

Naturopathic Options for Coping with Common Pregnancy Discomforts

Nausea/Vomiting

Increase protein consumption daily with meals
Ginger / peppermint – candy, tea, chew root/leaf
Acupuncture
Homeopathy – sepia, nux vomica, ipecac, lacticum acidum

Constipation

Ground flax seed– 1-2tbs daily in oatmeal, yogurt, or sprinkled over salad
Massage
Probiotics

Headache

Massage
Chiropractic
Lavender – temple rub, bath, compress
Feverfew, skullcap – herbs taken orally
Heavy eyepillow – may contain lavender, valerian, and/or chamomile (herbs or essential oils)
Eats small meals frequently throughout the day

Cold/sinus/allergies/nasal congestion

Vitamin C 3-6G daily
HMC 1 cap 2 x daily
Steam inhalation with rosemary and/or eucalyptus essential oils

Recurrent UTI

cranberry/d-mannose supplements
probiotics
cantharis – homeopathic

Back pain/muscle aches

yoga/stretch
rhus toxicodendron – homeopathic
Increase water consumption

Heartburn/indigestion

Digestive enzymes before every meal

Diarrhea

Probiotics
Homeopathy - podophyllum, colocynthis, argentum nitricum

Cough

Sambucus nigra syrup (Sambucol)
Steam inhalation with rosemary and/or eucalyptus essential oils

Sorethroat

Calendula tea gargle
Throat Coat tea by Traditional Medicinals

Please call the office for more details on treatment and products 480-539-6646

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