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Give your baby a healthy start in life! Homeopathy For Pregnancy, Labour and Post-Partum

By Heather Osler, DHMHS, Doctor of Homeopathic Medicine, Clinic Director

As spring unfolds, we see the signs of new life sprouting all around us. If you or someone you know is welcoming a new life into the world, you may be interested in what homeopathic medicine has to offer at this special and delicate time.

Pregnancy or the post partum period is a perfect time to seek homeopathic treatment. It is a time when the mother must be very careful about what she puts into her body. Many conventional drugs and herbal medicines (not homeopathic) are unsafe for the pregnant woman and her developing fetus.

However, when prescribed by a homeopathic physician, homeopathic remedies offer a completely safe and non-toxic alternative to treating pregnant women and babies. According to Jacques Imberechts, M.D., a renowned Belgian homeopath,

"Homeopathic medicines are very effective in healing so many symptoms and syndromes of pregnancy that I have found that my patients rarely request or need anything other than homeopathic treatment."

From morning sickness to mood swings, urinary tract infections to constipation, homeopathy can help restore a sense of wellbeing during pregnancy. In fact, it has even been observed that babies born of mothers who received homeopathic treatment before or during pregnancy are often healthier than babies born previously of the same woman when she was not receiving homeopathic care.

A British study tested the effect of a homeopathic remedy in a herd of pigs with a high stillbirth rate. The study involved over 200 births and the homeopathic remedy was shown to significantly reduce the number of stillbirths. C.E.I. Day, "Control of Stillbirths in Pigs Using Homoeopathy," *British Homoeopathic Journal*, 73, 3, July, 1984, 142-143.

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Come in for a free info session about any of our services at 2430A Bloor St.W. or call 416-588-0400.

- HOMEOPATHIC MEDICINE
- REGISTERED MASSAGE THERAPY
- ACUPUNCTURE AND TCM
- SHIATSU THERAPY
- COUNSELLING/ PSYCHOTHERAPY
- REIKI
- CRANIOSACRAL THERAPY
- NUTRITIONAL COUNSELLING
- INTEGRATED ENERGY THERAPY



Hot Stone Massage Therapy

By Sarah Nottingham, Registered Massage Therapist

Massage Therapy addresses a variety of health conditions, the most prevalent being stress-related muscular tension. Hot Stone Massage induces a state of deep relaxation, creating a feeling of peacefulness and is highly effective in reducing stress and tension.

Hot Stone Massage is a specialty treatment that involves the use of smooth, water-heated stones. The stones used are black Basalt rocks that have excellent heat retaining properties due to their high iron content. Basalt stones are volcanic and have been naturally deposited along rivers, where constant running water makes them round, flat and extremely smooth. During a treatment a variety of stones are strategically placed over the body to heat and relieve tension, while others are massaged and feel like a natural extension of the therapist's hands. Many stones of various sizes are used; larger ones are placed along the spine whereas smaller ones are placed between the toes. A typical treatment addresses the entire body including; the back, legs, arms, abdomen, neck, face and scalp. Treatment lengths can either be 60 or 90 minutes.

Imagine yourself deeply relaxed in luxurious warmth with the stresses of the day floating away. This form of bodywork stimulates the circulatory system, reduces muscle tension, helps release toxins and relieves pain. Hot Stone Massage is very safe and should always be performed by someone who is fully trained. Registered Massage Therapists have a background with Hydrotherapy, and fully understand any contraindications and ensures precautions are taken to prevent any burns.

SPRING OPEN HOUSE!

At Bloor West Homeopathic & Wellness
Clinic

2430A Bloor St.W. 416-588-0400
Sat. June 2ND 11am-4pm

- **FREE** refreshments
- **FREE** mini-treatments (massage, acupuncture, shiatsu, reiki, craniosacral)
- **FREE** info sessions & draw!

Counselling at the Clinic

By Robin Lloyd, MSW, RSW

To encourage and support personal growth, acceptance and choice

Spring is here and we are collectively coming out of hibernation! What plans for your life have been on hold all winter? When will you start living a life of abundance?! How about today?!

Life Coaching could be just what you are looking for to help you get what you want. Life Coaching is “a powerful, human relationship where trained coaches assist people to design their future rather than help them get over their past ... Coaches recognize the brilliance of each client and their personal power to discover their own solutions when provided with support, accountability and unconditional positive regard”, (Dr. Pat Williams).

Are you feeling unmotivated and stuck and like you are not living the life you want? Is your life ready for a spring cleaning?

Whether it is planned or unexpected change, I help people to gain balance, meaning and fulfillment in their lives.

Please drop by to find out more about how Life Coaching can help you to be the person you really want to be.

I am a graduate of the Institute for Life Coach Training (ILCT, www.lifecoachtraining.com), which offers coaching programs accredited by the International Coach Federation.

“Your vision will become clear only when you can look into your own heart.

Who looks outside, dreams. Who looks inside, awakens.”

Carl Jung

Sarah Nottingham, RMT has recently completed a post-graduate course on Hot Stone Massage Therapy and now offers this treatment.

Hot Stone Massage Gift Certificates available for all your gift giving needs!



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Mother's Day Gift Certificates Now Available!

For all services offered at the clinic

Reasons To Go Organic

By Michelle Vella, Certified Nutritional Practitioner

1. To Reduce Pesticides (only organic foods are pesticide free)

A Toxic Nation Adult Study tested 11 Canadians from across the country for 88 chemicals in their blood and urine. The results showed an average of 44 chemicals in each volunteer: 41 carcinogens, 27 hormone disruptors, 21 respiratory toxins, 53 reproductive developmental toxins.

The World Health Organization estimates that three million cases of pesticide poisoning occur each year resulting in 250 000 deaths.

