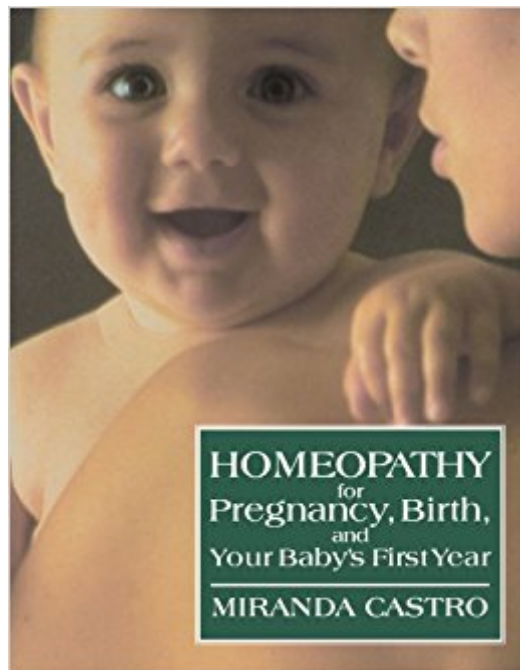




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# Homeopathy For Pregnancy, Birth, And Your Baby's First Year



## Synopsis

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.

## Book Information

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## Customer Reviews

Written by a London-based homeopath who is the author of *The Complete Homeopathy Handbook* (LJ 2/1/92) and who specializes in child care, *Homeopathy for Pregnancy, Birth, and Your Baby's First Year* reviews in detail homeopathic concepts, techniques, and remedies that can be applied to

treatable symptoms and complaints experienced by pregnant mothers and infants. While the book focuses on minor conditions that don't require a doctor's attention, such as varicose veins and breastfeeding problems, it is written as a specialized instructional manual that requires the reader either to be familiar with the principles and practice of homeopathy or willing to devote considerable time to its study. For collections where there is a demand for homeopathic books. Information on pregnancy diagnosis, gestation, prenatal care, nutrition, hazards, and pregnancy complications comprises half of *Great Expectations*, a concise encyclopedia suitable for a general audience. The remaining half addresses labor, delivery, birth complications, and tests, as well as recovery and postnatal feelings. In its tone, readability, illustration, and organization, this guide compares with Lanie Carter and Lauren Ostrow's *The Miracle Year* ( LJ 5/1/91). However, readers seeking detailed instructions about infant care and development should consult textbooks by such authors as Penelope Leach, Louise Ames, and William Sears, since this guide provides an overview only.- Kathryn Hammell Carpenter, Univ. of Illinois at Chicago Lib. Copyright 1993 Reed Business Information, Inc.

Miranda Castro introduces readers to the many safe, effective, inexpensive, and nonmedical remedies that homeopathy has to offer women in this very important period. 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.

One of the best books I've read so far during my pregnancy. Not only quality as a pregnancy book, I thought it was an excellent introduction to homeopathy overall. I will be hard pressed to even loan this book out when my friends/family members become pregnant...

Absolutely the best! I've bought several copies to send to family and friends. They ALWAYS find exactly what they need and report excellent results. I rely on this most excellent advise which has helped get me two beautiful grandsons into the world.

love it

Very comprehensive and easy for beginners to understand. I only wish more people would get into homeopathy as it is a much safer approach to herbal medicine for pregnancy, birth, postpartum and infants. I wish people understood the risks of essential oils for this vulnerable population.

I offered this book to many of my pregnant friends. As a new pregnant woman, I needed help and support. When I found this book, I was so reassured. I could really help myself which is a very important skill when in America with at that time no insurance. My birth was incredible. I gave birth naturally to a huge baby, did not rip (use calendula cream as recommended while crowning), was late but used the homeopathic remedies from the book and did not have to get any medication whatsoever. This book is a bible for every woman who wants to empower herself and use natural and efficient remedies. Buy this book in a second. You will do yourself a huge favor. Also check out all the other books that are very helpful for all other troubles. Thank you Miranda, you have been in my life for now nearly 8 years!

Absolutely the most helpful pregnancy/baby book ever. After three kids this book has been my savior through all the trials and challenging circumstances that come with being a parent. Ten years later I still use it as a reference for those tricky coughs, colds or headaches the kids come down with and so easy to follow and apply the homeopathic remedy according to Miranda's guidance, this is a real gem.... Love it!!!!

This is a first class work, every home should have a copy. I have used Homoeopathy for 45 years on scores of children and babies, applying the same science as Miranda so very well explains in her wonderful book, to great success. As a Qualified Homoeopath I fully endorse this book.

Homoeopathy is safe and effective, and well used by the Royal family and millions of other satisfied users from around the world. Study the book and use it with confidence and see for your self how effective and safe Homoeopathy can be for you.

Love this book! I am pregnant with my second but wish I had read and had this handy this with my first. So much good info and a helpful guide to keep for you and your baby.

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