



Homeopathy for Pregnancy, Birth, and Your Baby's First Year

Miranda Castro

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No period in a woman's life is as filled with special concerns as pregnancy and new motherhood. Among the many discomforts and ailments treatable with the homeopathic remedies explained in this book are:

For the mother: anemia, back pain, breastfeeding problems, constipation, exhaustion, hemorrhoids, insomnia, morning sickness, post-partum depression, sinusitis, varicose veins, yeast infections

For the baby: breathing difficulties, chicken pox, constipation, cough, diaper rash, diarrhea, ear infection, hiccups, mumps, sleep problems, teething pains, vomiting

In *Homeopathy for Pregnancy, Birth, and Your Baby's First Year*, practicing homeopath, Mirando Castro introduces readers to the many safe, effective, inexpensive, and nonmedical remedies that homeopathy has to offer women in this very important period. With reassuring, easy-to-read text, the book explains the principles of homeopathy and tells readers how to select the remedies that correlate to hundreds of common symptoms of physical and emotional distress. The book also offers natural ways to make labor and birth as relaxed as possible, using homeopathic methods.

Complete with case histories, *materia medica*, and supportive and helpful tips throughout, this guidebook offers a wealth of natural-health information every expectant mother should consider.



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