AMMA MIDWIVES
Moffett Midwifery Alliance Professional Corporation

Natural Remedies

Depression

Evening Primrose Oil—1000mg 2 times a day
Vitamin B Complex—1 tablet 3 times a day
Rhodiola Rosea Extract—1 capsule 2 times a day

Mastitis

Belladona 30CH—3 pellets under tongue every 4 hours
Phytolacca 30CH—2 times a day until symptoms are gone

Bladder Infections

Cranberry capsules—300-400mg twice a day
Cranberry juice—1-10 ounces per day