

1: Ectopic Pregnancy (+ 8 Natural Ways to Help Recovery) - Dr. Axe

An inspiring program to take you safely and naturally through each stage of pregnancy and birth and give your baby the best start in life. Natural Treatment Options: Trimester by trimester, Zita West accompanies the expectant mother through the excitement and anxiety of pregnancy, suggesting safe and natural ways to enhance the experience.

These mites are also known as Scabies mites. Most of the rashes caused by Scabies are found in the armpits, buttock and breast creases, and folds of the fingernails where the temperature is much warmer. Scabies infection is transmitted only by physical contact. This physical contact may be in the form sexual contact or other means of direct contact. In certain cases, scabies infection has also been caused by using certain items of an infected individual like towels, clothes, or food items. Usually, the symptoms can be treated by a variety of medications but in cases if scabies infection develops in a pregnant female then the option for treatment becomes limited as the medications that can be taken by the female is limited due to the pregnancy. It should be noted here that scabies infection does not infect the fetus in any way and there is no harm done to the baby by this infection. If a pregnant female has been infected with scabies and wants to avoid medical treatment then there are certain Home Remedies or Natural ways to treat Scabies Infection. This article gives a brief overview of some of the natural ways to treat scabies during pregnancy. Tea Tree Oil mixed with coconut oil is an extremely safe and effective natural way to treat the rashes caused by the scabies infection during pregnancy. It also soothes the skin and provides relief from itching sensation. All you need to do is take some tea Tree oil and mix it with coconut oil and apply the mixture on the affected area. Leave the oil in there till it dries out. Pat the area dry. You need to continue this process at least twice a day until the symptoms resolve. This is yet another effective natural way to treat scabies during pregnancy. All you need to do is mix neem oil with some turmeric powder and make a paste of it and apply it on the affected area. You need to continue this until the symptoms of scabies resolve. Topical application of a paste of zinc powder. Additionally, undiluted white vinegar, fresh juice of apricot leaves, juice of drumstick leaves, and sesame oil and calamine lotion followed by cold compress are also extremely beneficial in not only treating the rashes developed as a result of scabies, but also kills the scabies mites and their eggs such that there is no chance of recurrence of the infection and the female can stay away from Scabies Infection during pregnancy. There are certain dietary changes that can also help in treatment of scabies infection in pregnant females in a natural way. The dietary changes include taking foods rich in zinc like soybeans, sunflower seeds, cashew nuts and cooked oysters. Additionally garlic and onion should also be taken in decent amounts in order to treat Scabies Naturally during Pregnancy. Apart from the natural ways of treating Scabies during pregnancy which have been delineated above there are certain creams which can be used for treatment of Scabies in pregnant females. This is an extremely effective medication which is capable of killing the scabies mites and their eggs. This cream is extremely safe to use during pregnancy. This cream needs to be applied on the entire body before sleeping at night and then should be washed off in the morning. This needs to be done on a weekly basis until the rashes completely go away. This is yet another medication that can be used safely during pregnancy as it has no side effects and has the potential to kill the scabies mites and their eggs effectively.

2: Best 15 Natural Ways to Avoid (Prevent) Pregnancy at Home

You may be asking this question because you want to know how pregnancy happens, but more than likely you are wanting to know how to conceive naturally. You are probably looking for the quickest and easiest way to get pregnant without interventions. You may be interested in getting pregnant.

September 18, 8 min read Ancient Egyptians had a unique way of testing if a woman was pregnant or not. As time went by, scientists came up with many pregnancy determination methods with little success until the late HCG pregnancy strip was invented in by Margaret Crane. So, what are the signs of pregnancy? Well missed periods, fatigue, vomiting, swollen feet, tender breasts and food cravings are all symptoms. But, before you raise your hopes and rush to a gynecologist, there are a few homemade pregnancy testers that you can try, using simple items found in your house.

Dandelion Leaves Dandelion leaves are useful in finding out if you are pregnant or not. Remember to drink plenty of water before the test, so that your bladder is full. Cut a few dandelion leaves and put them in a container. Make sure that after you put the leaves in the plastic container, they do not come in contact with the sunlight. Now urinate on the leaves, they should get completely submerged. After 10 minutes, check if there are any red bumps on the leaves. If yes, then the result is positive.

Pine Sol This is yet another good solution for replacing a pregnancy test. See below how to use it. To make pine sol, mix different parts of the pine tree together like cones, twigs, and needles in a hard plastic container. Urinate on the mixture and wait for 10 minutes. If the color of the pine sol changes then the result is positive.

Bleach Although it may sound weird, bleach can be used as a pregnancy test as well. Mix bleach and urine in a cup. If the paste turns blue and frothy, it is because of the positive result. Besides, there is no defined time limit during which the mixture would turn frothy.

