

# Meet our 'miracle of Christmas' babies

In February, reflexologist Sue Calvert, 50, told how she helps women get pregnant by rubbing their feet. Sue was inundated with requests and we're delighted she's helped so many readers



**"I cured my fear of flying and got a baby as a bonus!" says Alison Brights, 35.**

"I was 26 when my husband, James, and I started trying for a baby. After four years, my doctor referred me to a fertility clinic. With inconclusive test results and a two-year wait for IVF, we went private.

I started having IVF in January 2001 and was overjoyed to be pregnant by February.

I was apprehensive during the pregnancy, but gave birth to 7lb 6oz William on October 31, 2001.

I was ecstatic to be a mum, but found needing IVF really stressful. I couldn't go through it again.

When William, now five, asked: 'Will I ever have a brother or sister?' I'd say: 'Maybe one day', but felt really upset, knowing he never would.

Although I hated flying, I booked a holiday to Greece in May 2004. But, by January, I was dreading it so much, I considered cancelling.

Then I read about Sue, who lives near me in Sheffield, and started seeing her for a combination of reflexology, hypnosis and reiki – a Japanese form of healing, where she gently placed her hands on different parts of my head and body.

It was all so relaxing, I practically drifted off. I believed in Sue and she gave me confidence.

I remember looking at all the baby photos she had and joking: 'I know where to come if I ever want another baby!'

In May, James, 36, and an engineer, drove me straight from Sue's to the airport. It was the first flight where I didn't panic.

I kept seeing Sue and then, in February of this year, my periods stopped. I asked my doctor: 'Am I going through the menopause?' I had to have IVF to get pregnant.

But he did a pregnancy test and, two days later, confirmed the news. James and I were so happy and shocked we couldn't really speak. It took a couple of days to sink in.

I told Sue at my next session: 'You've helped me with my flying fear and now given me an unexpected bonus!'

I continued seeing Sue all through my pregnancy and gave birth to a 7lb 6oz girl on October 8 this year at the Jessops Hospital for Women in Sheffield.

Holding Phoebe close, I felt so very lucky. I never thought I'd conceive naturally – or end up with two beautiful children. And William adores his

sister Phoebe. He's always kissing her. She's such a placid baby and I'm much more laid back this time. Maybe the treatments relaxed us both?

It's interesting how the mind and body work together. This year, Christmas is going to be very special. William loves leaving out mince pies for the reindeer and I'm going to buy Phoebe a little red dress for Christmas Day.

It's going to be wonderful, the four of us together for our first Christmas."



**"I had four miscarriages until Sue gave me a foot rub," says nurse Karen Pearson, 45.**

"After five years living together, Nick and I married in 1990, specifically to start a family.

Five years later, I had a molar pregnancy where the placenta grows abnormally into a mass of cysts and the embryo either doesn't develop or doesn't survive. I had to have a termination and wait 18 months before trying again.

In autumn 1997, I miscarried at 11 weeks. I'd see women with children and think: 'Why not me?'

Two years later, we were just about to have tests at a fertility clinic when I fell pregnant.

On April 21, 2001 I had Beth, now five, by emergency Caesarean. Afterwards, I stared at her for hours, thinking how wondrous life was!

Nick, 44, a charity manager, and I were horribly disappointed when I miscarried again in April 2003. Having lost three babies, I was referred to a miscarriage clinic. But they couldn't diagnose why I was miscarrying. And we didn't have any luck with acupuncture either.

By the year's end of 2004, we were so desperate, we went to a private fertility clinic near our home in Sheffield. The consultant warned us they'd had zero success with mothers over 40, but I refused to give up.

While they ran tests, I started my own research. After a colleague told me reflexology had helped her conceive, I researched it on the internet and, in January 2005, I started seeing Sue.

I couldn't feel anything happening, but it was nice to put my feet up for an hour! She was so positive and didn't just focus on my fertility. She wanted to know about work stresses, home life, everything. At home, Nick pressed reflexology points on my wrists.

