/news/health/antacids-antibiotics-for-infants-linked-to-later-allergies/417-534505057

Herbs for Gas

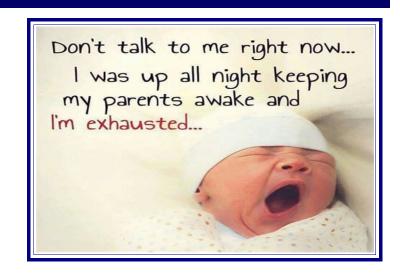
Fennel or chamomile are two herbs that can be used safely with an infant. We suggest that you use them in tea. You would brew a normal cup of either tea and then take 1 tsp out and add it to a four-ounce bottle. The following are also safe herbs for a baby. You would never give the herbs directly to the baby, and as in all-natural modalities, you would seek the counsel of your health caregiver.

Other herbs used for gas in a tea would be the following;

- · Dill seed
- Catnip
- Caraway
- Anise or Aniseed

If your client does not want to give herbal tea directly to her baby, and she is a nursing mom, she may take the herb herself using reasonable amounts.

NEWBORN CARE Sleepless Nights



Lavender Essential Oil or Herb

According to Dr. James Duke, retired U.S. Department of Agriculture botanist and author of "The Green Pharmacy Herbal Handbook," phytochemicals in the lavender oil, including linally alcohol and linalool, account for the calming effect of this herb.

You can use lavender to promote sleep. The ratio of 400 to 1 will work great here. You can rub on the bottom of the feet or use when massaging your infant. You could also put a drop in the baby's bath. We do not suggest using products with lavender unless they are 100% organic. There is a chance your baby could be allergic to lavender even when used topically. You always need to be aware of signs of allergy symptoms include headache, nausea, vomiting, and chills, according to the University of Maryland Medical Center. If your baby develops any unusual symptoms, you need to stop use and seek medical attention immediately.

Chamomile Essential Oil or Herb

Chamomile is a safe sleep aid for babies. Chamomile contains a multitude of naturally produced chemical compounds, but the one primarily responsible for its ability to ease your little one off to dreamland is the flavonoid apigenin, according to Anne McIntyre, Fellow of the National Institute of Medical Herbalists and author of "Herbal Treatment of Children."

Chamomile can be used in a bath or in a lotion. Chamomile is a tea solution that also works very well for sleep. If mom is breastfeeding, she can also drink Chamomile tea, and it will go through her to the baby. If the baby is formula-fed, you can put one teaspoon of the steeped tea in four ounces of formula. Signs of allergy will include itchy skin and skin rashes, breathing problems, and throat swelling. Seek emergency medical attention if you notice any unusual signs in the baby.

Other Herbs that may work for sleep

According to Dr. Duke, chemical compounds in lemon balm, known as terpenes, have a relaxing effect that may help induce sleep. Like chamomile, lemon balm also contains apigenin.

Lemon Balm

This is for a baby over 3 months

Lemon Balm_may be used with Lavender and Chamomile to help promote sleep. You can use it in lotion, massage oil, or in a bath. If you detect any sign of an allergic reaction, such as redness, swelling, or trouble breathing, seek emergency medical attention.

Use a simple, safe herbal glycerin (see below) along with Chamomile, Lavender, and Catnip to help soothe them to sleep. Give baby half a dropper before bed and then another half if they wake up to nurse at night.

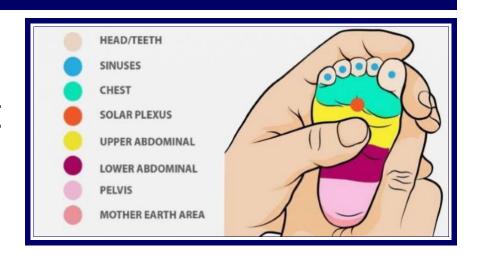
Caution: Lemon Balm is only used topically

When using glycerin with herbs, make sure that your source is from a trusted company that offers non-GMO, food-grade glycerin. This type of glycerin has been approved for internal use.

Homeopathic Remedy for sleeplessness with teething

Chamomilea 200 2x daily for 3 or 4 days. If screaming and arching back 3 or 4x daily.