Vinegar Vinegar is also helpful for this purpose. Alike toothpaste, there are no specifications about how much urine and how much vinegar is required. Mix a sample of your urine with vinegar in a plastic cup and mix it. While mixing, you may see some bubbles. Do not worry about them; they are not harmful to you. If the color of the mixture changes, it means you are expecting. Pour some urine on the wheat and barley seeds, and see if they germinate. As per the Egyptians, if the wheat grows, you are going to have a baby girl.

Sugar Try this test using your morning urine, as it is more concentrated. In a bowl, add 2 or 3 tablespoons of sugar and urinate on the sugar. If the sugar starts dissolving, then the result is negative. However, the formation of clumps indicates a positive result.

Mustard Powder Do this, if you have missed your periods. Fill a bathtub with hot water and add some fresh mustard powder to it. Now soak your body in the water for 15 to 20 minutes. Take a shower with plain water and wait till the next day to see if your period starts the following day. If it does, then it could be that your period is late due to other reasons. However, if there is no sign of a bloody discharge, chances are that you are expecting a child.

Soap You can use any soap for this test. Simply add urine to a small piece of soap, if froth forms, or if the soap bubbles up, the test is positive. Now pee in a separate cup and then add your urine to this mixture. After a few minutes, if the color changes to green, then you are pregnant. If the color changes to yellowish-orange, it indicates a negative result.

Urine Collection This is perhaps the easiest home solution for a pregnancy test. Collect your urine in a bottle or jar. Make sure you rest the bottle on a flat surface and do not touch it. After 24 hours, if you see a thin white layer on the top of the urine, it is a sign of positive result, which means you are pregnant. If there are no changes, the result is negative.

Peroxide and Tylenol Mix If you have peroxide and Tylenol lying around the house, you can combine them for this purpose. Collect your morning urine in a cup and add peroxide and Tylenol in equal portions to it. If the liquid in the glass turns blue, you are pregnant. During the medieval times, woman would mix their urine with wine to confirm if they were pregnant. If the urine remained clear, the result was negative. Insert an onion in your vagina and check your breath the next day. In those days, a woman would place a latch in a bowl and pee on it until it was completely soaked in urine. She would then have the difficult task of waiting for 3 hours to confirm whether she was pregnant or not. After three hours, on removing the latch from the container, if a print appeared at the bottom of the container, the result was positive. Take a latch and place it in a bowl, then pee on it.

Red Cabbage Test This is more of a gender determination test, rather than a pregnancy test, but you can use it like that as well. Chop half a red

cabbage and put it in a pan of hot water. Put it on the stove and let it boil for 10 minutes and then let it cool down. Strain the water in a jar or cup. In another jar or cup, collect a urine sample. Make sure you have equal portions of both. Pour the cabbage water into the jar with the urine sample. If the color remains same, i. Final Points to Remember Finally, remember to always use your morning urine as a sample because it is less diluted. Be very careful while using products like bleach as the smell is horrific and it could get into your lungs. Visit a gynecologist just to make sure. Whichever method you wish to use, always ensure your sample and tester are on a flat surface. Lastly, dispose of any plastic container, spoon or anything that you may have used while doing the test.

3: 16 Homemade Pregnancy Tests to Try Out - Home Remedies

Nowadays women are searching for a natural way to avoid pregnancy because using the birth control can have a side effect on your body. Excessive use of child control pills reduces chances of getting pregnant in future.

But since time immemorial, the best way to test was wait and spot obvious signs or use some old-fashioned ways to find out. Collect your urine in a bottle or vessel like you would for a normal urine test. Then leave it untouched for about hours. If a white film forms on the surface of the urine, chances are you may be pregnant. If there is no change in the urine and it remains clear, you are not pregnant. Wheat and Barley Test: Women are advised to urinate on wheat and barley seeds over the course of several days; if the wheat sprouts, she is to have a baby girl, and if the barley sprouts, a boy. Become a member of Reward Me and get exclusive offers! Become a member 3. Since the first urine of the day holds the secret, collect it in a bottle. Take some white tooth paste and add the urine sample to it. Let it stand for a couple of hours. If it changes colour or begins to froth, you probably are pregnant. Collect the first urine of the day and add some bleaching powder to it. If the urine starts fizzing and foaming, there is a good chance you may be pregnant. If you cannot get your hands on bleach, try using a concentrated soap solution. Mustard powder is considered to be a period inducer. So if you have missed your period or it is delayed, soak in a bath prepared with 2 cups of mustard powder followed by a warm shower. If you get your period after this in a day or two, it was probably just a false alarm. But 2 weeks after this test, if there is still no sign of your period, you are most likely pregnant. Look for the Sign: In the early stages of pregnancy – roughly at six to eight weeks, the cervix, labia and vagina can take on a dark bluish or purple-red colour due to increased blood flow to the area. This sign shows up much before food cravings or nausea. It was first noticed in by a French physician. There is no shortage of non-medical ways to find out if you are having a baby. Get pregnancy tips to increase your chances with the help of ovulation test today.

