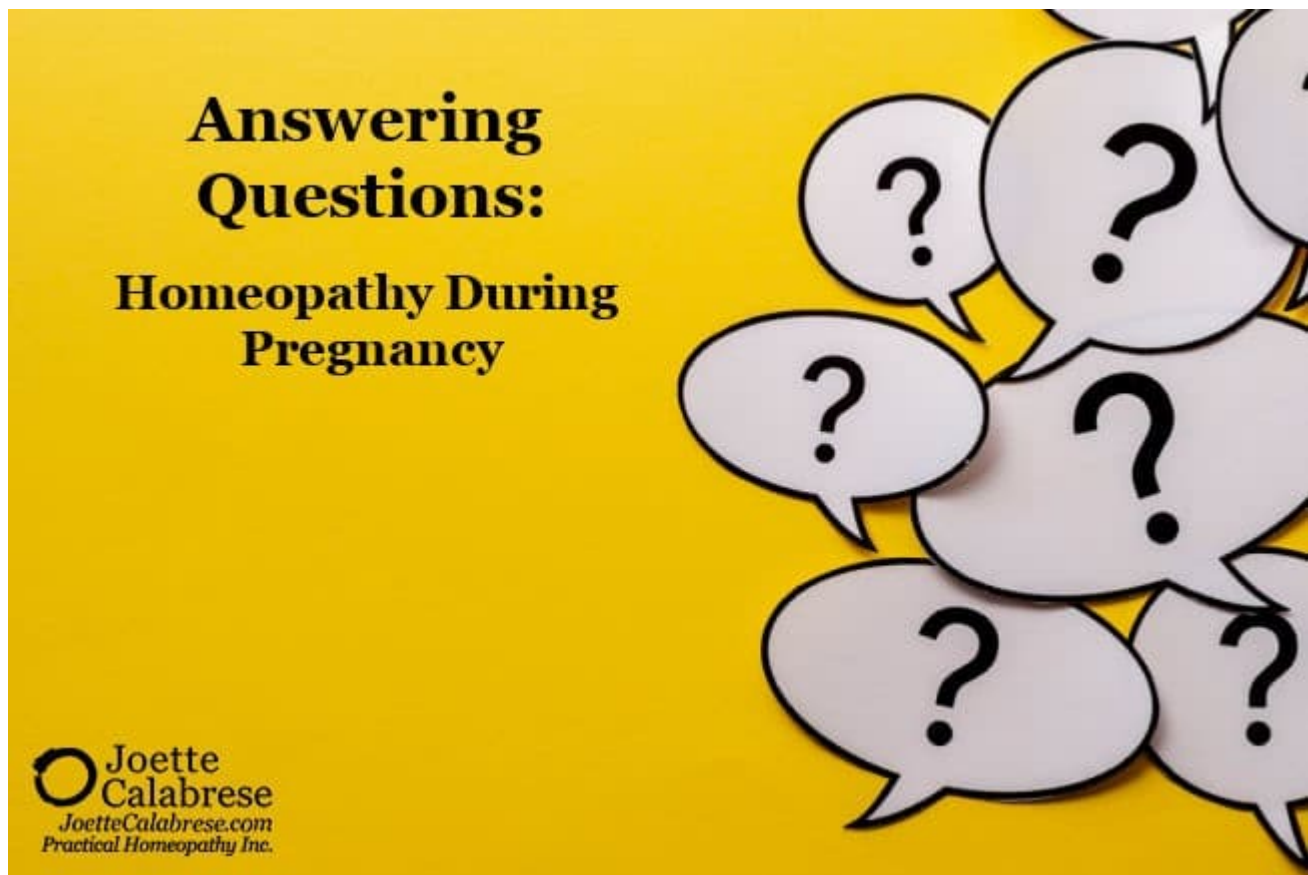


Answering Questions: Homeopathy During Pregnancy



I'm absolutely delighted to meet live with my [Gateway to Homeopathy Study Group](#) members. Hearing their enthusiasm and answering their questions is energizing. In fact, I probably receive just as much reinforcement and inspiration from *you* as you do from me.

But one question comes up time and time again during those Study Group meetings. This particular question often emerges on my Facebook forums as well:

"Should Apis, Pulsatilla and Sepia be avoided during pregnancy?"

So, to provide a written resource for you, here's my response. Are you ready? Do you have a pen handy? Here it comes:

“There is no one, definitive answer.”

Well, I’m betting that wasn’t *quite* what you were looking for, so let me expound a bit.

Perhaps you have heard never use *Apis*, *Pulsatilla* or *Sepia* during pregnancy.

While I won’t quite go as far as to say *never*, I will say those three medicines are indeed used during pregnancy – if quite *necessary*. They must be used with caution, in specific ways – astutely – with a *knowledgeable* and *delicate* hand.

Apis is rarely used during pregnancy. However, it is sometimes valuable during events causing severe, edematous swelling – such as anaphylaxis.

Say, right in the middle of your very first shrimp cocktail, you suddenly discover you are allergic to shrimp – and you happen to be pregnant. With lips and tongue swelling, [*Apis* 30C](#) has a reputation for emergency intervention. It would generally be used as often as every 5 minutes (depending on the severity of the reaction) until noteworthy improvement.

Pulsatilla can be used to great effect at the *end* of a pregnancy. When used knowledgeably, in the proper potency and frequency, *Pulsatilla* has been known to turn a breech baby to ready it for birth. (I discussed this more extensively in my blog post, [Birthing Series Part One: Turning a Breech Baby](#).)

Sepia, however, is *sometimes* used during pregnancy. So, while it is sometimes valuable under certain circumstances, it should be avoided by those new to homeopathy who don’t yet have the firm hand of experience and confidence to use it competently.

Why all the caveats? The reason is, homeopathy is medicine! It often (not always, but often) requires competence,

knowledge, experience, and confidence to employ it correctly with the respect it warrants. As I have said many times before, homeopathy is not completely safe; it is *relatively* safe. We must be responsible – make wise, educated, informed decisions, and use this medicine sagaciously. (Cool word, huh? Look it up and remember it in relation to using these medicines during pregnancy.)

Should you believe you're experiencing a dire need for one of these remedies during pregnancy, consider yourself as appearing before the "Homeopathy Rationale Court." Make your case and make it well.

If, after making your case, you believe your rationale is sufficient to gird up your decision, then go forward. However, stay with *lower to mid potencies* if you're a novice and stop when improvement is observed. Or, err on the side of caution and seek advice from an experienced homeopath. Or even better yet ... learn as much as you can by joining my study groups and courses so that *you* can be that experienced homeopath in your family.

And then ... pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. In honor of all the pregnant moms and/or moms of pregnant moms, I have added over a dozen new protocols to my original [Feminopathy course!](#) These protocols will focus on pregnancy, labor, nursing and newborn care. That's where you'll find more answers than you had questions.

I'm excited to teach you about homeopathic medicines every

pregnant woman should know. Some of these remedies are protective for both mother and child while others address potential problems that may arise.

In other words, we'll discuss both standard, healthy pregnancies, as well as those pregnancies that don't go according to plan.

This is Practical Homeopathy®: proven, reproducible, effective protocols specific to women's special health issues. [Click here to learn more.](#)



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