

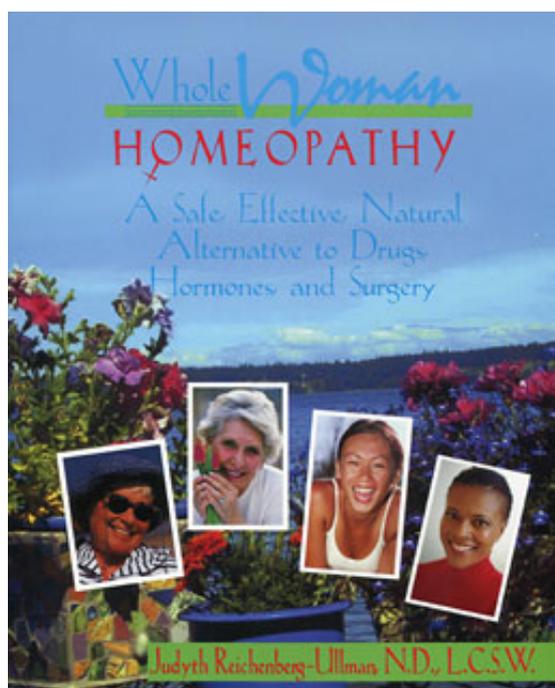
Judyth Reichenberg-Ullman Whole Woman Homeopathy

Leseprobe

[Whole Woman Homeopathy](#)

von [Judyth Reichenberg-Ullman](#)

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Morning Sickness



Description

Morning sickness occurs most commonly during your first three months of pregnancy but may persist, in some cases, throughout the entire pregnancy. Although it is called "morning sickness," the symptoms are by no means confined to the early hours of the day.



Symptoms

Nausea, mild to awful, are most characteristic, and you may also vomit. You may have a tremendous aversion to the sight, smell, or even the idea of eating food.



Complications

Apart from the discomfort and inconvenience, the main complication of prolonged morning sickness is malnutrition and your inability gain appropriate weight, possibly resulting in a low birth weight or congenital health problems for your baby. But, despite even extreme morning sickness, your baby is likely to be fine even if you just want to die from nausea. Hyperemesis gravidarum—intense, uncontrollable vomiting during pregnancy, often associated with liver disease—is a much more severe complication and may cause dehydration and acidosis, necessitating hospitalization and intravenous fluids.



Look

Is my face pale?

Do I notice any other visible changes in myself since I developed morning sickness?

Do I vomit? If so, how often? Do I prefer to be in a particular posture or position to be more comfortable?



Listen

"My nausea has been much worse since I was up all last night taking care of my two-year-old daughter." *Cocculus*

"The nausea is even worse when I ride in the car (boat, airplane)." *Cocculus, Sepia, Tabacum*

"The sight or smell of food absolutely nauseates me." *Cocculus*,

Colchicum, Ipecac, Sepia

"My nausea is constant and even vomiting doesn't help." *Ipecac* "I want to vomit but I can't." *Kreosotum* "No sex for me." *Sepia* "I feel green, almost like when I tried that first cigarette as a teenager."

Tabacum "I break out in a cold sweat with the morning sickness. All I want is something icy." *Veratrum*

Ask

How long have I been pregnant?

How long have I felt nauseous and/or been vomiting?

What are my symptoms and how severe are they?

What brings on my nausea?

Is it worse at any specific time of the day or night?

Does anything make my nausea/vomiting better or worse?

Am I hungry or thirsty?

Do I crave any particular food or drink?

Is there any food or drink I just can't tolerate?

Can I keep anything down?

Are there any other symptoms?



Pointers for Finding Your Homeopathic Medicine

* The most common medicines for morning sickness are *Sepia* and *Colchicum*.

* When aversion to the smell of food is the strongest symptom, consider *Colchicum* first.

* For severe vomiting, use *Ipecac*, and for the most terrible nausea, use *Tabacum*.

« When aversion to sex is a strong symptom, consider *Sepia* or *Kreosotum*.

« *Sepia* is for conditions that are much better from vigorous exercise or dancing, which differentiates it from the motion sickness medicines such as *Tabacum* and *Cocculus*. The latter two are for symptoms that are much worse, not better, from motion.

« *Veratrum* is the medicine of choice if you are very cold, suffer from vomiting and diarrhea, and would die for fruit, ice, and sour foods like pickles or lemons.



Dosage

- * Take three pellets of 30C twice a day until you see an improvement.
- » If you are no better after three doses, change medicines.
- » After you first notice you have improved, take another dose only if your symptoms begin to return.
- ^e Lower potencies (6X, 6C, and 30X) may need to be given more often (every one to two hours, depending on the severity of the nausea).
- * Higher potencies (200X, 200C, and 1M) usually need to be taken only once but may need a repetition if the symptoms are severe or return after initial improvement.