NEWBORN CARE Soothing Baby



Picture from Geniales.com

The art of reflexology is the massaging of points to relieve aches and pains. It works in adults as well as in newborns. We have not addressed reflexology in this guide other than this section, but you can see that much newborn distress, which we have already covered, can be addressed using these massaging these points.

The toes are specific to the head, teeth, and sinuses. So if your wee one has congestion, ear infection, or is teething, the big toe is specific to congestion and difficulty breathing.

The Green area, the pad of the foot, is massaged for colds also but not so much the 'head' cold. It helps relieve cough and cold symptoms.

The Yellow area is specific to tummy issues. This will help with constipation, gas, or bloating.

The Red area is for digestion issues. This may work well for reflux babies.

The heel or the Pink area relieves hip, and pelvic pain. When your little one is in a growth spurt, it may help to massage this area.

NEWBORN CARE Teething

Teething does not generally happen within the first 12 weeks, but there are occasions when it does, so I have included it in this guide.

How to Know a Baby is Teething?

There are a variety of ways to tell if a baby is teething. However, there are some babies that go through the process without any reaction or symptoms. These symptoms can occur 3 – 5 days before the teeth appear and disappear when the tooth appears. Here is a list:

- Excessive drooling
- Fever 100–101°F (37.8–38.3°C)
- Chewing on hands toys
- Diarrhea
- May refuse to eat or drink (because their mouth hurts) it hurts to breastfeed
- Cranky or/and irritable
- Sleeplessness one of the main reasons for night wakening up to age two
- Tender and/or swollen gums
- The appearance of a tooth

Sequence of Appearance: According to Wikipedia

The infant's teeth tend to emerge in pairs - first, one lower incisor emerges, then the other lower incisor emerges before the next set begins to emerge. The general pattern of emergence is:

- **1.** Lower central incisors (2) at approximately 6 months
- **2.** Upper central incisors (2) at approximately 8 months
- **3.** *Upper lateral incisors (2) at approximately 10 months*
- **4.** Lower lateral incisors (2) at approximately 10 months
- **5.** First molars (4) at approximately 14 months
- **6.** Canines (4) at approximately 18 months
- **7.** Second molars (4) at approximately 2–3 years

Treating the Pain of Teething

These suggestions are for an older baby, not a three month old. They do not have the coordination to hold an object and may not understand chewing at this age:

- Give your baby something to chew on. Rubber teething rings are great. Do not use ones with liquid in them as they can break. Some of the teething rings are made to be put in the freezer.
- Take them out of the freezer and let them defrost a little to make them more pliable for baby to chew on.

- Put a wet washcloth in the freezer for about 30 or 40 minutes. Babies love to chew on the washcloth. Be sure to wash it after each use.
- Use your clean finger to rub baby's gums.
- Breastmilk can also be frozen in ice cube trays, and put in a mesh bag for baby to suck on
- You can massage the baby's gums. Massage up to two minutes to reduce pain.
- Wipe the drool off of the baby's chin as the drool if left unattended may cause an irritating rash.
- Amber Teething Necklaces are also incredible and natural. www.amberforbabies.com The theory is that the warmth of the baby's body releases the succinic acid found in Baltic amber. Succinic acid can have analgesic properties which help relieve pain in the body. Be sure when you buy it is not a reproduction of the real amber. Although there is no scientific evidence that this works there are countless testimonials from satisfied parents.

Ways to use Chamomile for inflamed gums

- **1.** Make a very weak **Chamomile tea** and freeze it in ice cube trays. They make ice cube trays that are smaller and may be easier for baby to chew on. Place a frozen tea cube in a muslin bag and secure it tightly.
- **2.** Add one Chamomile tea bag to 1 cup of boiling water, and steep the tea for three minutes. Allow the tea to cool completely before offering it to your baby. If baby is under a year include it in a bottle of formula. 1 teaspoon to 4 ounces.
- **3.** Dip a corner of a clean wash cloth in Chamomile tea. Place the wet cloth in the freezer. Offer the frozen cloth-end to the baby to chew. University of Michigan pediatrics professionals suggest this may help calm your baby by relieving inflamed gums.
- **4.** Essential Oil Mix 1 drop of **Chamomile essential oil** into 4 teaspoons of a carrier oil (such as coconut or olive). Rub a small amount on baby's gums to help relieve pain. This is for a baby over a year.

