



WE'VE GOT THE HAPPIEST STORIES

Years of trying to conceive had left Amanda Dudley fearing she'd never have the baby she yearned for. Then she opened a copy of her friend's magazine...

My heart was pounding as I dialled the number. 'Come on, come on,' I whispered, willing my husband, Stephen, to answer.

I held up the little white stick for the hundredth time, turning it this way and that and peering at the faint blue line as I waited. It must be positive. Or was it?

Hearing Stephen's answering machine, I slammed down the receiver and dialled another number. I had to tell someone.

As soon as my sister-in-law picked up the phone, I blurted out my news.

'You've got to come and look at this,' I insisted, barely able to keep the smile from my face. 'I've just done a pregnancy test – and I can't tell if it's positive or not.'

Though they say there's no such thing as a false positive result, it was easy to understand why I was wary. Stephen and I had been

woman's own got me pregnant!

teacher and head of year at a nice local school, and Stephen had just started his own printing business. We didn't want for anything.

But as time went on and I still wasn't pregnant, we started to get a bit worried.

We both had medical

and partying hard – I'm 30 and Stephen's 32 – we both felt the time was right to start a family, and it was heartbreaking that it just wasn't happening.

We followed all the advice – eating the right food, cutting out alcohol and living a healthy lifestyle – but when the months turned into years, doctors put us on a course of

knew that if this didn't work, there was only IVF left to try. Things were getting desperate.

Just before we were due to start the treatment, a friend gave me a copy of **woman's own**, in which there was a story about a woman called Sue Calvert, who uses reflexology to help women get pregnant.

The article said

'The article

'Every month we'd be bitterly disappointed'

revelation, too. Without realising it, I'd been incredibly stressed. But it wasn't until she massaged my feet, and I felt myself unwind, that I noticed how tense I'd been.

Just like the doctors, Sue didn't detect any reason for my infertility and was confident the treatment would work.

I went back to see Sue for two more sessions of reflexology over the following couple of weeks, during which time we had the IUI. Knowing I was complementing this treatment with Sue's therapy made me feel much more

'I know Sue's treatment helped me to conceive'

positive about everything.

When I thought I might be pregnant, I did six tests, just to be on the safe side, and the blue line got darker each time. When doctors confirmed I was pregnant, we were over the moon.

Our son, William, was born in July and is the most perfect baby anyone could wish for. I continued with the reflexology throughout the pregnancy, and as a result, he's so chilled out. Other mums marvel at how good he is.

I've no doubt that Sue's reflexology helped me conceive, and I'd recommend her to anyone having difficulties.

Some people might say it was all in the mind, and that it was only the fact that I was more relaxed that helped me to get pregnant. That might be the case, but it worked and that's all that matters.

I owe everything to Sue, but without **woman's own** I wouldn't have known about her. We've finally got the baby we've longed for – thanks to **woman's own**.

*** For more information about Sue's reflexology, log on to www.thebabymaker.co.uk or call 0114 236 8559**

