

The #1 eGuide

# Managing Miscarriage

*Guidance + Recovery + Prevention*

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*This eGuide is still  
a work in progress-*

*I felt it was more important to  
make the information available than  
make the first edition perfect.*

*Everything here is up-to-date  
and immensely helpful.*

*xo,*

*Melissa*

# Managing Miscarriage

*Guidance + Recovery + Prevention*

My heart goes out to you. I've been there.  
Through this shitty process I wish you peace,  
inner strength, and harmony with your body.

xo,  
Melissa

Our culture refuses to talk about miscarriage, so very few women (or doctors!) know what to do or what to really expect when it happens- which is precisely why this eGuide is invaluable. Be kind and gentle to yourself right now, no matter what pressures you currently feel.

First things first: *Seek medical help at the first signs of miscarriage.*

Confirm the miscarriage with your healthcare provider before using any of this information.

There are two ways to use this eGuide: as a guide for passing a miscarriage naturally and/or as a guide for rebuilding health after a miscarriage.

Throughout this eGuide I refer to your baby as “the miscarriage”, “tissue”, or “products of conception”. Please know this is done deliberately, thoughtfully, and not heartlessly. I've been where you are 4 times, losing 4 precious babies before I gave birth to my healthy son. It is just the medically correct way to relate and help you help yourself right now.

Please read the ENTIRE Section 1 before you begin. ***Preparation is key!***

## **General outline:**

- 1) Confirm the miscarriage with a medical professional
- 2) Make sure you know your Rh factor and if you need RhoGAM or MICRhoGAM (not something to mess around with)
- 3) Confirm it is safe for you to pass the miscarriage naturally  
(OR choose another method and use this eGuide for rebuilding + preventing)

## **THEN:**

- 4) Gather necessary supplies
- 5) Prepare mentally (mindfulness/prayer)

- 6) Begin Phase 1
- 7) Regularly monitor for signs of infection (fever, excess lethargy, disorientation)
- 8) Take it easy once bleeding starts
- 9) Have someone with you
- 10) Continue mindfulness/prayer
- 11) Continue taking Phase 1 herbs and supplements
- 12) Relax into increased cramping allowing your body to release
- 13) Keep an eye on excessive bleeding/hemorrhaging or signs of infection (see #7)
- 14) Stay hydrated
- 15) Confirm all tissue was passed

**Rebuilding:**

- 16) Switch to (or begin) Phase 2
- 17) Rest!!! This cannot be over emphasized
- 18) Again, stay hydrated
- 19) Implement or continue mindfulness practice
- 20) Follow up with primary care provider
- 21) Continue with Phase 3

# *Section 1*

## *What will this feel like?*

The sensations could range from a crampy period to strong wavelike contractions. It will likely last a few hours of being more intense. It could be very painful. Just keep relaxing into it and breathe. I know this will be difficult and not what you want to do, but it is helpful. You can do it. Have someone there with you making sure you are ok. Keep an eye out that you are not bleeding excessively. See the FAQ's in Section 2 for more information.

## *Herbs + Supplements*

\*Always choose organic tea and herbs

\*Traditional Medicinals brand tea is recommended, or other organic brand **without** "natural flavors"

\*1 "cup" of tea = 1 tea bag

1 tea bag = 1 tbsp loose tea/herb

\*There is a shopping list at the end of Section 1

### **Necessary:**

Heavy flow, extra long pads (No tampons or cups)

Sepia and Sabina homeopathics taken every couple hours

Red raspberry leaf tea, 3-5 cups daily

Nettle leaf to rebuild blood

Bach Flower Essences: Rescue Remedy or at least Star of Bethlehem (see Section 2 for more details)

Vitamin C in the ascorbic acid form, 500 mg every 1-2 hours

Magnesium to prevent excess spasm

Stay hydrated; see recipes for Hydration Drink and Broth

Heating pad

REST! Especially once bleeding begins and for a few days following

**Recommended:**

Monolaurin to boost white blood cell count (Cocolaurin from Pink Stork)

Traditional Medicinals Everyday Detox tea with Dandelion to gently cleanse excess hormones

Grassfed liver pills to increase iron (Perfect Desiccated Liver brand recommended)

Echinacea Premium from Medi-Herb if there's a concern of immune system being low (\*do not buy low quality echinacea. Medi-Herb is highly recommended; Gaia Herbs is decent).

If you prefer a liquid tincture, choose Herb Pharm

Epsom salt bath \*do NOT take a bath once any bleeding begins

Clary sage essential oil (Young Living) applied to inner ankles and abdomen

Peppermint essential oil (Young Living) to quell nausea and ease pain

Lavender essential oil (Young Living) to ease pain and facilitate calm

Stop eating eggs

Kava Forte from Medi-Herb (Gaia Herbs brand is ok in a pinch)

Chamomile Lavender tea from Traditional Medicinals for anxiety and stress

Bach Flower Essences specific to how you feel (see Section 2)

Acupuncture

## *Passing the Miscarriage*

The information in this eGuide is focused on passing a miscarriage naturally; also known as “Expectant Management”.

