

## Maternity

Naturo Pharm's maternity products have been specifically developed to provide support during pregnancy, labour and around breastfeeding. These remedies contain combinations of a number of individual homoeopathic remedies and have been carefully formulated to ensure maximum efficiency.

### Morningmed Relief

Aids the body's response to feelings of sickness during the early months of pregnancy.

Oral spray/tablets: Amygdalis Persica, Colchicum, Ipecac, Symphoricarpos, Tabacum



### Birth-Aid

Supports natural childbirth and normal recovery from the physical stress of birthing. Use during labour and delivery and for two to three days following the birth.

Oral spray/tablets: Arnica, Bellis Perennis, Hamamelis, Hypericum

### Milk-Flow

Helps promote normal production of breast milk and supports natural breast function.

Oral spray/tablets: Asafoetida, Calc Carb, Phytolacca, Pulsatilla

### Nipplemed Relief Cream

Supports healthy nipples during breastfeeding and promotes natural healing of the skin.

Tinctures of Aloe Vera, Calendula, Hypericum and extract of Rose Oil

### Milk-Stop

Supports the body's natural processes during weaning.

Oral spray/tablets: Belladonna, Lac Caninum, Urtica Urens

### Pre-Birth

Pre Birth has been formulated to support normal muscle tone and promote normal and natural childbirth. Use twice a day for the last 15 days of term.

Oral spray/tablets: Arnica, Caulophyllum, Cimicifuga Racemosa, Gelsemium, Pulsatilla



And there's something for partners and supporters during labour....

### Restore-med

Assists the body's natural ability to cope with emotional and physical trauma, distress, fatigue, exhaustion and tension.

Oral spray/tablets: Acid Phos, Arnica, Hypericum, Ignatia, Zinc Valeriana

**MANY NATURO PHARM BRAND REMEDIES ARE AVAILABLE IN ECONOMICAL MULTI-PACKS.**

## Baby

The Naturo Pharm Baby remedies cover just those conditions that commonly occur in the first two years of life. The remedies contain combinations of a number of individual homoeopathic remedies and have been carefully formulated to ensure maximum efficiency. The Baby remedies are only available in oral sprays or as an external topical preparation. The oral spray form is ideal for babies as it offers:

- accuracy of the volume of the dose;
- ease of administration;
- increased speed of absorption and action; and
- easier compliance with suggested directions for use.

If your child does not like the oral spray, then administer the dose onto a clean teaspoon and allow the child to suck the teaspoon. Alternatively the dose may be mixed into a small amount of water and given to the child to drink.

### Calm-med

Aids normal infant response to distress and has beneficial calming and settling properties.  
Oral spray: Aconite, Chamomilla, Cimicifuga Racemosa, Hypericum

### Fevamed Relief

Supports the body's response to temperature imbalances.  
Oral spray: Aconite, Arsenicum Album, Belladonna, Echinacea

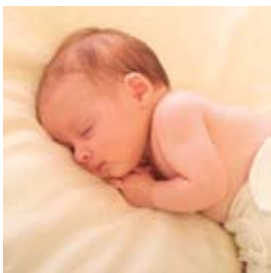


### Colimed Relief

Assists normal digestive function and aids stomach comfort in babies.  
Oral spray: Bryonia, Carbo Veg, Colocynthis, Mag Phos

### Medi-Skin Gel

Aids the skin's natural defences to fungal imbalances on the nappy area and supports the skin's response to irritants.  
Tinctures of Apis, Calendula, Hypericum, Paeonia, Rhus Tox



### Nappymed Relief Ointment

For use at each nappy change to promote healthy skin on the nappy area.  
Tinctures of Calendula and Chamomilla

### Teethmed Relief

Provides support for infants during the teething process.  
Oral spray: Belladonna, Chamomilla, Mag Carb

### Earmed Relief

Supports ear health and assists with middle ear function, balance, discomfort and noise disturbance.  
Oral spray: Belladonna, Cocculus, Mercurius Sol, Petroleum, Pulsatilla



## Other Naturo Pharm Remedies

Naturo Pharm has produced homoeopathic remedies in New Zealand for over 40 years. In our Rotorua laboratories all remedies are made from only the purest ingredients and to strict internationally recognised ISO 9001:2000 quality standards.

Our comprehensive range of remedies includes:

- General Complex remedies – each remedy contains a number of individual homoeopathic remedies which have been carefully combined to ensure maximum efficiency;
- Classical *plus* remedies – manufactured using a mixture of potencies, called a potency chord, to produce a faster acting and more effective remedy; and
- Classical i.e. individual or single remedies.

Many of these remedies are relevant to common and specific childhood conditions. The names of our combination remedies give an indication of their application. For further information on Naturo Pharm products and their application please refer to our website [www.naturopharm.co.nz](http://www.naturopharm.co.nz) or obtain a copy of our Remedy Selection Guide.

### Remedies Relevant to Common Childhood Conditions

#### Accident Relief

Supports natural healing of injuries following an accident. Also aids normal joint mobility, suppleness and bone formation.