4: 10 Natural Ways To Ease Anxiety During Pregnancy

While you wait for your next pregnancy week by week update, pick up a copy my bestselling book [The Mama Natural Week-by-Week Guide to Pregnancy & Childbirth](#) it's the first ever week by week pregnancy and birth guide from a natural perspective. And the only pregnancy book on Amazon with a 5-star rating. [â••â••â••â••â••](#).

Severe abdominal pain Shock Seek emergency medical attention immediately if your symptoms are severe as heavy internal bleeding can result in death. It is most often related to a problem inside the fallopian tube. A malformed fallopian tube, inflammation or scarring can prevent the egg from traveling to the uterus. However, the following risk factors are associated with ectopic pregnancies: Smoking is believed to increase the risk by causing scarring or general tubal dysfunction. A history of or a current case of gonorrhea or chlamydia is associated with an increased risk of ectopic pregnancy. Sexually transmitted diseases can cause inflammation and infection in the reproductive system, including the fallopian tubes. Pelvic inflammatory disease or history of pelvic infections. Endometriosis In vitro fertilization treatments and other types of fertility treatments can increase the risk for an ectopic pregnancy. It is estimated that between 2 percent and 5 percent of pregnancies that occur from IVF treatments are ectopic. If you have had the permanent birth control procedure, a tubal ligation, and you become pregnant, it can be ectopic pregnancy. Certain surgical procedures to repair or correct a damaged fallopian tube can increase your risk for an ectopic pregnancy. Being over the age of To diagnose an ectopic pregnancy, your doctor will conduct a variety of tests including: Pelvic examination Pregnancy test Ultrasound Blood tests to check for blood loss, anemia and to verify blood type in the event you need a blood transfusion. Treatment for an ectopic pregnancy is to remove the embryo; a fertilized egg cannot develop properly unless it is in the uterus. The severity of symptoms as well as at what stage the ectopic pregnancy is diagnosed, will determine how the embryo and tissue are removed. This medication stops cell growth while dissolving existing ectopic tissue. This conventional ectopic pregnancy treatment is only suitable in the early stages. A small incision is made and a tube with a camera is inserted to locate and remove the ectopic pregnancy. The fallopian tube may be repaired or removed, depending on the severity of the damage. Surgery may be required if symptoms are severe. Heavy internal bleeding can cause the death of the mother, and the ruptured tube or tissue must be removed. Incorporate natural treatments for your physical and emotional symptoms and remember to be gentle and kind to yourself throughout the healing process. Talking to other women who have experienced a loss of pregnancy may help you navigate the feelings of grief, anger, fear and solitude. Groups focus on positive resolution of grief through emotional, physical, social and spiritual healing. Losing a baby is hard on both partners. In fact, according to the American Psychological Association, men grieve over the loss of a pregnancy more than researchers once believed. Attending a counseling session with your partner may help resolve feelings of guilt or blame and draw the two of you closer together while learning to overcome the grief. An ectopic pregnancy causes hormones to be in constant flux leading to symptoms of depression including anger, sadness, fear, grief and guilt. For example, diffusing lavender oil , or including it in massages, can help promote a sense of calm and peace by relieving emotional stress and reducing anxiety. A small pilot study published in the journal *Complementary Therapies in Clinical Practice* found that an essential oil blend that included lavender and rose oils helped reduce anxiety and depression in postpartum women. Vitamin B12 especially helps to produce serotonin naturally and may help relieve depression symptoms. This report also discusses the importance of folate in the role of depression and recommends a dose of micrograms daily. Recovering from an ectopic pregnancy takes time. If you had surgery, follow all guidelines for wound care, rest and fluids. It is also important to follow the recommendations for pelvic rest by refraining from sexual intercourse, tampon use and douching as directed. According to the Ectopic Pregnancy Trust, drinking alcohol is not advised after taking the drug methotrexate as they both are metabolized in the liver. The drug can still be present up to days after a dose. Drinking alcohol can make you feel ill and potentially damage your liver. If you were given methotrexate, it is important to restore folate levels. Methotrexate is known to reduce the level of this essential nutrient in your body. A folate deficiency can cause fatigue, poor immune function, poor digestion, anemia and changes in mood. Low levels