### **{{ Phase 1 }}**

Everyday until miscarriage passes:

Sepia *and* Sabina homeopathics

(Rotate taking them every 3 hours: 5 pellets of Sepia, 3 hours later take 5 pellets of Sabina, repeat)

As a heads up, Sepia also helps release grief- so if you feel more weepy, go with it. It is healing emotionally as well.

3-5 cups red raspberry leaf tea; ideally 1 cup every 4 hours

1-2 cups nettle leaf tea; ideally 1 cup every 4 hours

4 drops of Rescue Remedy 3-5x/day (plus any other Bach Remedies you choose- see Section 2 for details)

Echinacea 2-4x/day (optional)

Magnesium 200-300mg; split dose into 2 servings and take at lunch and in the evening  
If bowels get loose, reduce the dose

Vitamin C 500 mg every 1-2 hours (ascorbic acid form), not exceeding 6,000mg per day  
\*\*do not do this for more than 7 days

The buffered form is easier on digestion, so you may want to look for that

2 cups of broth; see recipe section or buy frozen from a health food store

Prenatal vitamin

OTC pain reliever as needed or desired (Naproxen, Ibuprofen, etc)

A miscarriage can happen suddenly, or take weeks. If it takes weeks, you may experience some cramping and spotting as your body prepares. Physical symptoms will become noticeably stronger when you begin to pass the miscarriage.

Once bleeding and cramping begin, it will continue until all of the tissue, or products of conception, pass. This includes various tissues from the developing fetus, the placenta, and the uterine lining. The longer the gestational age of the fetus, the more intense the cramping is likely to be. This is not always true, however, as we've found if you miscarried early on but your body did not recognize it for many weeks, the intensity is often increased more relative to the gestational age. What does this mean? Cramping and pressure sensations may get intense, but as long as you don't have any warning signs, your body is working beautifully.

**Reminder of warning signs: feeling spacey, very sleepy, incoherent, unusually anxious, becoming pale, soaking a pad in 30 minutes, bleeding steadily for more than 2 hours without passing the tissue, or developing a fever. Seek immediate medical attention for any of these concerns.**

It's important to monitor yourself for fever the whole time and for a week after to make sure there's no infection from retained tissue. Take your temperature every few hours. Normal is around 98.6 degrees Fahrenheit or 37 degrees Celsius

I recommend keeping a pad in so you can walk, sway, or move as it feels helpful. Use the bathroom often. Empty your bladder frequently to reduce cramping and keep things moving along. You may feel most comfortable sitting on the toilet during this time. Again, just listen to what your body needs.

You will pass clots of blood as well as the fetus, placenta, and sac of membranes. Some women do not see the tissues, but if you would like to see them, or collect them, then keep an eye out. It will be small, milky white or clear, with some light red. Some women keep the tissue for genetic testing purposes (talk to your doctor about if this is necessary for you) or to bury it. There is currently no ritual around miscarriage, so I encourage you to do something, even just a short prayer. *See Section 3 for other ideas.*

You should be able to tell when all the tissue has passed. You will likely have a sense of knowing; also, the cramping will reduce significantly and bleeding will slow.

You will likely bleed longer than a normal period, so eat extra red meat and/or take grassfed liver pills. Listen to what else your body needs (this cannot be over emphasized!). Sticking with warm foods for a week afterward nourishes the organs.

Regarding how long you may bleed, it should taper off like a period. Continued heavy bleeding could indicate retained products of conception (tissue), especially if you notice foul smelling discharge or a fever. This is a serious issue requiring immediate medical attention.

Do not put, or allow, anything in your vagina for at least 2 weeks from when you pass the miscarriage. This includes tampons, toys, penis, etc. No baths or hot tubs for the same time frame. Reducing the potential for infection is very important.

**LISTEN!** You will likely feel a burst of energy and want to be active- resist this feeling and keep resting! Not resting may increase bleeding significantly or create further problems. Though not full term, from your body's perspective you are giving birth. Your body needs to rebuild, replenish, and rest.

## *Rebuilding After Miscarriage*

Your body must now shift from pregnant to not pregnant. Be kind to yourself.

Now that the miscarriage is complete, observe for signs of infection and heavy bleeding. If you start passing large clots again, or have foul smelling discharge, seek immediate medical attention.

For 1 week (Phase 2) check your temperature before each meal and before bed to monitor for fever.

Be sure to change your pad often to reduce the possibility of infection from a bacteria overgrowth. Also, always wipe from front to back.

