

HEALTH HELP FOR MUMS

Morning Sickness

Are one of the 70% of women who suffer from morning sickness? Are you sitting it out until your three months is up, or has your nausea continued?

Effective remedies for morning sickness are hard to find, because medications of any kind are not recommended due to the effects they may have on the growing baby. Therefore, many women think that they simply have to weather the storm until the nausea passes.

Homoeopathic medicines can offer relief of the nausea and vomiting, or give substantial relief.

Because they are dilute and non-toxic, pregnant women can safely take them without affecting their unborn baby.

Mastitis

Mastitis is a real blow, making you feel really unwell and bringing breastfeeding to a complete halt. Antibiotics are often needed to deal with the infection, but not without risk to young babies. Research shows that babies who have had exposure to antibiotics are more likely to develop allergies, so it's important to avoid antibiotics if possible.

Homeopathic medicines are readily able to treat mastitis, without the need for antibiotics. A consultation is necessary for mastitis, so your symptoms can be carefully taken so your homeopathic medicine prescription can be individualised. Mastitis is best treated as early as possible, before you become too ill to look after your baby – and yourself.

Getting a Night's Sleep

Is your baby unsettled? Getting a good night's sleep for both of you is important so that you keep healthy and don't become too tired. If your baby is unsettled you miss out on sleep. Homeopathic medicines are natural, safe and non-toxic and effectively treat colic, reflux, teething, nappy rash and unsettled-for-no-reason babies.

Homeopathic medicines are also able to treat newborns and are easy to give, by putting a drop or two in the mouth.

Karuna Health Care is located in Mittagong and Wollongong. For more details phone 4872 1063 or go to www.karunahealthcare.com.au