of folate are also associated with depression, and as mentioned above, micrograms daily is recommended for depression symptoms. If you had surgery, treat scars naturally topically and internally. A healthy diet, drinking eight to 10 glasses of fresh water daily and topical application of moisturizing oils can help reduce the appearance of a scar after surgery. A recent clinical study published in International Journal of Molecular Sciences cites several natural plant oils that can help with wound healing. Two of note from this study include coconut oil and avocado oil. In addition, researchers note that it has strong antiviral, antifungal and antibacterial activity making it a healthy option for helping to treat surgical scars. But researchers have now identified it as an effective topical treatment for wounds. It is recognized for increasing collagen and decreasing inflammatory cells in animal models and can provide much-needed moisture to a scar. Only after given the all-clear from your medical team should you begin exercising. If you had surgery, it may be four to eight weeks before exercise is advised. Even then, avoiding weights and any jarring exercises will likely be recommended if you had a more aggressive surgery. However, when you are able, start to incorporate gentle stretching, tai chi, yoga, Pilates, walking and even swimming when your wounds are healed. Exercise is a great way to heal not only physically, but it can help reduce anxiety and depression symptoms. Precautions An ectopic pregnancy can be life-threatening if left untreated. As the egg grows, it can rupture, damaging tissue and lead to heavy internal bleeding. If you suspect an ectopic pregnancy, seek emergency medical attention immediately. Key Points about Ectopic Pregnancy An ectopic pregnancy occur in 1 out of every 40 pregnancies. It is caused by a fertilized egg becoming implanted in an area other than the uterus. The embryo cannot survive outside of the uterus, and must be removed conventionally through an ectopic pregnancy surgery or injection of methotrexate. Left untreated, an ectopic pregnancy can cause severe internal bleeding resulting in death. Find a support group. Engage with others women who have experienced a loss of pregnancy. Attend counseling sessions with your partner to help resolve grief, guilt, anger and blame. Diffuse lavender oil, and take a high-quality B12 supplement and folic acid each day. Treat scars with coconut oil. Exercise when the doctor clears you.

5: 5 Natural Ways to Overcome Pregnancy Symptoms

Natural and Effective Ways for Abortion This term abortion does not give you an excellent feeling, as it can't be considered as right regarding humanitarian perspective. In case you are not prepared for the motherhood, or it is an unwanted pregnancy, then you need to terminate it in proper time.

It is easy to end an early pregnancy naturally, before it has a chance to develop. Natural, noninvasive methods release the late menstrual tissue without causing damage or scarring to the uterus itself. This means that you will be able to get pregnant when the time is right for you. These natural options are safer than surgery because there is no scraping, no machine, and no need to be put to sleep. They are also more effective and predictable than herbal abortion. You probably have never heard of the most natural way to end early pregnancy. The Manual Aspiration Procedure can be completed in a regular exam room, in minutes, similar to when you get your annual exam. The tolerable cramping that comes with the procedure can be relieved with a local anesthetic and over the counter medications. No need to take the risk of being put to sleep! Approximately 9 out of 10 women will elect to have the Manual Aspiration Procedure over the abortion pill. However, some women feel more comfortable taking the abortion pill. The abortion pill works by first blocking the pregnancy hormone and then by causing the uterus to contract and release the late menstrual tissue. This can feel very natural because it is similar to having a miscarriage and can be completed in the privacy of your own home. The method was so simple, that women used to complete menstrual extraction procedures for each other in their own homes! The Manual Aspiration procedure is safe and simple. The doctor introduces a thin tube cannula about the size of a pencil, through the natural opening of the cervix. She then attaches a small handheld device. This device provides gentle suction that naturally releases the pregnancy lining from the uterine wall. You do not need to recover from the procedure. Within minutes you are able to resume your normal activities. There is minimal discomfort and minimal bleeding. Other medications, such as a local anesthetic, and pain medicine such as ibuprofen are optional. The Abortion Pill is another effective natural abortion method. The Abortion Pill, mifepristone, blocks progesterone, the pregnancy hormone, from stimulating the uterus. The medication is specific to the uterus and is not known to cause other side effects. It has a short half-life, and is eliminated from the body in several days. The Abortion Pill is effective and predictable. Most women who are given proper directions and pain medications would recommend the Abortion Pill as a natural abortion method. The difficulties with these natural abortion methods are: Natural abortion methods are considered safer because they do not involve scraping of the uterus, electric suction, or general sedation. Natural abortion methods cause a natural release of early pregnancy tissue from the wall of the uterus.

6: 8 Historical Methods of Detecting Pregnancy | Mental Floss

6 Simple Ways To Confirm Pregnancy Without A Kit Home pregnancy tests are incredible as they give you the news you have been waiting for - 'you are pregnant!' But since time immemorial, the best way to test was wait and spot obvious signs or use some old-fashioned ways to find out.