Homeopathic Teething Remedies

Aconitum apellus

This is for a baby whose teething causes him a lot of pain. Baby's face may be red and flushed and gums look inflamed. He may have a hard time sleeping.

Belladonna

This baby has more intense inflammation and his gums hurt. He also has a flushed face and feels hot. Not only is the baby restless in sleep but may cry out.

Calcarea carbonica

Teething for this child began later than usual and is taking forever. He may make chewing motions and crunch his teeth together even while sleeping. This baby is chubby, and may be slow to crawl and/or walk. Many times their head will sweat during sleep.

Calcarea phosphorica

Another remedy for a child whose teeth are late coming in. They may have sore gums and trouble sleeping. This child is irritable, a picky eater and his tummy aches. This child often has allergies to many foods.

Here are Hyland's Teething Tabs ingredients which were so effective.

Calcarea Phosphorica (Calcium Phosphate) 3X Chamomilla (Chamomile) 3X Coffea Cruda (Coffee) 3X Belladonna 3X

Miscellaneous Ailments with Remedies

Undescended Testicle Homeopathic Remedy

<u>Thyreoidinum 30c.</u> Sometimes, just one dose is all it takes. If the left testicle is undescended, but not the right, Clematis 6c should be given twice daily. If neither has descended and the boy is little for his age, give Aurum 30c twice daily. Use it for two months. If there is no improvement, see your homeopath.

Heat Rash Homeopathic Remedies

Heat rash, or miliaria, is a condition in which tiny bumps (that can range from pink to clear) form over an area of the body. It's caused when blocked pores keep sweat from escaping. **Joette Calabrese**

1. If you are not sure which remedy to choose start with:

Arsenicum album 6x

- Itching and burning with restlessness
- · Persistence of complaints during recession of itching
- 2. When there are hive-like eruptions:

Apis mellifica 30

- Skin feels hot with raised, red shiny eruptions
- Sudden puffing up of the whole body
- 3. When the symptoms are intense:

Belladonna 30

- Violent sudden outbreak of prickly rash
- Skin red, hot, painful
- Alternate redness and paleness of the skin
- 4. When the rash is red with raised blotches that sting:

Urtica urens 30

- There is itching and burning
- Skin feels worse from cold bathing
- Skin feels better from rubbing, which looks like nettle rash
- 5. If your child is hot-natured, throws covers off at night

Sulphur 12c

- Loves to be naked
- Hardy appetite
- Has heat rash

Testimonials

Clogged Milk Duct

- **1**. I am nursing my three-month baby. I started to have pain in one of my breasts and felt a knot. I started putting lavender three drops every morning and evening after her last feeding. I started to feel relief immediately after the first application, and three days later, the pain and knot was completely gone. **Susan R**
- **2.** I woke up one morning and knew right away. I had a plugged milk duct. I called a friend, and she told me to get a pan and fill it with as hot of water as I can stand, add Epsom salts and dip my breast in it until the water-cooled. It worked like magic. **Julia B**

Cradle Cap

My son had a terrible case of cradle cap when he was about six months old. I had tried all of the lotions, creams, shampoos that I could find that were over the counter. Nothing seemed to help it. In fact, it just kept getting worse. It got so bad that it was breaking open and actually bleeding on his poor little scalp.

I finally broke down and took him to the doctor, and they prescribed a steroid cream that I was to use for two weeks. It did start to clear up, but as soon as I stopped using it, it came right back. The doctor then wanted to put him on a long term oral steroid. I've heard about plenty of horrible side effects from steroid use, and I absolutely did not want to do that to my six-month-old baby!

So, that's when I turned to quality essential oils for help. After a lot of research, I decided to try Lavender oil. I started putting two drops on his scalp every evening after his bath. I messaged it in with a baby hairbrush. Within two weeks it was completely gone! I continued to use the Lavender oil for another two weeks in fear that if I stopped, it would come right back. NOTE: We would not use Lavender oil or any oil straight with a baby. You must use the 1: 400 ratio.

After four weeks, I quit using it, and it did not flare up again until the next winter.

