



# Preparing for Pregnancy

Christopher Sowton, N.D.

What are the common fears and concerns of women who are contemplating having children?



# fear of laboring and birthing

- Fear of pain
- Fear of not being able to do it “naturally”
- Fear of episiotomy
- Fear of epidural
- Fear of cesarean
- Fear of hospitals
- Fear of failure



# fears of not being a good mother



- Fears of post-partum depression
- Fears of not being able to breastfeed successfully
- Fears of damaging their child with anger or bad parenting

# fear of not having a healthy, happy, well-adjusted normal child



- Fear of specific birth defects and genetic anomalies
- Fear of passing on a negative familial trait
- Fear of bringing a child into a troubled world and an uncertain future



# fear of not being healthy enough to conceive and gestate

- Fear of infertility
- Fear of miscarriage
- Toxicity
- Depression and low energy
- Miasms
- GYN health (fibroids, endometriosis, HPV, dysplasia, history of STD, irregular menses)



# differences between women and men

- Women's fears tend to be more:
  - physical
  - about the baby's health
  - genetic and miasmatic
  - performance as parent
- Men's fears tend to be more:
  - about their own emotional maturity and readiness
  - about the loss of their life as they know it

# common first time father fears

- fear that they will not have enough time for themselves, their career ambitions, and their favorite activities
- fear that their intimacy and sex life will change drastically





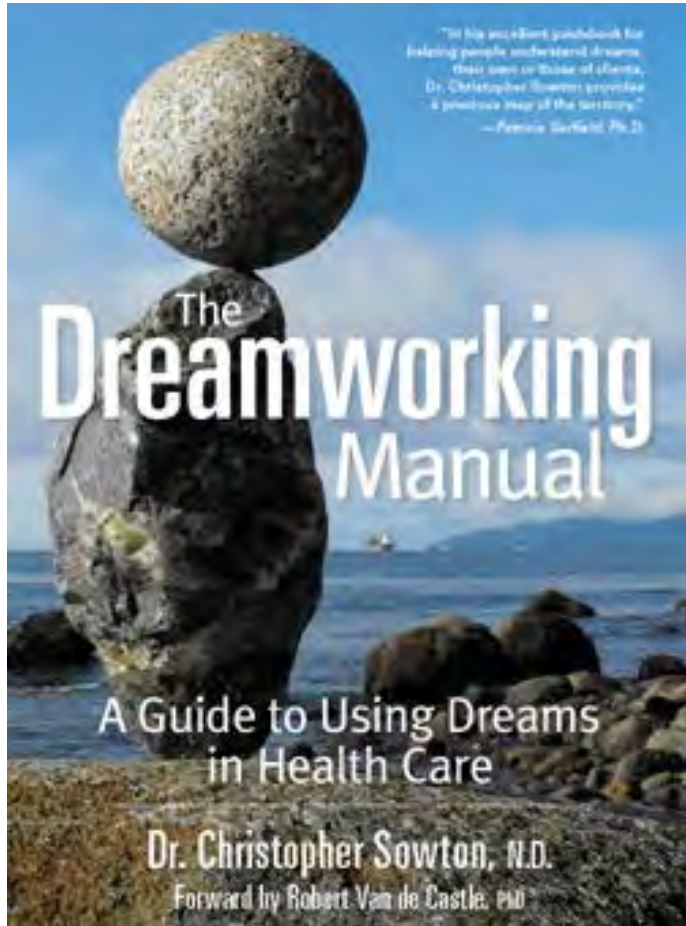
# ***“The Hobbit Door”*** The dream of a 44 year old man contemplating fatherhood

- *“I’m in a bungalow-style house. I’m with the owner of the house. He asked me about the possibility of adding a small door to the house. He said it would be a separate special door for hobbits, but it could be used for kids and animals too. We were having a problem because we couldn’t find anywhere to install the door where it wouldn’t cause a structural problem, like cutting through major support beams. In other places we saw cement foundation that would be too hard to get through with a jackhammer*

# ***“The Hobbit Door” continued***

- *We kept searching for a spot. After a while the owner got tired of searching and said: ‘let’s forget about it. Maybe it’s not that important’. But I wanted to keep looking. I finally found an option that would work. He was losing interest, but I encouraged him to go through with it. I can’t remember if we actually built the door or not. But if we did, I imagine it was workable but not perfect, partly below grade, partly above...it got the job done. Now there would be a way for the little people to get in...*

# the value of dream information



- People dream about what concerns and worries them
- A woman contemplating conception will have dreams with relevant information about her pre-maternal state, even specific clinical information

# **Without dream information it would be very hard to distinguish between:**

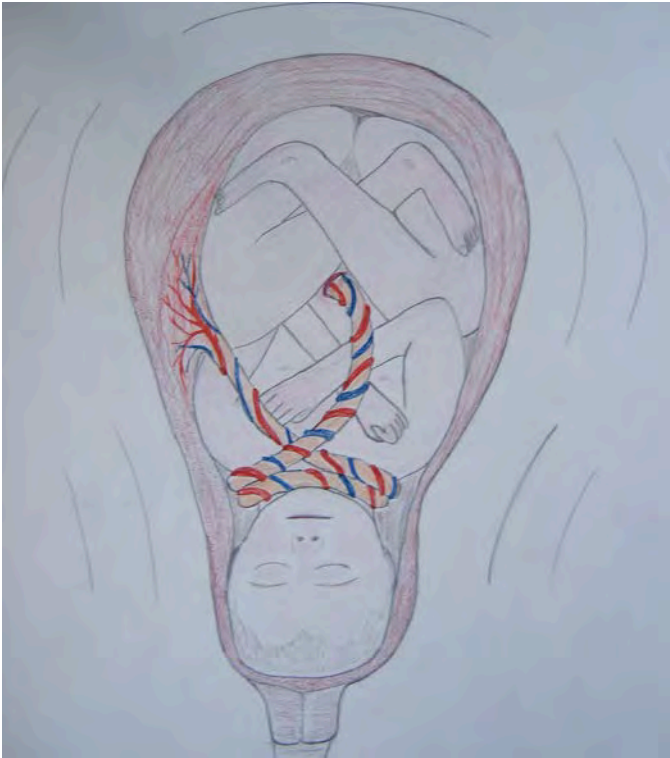
- Realistic medical and psychological concerns
- Projections of the patient's own pre and perinatal and early childhood experience
- The negative influence of miasm
- “Normal” apprehension about entering a new life phase