A study conducted by Public Health Nutrition Journal suggests that dry apricots are brilliant in preventing pregnancy in early stages. Dry apricot, combined with honey and warm water, can act as a miracle in some situation. However, it entirely depends on the stage of the pregnancy. Have the roots and not the candies. The roots will help you get more licorice whereas the candies are stuffed with more sugar. It is a great laxative. It helps your uterus to contract to a level which will trigger the termination. Having a dry fig, just after having sex, will always help you prevent the pregnancy. It is a well proven method. If you are suspecting that you might get pregnant then have at least figs every day. It also helps in blood circulation. However, should be the limit as it might otherwise upset your tummy. It is an extremely powerful contraceptive. It has been used as a birth controlling remedy for several years in the past. All you need to do is add stoneseed roots in cold water. You need to keep it for several hours in order for it to steep. Then drink one cup of the mixture for six long months. However, do not tend to over consume the root. This root is very powerful. It used be used by Dakota Indian Tribes for terminating pregnancy. Do consult with your doctor before having this herb. Papaya is one of the fruits which induces labor and terminates pregnancy. You can consume a papaya right after the intercourse. It often helps in uterine contraction. The immediate effect prevents you from conceiving. Jack in the Pulpit Roots: This is yet another powerful herb for preventing pregnancy. Though it is less powerful when compared to stoneseed but nonetheless this herb can prevent pregnancy till one week of intercourse. Add a teaspoon of the dry herb in a cup of water. Consume the liquid for a week. A strict no-no during pregnancy, pineapples has the quality of relaxing your cervix muscles and induces termination quite early. However, eating small quantity of pineapple would not help as the amount of chemical present in a single one is not sufficient enough to trigger serious uterine contraction. Raspberry tea or pills can be taken from the onset of the intercourse will make sure that the pregnancy never happens It ensures that the uterus contracts enough amount for the fetus to not develop. If not already then now is the best time to start with a workout routine. Constant movement of your uterus will inhibit the fetus to develop. Get into an active lifestyle and make it impossible for you to get pregnant. You can also have sex. But this time around, make sure that you are using protection. Thistle is an herb which brings about temporary sterility. So, you can have it before having the intercourse. Boil some water along with the herb. Boil the water till the water becomes bitter in taste. Then store the bitter water and have it for a while. Remember that this water should not be had at once. It might cause serious uterine contraction. However, if you are not looking for an untimely pregnancy then drink the water even before having sex. This herb is a smart choice as far as preventing pregnancy is concerned. This is due to the fact that this herb is effective and has no side effect at the same time. You must have grams of this particular herb, every day after the intercourse. Wild yam is a relatively slow reactor as far as terminating pregnancy is concerned. It takes months in full to make the overall contraception happen. The trick is to have a bit of wild yam, at least twice per day. However, you cannot skip a day because otherwise the reaction might get delayed. Wild yam can be a slow reactor but is a safe and healthy choice for women. It is a very old remedy and it should be taken for at least six months after you have had unprotected sex. Like any laxative it also helps in triggering a quick termination. However, you should be cautious whilst having this herb. Too much consumption might cause cramps and harm your uterus. Balsamic vinegar can trigger labor for you. They have the required properties to make sure that the labor comes nice and early. However, it is advised that you should not have it undiluted. Splash a bit on your salad and enjoy a healthy meal. Egg plants are nice and pulpy vegetables to have whilst you are getting ready for your labor. It has laxative properties to help you relax your uterus and give a nice and smooth child birth. Thyme tea is also nice relaxer of muscles and a great inducer of labor. Many women give it a shot once their due date is over. However, thyme tea contains very little amount of essential ingredient to trigger labor. That is why it might not be a very reliable option.

However, none of them comes without the associated risk factor. It is important that you consult with your doctor before undergoing the any of the above mentioned process. Hope this article was of help for all our parents!!

7: How To Get Pregnant Naturally

The organic ways to get pregnant are very quick and any individual can follow them with no hurdle at all. If you lifetime partners are preparing for a spouse and children you will have to fork out a little focus to some points to relieve the process and get a [].

Having a baby is a blessing of the God and everyone like to have children at some point in time in their life. To avoid and prevent pregnancy naturally you can follow 15 ways and natural remedies. A woman can get pregnant during breastfeeding, menstruation, and even after days of delivery. Nowadays women are searching for a natural way to avoid pregnancy because using the birth control can have a side effect on your body. Excessive use of child control pills reduces chances of getting pregnant in future. Try natural ways to avoid pregnancy which help you to understand your body and keep you safe from side effects. Then you can follow below home remedies and methods to prevent pregnancy.

Cotton Root Bark for Unwanted Pregnancy The cotton root bark is a very effective home remedy to prevent pregnancy. This treatment stimulates hormone known as oxytocin which is responsible for childbirth. Take small cotton root pieces and add to tea or in a cup of hot water. Let it steep for few minutes and then drink. You can take this remedy twice in a day.

Smart Weed Leaves to Avoid Pregnancy Naturally Smartweed leaves are simply one of the most effective remedies to stop unwanted pregnancy. This natural remedy is blessed with a component like gallic acid, quercetin acid, and rutin. Take four ounces of fresh weed leaves and boil it in four cups of water. Let it simmer for minutes then strain it. Drink this natural remedy until you get your menstrual cycle. This remedy also helps you to get your period on time.

Neem can work as natural contraception and help you avoid pregnancy. It helps to decrease sperms motility and even kill them. You can consume fresh neem leaves daily, or neem oil is also available in the market. Men can take neem tablet to promote sterility.

