

I get women pregnant by rubbing their feet!

With one in four couples in the UK experiencing fertility problems, more and more women are turning to alternative therapies in the hope of achieving motherhood. And Sue Calvert, a former

beautician, is living proof that such therapies can work astonishingly well. Sue never dreamed that she'd start a mini baby boom when she decided to become a reflexologist. But to date, she is credited with helping 35

women with fertility problems to have children. Here, two satisfied customers tell how putting their feet up at Sue's home in Sheffield brought them the babies they'd always longed for...



Robert and Gilly with baby Georgina

Given the gift of life

Personal assistant Gilly Chaffe, 37, had been trying for a baby for two years when she spotted a newspaper article about Sue. Three months after her first reflexology appointment, Gilly fell pregnant with her daughter, Georgina, now 10 weeks old. She lives with her husband, Robert, 38, an osteopath, in Horsham, West Sussex.

I'd had painful periods for a few months and went to see my GP. Robert and I hadn't been trying for a baby – we were due to marry in November 2001 and had planned to wait until after the wedding.

But two weeks before we married, I was diagnosed with fibroids – non-cancerous tumours in the womb that can cause infertility in some women.

I wasn't worried at first as fibroids don't affect every woman's fertility, and I was 34, so I felt I had time on my side.

But after six months of leaving it to nature, I wasn't pregnant, and I began to get concerned. My GP prescribed Clomid, a drug used to encourage ovulation. But in August 2003, after 21 months of marriage, I still wasn't pregnant.

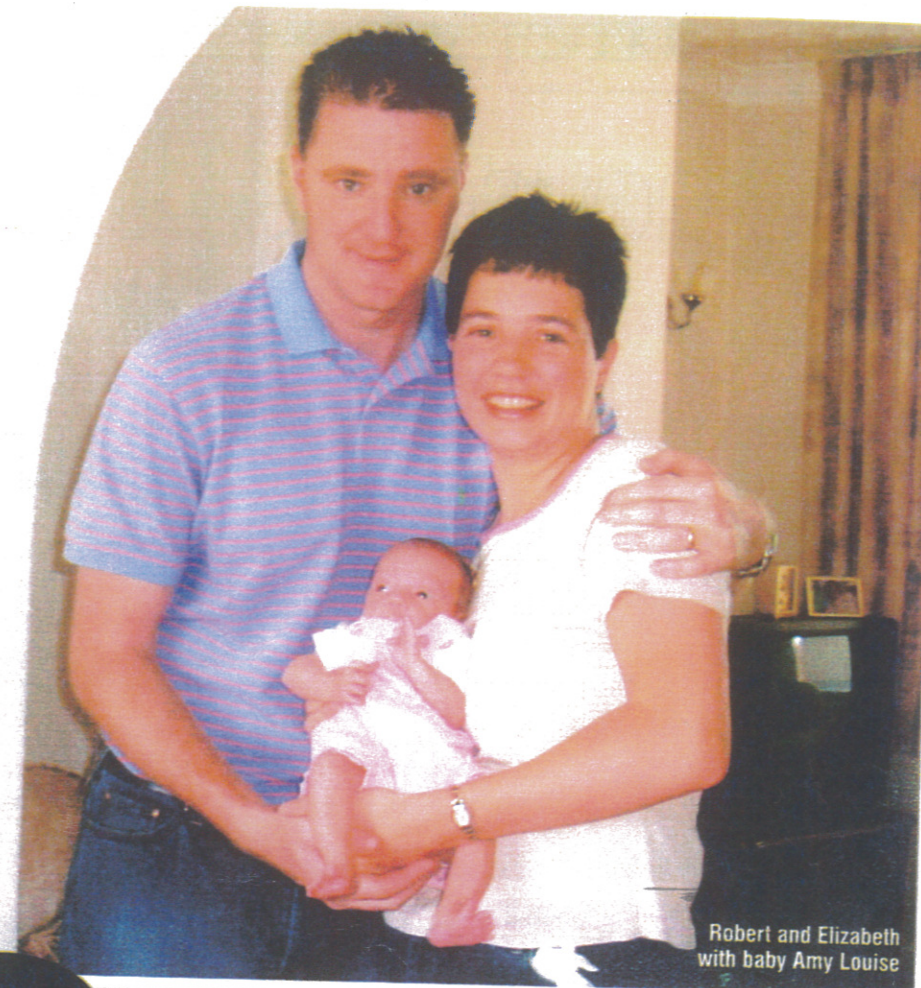
We were on the verge of being referred for IVF

when, on a visit to Sheffield, I read a local newspaper article about a reflexologist who had successfully treated infertile women.

