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Homeopathic Medicines
For Pregnancy, Nursing
& Early Childhood
Homeopathic medicines have been regulated as drugs since 1938. (Food, Drug and Cosmetic Act)

The FDA regulates the manufacturing process and distribution of homeopathic medicines.

The official compendium is the Homeopathic Pharmacopoeia of the United States (HPUS), referenced in the United States Pharmacopoeia, and recognized by the FDA.

About 1280 strains are described: origin, preparation, control, OTC and Rx levels.

General pharmacy: guideline for manufacturing and control.
Most homeopathic medicines are sold over the counter (OTC)

But a few require a prescription:

Some strains are toxic: low dilutions are Rx only. (*Arsenicum, Mercurius*)

A few strains are controlled substances for all dilutions (*Opium, Coca, Morphinum*)

The indications must fall into OTC categories (*FDA regulation*)

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**Generics**

- 1 medicine
- Usually pellets or tablets

**Brand-named medicines**

- Single or multiple ingredients targeting a set of symptoms
- Any form (syrups, topicals, drops, eye drops, suppositories, etc.)
STRAINS:
- Plants
- Minerals
- Animals
- Microbes

3 steps

Tincture or liquid solution
Homeopathic dilution
Final product

Alcohol + Purified water
Inactive Ingredients

IDENTIFICATION - QUALITY CONTROL
The process is described in the HPUS and must comply to cGMP

MACERATION
(16 to 21 days)

QUALITY CONTROL
MOTHER TINCTURE

TRITURATIONS
Lactose

QUALITY CONTROL
FIRST DILUTION
C scale: 1% dilutions

- 1X
- 1C
- 2C
- 3C
- 30C

Succussion or dynamization: vigorous shaking: 150 times in 7.5 seconds on calibrated device

X scale: 10% dilutions

- 1X
- 2X
- 3X
- 4X
- 30X

Mother tincture

Solid forms for sublingual absorption:

- Multi-dose tube: 80 large pellets
- Unit-dose tube: 1 g small pellets
- Tablets: lactose-based

85% sucrose, 15% lactose
**Forms**

- **Liquid forms:**
  - Drops: 20% alcohol
  - Oral unit-doses or sterile eye drops

- **Other forms:**
  - Suppositories

**Pharmacology**

- **Atropa belladonna** (Solanaceae)
  - Pharmaco-toxicological properties
  - (Pathogenesis)

**On mucous membranes:**
- Intense dryness

**On cardio-vascular system:**
- Congestive headache
- Vasodilation of face

**On nervous system:**
- Hyperesthesia
- Hallucinations, convulsions
- Mydriasis

**Generally:**
- High fever of sudden onset
- Profuse sweating
- Inflammatory syndrome
Examples of conditions that can be relieved by homeopathic preparations of **Belladonna**:

- **Congestive headaches**
  - sunstrokes, hot flushes

- **Inflammation (skin and mucous membranes)**
  - red, hot, painful, swollen
  (sunburns, ...)

- **Fever**
  - sudden onset, high fever
  - red face, sweating
  - dry mouth, thirst

**On mucous membranes:**
- intense dryness

**On cardio-vascular system:**
- congestive headache
- vasodilation of face

**On nervous system:**
- hyperesthesia
- hallucinations, convulsions
- mydriasis

**Generally:**
- high fever of sudden onset
- profuse sweating
- inflammatory syndrome

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**Pharmacology**

**Honeybee**

**Pharmacotoxicological properties**

(Pathogenesis)

**On skin and mucous membranes:**
- pink edema
- stinging, burning pain
- relieved by cold compresses

**Generally:**
- fever without thirst
- warm skin
- sudden inflammatory syndrome
Examples of conditions that can be relieved by Apis mellifica (homeopathic preparations of the entire insect)

Insect stings:
- pink edema
- stinging, burning pain

Inflammation:
- conjunctivitis
- sore throat
- sunburn
- joint pains

Allergies:
- hives, hay fever

With edema, stinging, burning pain relieved by cold applications

Selecting a homeopathic medicine is based on:

The patient's set of symptoms (functional, etiological, clinical, biological, and factors of aggravation or improvement).

The existence of a pharmacologically active substance that causes similar symptoms in high doses. (Principle of Similars)

Homeo: same Pathos: suffering
Homeopathic treatments can be used:

Alone, in first intent:
- Viral pathologies, stress, anxiety, premenstrual syndrome
- When a pre-existing condition or treatment precludes the use of another medicine.

