

## Contents

<i>Preface</i> .....	<b>xi</b>
<i>Chapter 1</i>	
<b>What Is Homeopathy?</b> .....	<b>1</b>
<i>Chapter 2</i>	
<b>Remedies to Have in Your     Homeopathic Birth Kit</b> .....	<b>5</b>
<i>Chapter 3</i>	
<b>How to Use Homeopathic Remedies</b> .....	<b>8</b>
<b>Choosing the Remedy</b> .....	<b>10</b>
<b>Choosing the Potency</b> .....	<b>16</b>
<b>How to Take the Remedy</b> .....	<b>17</b>
<b>Repeating the Dose</b> .....	<b>19</b>
<b>Taking Care of Homeopathic Remedies</b> .....	<b>21</b>
<i>Chapter 4</i>	
<b>Inducing Labor</b> .....	<b>22</b>
<b>First Remedies to Consider</b> .....	<b>27</b>
<b>Other Remedies to Consider</b> .....	<b>28</b>
<i>Chapter 5</i>	
<b>Changing the Baby's Presentation     Prior to Labor</b> .....	<b>31</b>
<b>First Remedy to Consider</b> .....	<b>32</b>
<b>Another Remedy to Consider</b> .....	<b>32</b>
<i>Chapter 6</i>	
<b>False Labor (Preparatory Labor)</b> .....	<b>34</b>
<i>Chapter 7</i>	
<b>Prolonged, Difficult, or Dysfunctional Labor...</b>	<b>36</b>
<b>First Remedies to Consider</b> .....	<b>38</b>
<b>Other Remedies to Consider</b> .....	<b>42</b>
<b>Repertory</b> .....	<b>61</b>

<i>Chapter 8</i>	
<b>Back Labor and</b>	
<b>Posterior Position of the Baby.....</b>	<b>70</b>
<b>Remedies to Consider.....</b>	<b>71</b>
<b>Repertory.....</b>	<b>75</b>
<i>Chapter 9</i>	
<b>Routinely Useful Birth Remedies.....</b>	<b>76</b>
<i>Chapter 10</i>	
<b>Routinely Useful Postpartum Remedies.....</b>	<b>78</b>
<i>Chapter 11</i>	
<b>Postpartum Hemorrhage.....</b>	<b>80</b>
<b>First Remedy to Consider.....</b>	<b>83</b>
<b>Other Remedies to Consider.....</b>	<b>83</b>
<b>Repertory.....</b>	<b>93</b>
<i>Chapter 12</i>	
<b>Retained Placenta.....</b>	<b>100</b>
<b>Remedies to Consider.....</b>	<b>101</b>
<b>Repertory.....</b>	<b>105</b>
<i>Chapter 13</i>	
<b>Postpartum Infections.....</b>	<b>108</b>
<i>Chapter 14</i>	
<b>Injuries to the Coccyx and Spine.....</b>	<b>111</b>
<b>Remedies to Consider.....</b>	<b>113</b>
<i>Chapter 15</i>	
<b>Preventing and Healing a</b>	
<b>Perineal Tear or Episiotomy.....</b>	<b>115</b>
<b>Remedies to Consider.....</b>	<b>116</b>

<i>Chapter 16</i>	
<b>Healing From a Difficult Delivery or Cesarean Section</b> .....	<b>121</b>
<b>Remedies to Consider</b> .....	<b>124</b>
<i>Chapter 17</i>	
<b>The Newborn</b> .....	<b>128</b>
<b>First Remedy to Consider</b> .....	<b>130</b>
<b>Other Remedies to Consider</b> .....	<b>131</b>
<b>Repertory</b> .....	<b>136</b>
<i>Ppstscript</i> .....	<b>140</b>
<i>Resources</i> .....	<b>141</b>
<b>Homeopathic References</b> .....	<b>141</b>
<b>Childbirth References</b> .....	<b>142</b>
<b>Self-Care Homeopathic Books</b> .....	<b>144</b>
<b>Sources Of Homeopathic and Childbirth Books</b>	<b>144</b>
<b>Homeopathic Pharmacies</b> .....	<b>145</b>
<b>Homeopathic Organizations</b> .....	<b>146</b>
<b>Midwife Organizations</b> .....	<b>146</b>
<i>Appendices</i> .....	<b>147</b>
<b>Pelvic Floor (Kegel) Exercise</b> .....	<b>148</b>
<b>Perineal Massage</b> .....	<b>150</b>
<i>Index</i> .....	<b>153</b>
<i>About The Author</i> .....	<b>160</b>