

# Inner Power Hypnobirthing

## C Section

### Points to remember for the birth:-

Use the programme for the 3 deeper breaths whenever you wish to

1. the first breath brings instant feelings of **mental calmness**  
**Say "I am calm"**
2. the second breath brings instant feelings of **physical relaxation**  
**Say "I am relaxed"**
3. the third breath brings instant feelings of **confidence**  
**Say "I am confident"**  
**"I can do -----"**

### To dissociate from the operating room if you need to:-

1. Take yourself to your SPECIAL PLACE. Really be there and imagine yourself being there. Get your partner/husband to talk to you about your place and to describe it to you.
2. Use your COLOUR OF RELAXATION. Imagine this flowing over you, like a magical shower, bringing relaxation and feelings of energy for a relaxed, calm birth.
3. Keep repeating your natural birth TRIGGER = **Relaxed childbirth**

Buy 8packets of **Dextrosol (glucose tablets)** ready to take after the birth.

Eat 2 packets a day, on day of birth (if possible) and for the next 3 days and then you'll feel, and be, on top of the world with all the energy you need. You'll feel, and be, very happy too.

Take **Arnica** before the C Section.

Start taking this for two weeks before the C Section is planned, taking two or three tablets daily. Immediately after the birth take one tablet every hour for 6 hours and then 3 tablets every day for two weeks.

Should you get any 'after birth' pains Cimicifuge 200 is recommended for pain that is intense or around the groin area.

These homeopathic remedies can be bought on line.

## With compliments from Paola Bagnall