Ideally you would want to remove or weaken the influence of the patient's own pre and perinatal experience, so she can look forward to birthing with a “clear slate”





# For example if a woman dreamed of a cord strangling her

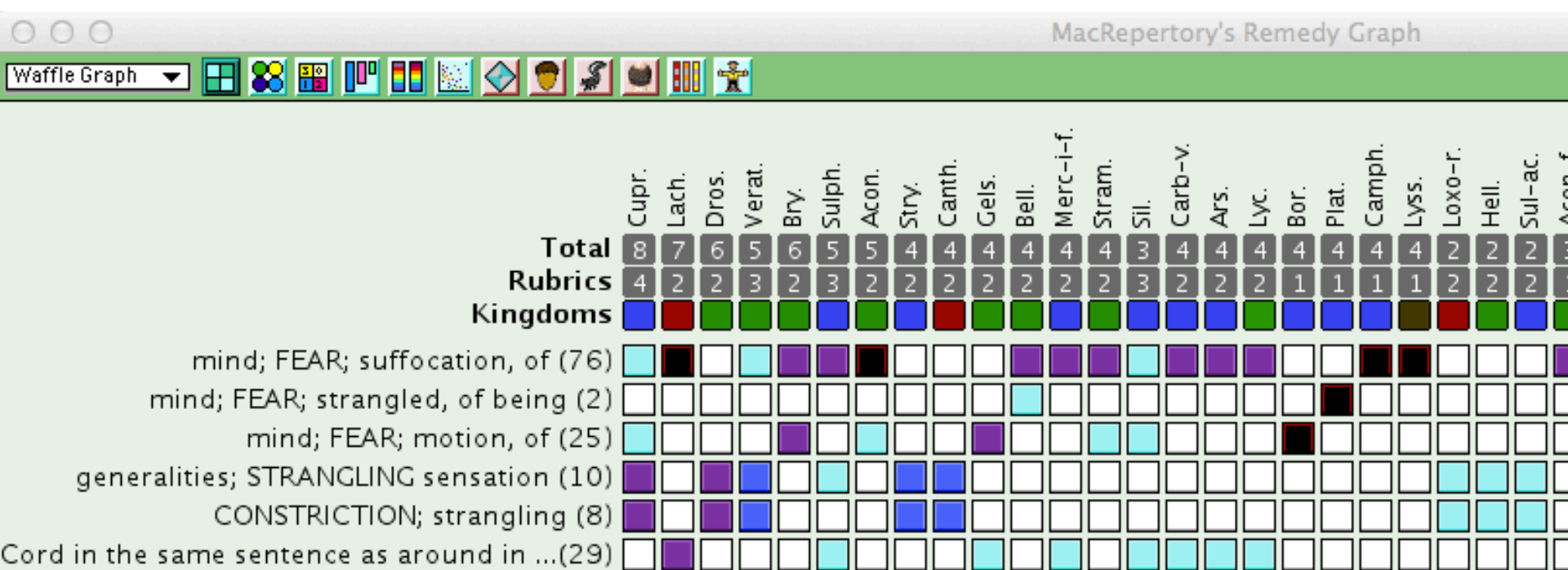


- This may be a “body memory” of her own intrauterine experience
- This would almost certainly affect her feelings about being able to give birth to her own baby

# What can be done clinically in such a case?

- Use the power of the imagination
- Help the person visualize being in the stuck place, then moving out of the stuck place
- Have the person repeat this several times
- If the stuckness persists consider using a remedy

# Connect the dream feelings to waking life feelings; then use these feelings to look for a remedy



# how useful are the dream rubrics?

- Short answer—not very
- Try not to use them literalistically, use them flexibly and metaphorically
- They are more useful if taken in combination with other sections in the Mind chapter:
  - Dreams
  - Delusions
  - Fears
  - Sensitive to
  - Ailments from


# precognitive dreams before and during pregnancy

- very rare
- short, typically only one scene
- hyper-vivid
- *“prodromal and pre-cognitive dreams have an intensity and vividness that separate them from others. A neon brilliance seems to illuminate them...they appear to be carved by the cutting edge of a diamond. So shaped, they remain forever in the memory.”*



# there is a constitutional aspect to precognitive dreaming

Complete 2012 Repertory

▼  DREAMS  
mind

\* clairvoyant (43): ACON.Noack, adam.Sherr, ara-m.Shor, asaf.Ken, bell-p.Deac, bor.Lipp, bos-s.Wach, bov.Ken, calc-p.Melo, **Cann-i**.Alle, carc.Mull, carn-g.Rowe, chr-ac.Kne, citl-l.Vak, com.Kne, cortico.Step, geoc-c.Rowe, glyc-g.587, hep.Melo, herin.Snow, hippo-k.Sonz, kali-c.Jahr, kali-chl.Alle, lac-del.Herr, lach.Gall, lam-cy.Gray, lap-laz.Sch, lsd.Norla, m-arct.Hahn, mang.Jahr, med.Kros, nat-glut.Kipp, nelum.Herr, ph-ac.Ken, phos.Ken, ptel.Geuk, sals-t.Rowe, sinusin.Rib, spect.Dran, **Sulph**.Jahr, ther.Dew, toxop-p.Hild, ulm-c.Jans

(clairvoyance)  
(dreams; events; not yet taken place)  
(future events, prophetic)

