

HOMEOPATHY CORNER



By **Bev Nickolls**
For advice about homeopathy call 01934 631931

Ellie Richmond asks: I'm due to have my baby in July. Is there anything that homeopathy can do to help with supporting breastfeeding and postnatal recovery?

I work with a number of mums to help support them recover from childbirth emotionally and physically with natural remedies. There are also specific remedies that

can help when breastfeeding as well as helping with energy levels and lack of sleep.

Sarah Walker adds: "I contacted Bev when I had my second baby after attending her baby massage classes with my little girl and using a kit for a whole range of things.

"Bev came and saw me at home and prescribed me a remedy to help boost me up and help with milk supply. She also gave me a lot of information about boosting up my milk, positioning etc and put me in touch with further support too.

"I am still exclusively feeding Illiana at 3 months and now going strong! I feel that the support and remedy has got me through."

Sophia Crayne asks: I'm keen to start baby massage classes with my baby. How early can I start?

The general recommendation from health professionals is from 6-8 weeks when baby has had his or her first check. However you can start earlier as long as you check with your health visitor that there isn't any medical reason stopping you.

Invariably health visitors are very encouraging to start early and get as much benefit as possible. Some cultures massage from birth and there is no reason why you cannot gently massage baby's hands and feet and stroke them gently when cuddling them. This helps babies to adjust and enjoy it before the classes.

Babies who attend classes at an early age often seem to get less colicky symptoms and are more settled as a result.

For more information email info@westonwellbeing.co.uk



Sarah and Illiana



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