

## EZ Birth – Homeopathic Compositium

### **Constituents: Potency: Effect:**

- Actatea Raecemosa 5CH Specific for labor, helps with contractions and dilation
- Caulophyllum 5CH Labor pains, irregular labor
- Arnica 5CH Bruising, swelling, physical trauma
- Pulsatilla 5CH Labor pains too weak or ceasing, palpitations, nervousness
- Gelsemium Sempervirens 5CH Nervousness, anxiety

EZ birth is a combination remedy in a low potency designed to use as a therapeutic remedy for labor and birth. Clinical studies have shown that the above remedies in homeopathic form will enhance the body's ability and efficacy during labor and birth.

### **Instructions:**

- 1) Do not open remedies in direct sunlight. Direct sunlight can antidote remedies.
- 2) Avoid touching the remedy. Drop the designated number of pellets into the cap from the remedy vial and then put them into your mouth. Do not place into the palm of your hand. Let dissolve on or under your tongue.
- 3) Your mouth should be substance free. Do not eat or drink ANYTHING for about 20 minutes before and after the remedy.
- 4) Discard spilled or transferred remedy. If some remedy should accidentally spill from its vial, do not return it to the vial. Discard it. Do not transfer the remedy to other containers or bottles that contained other substances. Do not reuse the containers when they are empty as they may still carry properties of the remedy.
- 5) Protect the remedy. Direct sunlight, heat over 110 degrees (such as a car in summer) and strong odors can destroy a remedy before you even take it. Avoid wearing perfume, cologne and essential oils when you take a remedy.

Take 3 pellets twice per day during the last month of pregnancy. As needed during labour.

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