# this is the better rubric

Complete 2012 Repertory

CLAIRVOYANCE (83): **ACON.**Ken, agar-Jahr, **amet.**Sei, anac-Ken, androc.Sherr, anh-Boer, ant-C.Boer, **Arg-n.**Schm, arn-Ken, bani-C.Boer, benz-Clar, **bos-s.**Wach, bry-Jahr, bufo-Gray, caj-Vith, calc-Ken, calop-s.Sherr, camph-Ken, **Cann-i.**Alle, carc-Dock, cath-a.Sherp, chir-f.Gray, coff-Lipp, con-Ken, **corv-c.**Beda, **Crot-c.**Alle, cyg-c.Sherr, cypra-e.Sch, dat-a.Alle, enal-c.Grim, falco-p.Norla, geoc-c.Rowe, **gran.**Clar, **haliae-lc.**Sherr, helod-c.Kle, herin.Snow, hib-Lobi, hura-Somm, hydro-c.Juli, hyos-Ken, kola-Schu, lac-del.He, **LACH.**Alle, lam-cy.Gray, **lap-be-e.**Ross, lap-laz-Sch, lat-h.Bron, latex-Norla, **lsd.**Norla, **Lyss.**Ken, m-arct-Boer, m-art-Clar, **Mand.**He, med-Ken, nabal-Boer, naja-ggg, neod.Scho, neon.Sherr, **Nux-m.**Ken, olea.Sherr, onc-t.Sherr, op-Hahn, **Phos.**Ken, pras-c.Scho, **Pyrus** ros-d.Deg, ros-g.Herr, salx-f.Norla, sil-Ken, sol-n.Alle, spect.Dran, stann-Ken, stram-Ken, succ-Eis, taosc-Irwi, tarent-Ken, tax-Jans, thea.Schm, thul-m.Scho, turq-Rowe, uro-h-Rowe, **Valer.**Her, **Verat-v.**Kne

(death; presentiment of)

(delusions, imaginations; visions, has)

(dreams; clairvoyant)

(dreams; events; not yet taken place)

(dreams; visionary)

(fear; happen; something will)

(forebodings)

(propheying)

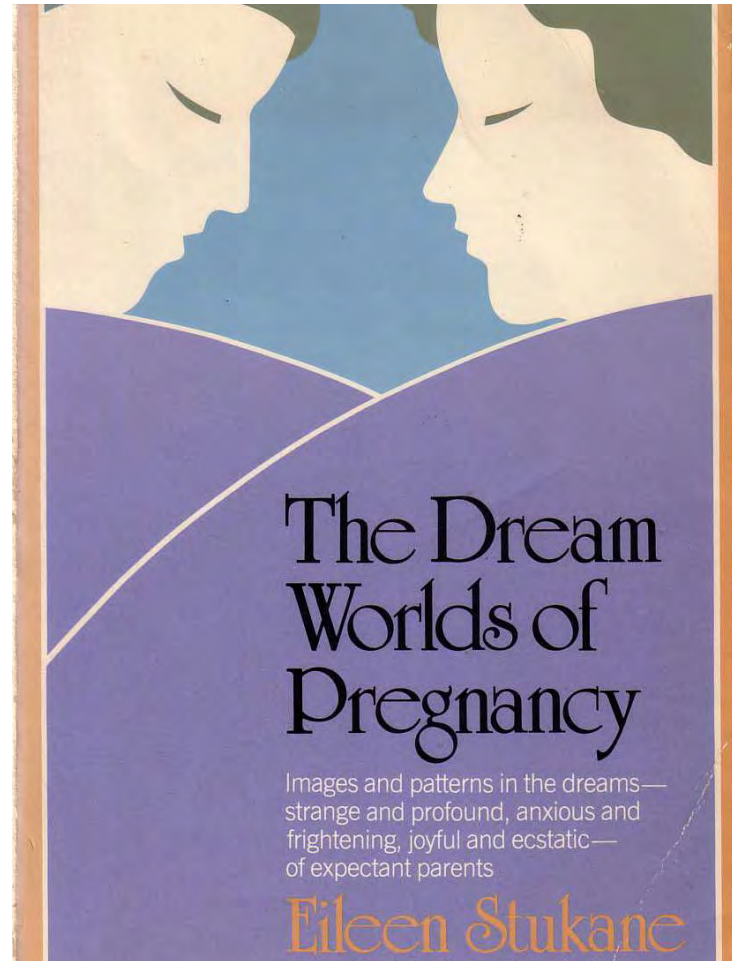
(vision: illusions)

# a good resource to recommend...

- *The Dream Worlds of Pregnancy*

by Eileen Stukane

full of verbatim  
dream examples



# another good resource

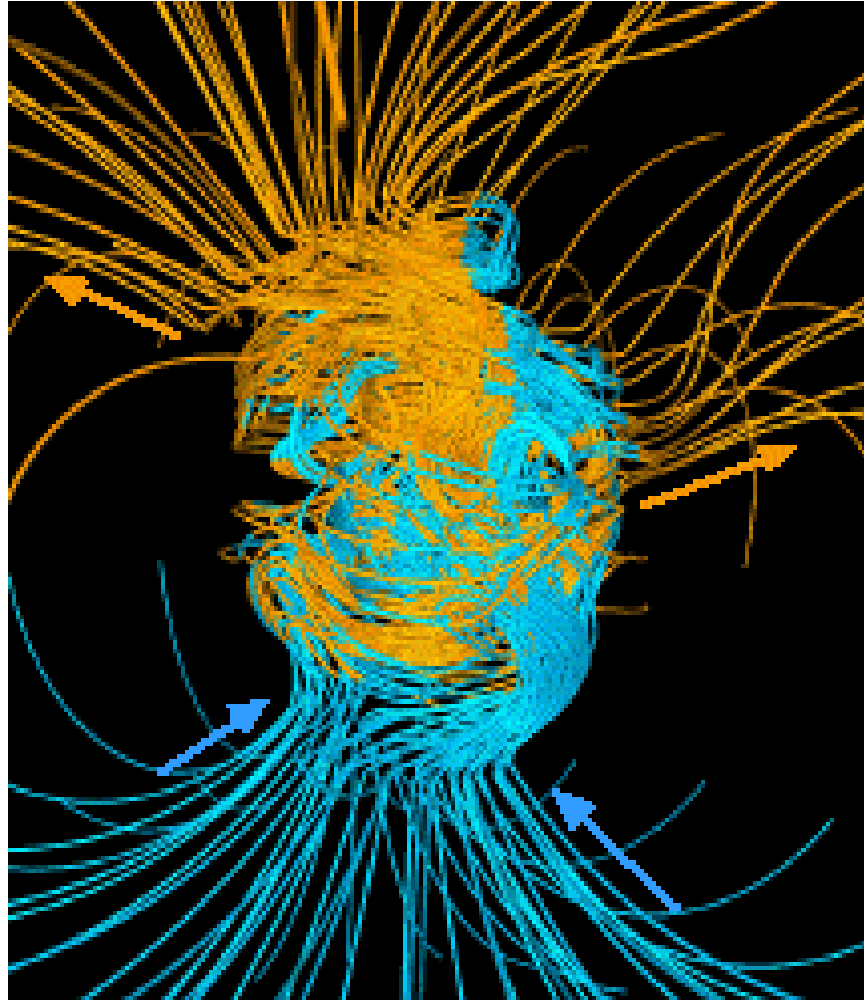
- <http://creativdreaming.org/media-library-2/pregnancy-dreams--patricia-garfield.pdf>