As soon as I noticed one little spot, I started with the Lavender treatment again, and this time within 1 week it was gone and has never came back. **Erin L**.

Homeopathic Remedies for Cradle Cap

The following are specific to Seborrheic Dermatitis which is commonly known as cradle cap.

<u>Kali Sulphuricum</u> – For Seborrheic Dermatitis with Yellow Scales. The scales are sticky in nature, with a moist scalp. It is attended with itching. Heat worsens the itching in some cases.

<u>Graphites Naturalis</u> – For Scales and Intense Itching. The scales reduce after washing but reappear. A fetid odor on the scalp may also be observed. The scalp may also remain moist and humid. Matting together of the hair or falling of hair are also seen. Apart from the scalp, the scales may also be present on the eyelid margins and behind the ears.

Ear Infection

- 1.. My 3 month old son became very congested, was sleeping more than normal and then began running a low fever. I noticed one of his ears was draining fluid, was sensitive to touch, and looked more closed than normal. I put some Lavender oil behind his ears and on the back of his neck, Lemongrass on his chest, Gentle Baby on his feet, and Frankincense on his crown. The next morning he had no more fever and his ear was completely better! The congestion had greatly improved also! Y.L.
- 2. The tincture of Mullein and Garlic works wonders for ear infections. Mullein is for the pain and garlic is the best natural antibiotic available. **Anne Q.**

Mastitis

When I started feeling the symptoms of mastitis coming on, I mixed 10 drops each of lavender and tangerine in 1 tsp oil. I rubbed a few drops of this on the infected breast after each feeding, starting the first evening.

By the next evening the pain was much less and the following morning it was gone. Marylynn C.

MISCELLANEOUS RECIPES

Baby Shampoo

½ cup liquid Castile soap

½ cup distilled or boiled water that has cooled 1 drop lavender (or chamomile) essential oil

Mix ingredients together and store in a very clean plastic o better yet – stainless steel bottle. This is one of the circumstances where the benefits of storing in glass are probably out weighed by the potential safety issues with it breaking. As always, test on a little tiny spot to check for skin sensitivity and rinse the hair away from the eyes, as the soap can sting.

Whipped Shea Baby Balm

Author: Stephanie Gerber

- 1/2 cup refined Shea butter
- 1/4 cup coconut oil
- 1/4 cup light oil olive oil and almond oil are my faves
- 5-10 drops a soothing essential oil like lavender or chamomile

Instructions

- Combine the oils and butters together in a medium glass bowl.
- Melt oils and butters together using a double broiler. You can also do short bursts in the microwave, stirring in between.
- When the oils have melted, stir together and add essential oils
- Let the mixture cool until solidified. Place in the fridge to speed this up.
- Then beat with a mixer until the butter turns creamy and frothy. This could take 5-10 minutes.
- Place in clean, lidded container.

Homeopathic Prophylaxis

If you would like more information about Homeopathic Prophylaxis please contact me.

SLEEP DEPRIVATION



Being an NCS or a crunchy mama is a dream for many of us. But with the dream comes life. Living the 'life' can bring some health issues that I would like to discuss. We still have the typical health issues that plague everyone but because we often experience sleep deprivation and sleeplessness it may impact us even more. We will talk about natural ways to deal with some of the common issues and also about the things that are specific to night workers.

Shift Workers and Sleep Deprivation

According to a new National Geographic documentary claims that poor sleep is responsible for about 1,000 deadly traffic accidents in the United States each year and that drowsy adults cost American business \$100 billion annually. In October **2007**, the International Agency for Research on Cancer (IARC) classified **shift** work with circadian disruption or chrono disruption as a probable human carcinogen.

Circadian Clock

How can night shift workers adapt to their schedules and still stay healthy?

One is through symptomatic relief by using such stimulants as coffee and caffeine pills to stay awake during the night, then taking sedatives to sleep in the morning. Not only is this not a good idea, but it is dangerous for your health. The other way is to shift the body's circadian clock so that it better tolerates working at night and sleeping during the day.

This is the way we would suggest.

You must understand what the role of the circadian clock is as it applies to anyone.

You can think of it as a clock with an alarm clock on it that directs various glands to release hormones and controls mood, alertness, body temperature, and more.

