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Ingeborg Stadelmann
**A Consultation
with a Midwife**

Sensitive, natural guidance
through pregnancy, childbirth,
childbed and breast-feeding

with
herbal medicine,
homoeopathy and
aroma therapy

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Thomas Stadelmann
Foreign Rights
redaktion@stadelmann-verlag.de
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Ingeborg Stadelmann

A Consultation with a Midwife

A unique success story

“Since the publication of Consultation with a Midwife, there has been a perceivable change in the way pregnancy, childbirth and childbed – until the end of the breast-feeding period – are dealt with.”

Magdalene Weiss - Former president of the German Midwives' Association

The Story:

Consultation with a Midwife takes readers from the beginning of pregnancy to childbirth, then going on to discuss breast-feeding and the postnatal phase. It provides advice and tips on herbal medicine, homoeopathy and aroma therapy.

The Author:

Ingeborg Stadelmann is an independent midwife and the mother of three children. She wrote her book for expectant parents and fellow midwives.

The Work:

Consultation with a Midwife takes readers from the beginning of pregnancy to childbirth, then going on to discuss breast-feeding and the postnatal phase. It provides advice and tips on herbal medicine, homoeopathy and aroma therapy.

This book is a veritable treasure trove for anyone seeking information on natural pregnancy, childbirth and childbed!

Abstract:

Premature Labour Pains / Tocolysis

True premature labour can only be stopped by means of intravenous therapy with medications designed to inhibit contractions, so-called tocolytics, frequently Fenoterol, a muscle relaxant. Studies published in the summer of 1992 show, however, that it is usually not possible to delay labour for more than forty-eight hours. The effect or success of oral anti-contraction medication in the form of pills is very controversial due to the fact that they have substantial side effects on the mother. A study entitled “Bryophyllum in der Behandlung der vorzeitigen Wehentätigkeit” (Bryophyllum in the Treatment of Preterm Labour Contractions), carried out ...

Naturopathic Methods of Treating “Practise Contractions”

Many expectant mothers are very concerned about the frequent uterus “exercises”; in some cases they are actually suffering from these pregnancy contractions. Unfortunately, the latter are all too frequently mistaken for “preterm contractions” and treated with a Fenoterol. As described above, this step should only be taken in the case of genuine premature labour pains ...

Herbal Medicine

When “false” contractions – also called Braxton Hicks contractions – occur, the first thing you might try is drinking Hebammentee Baldrian / Midwives' Tea Valerian, containing valerian, hops, St.-John's-wort, chamomile, Melissa and thyme. You should drink two or, at most, three cups of this blend in the course of the day and supplement it ...

Homoeopathic Remedies

Homoeopathy makes frequent use of Caulophyllum, Kalium carbonicum, Pulsatilla, Sepia, Viburnum opulus. I would like to point out once again that, in such situations, you should be sure to consult a midwife or doctor trained in homoeopathy. In this field, comprehensive knowledge is absolutely essential for treating the patient successfully with the most appropriate remedy! And the success of homoeopathy, when it is attained, is always quite amazing.

Aroma Therapy

The essential oils with a tocolytic (contraction-inhibiting) effect are: lavender, linaloe wood and marjoram. One of the Original IS Aroma products which has become widely known and is even used in hospitals is the “midwives' alternative oil” Toko-Öl / Toko Oil, containing precisely these essential oils. It can contribute decisively to relaxation in cases of hyperactive uterine muscles. In view of its effectiveness, you should really only use this oil on the advice of your midwife. Ideally you massage your abdomen with it with upward, stroking motions and as you do so, explain to your child that it really would be better if it stayed inside you for quite a while yet ...

I well remember Stefanie:

... she came to consult with me in the thirty-second week of pregnancy, and asked me: “When I have regular contractions and they want me to take a tocolytic. But I remember from my own pregnancy how shaky these pills make me feel. On the one hand I don't want to take them; on the other hand I don't want to risk having a premature birth. Surely you can give me some advice.” When I asked her whether she could feel these contractions, she said, ...

Basic Information:

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abbreviated

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- + Basic Principles of Herbal Medicine
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Numerous tips on herbal medicine, homoeopathy and aroma therapy

Reports on experience gathered in professional practise