- *Pregnancy Dreams*  
a free 30 page pdf from  
Patricia Garfield

creativdreaming.org/



# Miasm Theory and Its Relevance to Child Bearing





# what is a miasm?



Sam. Hahnemann

- for Hahnemann “miasm is understood to be a derangement of the vital force that predates and is more fundamental than the current illness from which the patient suffers.”
  - see Roger Morrison’s excellent article *Miasm* in Similimum Vol.XVII, issue 2, Summer 2004.

# Clinical goal

- to identify the presence of the miasm (or miasms) many patients present with 2 or 3 miasms
- weaken or remove the influence of the miasm before conception or during gestation
- homeopathy and dreamwork is a powerful synergistic combination

four miasms that are very prevalent among  
modern western urban populations

- Sycotic
- Tubercular
- Cancer
- Syphilitic
- Keep your eyes open for these but do not use these concepts to limit your horizons for remedy selection!

# Indicators that you should approach the case miasmatically

- The patient is concerned about the transmission of genetic traits and problems (physical, emotional, and emotional)
- There is a “heavy” family history
- The patient has dreams which depict a problem shared by several family members and multiple generations

Watch out for dreams which features several family members and/or generations





# miasm = epigenetics?

- epigenetics is the study of what controls the expression of genes; what turns them on, what turns them off.
- out of the vast spectrum of a person's hereditary potentials and susceptibilities, which ones will be expressed and which will remain dormant?
- in homeopathy these concepts are encompassed under the umbrella of miasm, in modern science they fall into the category of epigenetics.

# can conditioning and upbringing affect a person's epigenome?

- “And guilt comes up in relation to how I’ve been brought up in a Christian family, a religious family. My parents weren’t guilt-trippers, but in the nature of that religion, guilt can sort of creep up. You feel guilty about behaving like this or that. Hopefully I haven’t adopted too much of the guilt theory...”

## Case-28 year old woman, health care professional

- Chief Concerns: 1. fear of not being able to have a child. 2. preventing miasms from passing to our children
- My mother had severe manic depression since before my conception until about 6 years ago
- I'm worried about my maternal side genetics (manic-depression, schizophrenia, anxiety, suicidal thoughts)
- All of her siblings but one have mental illness
- I am seeing glimpses of this in myself already, strong ups and downs in my mood. I fear being manic like her

- I have a strong desire to have children countered by a fear of not being able to, or not wanting to balance a child with my career
- I treat a lot of women with infertility so that makes me think about my own ability to conceive (*Rubrics sympathetic; and Anxiety, hypochondriacal*)
- I'm very motherly with my patients, almost viewing them as my children (*Cancer miasm*)
- I'm starting to fear that I have endometriosis and the first thing on my mind is that we'll have problems having children

- As you'll see from one of my dreams I think that infertility as well as losing my parents would be the worst thing in the world to happen  
*(Grief+Loss theme)*
- I don't think I could survive if my parents or brother died. I'd lose my balance, have a mental breakdown, or go into a depression that I couldn't get out of. I don't feel strong enough to handle this yet *(Rubric- Fear of insanity, losing her reason)*
- I think I may have a mental block about having kids that is creating a physical block

also has miasmatic concerns about her  
husband's paternal side affecting  
future children

- Obsessive-compulsive
- Rigid
- She encouraged him to come for homeopathic treatment as well

# Physical concerns

- Heaviness in my throat when I'm holding in tears or anger
- Irregular heart beat with a fluttering and vibration in the sternal area
- Pelvic tenderness (feels like I've been punched multiple times) with swollen inguinal lymph node. Have had numerous tests—all normal
- Hx of recurring ovarian cysts, self resolved

# fears

- Losing parent or brother
- Not being able to cope with this loss
- Having a breakdown
- Being infertile
- Not being able to be a mother because her mother could not mother her
- Heart attack
- Thyroid problem



# Her dream-*The Bunny and the Girl*

- *“I’m in the back seat of a car. My old pet fluffy bunny is trying to get over to my side. I block her but she keeps trying to hop over. Finally I hug her and speak calmly to her. She settles, she is fluffy and warm. Then I’m with a 5 year old girl. She wants me to tell her about dead spirits and I am crying. She has lost a parent. I can’t fathom how she can be so calm, just living life despite losing a parent. I gently sob.”*

# Realizations that came from the dreamwork

- I want to be like this little girl...childish and free yet mature and balanced enough to cope well with death and loss.
- I'm not able to face loss, I'd have a mental breakdown
- I've only had a mother for the last 6 years
- I don't want to have a baby yet, because I haven't had a chance to be a baby or a young girl yet myself.