Charmane Eastman, Ph.D., a physiological psychologist at Rush University in Chicago, and her team are exploring the approach of moving the circadian clock. "The circadian clock is very stubborn and hard to push around," she says. "You can delay the circadian clock by about one or two hours per day."

You can compromise the system in which people who work permanent night shifts — say, 11 p.m. to 7 a.m. — adapt their circadian rhythms just enough to function well at night, but still be lively during their days off. You would have to be fully adapted to the night shift to get the benefits of shifting your circadian clock," Eastman says.

Sleep Stages

- **Stage One**, during which your brain wave activity becomes rapid and rhythmic while your body temperature drops and heart rate slows
- Stage Two, when deep, slow brain waves emerge (this is a transition from light sleep to deep sleep)
- **Stage Three**, Restorative Sleep features delta waves and is associated with stabilized glucose levels, testosterone, human growth hormone, and overall physical bodily restoration.
- **Stage Four**, REM Restorative Sleep features rapid eye movement and rapid low-voltage EEG similar to when a person is awake. This is when a person dreams and is associated with cellular regeneration, cognitive restoration, memory allocation, and memory retention.

A study was conducted on student volunteers at TAU's School of Psychological Sciences.

Consequences of not enough sleep:

- Your Brain Isn't as Sharp.
- You Can't Remember Things.
- Harmful Proteins Don't Get Cleared Away.
- You Become a Grump. W
- Lower libido and less interest in sex
- Ages Your Skin
- Can Make You Gain Weight
- Increase Risk of Death
- Impairs Judgment, Especially About Sleep

HORMONES

Melatonin is a hormone that is produced and secreted at night, and only at night, by the pineal gland. type of light that does not affect melatonin production is red light. Melatonin is also a powerful antioxidant,

A Simple Trick to Help You Stay in Deep Sleep Longer

Brown noise has been shown to produce the deepest, soundest sleep. The deeper qualities of the noise are great for relaxing and falling asleep.

Common benefits of brown noise include:

- Improved focus
- Increased reading comprehension
- Sleep improvement

Turn Off Your Gadgets

95 percent of Americans use an electronic device within one hour of going to sleep, according to a National Sleep Foundation poll.

Free computer program called flux (see justgetflux.com or f.flux.com), which alters the color temperature of your computer screen as the day goes on, pulling out the blue wavelengths as it gets late.

Turn off your electronic gadgets and keep them out of your bedroom:

- Avoid watching TV or using your computer/smartphone or tablet in the evening, at least an hour or so before going to bed.
- Make sure you get BRIGHT sun exposure regularly.
- Get some sun in the morning.
- Sleep in complete darkness, or as close to it as possible.
- Install a low-wattage red light bulb if you need a source of light for navigation at night..
- Temperature in your bedroom no higher than 70 degrees F. Many people keep their homes too warm (particularly their upstairs bedrooms). Studies show that the optimal room temperature for sleep is between 60 to 68 degrees F.
- Take a hot bath 90 to 120 minutes before bedtime.

HOMEOPATHIC REMEDIES

Aconitum napellus 200 or 30

- Feeling panicked or fearful? Is your heart beating fast? *Aconitum napellus* (monkshood) is a medicine for panic reaction or any shock to the system. It addresses that restlessness or feeling of dread that keeps you awake, whether your fear is a storm outside or even a fear of the dark at night.
- And don't be hard on yourself. Even though you know there's no monster under your bed; sometimes it just feels like there is.

Coffea cruda 200 or 30

- Are you fretting about something even something wonderful? Perhaps you have an exciting trip coming up, and you're running through your packing list over and over. Or perhaps you have a million and two things to do in the morning, so your brain is racing, or even just too busy.
- Are you hypersensitive? Does every little ache in your body magnify by a hundred times? *Coffea cruda* (coffee bean) will help.

- For those who don't understand how homeopathy works, I can hear you saying, "No! A remedy from COF-FEE will help me sleep???"
- Yes, this is exactly why it does work...because it's been diluted 200 times to the hundredth power

Gelsemium 30 c

- But what if you're sleepless because you are just downright apprehensive about something coming up? Stage fright. Pressure stress.
- Are you nervous about a deadline or a presentation at work or is your child is afraid of a school play or a test or a big game?
- *Gelsemium* (yellow jasmine) will provide relief from the symptoms of general weakness, a blank mind, trembling or headaches, allowing you to sleep. (And your performance is going to be GREAT tomorrow, by the way. I just know it!)

