

First Stage

*Take Bach's **Rescue Remedy** throughout labor: put a few drops in drinking water; drink throughout for anxiousness, exhaustion, etc.

[Homeopathics most effective at 200C potency, but 30C works well; homeopathics antidoted by mint, coffee, eating within 10 minutes of dosing]

Arnica

Take throughout labor to reduce bruising/swelling (30C every 30 minutes to 1 hour)

Give for woman feeling urge to push but not fully dilated

Give after birth for bruising and soreness, especially if pushing long/difficult

Give during labor for trauma to soft tissue

Give directly after birth of baby for trauma to perineum

To start labor or encourage "stalled" labor (Choose one of the following homeopathics)

Caulophyllum

Failure to Dilate; and/or prolonged, difficult or dysfunctional labor

Uterus feels soft at height of contraction

Woman exhausted; trembling; nervous excitement

Early labor is irregular but unrelenting

Contractions: short, unstable; sharp, spasmodic; low in pelvis

*Caulophyllum also helpful for:

Uterine dysfunction complicating descent or expulsion

Problems with placenta, after-pains, postpartum bleeding

Cimicifuga

Failure to Dilate; and/or prolonged, difficult or dysfunctional labor

Similar to Caulo, but contractions more violent; **early labor is intense with fast contractions**

Emotional state important for this remedy – gloomy, fearful, doubtful about ability to continue (will say "I can't do it...")

Can have alternating symptoms, involuntary movements, severe headaches, neuralgia that interrupts continuity of labor

Combine chosen homeopathic with:

* **Herbal Blue Cohosh** (3-5 drops in warm water every 30 minutes until labor established)

May add **Black Cohosh** (3-5 drops) to increase efficacious contractions

Apply 5-10 drops **Clary Sage** essential oil to feet, ankles, belly, back to start labor

Apply 3-5 drops **Jasmine** essential oil to feet, ankles, belly, back to affect "stalled" labor

Additional First Stage Helps

Herbal Raspberry Leaf

Drink tea throughout labor to increase energy, prevent retained placenta, prevent uterine atony

Sepia

Excellent for feelings of heaviness and bearing down pains

Good for woman trying to escape pains

*Use when strong urge to push, but dilated only 6 or 7; also for cervical lip (use in combination with Arnica 200 in this situation)

Gelsemium

Help to complete dilation if cervix completely effaced and labor appears active

Aconite

Fear/anxiety

Belladonna

For rigid cervix not dilating, accompanied by headache or pains worse from jarring; with wild-eyed expression

Chamomilla

Extreme sensitivity/intolerance to pain

Cross, irritable in labor

Bowels disordered (loose stools, gas...)

Carbo Veg

dehydration/exhaustion

Nux Vomica

Feels urge to go to toilet during contractions (but unproductive)

Intolerant of stimulation

Kali Carb

To turn a posterior baby

Useful for back labor

Good during pregnancy to turn OP baby (alternate with Pulsatilla)

Pulsatilla

On again/off again labor; woman clingy or "whiny"

Turn posterior baby

UNDA 245 Homeopathic blend (formula for female endocrine system)

- Fagopyrum esculentum (Buckwheat).....4 X
- Pulsatilla montana (Pulsatilla).....4 X
- Rheum officinalis (Rhubarb).....4 X
- Thuja occidentalis (White Cedar).....4 X
- Viburnum prunifolium (Black Haw).....4 X

Essential Oils for Labor/Delivery

Clary Sage to kick-start labor; especially around ankles

Jasmine to speed up contractions

Blend: 8 drops each of **Lavender, Clary Sage, Jasmine**

Use when ready to deliver

Can augment slow labor

Lavender is calming, stimulates circulation and is analgesic

Basil loosens retained placenta

Jasmine helps placental expulsion

Geranium healing to uterus after birth; stimulates circulation and very contractive

Gabi's Labor Oil Pain-Relief Blend

2 Tb. Arnica infusion oil

2 Tb St. John's Wort infusion oil

8 drops Lavender

3 drops Clary Sage

2 drops Ylang Ylang

1 drop Chamomile

Apply to lower abdomen and lower back for pain relief during contractions

Treatment for Group B Strep During Labor

Hibiclens (chlorhexidine) vaginal wash; this is European protocol for GBS (info [link](#))