### **{{ Phase 2 }}**

Everyday for 1 week:

2-3 cups red raspberry leaf tea

1 cup of nettle tea

1 cup of dandelion tea

Prenatal vitamin (with methylfolate)

Cocolaurin (2-3 scoops per day)

Probiotic

Grassfed liver pills

1,000mg Vitamin C

1-2 cups of broth

\*Teas may be brewed together

If you are interested Monolaurin (Cocolaurin), I'd recommend purchasing and having it ready to start taking in a week or so. ***Taking this, plus removing eggs, are my top suggestions for changes moving forward.***\* This may reduce viral and bacterial load on the body- something I think research will soon be correlating with miscarriages, along with MTHFR test abnormalities; which may have more to do with the liver being over burdened.

(\*Assuming you were taking a prenatal)

## Looking Forward

You may feel eager to conceive again, or you may feel like you'll never be ready. I urge you to allow space for whatever healing needs to occur.

Your nutritional status has a big impact on how fast you heal and when your body is ready to conceive again (if you so choose). It's certainly not the only factor, but it is an important one.

After passing a miscarriage naturally (expectant management) the general medical recommendation is to wait at least 1 cycle before conceiving again. However, there's little agreement in research to back up this reasoning, except that it makes it easier to date the next pregnancy. There is also a general recommendation to wait 3 cycles to allow the uterus to fully heal at the implantation site; but again, little research.

A lot depends on how far along you were at the time of the miscarriage as well as how depleted your body is. Rebuilding is so important! Whenever you feel strong and ready to try again, have at it.

Antidotal, not research, but after 4 miscarriages my son was conceived without getting my period, after miscarrying two weeks before. It was the only time I did not wait *at least* one month, but I was following the Phase 3 recommendations.

### **{{ Phase 3 }}**

Going forward your regimen should look close to this:

Prenatal (with methylfolate)

Methylfolate (Methyl Guard Plus from Thorne) if you have a MTHFR abnormality

Fish oil (at least 450mg of DHA)

Cocolaurin (2-3 scoops per day)

Probiotic

Grassfed liver pills

1,000mg Vitamin C

Vitamin D3

Good amount of fruit daily

Stop eating eggs

Acupuncture

Optional:

UteriCalm liquid tincture- I recommend using this herbal blend when you feel ready to conceive again. Ideally, start 2-3 months prior to conception and continue through the first trimester of your next pregnancy. UteriCalm is from the Natural Fertility Shop online.

**Other teas to consider:**

Chamomile

Chamomile + Lavender

Peppermint

Note:

Some women like to keep drinking red raspberry and nettle teas. While they have wonderful medicinal properties, I would only recommend this if you are careful about conceiving. I do not recommend red raspberry leaf in the first trimester, especially when someone has a history of miscarriage.

## *Recipes*

### **Hydration Drink // 1 Quart**

(Recipe can be doubled)

- ¼ cup raw honey
- 1 cup hot water
- 3 cups room temperature water
- 1 tsp apple cider vinegar
- ½ cup freshly squeezed lemon juice
- 1 tsp fresh ginger pulp (finely grated works also)
- 3 drops ConcenTrace Trace Mineral drops
- 3 drops Bach Rescue Remedy
- ¼ tsp himalayan salt

Add honey to hot water in small mug, stir to dissolve

Pour into 1 Quart jar (ideally glass) and add room temp water

Add apple cider vinegar, lemon juice, ginger, trace minerals drops, rescue remedy and himalayan salt

Keep in refrigerator for up to 1 week; shake before serving

### **Womb Tea**

- 1 cup red raspberry leaf
- 1 cup nettle leaf
- ¼ cup rose hips
- ¼ cup chamomile
- ⅛ cup spearmint leaf

Mix all herbs together in 1 quart glass jar with lid. To make, place ¼ cup to herb mix in a separate quart jar. Fill jar with boiling water and let steep 30 minutes to 1 hour. This mix is tasty hot or cold, especially with some fresh squeezed lemon. Drink 1-3 cups daily.

## **Broth**

There are many different ways to make a healing broth. I've incorporated 2 options.

\*Organic ingredients, especially vegetables and meat (ideally pasture raised), are very important!

Traditionally, broth is simmered for 8-24 hours, however, this isn't always the most realistic option. The first recipe lists a faster version (that is vegetarian friendly) and the second recipe is the more traditional version that requires a longer cook time. Broth is best made in a large pot on the stovetop, but a pressure cooker is also ok.

\*Note: Decent quality bone broth is now available in some health food stores and is better than not drinking any! Make sure it is from the freezer section, not the kind in a box on the shelf.

### **Recipe #1:**

4 carrots, chopped or 1 sweet potato, cubed  
2 stalks of celery, roughly chopped  
2 fresh onions, sliced  
1 cup fresh parsley, finely chopped  
1 cup of shiitake mushrooms, fresh or dried  
2 tomatoes, chopped  
1 bulb of garlic (about 6-8 cloves), minced  
1 inch of fresh ginger root  
1 inch of fresh turmeric root  
8 cups of water  
Optional: Chili peppers or red pepper flakes

Place all the ingredients in a pot and bring to a gentle boil. Once boiling, turn the heat to low and simmer for at least an hour. Strain and sip for a mineral rich, healing, and restorative broth.