# psychosomatic essence of the case

- grief and loss (of her mother and her own childhood)
- fear of further grief and loss
- fear of being unable to handle loss
- fear of transgenerational (miasmatic) emotional instability
- somatizing these fears into physical symptoms

# initial repertorization

## prescription- Ignatia 1 M

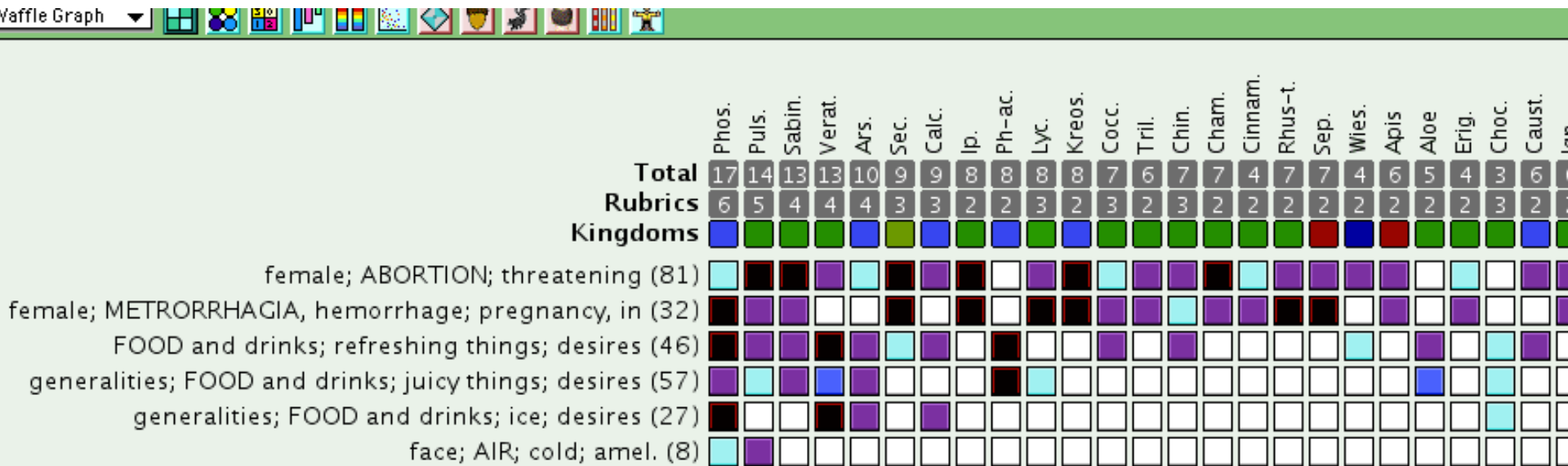
		MacRepertory's Remedy Graph																			
		Nat-m.	Ign.	Calc.	Lach.	Ph-ac.	Lil-t.	Kali-br.	Gels.	Sep.	Med.	Cimic.	Dig.	Puls.	Nux-v.	Arg-n.	Caust.	Lac-c.	Bry.	Acon.	Ambr.
Total		16	14	14	12	8	13	7	8	14	12	10	8	15	10	9	9	8	9	7	6
Rubrics		7	7	4	5	3	4	3	4	5	4	3	3	4	4	5	5	4	4	5	2
Kingdoms		Blue	Green	Blue	Red	Blue	Green	Blue	Green	Red	Brown	Green	Green	Green	Green	Blue	Blue	Red	Green	Green	Red
<u>from, agg.; prolonged and unresolved (9)</u>		Blue	Black	White	Cyan	Purple	White	Cyan	Cyan	White	White	White	White	White	White	White	Cyan	White	White	White	White
<u>; FEAR; insanity, of losing his reason (130)</u>		Blue	Purple	Black	Cyan	White	Purple	Purple	Cyan	Purple	Purple	Black	Purple	Black	Purple	Cyan	Cyan	Purple	Cyan	Cyan	Purple
<u>chest; FLUTTERING sensation (109)</u>		Black	Cyan	Black	Purple	Black	Black	Purple	Purple	Purple	Purple	Purple	Black	White	Purple	Purple	White	Cyan	Purple	Purple	Purple
throat; TENSION (60)		Cyan	Purple	White	White	Cyan	White	White	White	Cyan	White	White	Cyan	Black	Purple	Purple	Purple	White	White	Cyan	White
sensation; excitement, emotional, agg. (2)		White	Cyan	White	White	White	White	White	White	White	White	White	White	White	White	White	White	White	White	White	White
mind; FEAR; heart; disease, of (48)		Cyan	White	Purple	Purple	White	Purple	White	White	White	White	White	White	White	White	Cyan	Cyan	Cyan	White	Cyan	White
mood; telling about her illness, when (28)		Purple	Cyan	White	White	White	White	White	White	Black	Purple	White	White	Black	White	White	White	White	Cyan	White	White
female; PAIN; sore, bruised; uterus (77)		Cyan	Cyan	Purple	Black	White	Purple	White	Purple	Purple	Purple	Purple	White	Purple	Cyan	Cyan	Purple	Purple	Black	Cyan	White

# a year later...

- Pregnant (2 months)
- Had 2 episodes of spotting
- Worried about miscarriage
- Calmer, less anxious overall
- Less fear of being depressed as a mother
- Chest and heart symptoms much better
- Fear of losing family member better
- Thirsty, craving ice cold fruity refreshing things, wanting cold air on face