In association with other medicines:
- Treatment of the allergic terrain,
- Treatment of the recurrences of ENT or urinary infections.

As a palliative therapy:
- Treatment of nausea during chemotherapy

The treatment must always make ethical sense!

selecting the dilution

The level of similarity (between the patient’s set of symptoms and the drug’s pathogenesis) determines the choice of the dilution.
The level of similarity (between the patient's set of symptoms and the drug's pathogenesis) determines the choice of the dilution.

- Start as soon as possible.
- Adjust frequency according to intensity of symptoms and decrease frequency with improvement.
- Dose is not body-weight dependent: children receive the same dose.
- Brand-named drugs: dosage is in the drug facts.
### Advantages of Homeopathy

Above 4C or 8X: very low risk of side effects and interactions with other medicines, as well as interference with milk.

Homeopathic medicines are safe, so there is no reason to delay using them when symptoms first appear as this is when they are most useful.

Being familiar with homeopathic medicines increases your awareness for very early signs and symptoms.
### Morning sickness

- **Sepia 30C**
  - 5 pellets twice a day

  In all cases and as soon as possible

  Depending on the clinical picture, add:

- **Cocculus indicus 6C**
  - 5 pellets after each episode of nausea

  Dizziness, vertigo

- **Tabacum 6C**
  - 5 pellets after each episode of nausea

  Vasovagal syncope

- **Colchicum 6C**
  - 5 pellets after each episode of nausea

  Olfactory hyperesthesia

- **Ipecac 6C**
  - 5 pellets after each episode of nausea

  Hypersalivation, vomiting doesn’t stop the nausea

### Before Delivery

**When the 9th month begins**

- **Arnica 6C**
  - 5 pellets in the morning

  To decrease post delivery swelling and bruising

- **Gelsemium 30C**
  - 5 pellets in the morning

  Apprehension, regulates contractions

**8 days prior to delivery**

- **Cimicifuga racemosa 6C**
  - Pellets in the evening

  Uterine pains, premature contractions

**During delivery**

- **Cimicifuga racemosa 6C**
  - 5 pellets every 10 minutes

  Regulation of labor

- **Caulophyllum 6C**
  - 5 pellets every 10 minutes
### Just After Delivery

<table>
<thead>
<tr>
<th>Homeopathic Name</th>
<th>Dosage</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arnica 30C</strong></td>
<td>5 pellets 3 times a day</td>
<td>As soon as possible Overexertion, bruises, muscle aches</td>
</tr>
<tr>
<td><strong>Staphysagria 6C</strong></td>
<td>5 pellets 3 times a day</td>
<td>If episiotomy or C section</td>
</tr>
<tr>
<td><strong>Cinchona officinalis 30C</strong></td>
<td>5 pellets twice a day</td>
<td>Helps restore blood volume</td>
</tr>
<tr>
<td><strong>Gelsemium 30C</strong></td>
<td>5 pellets twice a day</td>
<td>After effects of anesthesia</td>
</tr>
</tbody>
</table>

### Breast Pain Before & when Breast-Feeding Starts

<table>
<thead>
<tr>
<th>Homeopathic Name</th>
<th>Dosage</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bryonia 12C</strong></td>
<td>5 pellets 3 times a day</td>
<td>Breasts are engorged, heavy, hard to the touch, pain is triggered by movement.</td>
</tr>
<tr>
<td><strong>Phytolacca decandra 12C</strong></td>
<td>5 pellets 3 times a day</td>
<td>Sharp pain, nodules</td>
</tr>
</tbody>
</table>
**Pain During Nursing**

- **Apis mellifica 30C**
  5 pellets 4 times a day
  Burning, stinging pain, relieved by cold compresses.

- **Belladonna 6C**
  5 pellets 4 times a day
  Breasts are hot, tense, pulsating.
  (See a healthcare professional)

- **Pyrogenium 12C**
  5 pellets 2 times a day
  Decreases the risk of infection.

**Fissures of the Nipple**

Local care is essential to prevent fissures. If they appear, ask your healthcare professional for the most appropriate local treatment. Additionally, these two medicines will help with the healing.

- **Nitricum acidum 12C**
  5 pellets 3 times a day
  Fissures have clean edges, as if made by a cutting tool. They bleed easily.
  Stinging pain.