### **Recipe #2**

1 whole chicken or 2-3 pounds of bony chicken parts (necks, backs, breastbones, wings, feet)  
2-4 chicken feet (optional)  
4 quarts cold filtered water  
2 tablespoons apple cider vinegar  
1 large onion, coarsely chopped  
2 carrots, peeled and coarsely chopped  
3 celery stalks, coarsely chopped

2 garlic cloves, smashed  
1 bunch parsley  
½ tsp turmeric (optional)  
½ tsp black pepper (optional)

Place chicken or chicken pieces in a large stainless steel pot with water, vinegar, spices, and all vegetables except parsley. Let stand 30 minutes to 1 hour. Bring water to a boil and skim off any foam that comes to the top. Reduce heat, cover, and simmer for a minimum of 6 hours and up to 24 hours. About 10 minutes before taking the stock off the heat, add parsley.

Remove the whole chicken or bones with a slotted spoon. Strain the stock into a large bowl using a fine mesh strainer or cheesecloth. Keep in the refrigerator until the fat comes to the top. Skim off the fat (you can reserve this fat in small glass bowls for sauteing vegetables).

Store the stock in quart-sized or half gallon containers. Stock kept in the refrigerator will keep for about 5 days. Freeze what you will not use within that time.

## Shopping List

In an effort to make things as simple as possible, here is a list of the necessary and recommended items, as well as ingredients for broth (choose vegetarian or chicken, not both!) and the hydration drink.

### Vegetarian Broth

4 carrots or 1 sweet potato  
2 stalks of celery  
2 fresh onions  
1 cup fresh parsley (~1 bunch)  
1 cup shiitake mushrooms, fresh or dried  
2 tomatoes  
1 bulb of garlic  
1 inch of fresh ginger root  
1 inch of fresh turmeric root

**{{ OR }}**

### Chicken Broth

1 whole chicken or 2-3 pounds  
of bony chicken parts (necks,  
backs, breastbones, wings)  
2-4 chicken feet (optional)  
Apple cider vinegar  
1 large onion  
2 carrots  
3 celery stalks  
2 garlic cloves  
1 bunch parsley  
Turmeric (optional)  
Black pepper (optional)

### Hydration Drink

Raw honey  
Apple cider vinegar  
6 lemons  
Fresh ginger root  
ConcenTrace Trace Mineral drops  
Bach Rescue Remedy  
Pink himalayan salt

### Teas (Organic!)

(Traditional Medicinals brand is recommended)  
Red Raspberry Leaf  
Nettle  
Chamomile Lavender  
Peppermint  
Dandelion or Everyday Detox

### Supplements

Vitamin C- Ascorbic Acid  
Natural Vitality Calm Magnesium  
Echinacea

### Homeopathics

Sepia  
Sabina  
Arnica Montana

### Supplies

Heavy flow pads  
Heating pad  
OTC pain reliever  
(if desired)

### Recommended

Prenatal  
Fish oil  
Probiotic  
Cocolaurin (Pink Stork brand)  
Grassfed liver pills

### Essential Oils

Lavender  
Clary Sage  
Peppermint  
Joy

### Also Consider

Bach Flower Essences  
UteriCalm  
“Calm” App in App store  
Electric tea kettle

# *Section 2*

## *Mindfulness + Miscarriage*

Mindfulness provides a simple but powerful route for getting ourselves unstuck; back in touch with our own wisdom and vitality.

Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

This kind of attention nurtures greater awareness, clarity, and acceptance of present moment reality. Often associated with Buddhism, mindfulness is actually not a religious concept, and instead a well researched technique used and accepted throughout the scientific community. Also referred to as "heartfulness", mindfulness is a beautiful and deeply healing way to approach life, and especially miscarriage.

We found mindfulness especially helpful during this raw, emotional time of miscarriage, and know you will, too.

### **Mindfulness through simple breathing and awareness:**

This can be done standing up or sitting down, pretty much anywhere at any time. All you have to do is be still and focus on your breath for just one minute.

Start by breathing in and out slowly. One cycle should last for approximately 12 seconds.

Breathe in through your nose to the count of 4, pause for 2, and then breathe out through your mouth to the count of 4, pause for 2. Repeat, letting your breath flow effortlessly in and out of your body.

Let go of your thoughts for a minute. Let go of things you have to do later today or pending issues that need your attention. Simply let yourself be still for one minute.

### **Mindfulness App:**

I love the app "Calm" found in the app store. I am very familiar with lots of different mindfulness apps, websites, resources, etc and this app is fantastic! My favorite part is being able to choose the length of the guided meditations, anywhere from 3 to 30 minutes. They also have a new, daily session every day. I am in no way affiliated with the Calm app, but hopefully someday! Look for it in the app store.