Ignatia amara 30 or 200

- Sometimes sleeplessness can stem from grief, overthinking, worry, effects of an argument. While grief is a natural part of life, it can keep us in its grips to the point that we need a gentle stimulus to overcome it. *Ignatia amara* (St. Ignatius bean) is that stimulus.
- If you're experiencing emotional stress with hypersensitivity to smell or to pain or if you find that your symptoms can be temporarily improved by some sort of distraction (playing solitaire endlessly or binge watching old "I Love Lucy" reruns), then those symptoms will be soothed with *Ignatia*.
- For a more in-depth understanding of the use of this amazing medicine, go here https://joettecalabrese.com/blog/homeopathic-remedies/post-traumatic-stress/.

Kali phosphoricum 6 or 30

- Have you done too much? Sleeplessness can sometimes occur after either physical or mental overexertion; such as too much study. It seems like you should be able to fall asleep more easily if you've done too much, right? Instead, you're lying awake even though you're fatigued.
- *Kali phosphoricum* (a cell salt called potassium phosphate) to the rescue! It may help to calm your mind, and allow you to drift off. Its perfect for the overworked student who can't sleep.

NATURAL REMEDIES TO SLEEP BY:

- Catnip tea
- Magnesium Take 200 milligrams of magnesium (you can lower the dose if it causes diarrhea)
- Lavender essential oil
- **Melontonin:** 3 to 5 mg is great. It takes melatonin 90 minutes to work so take at least 90 minutes before bed.
- Dark, sour cherry juice
- Wild Lettuce: take 30 to 120 milligrams before bed.
- **Hops:** 30 to 120 milligrams before climbing under the covers.

- **Kava Kava:** Do not mix with hypertension medications 2 teabags steeped in hot water sip before bed.
- **German Chamomile:** Essential Oil apply topically on big toe or on neck and forehead.
- **Magnolia Bark:** 250 300 mg
- **Banana:** Little known fact: all of magnesium is found in the peal. Wash off Cut off ends and cut in half. Then boil in $3\frac{1}{2} 4$ cups of water for 3 to 4mins. Add some cinnamon and honey to the banana water and drink the water. Loaded with magnesium to help with sleep.
- **L-theanine**: buy pure, active L-theanine (some brands have inactive forms of theanine that block the effectiveness), and take 50 to 200 milligrams at bedtime.
- **Valerian:** 10 percent of the people who use it actually feel energized, which may keep them awake. If that happens to you, take Valerian during the day. Otherwise, take 200 to 800 milligrams before bed.
- **Yoga and Meditation:** Close your eyes and, for 5 to 10 minutes, pay attention to nothing but your breathing.

Concoction to drink:

- 1 tablespoon of <u>coconut oil</u>
- 1/4 teaspoon of <u>raw honey</u> (make sure it's raw, unprocessed)
- 1/8 teaspoon sea salt
- The fat in coconut is beneficial right before bed because the fat gives your body sustained energy throughout the night.
- The honey ensures an adequate amount of storage of liver glycogen for your brain. Raw honey is 22% better at producing liver glycogen compared to processed honey you'll typically find in the food store. Salt aids in energy production so your energy can be sustained throughout the night. Salt helps your body stay in a homeostatic state so that your adrenaline won't spike during the night and cause you to wake up, at horrible times like 2am and 4am.

Diet: Eliminate sugar and carbs.

- Drink sole water once a day on an empty stomach. Get Himylan salt. Cover the bottom of a mason jar about ¼ full, add distilled water and let it stand until all the salt is dissolved. Then add more salt until that salt is dissolved. When there is still salt on the bottom after about a week you are done. Put 1 tsp of this sole salt mixture in a class of purified water first thing in the morning on an empty stomach and drink. 100% Pure Contains 84 "natural" elements needed by the body. It hydrates your thirsty body. You can do this anytime you are dehydrated. This will restore your body's hydration. Regulates blood pressure, and is vital for balancing the sugar levels in the blood. Himalayan crystal salt contains all the elements of which the human body is comprised.
- Cut out the aspartame and anything that says 'diet' on the label. They are potentially items that will put weight on you not take it off and are high on the list of carcinogenic.
- Read your labels and be aware of what you are eating and putting on and in your body. Use only pure organic lotions, oils, shampoo, conditioners. Make your own if possible.
- Quit late night snacking. Honor your body. Your digestive system needs time to rest and does that at night.