- **Graphites 30C**
  5 pellets 2 times a day
  Fissures with thick, honey-like oozing, brown-yellow crusts when dry.
### Fatigue During Nursing

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cinchona officinalis 30C</td>
<td>5 pellets twice a day</td>
<td>Weakness, fatigue associated with loss of fluids.</td>
</tr>
<tr>
<td>Silicea 12C</td>
<td>5 pellets 3 times a day</td>
<td>Fatigue, weight loss, feeling cold, sweating easily. Backache during nursing.</td>
</tr>
</tbody>
</table>

### Milk Production

<table>
<thead>
<tr>
<th>Medication</th>
<th>Dosage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ricinus communis 6C</td>
<td>5 pellets twice a day</td>
<td>Insufficient production of milk at the beginning of breastfeeding. (associate with proper hydration)</td>
</tr>
<tr>
<td>Agnus castus 6C</td>
<td>5 pellets twice a day</td>
<td>Insufficient production of milk associated with post-partum depression.</td>
</tr>
<tr>
<td>Ricinus communis 30C</td>
<td>5 pellets twice a day</td>
<td>Persistence of milk production after weaning.</td>
</tr>
</tbody>
</table>
Baby Teething

Local Gum Inflammation

- Teething Pain
- Fever
- Digestive Disorders
- Agitation, Sleeplessness

Camilia

A first line of defense against teething pain and associated symptoms for children 1 to 30 months of age.

Three active ingredients target the symptoms that are often associated with teething.
Camilia

**Chamomilla 9C**
Homeopathic Preparation of German Chamomile

- Hypersensitivity to pain
- Irritability
- Teething pain

**Phytolacca decandra 5C**
Homeopathic Preparation of Poke

- Inflammation of gums
- Excessive chewing

**Rheum 5C**
Homeopathic Preparation of Rhubarb

- Diarrhea from teething

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**Camilia**

- Synergistic approach on teething related symptoms
- Fast-acting, tasteless, no numbing effect
- Does not interfere with gag reflex
- Will not mask important symptoms
- No known side effects

*One unit-dose at the onset of symptoms in the baby's mouth. If pain persists, repeat dose up to two times, every 15 minutes, for up to 9 doses a day.*
**Baby Colic**

Change in feeding habits, from 15 days to 6 months of age

- Restlessness
- Regurgitation, belching
- Gas Pain
- Spasms, cramps

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**Cocyntal**

A fast and safe solution for colic pain and associated symptoms for children younger than 2 years of age.

Three active ingredients target the symptoms that are associated with baby colic.
| Colocynthis 9C | Painful abdominal cramps  
| Irritability  
| Improved by heat  
| Improved by bending in two |
| Cuprum metallicum 5C | Acute, sudden spasms  
| Hiccups  
| Improved by drinking cold water |
| Carbo vegetabilis 5C | Gas in upper abdomen  
| Belching, regurgitation  
| Worse when lying down |

**Cocyntal**

- Synergistic approach on colic symptoms
- Fast-acting, tasteless
- Will not mask important symptoms
- No known side effects

One unit-dose at the onset of symptoms in the baby's mouth. If pain persists, repeat dose up to two times, every 15 minutes, for up to 9 doses a day
Diaper rash

**Calcarea carbonica 30C**
5 pellets every 2 hours the first day, then 3 times a day for 3 days.

**Calendula cream**
Apply a thin layer 3 times a day

Diaper rash.

Moisturizing cream. Calendula (Marigold) as antiseptic and skin healing properties.

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**Bibliography**

Boiron M. et al. *Homeopathy and Pharmaceutical Care*, Editions Similia, France; 2013 (US Translation)

Dr. Feder L. *Natural Pregnancy*, Hatherleigh Press, 2014


Puremedy
Ancient Remedies for Modern People

History, Science and Product Innovation

Puremedy - Ancient Remedies for Modern People
• Founded in 2006 by Joni Siegel (President and Formulator)
• Puremedy blends Indigenous medicine, the science of nature, and homeopathy.
• Joni has devoted her life to bringing the intention and power of Puremedy to the natural products market. It has a wonderful history!
History - Original Healing Salve
• The salve was introduced to her great, great grandfather when his son incurred a 3rd degree burn on his foot.
  • 160 year-old formula
• Her father used it to treat her mother’s hospital wounds 5 years before Joni’s birth.
  • Helped her mother escape a diagnosis of less than a week to live!