## **5 Science-Backed Reasons for mindfulness: (From Mindful.org)**

Understand your pain. Pain is a fact of life, but it doesn't have to rule you. Mindfulness can help you reshape your relationship with mental and physical pain.

Connect better. Ever find yourself staring blankly at a friend, lover, child, and you've no idea what they're saying? Mindfulness helps you give them your full attention.

Lower stress. There's lots of evidence these days that excess stress causes lots of illnesses and makes other illnesses worse. Mindfulness decreases stress.

Focus your mind. It can be frustrating to have our mind stray off what we're doing and be pulled in six directions. Mindfulness hones our innate ability to focus.

Reduce brain chatter. The nattering, chattering voice in our head seems never to leave us alone. Isn't it time we gave it a little break?

## *Bach Flower Remedies*

Bach Flower Remedies gently restore balance between mind and body.  
This is crucial for managing miscarriage.

They are in liquid form and easily taken.

They can be found at supplement stores, Whole Foods, etc.

No more than 5 should be used at a time.

Choose the one(s) that relate most to how you feel right now.

They may be combined in a glass of water and taken multiple times per day- 2 drops of each.

**The main ones we've found particularly helpful surrounding miscarriage are:**

Mimulus

Olive

Pine

Rock Rose

Star of Bethlehem

Sweet Chestnut

White Chestnut

Willow

Rescue Remedy: (Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose, Clematis)

**See below for a description of these.**

### **Mimulus**

Known fears; when you can name the fear. Whenever you are frightened or anxious about something, and you can say what that 'something' is, then Mimulus is the remedy to take.

### **Olive**

Tiredness and exhaustion after an effort of some kind, such as hard physical or mental labour, or the long struggle against illness. Restores our strength and the faith we need to continue an effort.

**Pine**

When we feel guilt; blaming ourselves for the loss of our baby even if there was nothing anyone could do to prevent the miscarriage.

**Rock Rose** (\*In Rescue Remedy)

The remedy against terror. Being a panicky, terror-struck; fear that makes conscious thought and decision next to impossible. Provides calm and courage. For accident or sudden illness, or when person is very frightened or terrified. We are able to release fear as our courage is renewed.

**Star of Bethlehem** (\*In Rescue Remedy)

For crisis, the after-effects of shock; such as from unexpected bad news or any unexpected and unwelcome event. A sense of emptiness and loss when a loved one dies or moves away. For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news.

**Sweet Chestnut**

We have reached the limit of our endurance, we feel intense sorrow and feel almost destroyed. We feel that the future is utterly hopeless.

**White Chestnut**

Unwanted thoughts and mental arguments that intrude into the mind and stop us concentrating. 'Worrying' - but not necessarily anxious or fearful, more repetitive. They seem to circle round and round and cause mental torture.

**Willow**

Resentful and bitter about the way their lives have gone. Begrudging other people's' success and happiness. We tell ourselves "I don't deserve this. Why should this happen to me?" Grief turned into resentment and self-pity; feeling life has been unfair to us and we are not able to move forward or have lost faith. Willow encourages the rebirth of optimism and faith.

## Summary of all remedies:

### **Agrimony**

“The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness.” – **Dr. Bach**

### **Bach**

**Keywords:** Addiction, unhappy, anxiety, insomnia

**Human Indication:** Mental torment behind a brave face. Appear care-free and humorous in order to mask anxieties and unhappiness.

### **Aspen**

“Vague unknown fears for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others.” – **Dr. Bach**

**Keywords:** Fear, worries, unknown fears

**Human Indication:** Fears and worries of unknown origin.

### **Beech**

“For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection.” – **Dr. Bach**

**Keywords:** Intolerance, critical, lack of compassion

**Human Indication:** When you need more tolerance toward other people.

### **Centaury**

“Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life” – **Dr. Bach**

**Keywords:** Weak-willed, bullied, unable to say no, imposed on, lack energy, tired, timid, passive, quiet

**Human Indication:** When you have a hard time saying NO and therefore easily get imposed on.

### **Cerato**

“Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided” –

**Dr. Bach**

**Keywords:** Confirmation, seeking advice, do not trust own wisdom or judgment

**Human indication:** When you do not trust your own judgment in decision-making.

### **Cherry Plum**

“Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.” – **Dr. Bach**

**Keywords:** Fear of losing control, temper tantrum, breakdown, abusive, rage, explode

**Human indication:** When you are in deep despair and feel like you are going to “lose it.”

### **Chestnut Bud**

“For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learned. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault.” – **Dr. Bach**

**Keywords:** Learning, repeating mistakes

**Human indication:** Keeps repeating the same mistake, doesn't learn from past mistakes

### **Chicory**

“Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them” – **Dr. Bach**

**Keywords:** Possessive, over-protective, self-centered, critical, nagging, self-pity, easily offended, manipulating, demanding

**Human indication:** When you find yourself manipulating and controlling your loved ones.

### **Clematis**

“Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost.” – **Dr. Bach**

**Keywords:** Daydreaming, dreaminess, withdrawing, lack of concentration

**Human indication:** When you have a tendency to live in your own dream world with little interest in the real world, accident prone, daydreaming.