2. To Protect Future Generations

Children are at greater risk to pesticide exposure.

On average, children receive 4 times more exposure than adults to at least 8 widely used cancer causing pesticides in food.

3. Organic Foods are more nutritious

A Rutgers University study results showed that among several other nutrients like Vitamin C, the amount of iron in the organic spinach was 97% more than the commercial spinach and the manganese was 99% greater in the organic

4. To Protect Our Water

Pesticides contaminate the ground water polluting our primary source of drinking water

5. To Preserve Topsoil

Organic farming respects soil as the foundation of the food chain. The quality of our food is only as good as the quality of the soil it is grown on

6. Use your purchasing power to decide the future of our food

Organic foods may appear more expensive, however some of the hidden costs of purchasing conventional products include water contamination, cost of hazardous waste disposal, loss of wildlife, erosion of top soil. By supporting organic sustainable farming we can help prevent further pollution and enhance quality of all life on earth.

Spring Growth- Nurturing our Inherent Ability to Heal

By Emily Anastassiadis, Registered Biodynamic Craniosacral Therapist

“Seeing beauty in a flower can awaken humans, however briefly, to the beauty that is the essential part of their own innermost being, their true nature.” -Eckhart Tolle

As the land thaws, the plants and flowers sprouting up around us offer up a beautiful reflection of our own emergence. We shed our winter layers and step outside, showing our awakened bodies again to the sun.

Through the process of photosynthesis, plants draw on sunshine in order to support growth and healing. We too, hold profound capabilities to access the nourishment abundant in our surroundings, be they our community, our pets or our favorite places to walk. These can be harnessed as tools to help maintain our health and awareness.

In the **Biodynamic Craniosacral** modality, humans are seen as inherently healthy beings, regardless of what illness we may be facing at a particular time. We honour the body's internal intelligence system, constantly striving towards a state of optimal health. During a session, practitioner and client work together to make contact with areas of physical, emotional, mental, spiritual or social strength, also known as our **resources**.



Much like a plant that draws strength from the nutrients in the soil, or energy from the sun, a client draws vitality from a deepened relationship with their resources. The result is a balanced, empowered approach to dealing with more acute health complications.

We are entering a new season of transformation and, in many cases, clearing. Let's take stock of the resources that we have nurtured during the long winter. A good way to begin is by asking ourselves: "What are the sources of joy and pleasure in my life?"

Homeopathy For Labour and Post Partum

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For women who are considering a drug-free delivery, homeopathy can be useful in labour as well! Remedies can be taken during labour to help ease pains, calm the mother emotionally or remove obstacles that are preventing a smooth delivery.

In a double-blind, placebo-controlled study it was found that **women given homeopathic medicines experienced a 40% (!) shorter labor than those given a placebo. Also, the women given the placebo had four times (!) as many complications of labor as those given the homeopathic medicines.** P. Eid, E. Felisi, M. Sideri, "Applicability of Homoeopathic Caulophyllum thalictroides during Labour," British Homoeopathic Journal, 1993, 82:245.

While the majority of obstetricians are unfamiliar with the benefits of homeopathy, most midwives work with homeopathy to assist labour and prevent complications. Dr. John George, M.D., a Seattle obstetrician and gynecologist who *does* use homeopathy in his practice says, "In many ways the (homeopathic) medicines facilitate the childbirth process for the woman and the physician. The medicines make it all go a lot more smoothly." Dr. George describes the effects as such,

"The correctly prescribed homeopathic remedy given in preparation and anticipation of labor is observed to prepare the cervix for labor by facilitating and softening, thinning out, and dilating the cervix prior to the onset of real labor.

The second observation is that the labor pattern of contractions tends to be more orderly and efficient in progressing the birth.

Thirdly, the amount of pain experienced during labor is markedly reduced, greatly lessening the need for analgesics and anesthesia." <http://www.healthy.net>

The postpartum period is a challenging time for both mother and infant. The process of birth induces feelings of insurmountable joy and relief, but can also be quite traumatic emotionally and physically on both mom and baby.

Homeopathy can be used during this fragile time to heal bruising or tearing, alleviate pain whether from natural delivery or C-section, correct challenging breastfeeding issues and even calm a baby who has experienced shock due to a complication during labour. Beyond



By Suzanne Clancy, Reiki and Integrated Energy® Therapy Master Instructor

You can learn a lot of things from the flowers...

Spring is a time of magic and renewal. We look out over the barren landscape and watch miracles happen before our eyes. Life begins where before there appeared to be none.

If you look long and hard enough it would seem that you could actually see the daffodils push up through the fresh damp soil. All it takes to see these subtle changes is time and patience.

The same process of growth and change is true for us when we embark on an inner journey. As we take inventory, we begin to move past old limiting patterns, beliefs, and pain. We let go, like trees in autumn, clearing a space for new things to come into our lives.

Think of how a flower seems to bloom.... Daffodils and tulips have a period of respite each year. Once they bloom, they return to the bulb, where, below the surface much work is being done so that the flower may bloom again in time. When a new stage is reached, the flower blooms to show the world all it has accomplished over the months it lay dormant.

Our inner work also requires a period of reflection, of gathering energy in order to begin to make a shift in the physical world. It takes patience and commitment over time for us to blossom spiritually. What could be more magical than personal transformation, and who knows, if you look hard enough you may even catch a glimpse of faeries.

Join Suzanne Sunday May 5th '07 to discover what secrets lie dormant within you at the Faery Oracle workshop call for Information or to Register 416 588 0400.

the physical challenges of this time, homeopathy can also address the emotional difficulties many women experience as post partum depression.

Please feel free to call or email the clinic to find out more about homeopathy and homeopathic labour kits.