Original Healing Salve - The Premier Wound Care Product!
• Use for almost everything skin-related!
  Wounds, severe burn, skin infection including staph and MRSA, diabetic foot sores, wounds, gangrene, pressure ulcers (bed sores), stasis ulcers, insect bites, tick bites, dry cracked skin, post-surgical wounds, bee stings, rashes, as a detox aid, slivers, boils, scars, cysts, yeast infections, gingivitis, bed sores, ingrown hairs, nasal and sinus infections, and much more.
  A must-have for every home.
Original Healing Salve – The Premier Wound Care Product!

“Proprietary blend of tree extracts has been a family secret passed down through more than 150 years of tradition” Originating from the “Metis” culture in Quebec which blended the Indigenous and French cultures, this family remedy has long been known for its unique and powerful healing properties. Now you can experience the power of natural skin healing with Puremedy’s Original Healing Salve. Calendula and Echinacea have been added to enhance its wound healing properties. Puremedy’s Original Healing Salve is proven effective against 11 microorganisms including MRSA, Staph and Pseudomonas.”

Original Healing Salve – The Premier Wound Care Product!

• 100% Food grade - pure enough to eat!
• No parabens, GMO’s, petroleum, gluten, yeast or PABA
• Never tested on animals
• Pine Resin is most active ingredient (pine salves studied in 2013 in Finland to heal wounds acquired in hospitals
• The evolution of pine salves as bactericidal aids was halted with Western pharmaceuticals and antibiotics
In-Vitro Time Kill Efficacy Lab Study

Original Healing Salve kills 99.99% of 11 bacterial strains in 4 hours!

Bacteria killed in study:
- MRSA ("Superbug," resistant to antibiotics)
- Staphylococcus
- Candida
- E. Coli
- Salmonella
- Streptococcus
- 5 more strains!

- "bactericidal"
- 99.99% killed (all strains)
- Gram Negative and Gram Positive bacteria killed
Original Healing Salve PET Test

- Bacteria can’t grow in the salve’s environment - “bacteriostatic”
- Beeswax and tree extracts deprive bacteria of air and water

Four Important actions of the Original Healing Salve

- Clear foreign debris (pine and fir extracts have drawing properties to extract objects and toxins from region)
- Blood circulation (pine and fir stimulates region to bring blood to the site)
- Free of bacteria (laboratory study - kills 99.99% of strains = bactericidal)
- Anti-inflammatory
Baby Products (All Mild Strength)

- Baby Skin Salve
- Vegan Baby Skin Salve
- Baby Eczema Relief
- Baby Acne Relief
- Diaper Rash Relief

Baby Skin Salve

- Same ingredients as our Original Healing Salve
- Mild formula means lower amount of tree extracts
- A GREAT all-around multi-purpose salve
- Formulated for sensitive skin
- Use to relieve symptoms associated with minor cuts, scrapes, burns, sunburn, dry skin, slivers, all first aid needs. Also makes a fantastic nipple cream.
- Proven to be naturally anti-bacterial
- Proven in an in-vitro study to kill Candida
- 100% Food Grade
- Safe enough to put in baby's mouth
- No Petroleum products! Not parabens, non-gmo, no artificial anything. Just organic and wild harvested ingredients.
Baby Eczema Relief

- Same ingredients as the Medicinal blend - Eczema & Psoriasis Relief
- Fewer tree extracts means gentler action on baby's sensitive skin
- Use to relieve symptoms associated with eczema and dry flakey skin
- As always, 100% food grade
- Made with organic extra virgin olive oil
- Always petroleum free

Baby Acne Relief

- Same ingredients as our Medicinal Acne Relief Salve
- Fewer tree saps for gentler action on Babies' sensitive skin
- Use to relieve symptoms associated with Baby Acne, red bumps on the skin
- No parabens, petroleum, artificial ingredients, etc.
- 100% Food Grade ingredients: Only organic or wild harvested
- Helps to draw out impurities from skin to 'unclog' pores and allow skin to detoxify
Vegan Baby Skin Salve - for the most sensitive skin!

This mild remedy contains NO tree extracts or beeswax and has a thicker consistency than others due to its high concentration of castor oil.