### **Crab Apple**

“This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance, in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out.” – **Dr. Bach**

**Keywords:** Cleansing, poor self image, sense of not being clean, obsessive, poor self image

**Human indication:** When you feel unclean or have a hard time accepting your own self image.

**Cleansing:** Use externally on ringworm, rashes and warts.

### **Elm**

“Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being.” –

**Dr. Bach**

**Keywords:** Depression overwhelmed by responsibilities, despondent, exhausted

**Human indication:** Feeling overwhelmed and depressed, there is too much to do and you don't feel that you can do it all.

### **Gentian**

“Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them.” – **Dr. Bach**

**Keywords:** Discouraged, depressed

**Human indication:** When you easily get discouraged when faced with difficulties.

### **Gorse**

“Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief.” – Dr.

**Bach**

**Keywords:** Hopelessness, despair, pessimism

**Human indication:** When you have the feeling of extreme hopelessness and despair.

### **Heather**

“Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time.” – Dr. **Bach**

**Keywords:** Talkative, demand attention, dislike being alone, lonely

**Human indication:** Helps when you are preoccupied with own ailments and problems.

### **Holly**

“For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness.”

– Dr. **Bach**

**Keyword:** Envy, jealousy, hate, insecurity, suspicious, aggressive, needs compassion

**Human indication:** When you need to overcome the feeling of hate, envy and jealousy.

### **Honeysuckle**

“Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had.” – Dr. **Bach**

**Keyword:** Homesickness, nostalgia, bereavement

**Human indication:** For over-attachment to past memories good or bad, can't let go of the past, homesickness.

### **Hornbeam**

“For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work.” – **Dr. Bach**

**Keyword:** Weariness, bores, tired, needs strength, overworked, procrastination, doubting own abilities

□ **Human indication:** For weariness, mental rather than physical, the “Monday morning” feeling with a sense of staleness and lack of variety in life.

### **Impatiens**

“Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will endeavor to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed.” – **Dr. Bach**

**Keyword:** Impatience, irritated, nervy, frustration, fidgety, accident-prone, hasty

**Human indication:** Suitable for people who are easily irritated and impatient. They speak and think quickly, and are energetic, but tense.

### **Larch**

“For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, and so do not venture or make a strong enough attempt to succeed.” – **Dr. Bach**

**Keyword:** Lack of confidence, depressed, discouraged, feeling of inferiority

**Human indication:** When you need more self-confidence.

### **Mimulus**

“Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others.” – **Dr. Bach**

**Keyword:** Fear, blushing, stammering, shyness, timid, sensitive, lack of courage

**Human indication:** Fear of known things such as fear of being alone, fear of spiders, fear of flying or fear of the dark. Shyness is also a known fear.

### **Mustard**

“Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful.” – **Dr. Bach**

**Keyword:** Depression, deep gloom for no reason

**Human indication:** When you feel depressed for no reason. Like a dark cloud that destroys normal cheerfulness.

### **Oak**

“For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort.” – **Dr. Bach**

**Dr. Bach**

**Keyword:** Exhaustion, overwork, workaholic, fatigued, over-achiever

**Human Indication:** When you are exhausted, but keep struggling on.

### **Olive**

“Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure.” – **Dr. Bach**

**Keyword:** Lack of energy, fatigue, convalescence

**Human indication:** When you are exhausted with no reserves of strength or energy.

### **Pine**

“For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?” – **Dr. Bach**

**Keywords:** Guilt, self-reproach, humble, apologetic, shame, unworthy, undeserving

**Human indication:** When you feel guilt and self-reproach, not necessarily based on any actual wrong-doing but destroys the possibility of joy in living.

### **Red Chestnut**

“For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of.” – **Dr. Bach**

**Keywords:** Worried, over-concern, fear

**Human indication:** When you feel over-concerned and worried for others.

### **Rock Rose**

“The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy.” – **Dr. Bach**

**Keywords:** Frozen fear, terror

**Human indication:** When you feel terror, or after a nightmare. The feeling that you cannot react or move.

### **Rock Water**

“Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result.” – **Dr. Bach**

**Keywords:** Self repression, self denial, self perfection, overwork, self-sacrificing, opinionated

**Human indication:** Is indicated when you are too strict and set too-high standards for yourself, to the point of self-domination and self-martyrdom