I miscarried again in May 2005, but comforted myself that I could still get pregnant. And I tested

positive again the next month. I didn't allow myself to make preparations and only told Sue and a few friends. We'd stopped telling people when I was expecting. It was so hard to 'untell' them each time.

After four months, I dared tell my parents and I worked until two weeks before my Caesarean in Jessops Hospital on February 27, 2006.

I think I was in denial. When the midwife handed me the baby, I was still in shock!

Kate was 6lb 15oz and the spitting image of her sister. I was too amazed and relieved to cry.

Kate's very happy, but very determined too. I don't know who she gets that from!

I'm convinced reflexology helped me get pregnant and I'd recommend it to anyone.

It will



be wonderful to see the girls together at Christmas – their faces light up when they see each other. Beth will love telling Kate about Father Christmas coming down the chimney!

I'm going to relish every minute of the four of us being here together. But part of me still can't quite believe it. I feel like I've won the lottery."



**"Booked for infertility treatment – then I had Abigail," says pharmacist Jenny Hilton, 30.**

"I went to the doctor about my acne and was shocked when the blood test showed polycystic ovary syndrome (PCOS). I'd always had irregular periods and the GP warned that getting pregnant would be hard.

I had tiny cysts in my ovaries and wouldn't produce enough hormones for eggs to mature. But I was only 19 and put it to the back of my mind.

The next year, I met Paul. We married in August 2004 and I came off the Pill to try for a baby.

By May 2005, nothing had happened and my GP referred me to a gynaecologist. He recommended an 'ovarian drilling' operation to help my ovaries release eggs. It has a good success rate, but I had to wait until February 2006.

I didn't have high hopes of complementary medicine, but thought there was a chance it might help the operation succeed.

Paul, a 29-year-old teacher, and I went to a meeting held by Verity, the polycystic ovary syndrome self help group.

After hearing how reflexology had helped other women to conceive, I started seeing local reflexologist Sue in August 2005.

During the first treatment, my ankle area – which Sue explained is connected to the ovaries – felt tender and lumpy. And I felt so tired, I had to sleep afterwards.

I had weekly, then fortnightly, treatments and Sue recommended a dong quai and raspberry supplement. She helped me relax and stay optimistic. For the first time in

**TOT STARS:** Alison and Phoebe (far left), Karen and Kate (top), and Jenny and Abigail

my life, my periods stayed regular for more than two months. I was thrilled, and wondered if the reflexology could really be making the difference so quickly?

It was late January – and only two weeks from my operation – when my period was late.

Not daring to hope, I did a pregnancy test, saw a very faint line and threw it in the bin. Paul convinced me to take another test, but that didn't show anything.

Then, a week later, a third test showed a strong blue line. I was over the moon to be able to cancel my operation. Mum cried and Paul had a massive grin on his face for days! But part of me still wondered whether it was true. I had no morning sickness and didn't star showing until five months.

But, on October 3 this year after a long labour and Caesarean, I had Abigail, who was 7lb 10oz.

It was absolutely amazing. I could still hardly believe it! She was adorable and everyone said she looked like Paul. Probably because they're both bald!

If I have problems conceiving again, I'll go to Sue before anyone else. I am so looking forward to the three of us being together at Christmas.

Having Abigail will make all the difference. It will make Christmas really magical again – just how it felt when I was a child!"



**HANDS ON:** Sue's been working miracles

## Reflexology for fertility – how it works

Sue says: "I use a unique combination of therapies for each of my patients. I work to rebalance hormone levels in the body which may have been disrupted by stress or synthetic chemicals such as the Pill. After appearing in *Take it Easy* this year, I started treating 20 new clients who had unexplained infertility. I can tell you that 14 of them are now pregnant."

• Sue can be contacted via her web site [www.thebabymaker.co.uk](http://www.thebabymaker.co.uk) (which includes a downloadable self-help fertility manual) or on 01142 368559.