# Repertorization

## prescription- Phosphorus 1M

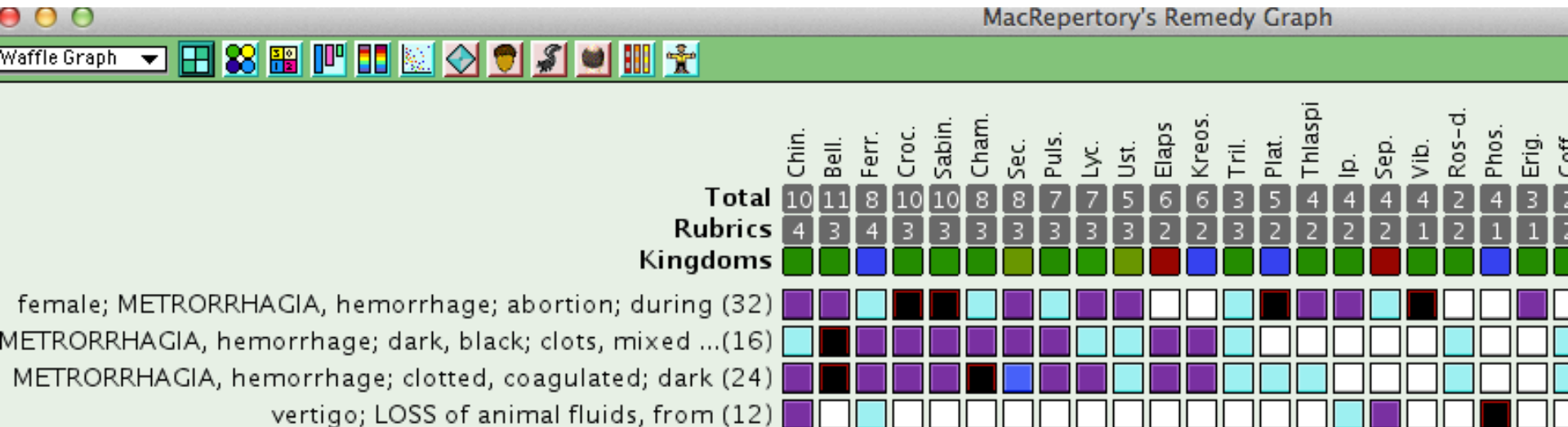


# Pregnancy miscarried 2 weeks later

- Hemorrhage after miscarriage
- Large dark purple clots
- Dizziness
- Chilly
- Thirsty
- Had a weird not good feeling before that it was going to happen

# Repertorization

Rx- Arnica 1M alternating with China 1M





# another year later...

- Has continued to take occasional doses of Ignatia, Natrum-mur, and Calc-phos
- Pregnant again
- Carried successfully to term
- Baby girl born (this girl is now 5 years old)

# Another year later...

- “My relationship with my Mom is now amazing!...it’s gold!”
- Now have a lingering feeling of persecution, feeling childish, too impressionable, porous
- Repeated dreams of being locked in jail, or locked into a contract (*indicator of a rigidly limiting mindset or belief, probably miasmatic*)
- “Certain people can drain out the wisdom I know I have”

# Concept of the “Limiting Field”

- Any time a person has a dream of being in a place where they have a negative experience or feeling, and for some reason *they cannot or do not leave that place*, handle this as a Limiting Field.
- Use the visual imagination to walk out of that place.



- “At work I feel solid as a rock, mature and solid, like a rooted tree. But around certain people I can crumble, I feel they are questioning my parenting, like I’m not a real grown up, not a real parent.
- But I feel stubborn and I dig in firmly, I don’t change my decisions.”

# Dream—*The Crumbling Building*

- *“I see a huge skyscraper in front of my house. It’s crumbling in front of my eyes! People are running out of it...”*
- Dreamwork—where does that *crumbling* exist in your life? “In the sudden crumbling that I feel when I am around these certain people”

# Dream-*The Stone Gnomes*

- *“My husband is upstairs with our daughter. I’m at the bottom of the stairs. I see a scene outside our house—there is a large park with two big pillars standing in it that have gray winged gnomes on top of them. They are made of stone and I feel they are very important ...”*
- Dreamwork—“I wish I could maintain that strong impenetrable stone feeling”
- Association with stone—grounded, firm, cannot be penetrated

# Repertorization

## Prescription- Silica 10M

the combination of crumbling and obstinacy

MacRepertory's Remedy Graph

	Lyc.	Bar-C.	Calc.	Germ.	Bamb-a.	Nux-v.	Merc.	Puls.	Staph.	Sil.	Hoch.	Ign.	Ars.	Aloe	Helios-lr
<b>Total</b>	14	8	11	6	7	7	8	6	6	6	6	7	7	6	5
<b>Rubrics</b>	5	5	4	4	3	4	3	4	4	4	3	3	3	3	3
<b>Kingdoms</b>	Green	Blue	Blue	Blue	Green	Green	Blue	Green	Green	Blue	Blue	Green	Blue	Green	Red
nsitive; others say about her, what (32)	Purple	Cyan	Purple	Purple	White	Cyan	White	Cyan	Cyan	White	White	White	White	White	White
rsensitive; reprimands, criticism, ...(79)	Purple	Cyan	Cyan	Cyan	Cyan	Cyan	Cyan	Cyan	Cyan	Cyan	White	Cyan	Cyan	Cyan	Purple
mind; OBSTINATE, headstrong (206)	Black	Black	Black	White	White	Black	Black	Cyan	Purple	Purple	Blue	Purple	Purple	Black	White
ICE; want of self; inadequate, feels (42)	Cyan	Cyan	White	Cyan	Purple	White	White	White	White	Cyan	Cyan	White	White	White	Cyan
mind; DOUBTFUL (97)	Purple	Cyan	Purple	Cyan	Purple	Cyan	Purple	Purple	Cyan	Cyan	Purple	Purple	Purple	Cyan	Cyan

# Another year later

- Pregnant again
- A second healthy daughter born (now 3 years old)
- “I now feel much more confident about my parenting. After Silica I started to feel like a real Mom, whereas before I had the feeling of being a phony, a pushover, like I didn’t have the real power to guide my children’s lives”



Question—how do you feel the children are doing in terms of inheriting the miasmatic traits on the maternal side?

- I don't feel overly concerned about miasms at this point. They are both very open and confident. When they feel sad they bounce back quickly. Overall they're happy and laughing, which we get a lot of comments on.
- I don't see any of the worry or self-consciousness I had that mirrored my Mom. I feel they are both mentally sound, I feel they're pretty clear from this."

# the miasmatic “window”

when is the ideal time to treat miasms in relation to one's children?

- From two years before conception...
- Until two years after birth
- It's not “too late” when you're already pregnant!



