

Happy Labor Day ... and a Happy Day of Labor (and Delivery)



Happy Labor Day, my friends. Tomorrow, we will honor hard-working Americans, both past and present, who built this nation with equal parts elbow grease and ingenuity. I'm sure many of you have the day off. Have fun.

But today, I'm thinking of a different kind of labor. While "Happy Labor Day" may cover the holiday, instead, let's talk about having a "Happy Day of Labor."

When moms deliver their babies, it's traditionally called labor. Why? Well, let's face it, it's laborious! It's work

relocating a tiny person from inside our bodies out into the world.

Homeopathy Works During Labor!

The great news is that homeopathy can assist a new mother to give birth without interfering with the natural process. For that matter, homeopathy doesn't interfere with any potential drugs that might be administered in a hospital setting.

Of course, if you're a Mighty Member, you have watched my [semimonthly Mighty Musings*](#) discussing the perils of hospital deliveries, as espoused by Dr. Robert S. Mendelsohn, renowned pediatrician, in his seminal book, "How to Raise a Healthy Child... In Spite of Your Doctor." This book is essential reading for anyone with children or expecting a child. Wait. Also, for anyone even *thinking* about having a child. Join me and my Mighties as we break it down. Purchase your own copy [here](#) to follow along.

Homeopathy will allow the natural process to proceed with polite and gentle support, facilitating the body's innate ability to produce a new human being without angst and fear, while reducing pain.

***Arnica montana* for Labor Pain, Bleeding and Sleep**

You've heard me say it before, ["When in doubt, consider *Arnica*."](#) That may sound like a platitude, but I assure you, it often proves true.

In the case of labor, however, we are not in doubt as to *Arnica's* sweeping ability to assist us.

At the moment labor commences, [Arnica montana 30 or 200](#) may be considered, every few hours as needed. It serves as a polite prompt to the body, encouraging more efficient handling of this laborious, yet glorious task by addressing several issues unique to delivery.

First, *Arnica* will tend to that **bruising pain and overall achiness** caused by muscle overexertion. (And boy, let me tell you, our muscles definitely exert themselves.) That, in and of itself, is enough of a reason to employ *Arnica* before, during and after labor.

Additionally, *Arnica* can help **regulate bleeding**. Now, it's not going to stop the bleeding, as some bleeding is expected and necessary, but it will help prevent it from becoming too intense.

I like to tell you specific stories to help you remember the effects of certain homeopathic medicines, so let me tell you about someone who had a tremendous experience giving birth and utilizing *Arnica montana*. Her name is Joette. Sound familiar? You may know her.



Indeed, when I gave birth to my first son, I was 35 years old. I didn't yet have the decades of homeopathy education and clinical experience behind me that I have now, but I knew

enough to call upon *Arnica* after my delivery. (Knowing what I know now, I would have used it when labor commenced and every few hours, as needed, both during *and* after delivery.)

But, back then, I used it only afterward. Keep in mind, this was a hospital birth (The doctor I chose backed out of the home birth plan a month before the birth – a story for another time.) I noticed that after I took *Arnica* moments after my baby arrived, I popped out of bed – just like I was popped out of a toaster. It was all over with!

I was so energetic that I went home with the baby within a few hours. Once home, I did the laundry and made dinner with the baby in my arms.

Now, was that the *Arnica* or just a natural high? I can't be 100% positive, but I feel confident that the *Arnica* was working in concert with my body's natural rhythms to help me recover posthaste.

Lastly, *Arnica* can also aid in **encouraging restful sleep**, which any new mother knows is critical during this time. However, *Arnica* is not like a synthetic sleeping pill that would leave Mom groggy and disoriented. No. Again, *Arnica* works with the body to encourage more natural sleep regulation.

***Mag phos* for Cramps**

Cramping is a natural part of labor. We certainly don't want to halt the cramps, as those muscular contractions are what help us relocate our child from their temporary, forty-week internal home into their new existence in the outside world.

However, even though we need cramps, we really don't require the pain that accompanies them.

So, at the onset of labor, one might also consider *Mag phos*, one of our **premier remedies for painful cramps**.

I like to call it "[Mug Phos](#)," as a reminder of the method I use to employ it, as *Mag phos* is noted to be more effective when administered with heat.

Dissolve one [Mag phos 6X](#) pellet per one ounce of hot water in a Thermos and keep it by the bedside to sip every few hours throughout the labor (and afterward), as needed. It is often fast-acting in providing relief.

But Wait, There's More ...

There's one more homeopathic medicine I want to discuss regarding labor challenged by an "incompetent" uterus. (Blech. I hate that description.) This medicine will bolster a uterus that's not fully doing its job adequately, creating a protracted delivery.

However, I always try to save something for my Mighty Members. We'll talk about this in next Thursday's [Memo to Mighty Members*](#).

My course devoted to women, [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#), contains much more information regarding labor and delivery as well as many other topics of interest to our sex: menstrual issues, menopause, pelvic inflammatory disease, stretch marks, urinary tract infections, uterine fibroids, infertility, thyroid conditions, hirsutism ... the list goes on. I encourage you to take a look.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. And remember, all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases, including [Feminopathy](#). Join us today, and avail yourself of all my Memos, Musings and this valuable discount. If you need assistance, email contact@practicalhomeopathy.com for more information.

*You must be logged into your Mighty Member account for protected links to take you directly to the offering.



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