Ingredients include: Organic elder flower, organic calendula, organic echinacea, organic milk thistle, organic st. john's wort, organic extra virgin olive oil, castor oil, hydrogenated castor wax, and cocoa butter.

Use for dry skin, rash, minor scrapes and burns, and as a skin protectant.

Diaper Rash Relief

This luxurious salve can only be described as divine!

Provides immediate soothing relief to sensitive areas due to diaper rash.


Parents will find themselves dipping into this jar which makes for a healing skin lotion.
Thank You! Be well.

Motherlove Breastfeeding Supplements

- Made in GMP certified, FDA registered facility.
- Organic herbs, certified kosher liquid extract.
- No gluten, peanuts, tree nuts, dairy, egg, fish, shellfish, wheat (capsules have non-GMO soy lecithin).
- Tested for bacteria, e-coli, yeast, mold, heavy metals.
- Motherlove has six formulas for breastfeeding from adoption to nursing a toddler while pregnant.
- Motherlove caps are the liquid encapsulated – not powered herbs!
- Tinctures are a more bioavailable delivery system – an advantage over a powdered herb.
- Our formulas are created to balance possible side effects of a single ingredient product.
Motherlove Herbs Are Safe… No Serious Side Effects

The herbs in our formulas are recognized foods and spices around the world. They have been eaten or taken to increase breast milk for generations with no documented deaths or serious side effects. This speaks to their safety and effectiveness.

More Milk Plus

This is Motherlove’s best selling herbal lactation formula.

A safe and effective herbal formula designed to quickly increase breast milk for breastfeeding mothers. Many women realize an increase in milk supply in 24 to 48 hours.

More Milk Plus may be ordered in:

- Alcohol liquid-2 oz. & 4 oz.
- Alcohol free liquid-2 oz. & 4 oz.
- Liquid in capsules (AF)-60 caps & 120 caps.

(fenugreek seed, blessed thistle herb, nettle herb, fennel seed, non-GMO soy lecithin, modified vegetable cellulose, coconut oil)
Goat’s Rue

For the development of insufficient mammary tissue-PCOS (polycystic ovarian syndrome), breast surgery, adoptive nursing.

Goat’s Rue is available in:
- Alcohol liquid-2 oz.
- Liquid in capsules (AF)-60 caps & 120 caps.

(goat’s rue herb, non-GMO soy lecithin, modified vegetable cellulose, coconut oil)

More Milk Special Blend

Fast gaining popularity is Special Blend which is 50% goats rue and 50% supportive herbs found in More Milk Plus.

Special Blend is available in:
- Alcohol liquid-2 oz. & 4 oz.
- Alcohol free liquid-2 oz. & 4 oz.
- Liquid in capsules (AF)-60 caps & 120 caps.

Specially formulated at the request of lactation consultants. This product can stimulate mammary tissue and increase breast milk for women who did not increase in breast size during pregnancy, have had previous breast surgeries and adoptive mothers.

(goat’s rue herb, fenugreek seed, blessed thistle herb, nettle herb, fennel seed, non-GMO soy lecithin, vegetable cellulose, coconut oil)

Do not use during pregnancy (fenugreek, blessed thistle)
Fenugreek

Fenugreek is the most highly recommended herb to quickly increase breast milk supply.

Fenugreek is available in:
- Alcohol free liquid-2 ounces.

(Motherlove)

(fenugreek seed, deionized water, vegetable glycerin)

More Milk

Does not contain fenugreek. For someone who wants a fenugreek free product. In traditional tincture form.

- Alcohol free liquid-2 oz.

(Motherlove)

(blessed thistle herb, nettle herb, fennel seed, grain alcohol, deionized water, vegetable glycerin)
More Milk Two

A specially formulated, alcohol-free liquid herbal extract that safely increases breast milk for pregnant breastfeeding mothers. Made with nourishing certified organic herbs that support lactation and pregnancy.

- Alcohol-free liquid – 2 oz.

(raspberry leaf, nettle herb, alfalfa herb, deionized water, vegetable glycerin)

Our Body Care Products Have This Seal

USDA Organic is a labeling term that indicates that the food or other agricultural product has been produced through APPROVED METHODS. These methods integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used. Yes, it means non-GMO!
And These…
Zero rating by EWG safe cosmetics on all body care products.

All products are certified cruelty free.

Thank You

Q & A