

## Kirsty McAndrews and Nick Wells

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Having failed to conceive naturally for 5 years and undergone every medical test to try and find the reason why ( no explanation!) , Nick and I decided to try IVF and had one cycle in August 2004, which failed. I was very scared and detached during this cycle, terrified that the reality was that Nick and I would never have a baby together and that eventually we were going to have to accept that this was not our destiny together and that when something is this difficult it is not meant to be. The stress that trying to conceive brings is undescrivable, it takes over your life and it makes you feel stuck when you really want to move on and live life.

After the failure of this cycle, I met a psychic healer who helped me spiritually to let go of past trauma and she cleared a lot of grief and heartache that I had stored in my body, making space for renewed positivity and belief ( and a baby!). In turn, Natalia introduced me to Hilary who I went to see just as I was planning to start a second cycle of IVF. It felt like I was destined to meet Hilary at this time and we started acupuncture treatment in conjunction with the IVF. Hilary also gave me a Bush remedy to help with fear and this worked miraculously. Hilary made me feel so relaxed and positive and I really felt that this was going to be our time. Our preganancy test was positive this time and I can swear that the acupuncture along with Hilary's support, positivity and expertise in the matter of fertility has played a major part in making our dreams come true.