Parsley Ajamoda a Natural Contraception Parsley is one of the best Ayurvedic herbs to prevent unwanted pregnancy. It also helps to regulate your menstrual cycle. This natural herb has no side effect, and you consume it as herbal tea. Boil one teaspoon of parsley fresh or dried leaves in a cup of boiling water. Strain this mixture and drink it regularly to avoid pregnancy.

Dried Fig For Natural Birth Control Dried figs are a very useful home remedy for childbirth control and help to get rid of the unwanted pregnancy. This remedy also helps in increasing blood circulation of the body. Eat dried fig after having sex and take this remedy on until you get the period. Take this remedy within 15 days after intercourse. Take two tablespoons of rue and boil in a cup of water for 5 minutes. Let it steep then strain this mixture. Drink this remedy within 15 days of sexual activity.

Blue Cohosh Natural Contraception Another excellent remedy to stop pregnancy naturally at home. You can prepare tea from blue cohosh and drink twice in a day. This remedy should be used in the limit, and we advise you to take your physicist advice before taking this natural herb. Once your pregnancy test is positive, you should not consume dried apricots. Take one teaspoon of honey and water, mix with gm of dried apricots. Boil this natural herb in a cup of water until the amount of water reduces to half of the cup. Then drink this remedy once in a day. This remedy is an excellent way to prevent pregnancy and also cure excessive bleeding due to the menstrual cycle.

Angelica Natural Birth Control Remedy Angelica is a perfect and famous natural remedy for childbirth control. Dong Quai is another name for this natural remedy. This natural herb encourages uterine contractions. Take this natural herb within 15 days of sexual intercourse to avoid pregnancy. Take one teaspoon of dried mugwort with water after intercourse until you get a period. You can also check with your doctor about its dosage because it can cause renal failure. Try to avoid this remedy if you have kidney disease.

Pennyroyal to Stop Unwanted Pregnancy This is one of the oldest natural herbs to avoid unwanted pregnancy. Take a small piece of dried pennyroyal and add to your tea. Drink this tea once in a day. Try to use this remedy in an emergency as this remedy could have some side effects. Try to consult with your doctor first for dosage.

Papaya Fruit to Prevent Unwanted Pregnancy Papaya is another way to avoid pregnancy and also help you to prevent abortion. Eat papaya just after having sexual intercourse for days. If your pregnancy test is positive, you can stop eating papaya. Take one teaspoon of seeds and soak them in water. Have this remedy once in a day with water. We recommend you to drink a lot of water while taking this remedy. Chewing this remedy also helps in preventing pregnancy.

Ginger Root You will be surprised to know the ginger can also help in avoiding pregnancy. Boil grated ginger in water for 5 minutes and let it steep for 5 minutes. Strain this mixture and drink twice in a day after intercourse until you get a period.

Asafoetida to avoid Pregnancy after missing period It is an Iranian origin natural remedy which smells like pungent. Extract fresh asafetida juice and drink every month with water to avoid pregnancy and abortion. We try to summarize few techniques and tips below.

White or Brown Discharge During Pregnancy: **Calendar Method to Avoid Pregnancy:** Make a note of your menstrual cycle because based on your last 12 menstrual cycles. You should subtract 18 days from your shortest period cycle and know your first fertile day, and 11 days from your longer period cycle to know your last fertile day. If you have an irregular menstrual cycle, your chance of getting a pregnant increase because you will have more days to fertile.

Body Temperature Method to Stop Pregnancy: This method is based on your body temperature. Woman body tends to drop her body temperature 12 to 20 hours before releasing an egg and once the egg is released body temperature rise again. So you should keep track of your body temperatures because the change in your body temperatures is minimal 1 or 2 degree Celsius. Note your body temperatures every day in the morning when you come out of bed. Calculate with a sensitive thermometer because of accuracy in temperature.

Symptothermal method to Prevent Pregnancy: This technique includes above two methods and other symptoms of your body.

8: 4 Natural Ways To Treat Scabies During Pregnancy

The use of Vitamin C as a natural way to end a pregnancy is probably the most common of all the home remedies for abortion. Using Vitamin C appears to be comfortable enough, though there are factors that one should consider before selecting this method.

In case you are not prepared for the motherhood, or it is an unwanted pregnancy, then you need to terminate it in proper time. To avoid complications during the later stage of gestation when the termination can be a problem. It is better to know various natural methods for aborting the pregnancy in an early stage. The main advantage of using natural methods for abortion is that it is a painless process and there is no need to undergo any surgeries for aborting the pregnancy. Also, these natural methods mostly comprise of natural herbs, drugs or food items that are cost effective as compared to other methods. The following options will give you some insight on the useful natural process for performing an abortion at your home.