- Begin at onset of labor or ROM; use every 6 hours in labor
- 2 Tb hibiclens to 20 oz. warm sterile water
- One full dose = 4 oz. of mixture in peri bottle, gently squirted into vagina (squat or lie with elevated hips)

Second Stage

Newborn Care

(200 potency homeopathic drops best; otherwise dissolve 30C pellets in water and administer by dipping pinky into liquid and rubbing on/around baby's tongue, inside mouth; dose as needed)

Unresponsive Baby

Rescue Remedy

For all problems; give with appropriate homeopathics, as described below. Drops in mouth and rubbed on bottom of feet

Arnica

Blunt trauma to soft tissue, shock

Baby stunned, bruised

Reactivates stunned autonomic reflexes

Give to mom and baby after traumatic birth, especially with bruising to baby

Belladonna

Baby hot, limbs twitching, pupils dilated

Carbo Veg

For baby mildly depressed, slow to respond, cyanotic

Camphora

Baby is floppy, cold, weak, pale

Arsenicum Album

Severely depressed babies appear lifeless, destined for hospital; weak heart rate, no respiration

Antimonium

Mucus/wet lungs; baby gurgling, choking

Aconitum

Shock, baby screaming inconsolably; rapid heart rate and respiration; baby reddish

Stramonium

Shock with screaming

Hemorrhaging Mother

Herbal **Shepherd's Purse** (full dropper under tongue every few minutes as needed)
Anti-hemorrhagic, brings clotting

Phosphorus 200

Bright red blood; if not working in 30 seconds, give **Ipecacuanha 200**

Belladonna 200

dark red blood with clots

Shock

Aconite (30C every few minutes, 200C lasts longer)

Arnica (same as above)

Rescue Remedy (5 drops every few minutes)

Herbal tincture of **Cayenne**, or powdered herb (1/2 tsp) mixed with warm water

Trilight herbal blend: Hem-Halt (blue cohosh, bayberry, yarrow, capsicum)

Essential Oil **Baby/Birth blend** (rub on belly, back)

Palmarosa

Geranium

Chamomile

Rose

Rosewood

Ylang

Third Stage

Preparation to Expel Placenta

Herbal Motherwort

Helps expel placenta, encourages uterine contractions

Give 5-10 drops directly after birth, before placental expulsion, to **avoid hemorrhage**

Relieves afterpains (also useful in early stages of labor for pain and relaxation)

Good for postpartum depression; combine with red raspberry

Basil Essential Oil (few drops on belly, back)

loosens placenta

Retained Placenta

Sepia

Most often used for retained placenta

Herbal Angelica

Brings placenta

Jasmine Essential Oil (few drops belly, back)

helps expel placenta

Additional Helps

Caulophyllum

Hypotonic uterine bleeding

Difficulty delivering placenta with weakness, trembling or nervous excitement

Cimicifuga

Difficulty delivering placenta with mental/physical fragmentation

Irrational fears, alternating symptoms

Pulsatilla

Difficulty delivering placenta with vasomotor instability

This remedy useful if woman gets improvement from air, fluids, affection

Excessive Postpartum Bleeding

Caulophyllum

Afterpains are cramps/spasms low in pelvis

Fundus flabby

Weakness, exhaustion

Trickling bleeding

Cimicifuga

Fears, negativity, jumble of emotions

Sepia

Strong bearing-down sensations

Irritability; nausea

Arnica

Excessive bleeding following rapid or traumatic birth, prolonged pushing, bruising, soreness

Belladonna

Bright red bleeding, forceful, hot; with hot, red face, wild eyes, headache

Ipecac

Bright red bleeding

China

Oozing bleeding (dark, thin blood) with shock-like symptoms

Sensitivity to touch, stimulation

Herbs

Same as anti-hemorrhagic above

For blood building afterward, use: Yellow Dock (builds iron), Partridgeberry, Red Raspberry, Alfalfa, Nettle or Floradix Herbal Iron supplement

Perineal Wound Healing

Arnica

Vaginal contusions

Calendula

Abrasions, small lacerations (topical ointment/salve)

Comfrey (herb)

Knits together tissue, bones, muscle, etc. Can "seal" wounds, cuts, tears... Speeds healing

Witch Hazel (soak pads in it)

Seaweed/Nori strips

Hemorrhoids

(each remedy has specific symptom "types")

Kali Carb. = best all-around remedy

Pulsatilla

Sepia

Nux V.

Sulphur

Apple Cider Vinegar

HerbalAide Super Salve

*Use witch hazel pads!