## Case—38 year old woman-health care professional

- Concerned about my fertility
- Would like to try to conceive after my thyroid stabilizes
- Hashimoto's thyroiditis (recently diagnosed)
- Never well since severe reaction to DMPS (chelating agent) one year earlier (my immune system went haywire, horrific urticaria, required prednisone) this triggered the Hashimoto's
- Concerned about very elevated Mercury levels

- Also had a prolonged period of severe stress with an abusive business partner
- Developed chronic fatigue like symptoms during this time
- Current symptoms:
- Migraines < when exhaustion is bad
- exhausted, dizzy , weight gain
- coffee craving (it's a double edged sword, it can make me feel better or worse), chocolate craving, joint inflammation, PMS breast tenderness

“I’ve finally met my man!  
I want to get pregnant, but...”

- I’m worried about the auto-immune process going on in me
- I’m worried about my thyroid being so unstable
- I’m still concerned about the high Mercury levels
- My energy is 0/10. I want to cry I’m so tired

“I haven’t forgiven myself  
for two big things ”

- staying too long in a relationship with an alcoholic boyfriend. I wasted two years of my life
- staying too long in situation with abusive business partner. Prolonged period of extreme anger and stress, but I felt I couldn’t get out of it. I was trapped.

I should have known better

*“this is why I’m attacking myself”*

# miasmatic side

- I feel like I have a miasm
- It feels deep and ancestral
- My Mom also has Hashimotos's
- There's a darkness in my DNA
- So much darkness and secrecy on this side of the family
- There's an inability to forgive, a holding of grudges
- I feel like the miasm was activated during the period of extreme stress with business partner

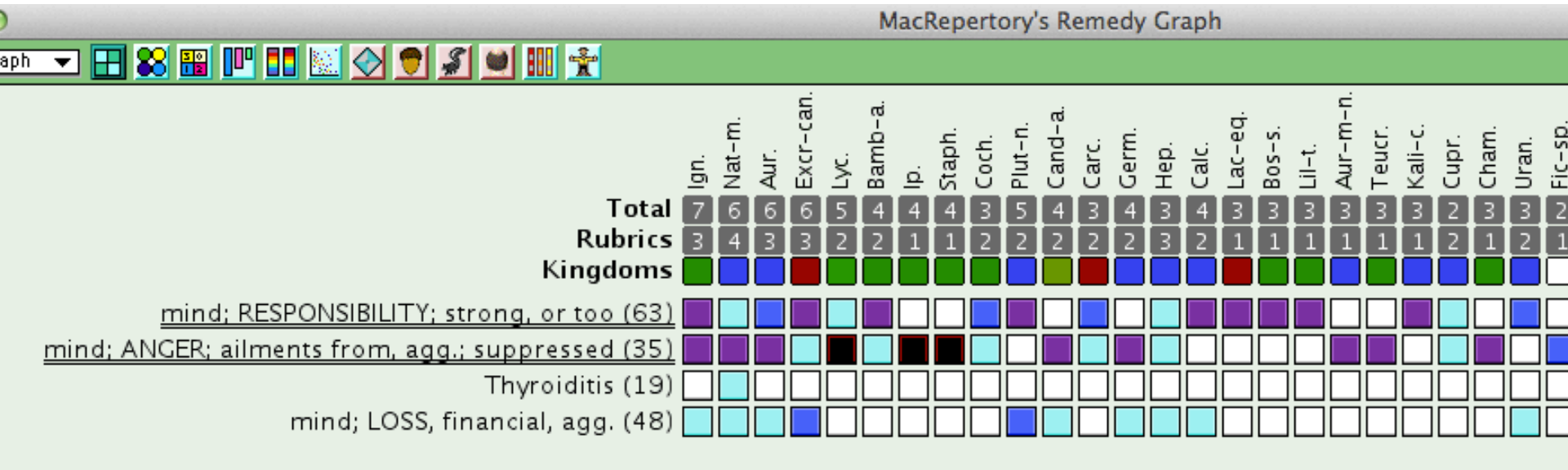
# the problem of high expectations

- I have very high expectations for myself
- I've always been hard on myself even as a child
- I'd love to take some time off, but I can't, there's so much on my shoulders
- I've been in constant fight or flight mode for years
- Why can't we get a break?!



# Repertorization

Rx: Carcinosin 200, then Natrum- mur 200



# after Carcinisin...

- “insane energy” the next day, best in a decade
- A very good reaction to the remedy, the improvement plateaued after a month
- Angry outburst with partner. I voiced my displeasure for the first time about him dragging his heels on getting a divorce. He got the message.

# after Natrum-mur...

- Had a subtle balancing effect
- I feel really good
- Energy is 9/10 now
- Homesick for the east coast. Cry when I think of it. I want to raise my children there.
- Then... *so many dreams about water!*

# two dream of drowning...

## *“The Giant Swirling Clams”*

- ...giraffes underwater, in distress, trying to stretch their necks up to the surface to breathe, but they can't. I wade in and get sucked into the mud..I'm suffocating...it's terrifying... then I'm out again in an instant. Other people, including my partner walk into the water. They get buried in the mud. There are giant clams swirling in the water. They're fine, they can survive.”

## *“the Drowned Woman”*

- “I’m by the edge of the ocean. I feel unsettled. There’s a deep crypt that goes way down underwater. I can see inside it—there’s a blonde woman who looks like me. She has a spike through her foot holding her underwater. Her hair is floating upward. She is dead.”

# insights from these dreams

- Patient had two near-death drowning experiences
- One involved being sucked underwater and swirled around by waves
- The other involved being pinned underwater by a rock in a kayak
- The body remembers, even when the mind does not. Still feels unsettled and panicky thinking about these incidents
- *Rx: Aconite 1 M and EFT*

## two months later...

- Have been tapping on the drowning trauma, when the unsettled feeling comes up
- Thyroid has gone out, energy low after a stressful holiday. Considering a trial of Synthroid
- Started on Carcinosin again, but I notice that I antidote it with coffee. I can't stop coffee!
- I want to conceive soon. This is the # 1 thing I want in life. Mercury levels are dropping, but I've decided to wait a few more months...then...