What to Expect

Homeopathic medicines are very safe to use during pregnancy. The symptoms are generally relieved within several days to a week or ten days. Even though homeopathy is very safe, it is best not to take too many homeopathic medicines during pregnancy. If you have tried two or three without success or if your morning sickness lasts past the third month of pregnancy, consult a homeopath for constitutional treatment.



Women's Naturopathic Self-Care Recommendations

- * Eat small amounts of food frequently.
 - * Grab a bite before getting up in the morning.
 - * Chew Saltine crackers to help relieve the nausea.
 - » Stick to bland foods such as broth, rice, and pasta.
 - * Tea (preferably herbal) and toast are usually well-tolerated.
 - » Sipping ginger root tea is a time-tested reliever of nausea. Use a one-quarter-inch slice of ginger root boiled in a cup of water for fifteen minutes.
 - » Many herbs, such as pennyroyal, need to be avoided during pregnancy. Research carefully before using any herbs, especially in your first trimester.
- Stimulating Stomach 36, an acupressure point in the soft place between the knee and to the outside of the leg where the tibia and fibula bones meet, often helps to alleviate nausea. Use firm rotary pressure on the spot for several seconds. Repeat as needed.

MORNING SICKNESS



Key Symptoms



Mind



Body



Worse



Better



Food & Drink

Cocculus
(Indian cockle)

Nausea from the sight or smell of food
Any kind of motion sickness with vertigo

Anxiety about the welfare of loved ones
Do not like to be interrupted or disturbed

Must lie down with the morning sickness, or gets nauseated
Headache, nausea, and vomiting with the morning sickness

Loss of sleep
Taking care one who is ill

Lying on your side of a loved

Aversion to food

Nausea from looking at moving objects or watching things out of the window of a moving vehicle

Emotional stress
Open air

Colchicum
(Meadow saffron)

Intolerance of smells, especially cooking food
Nausea from the smell of cooked meat, fish, and eggs
Symptoms made worse by motion and turning the head

Ailments in response to rudeness of others
Anger at trifles

Hungry, but disgusted at the thought of eating or when you smell food
Vomit is stringy and clear Swallowing saliva induces vomiting

Eggs
Change of weather
Cold, dampness

Warmth
Rest

Detest sight or smell of food, especially fish, eggs, and soup
Eggs disagree

Severe vomiting and retching

Ipecac
(Ipecac root)

Terrible, constant nausea, not relieved by vomiting
Nausea and vomiting with nearly all conditions

Difficult to please Don't know what you want

Bleeding and nausea at the same time
Cramps in the abdomen Drooling with the nausea

Vomiting
Warmth
Overeating

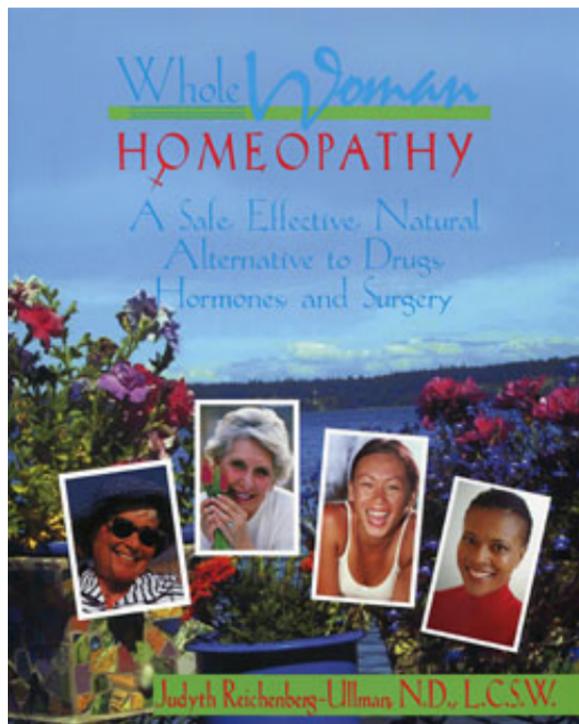
Open air

Not thirsty
Desire for sweets, pastries

Nausea with a clean tongue

Hate food and the smell of food

<i>Kreosotum</i> (Creosote)	Nausea with desire to vomit, but can't Continuous vomiting with lots of straining Vomits sweetish water, undigested food, and everything that is eaten	Dissatisfied with everything Afraid when thinking about having sex	Vomit lots of sour, acrid fluid or foamy, white mucus Drooling during pregnancy Very irritating, burning, corrosive vaginal discharge	Cold Lying down	Warmth Hot food	Desire for smoked food
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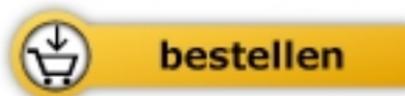


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