

# POST NATAL DEPRESSION

Post Natal Depression always requires the help of a competent professional.

This is a matter of common sense in terms of safety for the baby and yourself, and any other dependent young children under your care.

There are many reasons why post-natal depression develops but it is mostly down to the cumulative effects of:-

- 1) change in hormones
- 2) lack of sleep due to feeding the baby during the night
- 3) not drinking enough to keep breast milk flourishing
- 4) not eating at regular intervals
- 5) not being adequately organised to have time for self
- 6) becoming totally exhausted yet unable to sleep
- 7) if you have had a caesarean section you may still be suffering that trauma.

Post Natal Depression is often undiagnosed until it becomes well entrenched and sometimes is misdiagnosed as just “exhaustion because you have a new baby” or anaemia – especially where the haemoglobin level was below norm during pregnancy.

It is true to say that anaemia causes tiredness and breathlessness.

If any of the above 7 situations are present you need to ensure that you are not become low in mood or variable mood or mood swings, or becoming sad → weepy → unhappy → miserable → indifferent → withdrawn to the point of avoiding company.

Sometimes the symptoms are not that obvious or are creeping slowly to a deepening state.

Recognising the symptoms at an earlier stage has a two fold bonus:-

- 1) you don't have to sink any deeper
- 2) the path to recovery will be swifter.

Making an appointment as soon as possible to see a homoeopath will not only improve your acute situation but also improve your overall wellbeing.

If it is your intention to have another child homoeopathy can improve your general health and make having the next baby an easier journey.

PLEASE do not ignore yourself – you matter not just for your own sake but also for the sake of your baby and the rest of your family.

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