Prenatal Preparation with Homeopathy: The Best Gift You Could Give!

At this joyous time of year, I'm reminded of some of the best gifts we are given in life: our children. Did you know that there is a homeopathic protocol that can be followed during pregnancy to give the gift of robust health to your unborn child?

The best part? This prenatal plan uses homeopathic cell salts that you can simply dissolve in water and take with you anywhere. Plus, they're inexpensive and give your body the easily assimilated minerals it needs at this crucial time without resorting to the artificial nutrients found in commercial prenatal vitamins.

The following schedule should be adhered to for the duration of the pregnancy and the protocol for the last month continued for as long as the baby nurses.

Recommended Monthly Program:

Month 1: *Calc fluor* 6x, *Mag phos* 6x, *Ferr phos* 6x

Month 2: *Calc fluor* 6x, *Mag phos* 6x *Ferr phos* 6x

Month 3: *Calc fluor* 6x, *Mag phos* 6x, *Nat mur* 6x

Month 4: *Calc fluor* 6x, *Nat mur* 6x, *Silica* 6x

Month 5: *Calc fluor* 6x, *Ferr phos* 6x, *Silica* 6x

Month 6: *Calc fluor* 6x, *Mag phos* 6x, *Ferr phos* 6x

Month 7: *Calc fluor* 6x, *Mag phos* 6x, *Nat mur* 6x

Month 8: *Calc fluor* 6x, *Nat mur* 6x, *Silica* 6x

Month 9: *Calc fluor* 6x, *Ferr phos* 6x, *Silica* 6x

Take three to four pills of each remedy assigned for the month three times each day. Alternatively, you can dissolve the pellets in four ounces of water and take a sip of this preparation three times a day.

Just like higher potency homeopathic remedies, cell salts (sometimes called tissue salts or Biochemic homeopathy) are prepared in highly diluted dosages. This gives them a greater ability to work. Cell salts are readily available in most health food and some grocery stores and are very inexpensive.

Having considered the above, it needs mention that no amount of cell salts will substitute for a diet of wholesome and nutrient-dense foods. So, I recommend that nutrients be obtained from “Super Foods,” those that have been eaten throughout the ages in preparation for and during pregnancy. They are full-fat cheese, full-fat yogurt, and loads of butter on all vegetables, and unprocessed meats, especially liver and other organ meats. Eggs from pastured chickens are a valuable source of the omega 3 fatty acids your baby needs for brain development.

This is the most crucial time in your baby’s life. It is also the best time for constitutional homeopathic care, as both mother and child are treated as one. Homeopathy has no side effects and will not interfere with any other meds, although meds are an especially unwise choice at this time. Homeopathy and high-end nutrition is fully safe for mother and child from

the time of conception up to and including the birth.

To learn more about homeopathy and pregnancy, check out my Feminopathy course and read the testimonials of other women who have been helped by my Practical Homeopathy methods, click here.