TAU study on interrupted sleep

http://www.aftau.org/

A Tel Aviv University study says parents of newborns pay a high price for their interrupted sleep. The familiar cry in the night, followed by a blind shuffle to the crib, a feeding, a diaper change, and a final retreat back into oblivion — every hour on the hour. Such is the sleep pattern of most new parents, who report feeling more exhausted in the morning than when they went to bed the night before.

Now, in the first study of its kind, Prof. Avi Sadeh and a team of researchers from Tel Aviv University's School of Psychological Sciences explain why interrupted sleep can be as physically detrimental as no sleep at all. In the study, published in the journal "Sleep Medicine", Prof. Sadeh and his colleagues Michal Kahn, Shimrit Fridenson, Reut Lerer, and Yair Ben-Haim establish a causal link between interrupted sleep patterns and compromised cognitive abilities, shortened attention spans, and negative moods. The researchers discovered that interrupted sleep is equivalent to no more than four consecutive hours of sleep.

"The sleep of many parents is often disrupted by external sources such as a crying baby demanding care during the night. Doctors on call, who may receive several phone calls a night, also experience disruptions," said Prof. Sadeh. "These night wakings could be relatively short — only five to ten minutes — but they disrupt the natural sleep rhythm. The impact of such night wakings on an individual's daytime alertness, mood, and cognitive abilities had never been studied. Our study is the first to demonstrate seriously deleterious cognitive and emotional effects."

Putting Mom and Dad in a bad mood

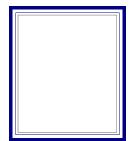
"In the process of advising these parents, it struck me that the role of multiple night wakings had never been systematically assessed," said Prof. Sadeh, who directs a sleep clinic at TAU, where he advises exhausted and desperate parents on how to cope with their children's persistent night wakings. "Many previous studies had shown an association, but none had established a causal link. Our study demonstrates that induced night wakings, in otherwise normal individuals, clearly lead to compromised attention and negative mood."

The study was conducted on student volunteers at TAU's School of Psychological Sciences. Their sleep patterns were monitored at home using wristwatch-like devices that detected when they were asleep and when they were awake. The students slept a normal eight-hour night, then experienced a night in which they were awakened four times by phone calls and told to complete a short computer task before going back to sleep after 10-15 minutes of wakefulness. The students were asked each following morning to complete certain computer tasks to assess alertness and attention, as well as to fill out questionnaires to determine their mood. The experiment showed a direct link between compromised attention, negative mood, and disrupted sleep — after only one night of frequent interruptions.

Paying a high price

"Our study shows the impact of only one disrupted night," said Prof. Sadeh. "But we know that these effects accumulate and therefore the functional price new parents — who awaken three to ten times a night for months on end — pay for common infant sleep disturbance is enormous. Besides the physical effects of interrupted sleep, parents often develop feelings of anger toward their infants and then feel guilty about these negative feelings.

"Sleep research has focused in the last 50 years on sleep deprivation, and practically ignored the impact of night-wakings, which is a pervasive phenomenon for people from many walks of life. I hope that our study will bring this to the attention of scientists and clinicians, who should recognize the price paid by individuals who have to endure frequent night-wakings."



Ms. Hamm ACNCS, ACNISC, has over 2000 hours of homeopathy and acupuncture training and did her internship in Sri Lanka and Phoenix, working in a healthcare clinic as part of her apprenticeship. She has been working with herbs, homeopathy, and natural health for over 45 years.

For the past 28 years, she has been working with newborns as an Advanced Certified Newborn Care Specialist and has over 30,000 hours of hands on newborn care. She has been teaching online and in-person classes through Gentle Venture's Training Center for the

last 15 years. Her classes are approved by the NCSA and accredited by the IMPI. You can see her classes and get more information on https://gentleventures.com