Natural Drugs Some drugs are made up of natural ingredients that can provide effective results in aborting the pregnancy. High dose of Vitamin C When it comes to Vitamin C, it has safe threshold limits for its toxic contents in it. It is believed that if you take higher dosages of Vitamin C, it can accelerate and induce abortion easily. It is present in most of the citrus fruits, and you can easily increase the dosages of the same by consuming more amount of citrus fruits. You are also advised to take Vitamin C supplements in high amount for aborting the pregnancy with better effectiveness. You can start your daily consumption of this vitamin supplements with a dose of mg initially. Later you are advised to increase this dosage amount up to mg over a period. This increase in dosage of vitamin C will gradually increase the Estrogen levels inside your body. The rise in your Estrogen level in the body will further decrease the progesterone levels also. This progesterone hormone is essential for keeping your fetus healthy and further development of the same. If your intake of vitamin C dosage increases, your progesterone level will automatically decrease and stop the growth and development of the fetus, and hence one can easily remove the same at home. This method can eventually be a safe process for pregnancy abortion.

Dong Quai Supplements As you have already started taking Vitamin C capsules and increase its intake dosage, you need to consume this Dong Quai Capsule along with it for better results. When these two drugs, Vitamin C capsule and Dong Quai Capsule are combined, it causes a forced contraction of the overall uterus. This ultimately leads to further expulsion of the fetus and helps you with aborting your unwanted pregnancy.

Herbs Certain herbs can provide you better results in naturally aborting the pregnancy.

Parsley Leaves This is one of the natural home remedies for abortion at home without much stress. All you need to do is ingesting parsley leaves as a whole, but remember to have a little amount at a time. This herb provides similar action as Vitamin C supplements provide that. The overall combination of parsley leaves and vitamin C leads to dilation of cervix and contraction of the uterus. This ultimately leads to your pregnancy abortion. For a much effective result, you can mix these contents or consume it simultaneously. For safety purpose, try to eat these two items in far less quantity, as compared to individual consumption of each one of these.

Black Cohosh This herb is very important, as it prepares the uterus for an effective abortion of the fetus. As you intake this herb, you need to intake some red cohosh. You must keep in mind that if you intake black cohosh, it is not enough to terminate your pregnancy. However, its effect on your uterus will lead to conditions that are suitable for absorption. Its dose requirement varies from woman to woman, and it is advised to consult an appropriate herbalist to prescribe you a proper treatment. It is safe to use black cohosh, but if not taken in the proper amount it can cause temporary side effects.

Angelica It provides a two-fold effect on women. This angelica herb is responsible for activating contractions in your uterus, and it also facilitates your menstruation process. Both of these acts as an effective home remedy for naturally terminating your pregnancy. You should mix this herb with a cup of slightly warm water. If you take it four times in a day, with a proper time interval, it can be beneficial in aborting the fetus.

Pennyroyal The substance that is responsible for inducing abortion in this herb pennyroyal is called pulegone. This pulegone causes your uterus to contract, as it is not mild in nature exactly. It leads to predisposition and abortion of your developing fetus. It is a natural and effective herb in terminating your pregnancy.

Foods You can have natural pregnancy termination by taking food items having abortion