...a big dream comes...

*“The Spiders in the Cave”*

- “I’m in between two fences in the middle of the African wilderness. I look to my right and see a person being mauled by a lion. I look to my left and see a guy on a fence about to be mauled by a kimodo dragon. The dragon jumps on him. I climb the fence to get away and the fence pierces my hands. I climb up a wall into a huge cave. The cave is full of spiders...



- There's a blonde tour guide in the cave, giving a tour speech. She is irritating, anal, intellectual, and seems to be unaware of the spiders. She's ignoring me as if I wasn't even there. Then I see a huge black tarantula in a dark area of the cave. I run outside. There's a freaked-out woman throwing cannonballs, we have to throw them at the spiders. I throw one, but it hits a man. He's a lovely man, a father with his child. Then I go back to the African scene—there's another lion mauling someone.

# connections from the dream

- *the fences*: my extended period of being undecided about whether or not I'm now healthy enough to get pregnant ("sitting on the fence")
- *the lions and dragons*: my worst scenario fears of what would happen if I got pregnant (thyroid crash, mercury toxicity to fetus)
- *the cave*: the possibility of getting pregnant

- *the tour guide*: an overly intellectual (not embodied) attitude about my reproductive health, including the doctor who prescribed the synthroid
- *the small spiders in the cave*: my own thyroid hormones
- *the huge tarantula*: synthroid
- *the freaked-out woman*: the part of me that freaked out about my negative reaction to the synthroid (I felt much worse and stopped it after 7 days)

- *the cannonball*: my decision to delay conceiving for another 3 months
- *the lovely father and son*: the part of me that is ready now to be a parent, to trust my body and trust that my pre-natal health is good enough. This part of me just took a big hit (setback)
- *“I now know that I don’t have to worry about either my thyroid or the Mercury toxicity”*
- *Rx: Calcarea carb 6 QD x 14d* for fear of crossing the threshold into a new phase of life

## 3 months later....

- I'm 4 weeks pregnant! I felt the conception
- I had a vision of a blastocyst floating down the fallopian tube wearing a cowboy hat.
- I'm sure it's a girl
- Worry about metal toxicity is much less. The baby feels strong and vital.
- Gut disturbance since being in Mexico
- I feel an aching in the uterus like it's being stretched

- I do have a fear of something terrible happening
- I'm fighting not to see the vision of blood (miscarriage blood)
- The hardest part is just making my intellect shut up
- *Rx: Arsenicum 6 prn for gut disturbance and fear that something terrible might happen*
  - Bellis-perennis 6 if uterine pain persists*

also around this time...an introject dream

- “We’re at the lake at my parents house. There’s a shark following me (my partner is also there but he doesn’t react to the shark). I grab another shark and rip it to pieces in front of him as if to say: if you keep following us this will happen to you too. But he is not intimidated. He keeps coming towards me...I try to get away, more and more frightened...”

# a fear instilled in childhood

- My mother used to tell us there were sharks in the lake when we were younger, to make sure we didn't ever go in alone and drown.
- I still have that fear in the back of my mind when I swim in freshwater lakes.
- It's time to confront that fear
- It is common for introjects to pop up in pregnancy (as if they are asking to be confronted and challenged before being passed on)



# How do you confront an introject?

- Use the power of the visual imagination
- Ask her to meet the shark face to face (rather than trying to get away from it, or intimidate it)
- *“When I confront him he’s walking upright on his fins. He speaks in an English accent. I can go back into the water with him. Now I just hear his voice. He’s helping me relax and feel totally safe in the water.”*

# Dream—"The Dog Killers"

- *"I'm walking home from work. It's gray and deserted. The streets are lined with dead dogs. Their dead bodies have all been propped up into sphinx position, lining the sides of the road all the way to my condo. It's very creepy. I go up to my apartment. I see six mobster guys outside my window, they're drilling open the windows, getting people's dogs (St Bernards), and dropping them off the balcony to kill them. I call 9-1-1. I knock on the window to get them to stop."*

## continued...

- *But now they see me and start to come after me...They catch me...they all have drills. I take one of the drills and start hitting them in the face with it. I'm able to fight them off and get away. I run and put my cats in a safe to make sure they're protected."*

One one hand this is a typical anxiety dream of pregnancy—intense, anxious, vivid, visceral. And there is concern to keep her baby (cats) safe from harm.

# But-it also has elements of the syphilitic miasm

- Deserted gray feeling tone
- Drilling, killing, destruction
- Other syphilitic aspects in the case:
- Dark destructive depression on mother's side
- Alcoholism on father's side
- Auto immune condition (thyroiditis)
- *Rx: Calcarea-flourica LM-1 once a day in water for three days. This aggravated so she stopped*

# fast forward 2 months...

- Shocking news! It's a boy!
  - Found out 2 days ago at my ultrasound
  - I feel my intuition has betrayed me
  - I haven't accepted it. I'm shocked. I don't believe it! I'm in a frozen state.
- 
- *Rx: Ignatia 50M ailments from shock, disillusionment, disappointment*

# a few weeks later...

- At 22 weeks pregnant...
- Pregnancy feels good and healthy, baby feels safe and strong
- I have now accepted that he's a boy
- Lot's of financial insecurity and stress
- Wanting to move home, back east
- *Rx: Kali-iodatum LM-1 up to once a day (a thyroid remedy in the syphilitic miasm)*

# Next visit...

- Thyroid is very good on recent lab work
- But anemia is pronounced (dilutional anemia of pregnancy?) already taking a double Fe dose
- Craving chocolate (eats it and feels better) and coffee (has decaf)
- Still tired, but chaotic stressed and overwhelmed feeling is much better
- *Rx: Aletris farinosa 30 (anemia of pregnancy)*

# For the future...

- Patient feels that there may be another miasmatic strand she has inherited from her father to do with near-death experiences in water (he has had several)
- She intuitively feels that a remedy made from local Atlantic sea water may be helpful for this
- *Rx: Aqua marina atlantica 6C made from her obtained sample*