### **Scleranthus**

“Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.” – **Dr. Bach**

**Keyword:** Indecision, imbalance, uncertainty, dizziness

**Human indication:** When you suffer from indecision, particularly when faced with two choices.

### **Star of Bethlehem**

“For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort.” – **Dr. Bach**

**Keywords:** Trauma, after effect of shock, post traumatic stress

**Human indication:** For after effects of trauma or traumatic experience.

### **Sweet Chestnut**

“For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face.” – **Dr. Bach**

**Keywords:** Extreme mental anguish, hopeless despair, intense sorrow

**Human indication:** When you feel hopeless despair, and you feel an intense sorrow and feel destroyed by it.

### **Vervain**

“Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.” – **Dr. Bach**

**Keywords:** Over-enthusiasm, hyper-active, fanatical, highly strung

**Human indication:** For people who are strong-willed and highly strung with minds that race ahead of events.

### **Vine**

“Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency.” – **Dr. Bach**

**Keywords:** Domineering, inflexible, very capable, gifted, bullying, aggressive

**Human indication:** For those who dominate others. They know better than everyone else and put others down.

### **Walnut**

“For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.” – **Dr. Bach**

**Keywords:** Change, link breaker, menopause, puberty, moving, let go of the past, protection

**Human indication:** Protection from outside influences and energies. Helps you adjust to major changes.

### **Water Violet**

“For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them.” – **Dr. Bach**

**Keywords:** Proud, aloof, lonely, anti-social, disdainful, condescending, self-reliant, private

**Human indication:** People who feel lonely because they have a tendency to appear proud and anti-social.

### **White Chestnut**

“For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day.” – **Dr. Bach**

**Keywords:** Repeated unwanted thoughts, mental arguments, concentration, sleeplessness, insomnia.

**Human Indication:** When your mind is cluttered with thoughts or mental arguments. You may be unable to sleep because of the thoughts.

### **Wild Oat**

“Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction.” – **Dr. Bach**

**Keywords:** Cross-road in life, decision making, lack of clarity, drifting in life

**Human indication:** When you are uncertain of correct path in life. Helpful when you need to make important decisions.

### **Wild Rose**

“Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take it as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint.” – **Dr. Bach**

**Keywords:** Apathy, resignation, lost motivation, lack of ambition

**Human indication:** For anyone who is resigned to an unpleasant situation whether illness, a monotonous life or uncongenial work.

**Willow**

“For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.” – **Dr. Bach**

**Keywords:** Self pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

**Human indication:** When you feel resentment, self-pity and bitterness. You would like to regain a sense of humor and proportion.

## *Herbs + Supplements*

### **Recommended brands and other helpful information: (I tried to list easy to find brands that are still good quality)**

Teas: (Red Raspberry Leaf, Nettle, Chamomile, Peppermint, Dandelion) Traditional Medicinals tea or Mountain Rose Herbs loose herbs

Sepia: Boiron

Sabina: Boiron

Vitamin C: Pure Encapsulations Ester-C & Flavonoids or Now Foods AlphaSorb-C 500 mg or Garden of Life Vitamin Code Raw Vitamin C

Echinacea: Medi-Herb Echinacea Premium or Gaia Herbs Echinacea Supreme

Magnesium: Natural Vitality Natural Magnesium Calm (often called "Calm Magnesium") or Seeking Health Optimal Magnesium

Calcium/Magnesium: Natural Vitality Cal/Mag or Standard Process Calcium Lactate

Liver pills: Perfect Desiccated Liver

DHA: Nordic Naturals

Prenatal: MegaFood Baby & Me 2 or Innate Response Baby & Me or Seeking Health Optimal Prenatal

Vitamin D: Thorne Research Vitamin D-5000

Probiotic: Klaire Labs or Innate Response or Xymogen

Monolaurin: Pink Stork Cocolaurin or Lauricidin

All essential oils: Young Living

Electric kettle: Secura The Original Stainless Steel Double Wall Electric Water Kettle 1.8 Quart

# *Section 3*

## FAQ

### **Can I pass a miscarriage naturally?**

This depends on a few factors; mainly how far along you were, your overall health, no signs of infection, and if you have a trustworthy person to be with you throughout the ordeal. Make sure your doctor or midwife says it's ok!

### **What can I do for my partner?**

- 1) Take care of yourself
- 2) Talk to your partner
- 3) Set expectations

Take care of yourself — First & foremost, you need to take care of yourself before diverting your attention to your partner. Going through the miscarriage process has many feelings you need to be prepared for.

Talk to your partner — Your partner is sad & confused about what to do. Realize that your partner has a different perspective; they're sad about the miscarriage but also now worried about your wellbeing. When you are ready, take some time to talk with your partner about their emotions and how you two can best work together to recover.

Set expectations — This can apply to your partner, family, friends, & workplace. People do not know how to react in this situation. Setting expectations for those you share this event with will help them understand how to proceed. With your partner, it might be asking them to not constantly talk about the miscarriage. At work, it might be creating time and space to return to work when you are ready. With your family, it might be boundaries for communication or a respectful ask for time and space before reconnecting.

We each go through this process in a different way; letting the people in your life know how they can best help goes a long way. For people you do not want to share personal information with, feel empowered to respectfully tell them you are dealing with a personal issue. This is your path, do not worry about their perception of it.

