



Homeopathic Medicines For

Anemia & Nervousness

— During Pregnancy —

Medications for pregnant women with anemic tendencies



Ferrum metallicum

May help with flushing due to emotion or exertion



Ferrum phosphoricum

May help with general weakness

Medications to relieve stress and pregnancy-related anxiety



Cimicifuga

May help women who become fearful or depressed during pregnancy



Aconite

May help women remain calm when contractions start



Gelsemium

May help reduce nervousness in anticipation of childbirth

Note: Make sure you use these medications only under the prescription of a certified homeopathic doctor. Your Ob/Gyn should also be informed in such cases.

References

1. Pregnancy and Delivery Support (Homeopathy); Peace Health
2. Homeopathy in Pregnancy; CNHH