#### Arnica plus

Assists the body's rapid response to shock, fatigue, injury and bruising. Boosts normal recovery after strenuous exercise or exertion, surgery and in times of trauma.

### Remedies Relevant to Specific Childhood Conditions

Allermed Relief  
Burnmed Gel  
Calm med  
C Blain  
Colsor  
Diarmed Relief  
Digest med  
Earmed Relief

Fevamed Relief  
Flu Guard  
Headmed Relief  
Hypercal  
Insomed Relief  
Jet Lag Relief  
Medi Skin  
Nausmed Relief

#### Coldmed Relief

Assists natural immune response to winter ills and chills.

#### Coughmed Relief

Helps stimulate normal immune response to coughing.

#### Healmed Relief Cream

Helps normal skin repair and assists with natural healing of wounds, particularly any cuts and grazes.

#### Throatmed Relief

Helps immune response in throats, helps maintain normal throat function and is beneficial for clearing airways.



Panicmed Relief  
Restore med  
Sinumed Relief  
Teethmed Relief  
Travelmed Relief  
Urinary med  
Wartoff

## Commonly asked questions

### How do homoeopathic remedies work?

Homoeopathy is a natural non drug therapy which aims to promote good health by stimulating the body's own natural healing ability. Homoeopathic remedies act as a catalyst, the remedy stimulating the body's own defence systems to support healing in a way that is both natural and safe. As a result homoeopathic remedies do not weaken the body's defence mechanism by suppressing it.

### Do homoeopathic remedies have side effects?

There are no recorded cases of side effects occurring when homoeopathic remedies have been used in accordance with their directions for use.

### Is it safe to take Naturo Pharm homoeopathic remedies containing Arnica during pregnancy?

Homoeopathic remedies are prepared by subjecting the base substance to a special process called "potentisation", which highly dilutes the base substance and enhances the remedy's curative properties. There has not been a recorded case of harm coming to a mother or child during pregnancy as a result of using homoeopathic remedies appropriately. So, yes, Naturo Pharm remedies containing Arnica may be taken during pregnancy, however a healthcare professional should be consulted before using *any* medication in the first three months of pregnancy.

### Can I take Naturo Pharm Remedies when breastfeeding?

There has never been a recorded case of any harm coming to a baby when homoeopathic remedies have been used during breastfeeding in accordance with their directions for use.

### What do Naturo Pharm tablets contain?

#### Who should not take them?

Tablet remedies are manufactured using a gluten free base of lactose milk sugar . They are usually safe for diabetics, however professional advice should be sought if in doubt. They are not suitable for anyone with lactose intolerance. It is recommended that tablets not be given to babies and very young children.

### Naturo Pharm liquid and oral spray remedies contain alcohol, should I be concerned?

Liquid remedies are manufactured using a small amount of ethyl alcohol as a preservative in a purified water base. In a suggested dose    drops of liquid or    sprays of the oral spray the quantity of alcohol per dose is so small as to be of no consequence and is eliminated from the body within a matter of minutes. There is considerably less alcohol in a suggested dose of a Naturo Pharm remedy than there is in a piece of brown bread.

### Some creams available today contain beeswax, do Naturo Pharm creams contain beeswax?

No, Naturo Pharm creams are manufactured by incorporating mother tinctures into a non greasy low allergenic cream base. The benefits of this type of cream base are that the cream absorbs quickly into the skin; moisturises the skin; does not leave greasy stains on clothing; and is low allergenic i.e. people with allergies can use Naturo Pharm creams.

## Feeling better naturally

Growing numbers of people are looking to natural products and solutions for many of the issues that arise in their lives and the lives of their children. This is particularly the case for expectant and new parents as they seek out gentler, safer and more natural options for support during pregnancy, childbirth and early childhood.

Together with the basic principles of healthy living – diet, exercise, hygiene and play – homoeopathic remedies may be used by people of all ages and medical conditions to support the body's natural response to many common conditions and ailments. They are easy to take, pleasant to taste and so gentle that they can be safely used during pregnancy, by young babies, children and by those already taking pharmaceutical medicines or suffering from conditions that restrict the use of some medications. Naturo Pharm's homoeopathic remedies are complementary in nature – they may be used alongside other forms of treatment both conventional and natural.

### Remedy Dosage

Always read the label and use only as directed. General instructions for use are shown on each Naturo Pharm remedy.

The same remedy and dosage may be used by baby, child or adult. It is the frequency of the dose and not the size of the dose that is important when taking homoeopathic remedies.

If symptoms persist or worsen, stop taking the remedy immediately and consult your healthcare professional.

Diagnosis of medical disorders and conditions should be made by a qualified healthcare professional.

The information contained in this brochure is for educational purposes only and is neither suggested nor intended for therapeutic use, nor to diagnose disease or psychological symptoms. The traditional indications are those found in recognised homoeopathic *Materia Medica* or *Compendia*.

## Your Naturo Pharm stockist is:

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At Naturo Pharm quality is more than just a statement.

TAPS Approval No: PP2143



*Feeling better, naturally*