### **When can I try again after a loss?**

As mentioned earlier, after passing a miscarriage naturally (expectant management) the general medical recommendation is to wait at least 1 cycle before conceiving again. However, there's little agreement in research to back up this reasoning, except that it makes it easier to date the

next pregnancy. However, it is not always necessary to wait, so if you feel ready mentally and physically, you may try again.

### **How long until my next period?**

It varies, but your period should return in 3 to 6 weeks

### **How long is spotting normal?**

1-4 weeks is all within the realm of normal- as long as you are not having heavy bleeding, large clots or fever, possibly pointing to retained products of conception. Contact your health care provider if any of this applies.

### **What should I stock up on?**

Pads (no tampons), OTC pain reliever if you'd like, the teas and supplements listed in this guide

### **How can I tell if I need to go to the ER?**

If you feel disoriented, lose consciousness, develop a fever, begin hemorrhaging, or if you feel you want medical attention.

**Reminder of warning signs: feeling spacey, very sleepy, incoherent, unusually anxious, becoming pale, soaking a pad in 30 minutes, bleeding steadily for more than 2 hours without passing the tissue, or developing a fever. Seek immediate medical attention for any of these concerns.**

### **When will pregnancy tests stop showing positives from the miscarriage?**

The line should continue to fade, signaling decreasing hCG levels, but may take weeks to completely disappear.

### **Did I do something wrong?**

Most likely, no. As sucky as it is, your body recognized a problem with the embryo and terminated the pregnancy- exactly what it is supposed to do. This may not make the reality of losing a pregnancy easier, but it can motivate you to continue making healthy choices.

### **I'm bleeding or spotting, does that mean I'm miscarrying?**

Unfortunately, many early signs of miscarriage are also normal occurrences in a healthy pregnancy! Which can feel stressful! Of course, contact your health care provider and listen to your gut, but spotting does not always mean miscarriage.

## *Information About Miscarriage*

This information would “normally” be at the beginning of a book- but I feel it is the least relevant part of what you are going through right now. However, you might find yourself wondering or worrying if you plan to get pregnant again. Follow the information in Sections 1 and 2 of this eGuide as a platform moving forward.

It can be emotional and jarring to read “cold” medical information and jargon during this time, so please be kind to yourself. You do not have to read this part; especially right now. I’ve softened up my language somewhat, but it is still a medically heavy section.

Please remember the statistics/“facts”/information about miscarriage are sorely lacking, so this is what research knows right now. (i.e. take it with a grain of salt and listen to your body!)

**Miscarriage:** The spontaneous loss of a fetus before the period of viability.

**Incomplete miscarriage:** Some of the products of conception have been passed but some remain in utero.

**Complete miscarriage:** All the products of conception have been expelled

**Inevitable miscarriage:** The cervix has already dilated open, but the fetus has yet to be expelled

**Missed miscarriage:** Nonviable intrauterine pregnancy has been retained within the uterus without spontaneous abortion

Miscarriage is a common event in women of reproductive age and the incidence of clinically recognized miscarriage remains around 10-20%. Many miscarriages are not clinically recognized, for example, if it happened early or the woman did not know she was pregnant, so the real percentage is much higher. This is just the reported percentage- many many miscarriages happen early before the woman realizes, or are early and unreported.

The majority of miscarriages occur early, before 12 weeks of pregnancy. Second trimester pregnancy loss contributes to less than 4% of pregnancy losses.

Traditionally, surgical curettage was the gold standard for the management of miscarriage because of the fear of uterine infection and bleeding. However, we now know the risk of infection or hemorrhage is low with spontaneous miscarriage, even if no treatment is given.

The introduction of medical and expectant management of miscarriage has increased options for women and clinicians alike for the management of this unfortunately common occurrence.

Surgery is the method of choice for excessive bleeding, if vital signs are unstable or the woman has either suspected infection or gestational trophoblastic disease.

Where suitable, patients choice (your choice!) should be taken into consideration for how to manage the miscarriage.

# *Section 4*

## *In Memoriam*

Miscarriage can feel like an unsutured wound, open ended, or even like a bad dream. This is in part because there are not any rituals around it. Saying goodbye is imperative to your healing; physically, mentally, and emotionally. I highly recommend beginning or continuing a mindfulness practice, but also choosing a way to create closure.

Personally I found lighting candles and thanking the little soul, as well as my body, brought healing even though it was the last thing I wanted to do in that moment. This doesn't take away the super shitty feelings, but it cultivates healing, gratitude, and forgiveness.

Here are some ideas:

Light a candle and say a prayer

Write a letter to yourself, your future self, or the baby

Write a list of what you are feeling

Create a death certificate (ok, I know this may sound morbid, but it really helps some people, especially the partner)

Buy an ornament for your holiday tree as a little reminder

Anything else that feels right!