

## Alex Howell, 37, and Laura, seven; Rebecca, five; and Katie, three, from Dronfield Woodhouse, Derbyshire

Working as a nursery nurse was a job I adored. But it was tough, almost cruel work when I was childless and struggling to get pregnant.

A sobbing little toddler would totter over to me for a cuddle. Then when his tears subsided and I'd watch him run off to play, my heart would lurch.

I hadn't worried at all when we first started trying for a baby. I was 26 and we had years ahead of us. But time passed by and I didn't conceive. Richard, my husband, knew how much it meant to me. We went for tests to find out why nothing was happening.

The doctor told me that my progesterone levels were extremely low. I had little

chance of conceiving naturally. It was a bitter blow.

They gave me a fertility drug, certain I would conceive. But with no joy after six months we started IVF treatment, just as my sister-in-law announced she was pregnant. I phoned to congratulate her but emotionally I was in turmoil.

'Why don't you give reflexology a go?' my mum said. I shrugged, feeling totally dejected.

'You've got nothing to lose,' she said.

Mum had a point, so I made an appointment to see Sue Calvert.

Sue mixed me a potion of Bach Flower Remedies before she started the reflexology. 'When you forget to take this, your body will have healed itself,' she told me. I didn't believe it would work. Richard and I booked an exotic holiday to Hawaii and we agreed to discuss adoption after our break.

But we never made it there. One morning I realised I had forgotten to take the Bach Flower Remedy mix. A test proved I was pregnant.

I was so excited. I wanted to tell everyone but I didn't dare. But I didn't need to tell Sue - she knew as soon as she massaged my feet.

Laura is now seven and Sue certainly set the ball rolling! We have two other daughters, Rebecca, five, and three-year-old Katie. I feel so lucky and I can't thank Sue enough for helping me and Richard start the family we always wanted.



Sue certainly set the ball rolling! We now have three daughters

## Lisa Marsh, 35, expecting a baby in October, from Sheffield, South Yorkshire

They could occur at any time - like the day I was pushing the supermarket trolley up the aisle towards the milk and suddenly I felt very strange.

'Oh no, not again,' I muttered to myself. My stomach churned uncontrollably and I started to feel breathless. It was the start of another panic attack.

I really needed to sit down, but there aren't many seats in supermarkets. I was relieved to see my husband Andrew appear from the next aisle. He took a look at me. 'Go and sit in the car,' he said. 'I'll finish off here.' I was lucky to have such a supportive partner.

The panic attacks had come from nowhere and I was sure they'd started

because I was so desperate for another child. We already had a little boy, Jacob, who'd just turned three. He'd been conceived without problems.

But as long as I had panic attacks, we'd never have another child. Medication controlled the attacks, but while I was taking the drugs I couldn't conceive. As soon as I came off the medication, the attacks returned - and you're less likely to get pregnant while you're all het up about it. It was a vicious circle.

Sue Calvert was recommended by my auntie. From the very first treatment, I came away feeling calmer.

The panic attacks didn't vanish but, after each session with Sue, I felt a little more in control.

She made me feel so much better I didn't go back on the medication. Just a few months later I was pregnant. I was ecstatic! Sue had done an amazing job. Our new baby is due in October, the same month Jacob was born.

As long as I was still having panic attacks, we'd never have another child

## Sue Calvert, 47, complementary therapist from Sheffield, South Yorkshire

Helping women fulfil their dreams is wonderful. People come to me for various reasons and I evaluate the best treatment for them. It could be reiki, Bach Flower Remedies or hypnotherapy... but I always start with reflexology.

It still amazes me, years after I discovered it. My husband and I visited a reflexologist in Ireland and I was fascinated by how she knew about his health just by examining his feet.

After that, I enrolled on a course at the International Institute of Reflexology. I was taught that each part of the body has a corresponding area on the foot. By massaging the feet I can restore balance to the body. I call it 'fortune-telling by feet'.

When my daughter, Charlotte, felt unwell one day, I looked at her feet and felt around until I was sure of what I had found. I thought

Once the body is back in balance, the things that can happen are amazing

she had appendicitis. But the doctor was dismissive and told me to take her back the next day with a urine sample if I was still concerned. She was rushed to hospital the next day to have her appendix removed.

With pregnancy, there's a part of the ankle that corresponds to the uterus and that's how I can tell when women are pregnant so soon after conception. My record is three days!

Women who are struggling to get pregnant are on an emotional roller-coaster. Reflexology helps them relax so things can work naturally. Once the body is at its optimum health, the things that can happen are amazing. Contact the Association of Reflexologists on 0870-567 3320, [www.aor.org.uk](http://www.aor.org.uk), or the International Institute of Reflexology (UK) on 01225-865899, [www.reflexology-uk.net](http://www.reflexology-uk.net), or visit [www.reflexology-online.com](http://www.reflexology-online.com). Contact Sue on 0114-236 8559 or email her at [suemcalvert@hotmail.com](mailto:suemcalvert@hotmail.com).



## Carolyn Rutledge, 42, and twins Abbie and Thomas, 23 months, from Sheffield, South Yorkshire

My best friend Elizabeth and I were talking one day and I could tell she was tense. 'I'm pregnant,' she said.

I was pleased for her but, inside I was depressed. My husband Andrew and I had been trying for a baby for six years.

At first I thought it would be easy. Now, aged 36, I had to consider we might never have a baby. Doctors told us there was nothing wrong, but I felt depressed - especially when our first IVF attempt failed.

An article I read about reflexology made me ring Sue Calvert.

'Is your big toe painful?' she asked during our first session. I hadn't noticed until then that it was. The big toe relates to the pituitary gland and Sue thought that was where my problem lay.

The months passed and I was due to ring for the results of our second IVF session. 'Your result is going to be positive,' Sue told me.

'Yeah, yeah,' I thought. I'd been trying for a baby for 10 years.

I rang the hospital from the architect's practice where I worked. 'You'd better sit down,' said the voice on the phone. 'You're expecting twins!'

Andrew and I are so happy today. Abbie and Thomas are nearly two now, and I'm sure Sue helped us have the family we craved.

'Your result will be positive,' Sue told me. I'd been trying for a baby for 10 years

