

Pregnancy Tissue Salt Protocol

Take 2 tablet of each of the following in a 6X potency at bedtime (adjust if necessary):

Months 2 and 6: Calc Fluor, Mag Phos, Ferrum Phos

Months 3 and 7: Calc Fluor, Mag Phos, Nat Mur

Months 4 and 8: Calc Fluor, Nat Mur, Silica

Months 5 and 9: Calc Fluor, Ferrum Phos, Silica

Homeopathic cell salts can be purchased from a good health food store or natural pharmacy. Common brands found in Canada are Hyland's, Boiron and Homeocan.

About the individual salts:



Calc Fluor is excellent for bone development and is an important component of connective tissue improving its elasticity. This quality makes it helpful in the prevention of stretch marks. It also supports the circulatory system, therefore helping to prevent varicose veins and hemorrhoids.

Mag Phos is known as the 'homeopathic aspirin' due to its affinity for the nerves and muscles. It can greatly reduce the chance of heartburn and cramps.

Ferrum Phos aids the oxygenation of the blood and helps prevent the need for extra iron especially towards the end of a pregnancy when many women become anaemic. Prescription iron tablets

commonly lead to uncomfortable constipation, so if you can keep your iron levels up naturally, you can hopefully avoid the need for them.

Nat Mur influences the water balance of the body. Using this cell salt helps to balance all the fluids in the body lessening the likelihood of swollen ankles and fingers. It also helps to maintain even blood pressure and supports the nerves and muscles.

Silica is a vital constituent of hair, nails, teeth and skin. It contributes to overall strength of both mother and baby.

Reference: The Official Little Mountain Homeopathy Blog. Written by Sonya McLeod, Registered Classical Homeopath