induced effect. Papaya Papaya is a fruit that can be used as one of the effective home remedies to abort your pregnancy in a natural process. This fruit tastes exquisite and has components that are suitable for inducing abortion-related functions in your body. As per reports, many women claimed to have planned miscarriages by consuming lots of papaya for this purpose. Sesame Seeds Most of the people across the globe include this sesame seed in their diets for maintaining good health. However, most of them are still unaware of its other properties, including the abortion-inducing effect. If you are worried about an unwanted pregnancy and want to terminate it naturally, you may start consuming sesame seeds. You have to take it directly for observing certain effects. Alternately, you can soak this sesame seed in a glass filled with water and keep it overnight. Due to prolonged submergence of sesame seeds in water, the water will turn into sesame flavored liquid. If you consume this flavored water regularly, it will help to terminate your pregnancy in a comparatively less span of time. For additional benefits and quicker results, try to include sesame seeds in your other dishes, which will increase its intake quantity. These are considered to be a safe home remedy to abort your pregnancy naturally. Cinnamon To induce abortion and terminate your pregnancy, you can go for cinnamon supplements. For achieving maximum effect, you are recommended to not cook cinnamon just before ingesting it. Consuming it raw or in the form of supplements can give you quicker and best results in aborting your pregnancy. Pineapple Pineapple consists of Vitamin C, and it also contains certain enzymes which are already present in its chemical composition. It has a high abortion-inducing effect on your body due to its effective composition that accelerates the termination process of your fetus. You can consume it in any way that you like. Either you can eat pineapple directly or make a refreshing pineapple juice to drink on a regular basis. Goji Berry Goji berry has a higher concentration of Vitamin C in it. It also has carotenoids such as lutein, zeaxanthin, and lycopene. It also has anti-inflammatory properties which make it one of the best choices for consuming easily as it has lots of Vitamin C in it. This high-level Vitamin C intake can increase the contraction in your uterus, ultimately resulting in termination of pregnancy. Medical Abortion Process Abortion is considered to be a legal and safe way to get rid of unwanted pregnancy matters. There are two ways in which you can opt for abortion during your first trimester pregnancy period. The first way is the medication abortion process that can also be referred to as abortion using pills or medical abortion. In such cases, you have to take several medicines for terminating your pregnancy. The second way is the aspiration abortion process that can also be referred to as suction or surgical abortion. In this procedure, you have to undergo a surgical procedure for removing the fetus from your uterus. In the operational process, the surgeon will use various medical instruments and operate inside your vagina and uterus, to take out the fetus and hence terminate the unwanted pregnancy. You can go for medication abortion in between your first day of last period, to ten weeks from that date. And for aspiration abortion, you can go for a surgical method in between your first day of last period, to 12 weeks from that date. Other than the surgical process, there are several contraceptive pills available in the market, to terminate your unwanted pregnancy. Contraceptive Pills for Abortion Mifepristone: Usually, most of the women prefer mifepristone tablets, which is an abortion pill to abort the pregnancy quickly. This abortion pill can be consumed anywhere. As your doctor advice taking this pill, you can take it as per your convenient time and place. As per the claims of many women, you will feel fine after consuming mifepristone pill. But you may experience some nausea after having this pill. With this, your medical expert will suggest you take a second pill for nausea, at your home. You have to consume this second pill after hours of consuming the first one. The second tablet is called Misoprostol. You will have to place it in your cheek to dissolve it buccally, or it can be inserted vaginally, as your health adviser suggests. Once you successfully take Misoprostol, your abortion process starts after one to four hours of taking it. Followed by this, you can experience cramps and heavy bleeding, that lasts for at least few couple of hours. To ensure that your abortion is successful, your doctor will conduct a follow-up appointment, almost after an entire week after this medication process. When you are taking medicines like Mifepristone and Misoprostol, you can expect to have on and off mild to severe cramps in your uterus that you experience during the abortion process. You can easily manage the pain with painkillers or other medicines. During medication abortion, you can experience heavy bleeding along with blood clots, which is very common. Once the abortion process begins, you will have less bleeding, that can continue in an on and off fashion, for two weeks or more. As you

go through aspiration abortion process, you can experience light bleeding after the surgical process. This bleeding problem can last for one to 7 days. In some cases, it may also continue in an on and off fashion, for few more weeks. As a woman, if you are living in a country with no safe access to effective abortion services, you can easily use these two medicines- Misoprostol, also known as Arthrotec, Cytotec, Cyprostol, Oxaprost, Mibetec, Misotrol or Prostokos and Mifepristone, also known as RU , Mifeprex, or Mifegyne.

9: Learn Natural Ways to Prevent Pregnancy

Luckily, there are a few natural ways to increase your fertility and become pregnant faster. In fact, diet and lifestyle changes can help boost fertility by up to 69% (2).

In such situations, the couple might take the decision to abort or terminate the pregnancy. While termination of pregnancy can be done by visiting the doctor and going for a medical procedure but it can also be achieved naturally by following certain home remedies. Natural methods are safe, effective and do not include spending a huge amount as well. The following are the top 8 natural ways to terminate a pregnancy: Going for Hot Showers Taking a regular hot shower is one of the ways to speed up the natural termination of pregnancy. When doing this is combined with the other methods that are mentioned below, it can surely be a safe way to abort the pregnancy. Take hot showers every morning and night for the best results. Black Cohosh Black cohosh is an herb which prepares the uterus for an abortion and can help lead to it. Since there are certain side effects of taking this herb, it must always be taken after consultation with the doctor. Also, the quantity to be taken must be decided by the doctor. Angelica Angelica is one of the most effective natural products that can lead to an abortion. This product helps in activating the contractions and also helps with the monthly periods of a woman. It can be and should be taken 4 times a day in a cup of warm water for best results. Vitamin C has natural contraceptive properties and also helps with monthly periods. Having Papaya It is said that pregnant females must not have papaya because this fruit can lead to bleeding and miscarriage. Due to the same reason, papaya can be taken as a natural way of terminating pregnancy. Having Pineapples Another natural way to terminate a pregnancy is to have pineapples. Pineapples contain a lot of Vitamin C content and also has certain enzymes that can lead to a natural abortion. You can have a bowl of pineapples everyday or drink a glass or two of pineapple juice. Having Sesame Seeds If you wish to have a successful natural abortion by following a home remedy then you can soak a handful of sesame seeds in water and leave it overnight. Have the mixture first thing in the morning for a few days. You can also consume sesame seeds as it is for the same result. Having Sex Having sex and orgasms can also be a great way to lead to a natural abortion. Sexual penetration for the first few months after pregnancy is detected to be a good way to terminate it. Top 8 Natural Ways to Terminate Pregnancy was last modified: April 25th, by admin4 TAGS.

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