Despite the 200-mile trip from our home to Sheffield, I made an appointment to see Sue, who told me I'd be pregnant within three months.

Robert and I saw Sue every week. Her treatment focused on an area of the foot that corresponded to my uterus.

Three months later, I fell pregnant and told Robert on our wedding anniversary. Georgina was born in July, weighing 9lb 5oz. She's our world. Sue gave us the gift of life and we can't thank her enough.



Robert and Elizabeth with baby Amy Louise

Relaxation was the key

Clerical assistant Elizabeth Norton, 30, and her husband, Robert, 35, a financial adviser, from Rotherham, South Yorkshire, tried for a baby for seven years before discovering reflexology. Their daughter, Amy Louise, was born in April.

We started trying for a baby soon after we married in September 1997, and in less than a year I fell pregnant. However, at six weeks I miscarried. I felt battered and bruised, but was undeterred.

Every month I'd get my hopes up, only to have them dashed when my period arrived. We used predictor kits to check when I was ovulating and adopted a healthy lifestyle, but when nothing happened after another two years, we began to wonder if there was a problem with one of us.

We had gynaecological tests, but the results were clear – there was no reason why I couldn't conceive. I was disappointed – I had wanted someone to come up with a reason for our situation.

In June 2003, one of my friends suggested that I try reflexology. I got in touch with Sue Calvert and arranged a visit. After a thorough examination, Sue told me that my main problem

was stress and that she could help me.

I visited Sue every week, and she spent about an hour massaging my feet from top to bottom, concentrating on the areas associated with my ovaries. After each session, I could feel my body beginning to relax from the inside out.

In October last year, I was on holiday in Tenerife when I noticed that my period was late. I was ecstatic when a pregnancy test proved positive. I rang Sue to tell her the news, but I could tell by the way she spoke to me on the phone that somehow she already knew.

I continued to see Sue throughout my pregnancy, and at 32 weeks I went into labour. Amy Louise was born eight weeks prematurely in April, weighing 3lb 14oz. After 20 days in hospital, we were able to take her home.

I'm convinced we'd still be trying for a baby if it weren't for Sue. I always joke that it took three of us for me to conceive – Robert, me and Sue!

I joke that it took three of us

Sue Calvert says

I originally set up as a beauty therapist 15 years ago but soon realised I wanted to specialise in reflexology.

I started becoming sensitive to other people's pain. If I hover my hands over someone's limbs, I get a tingling sensation in my fingers when something's out of balance.

Every part of the foot is mapped out anatomically. I pinpoint infertility by detecting stiffness around the ankle. If the area relating to the uterus seems lifeless and pale, there's a problem.

It's rewarding work and I have a 70 per cent success rate in treating infertility. Cynics say it's all in the mind and to some extent I agree with them – because what happens in the mind can cause physical problems in the body.

Sue Calvert can be contacted on 0114 236 8559, or visit www.sue@thebabymaker.co.uk.

Contact the Association of Reflexologists on 0870 567 3320, or visit www.reflexology.org.

REFLEXOLOGY THE FACTS

- Reflexology dates back to 5000BC, and was practised in ancient Egypt, India and China.
- It's a complementary therapy that involves massaging the feet to help heal the whole person, not just prevailing symptoms.
- Sessions usually last an hour and are weekly or fortnightly.
- It can also be used to treat migraines, back pain and hormonal imbalance.



- Excessive stress disrupts the balance of the body and builds up until it expresses itself in the form of illness, discomfort or disorder.

- Reflexology alleviates the effects of stress by inducing deep relaxation, assisting the body to regain its natural balance.

- There are natural paths for energy



that run through the body, and reflexes in the feet that correspond to all major organs, glands and body parts.

- Reflexologists stimulate and work these organs and systems through the reflexes, using the thumb and fingers to apply pressure to the feet.

- Recent studies suggest reflexology can help hospital patients. Many NHS

hospitals employ reflexologists to offer an alternative healthcare option.

- Once the body has been re-balanced, regular treatments can help to maintain your health and general well-being.