

George and Tamsin

After experiencing 3 devastating miscarriages, and what seemed like unending invasive testing, our prognosis of high FSH levels (low ovarian reserve/quality) was determined. This gave us a less than 10% chance of conceiving with my own eggs. Despite the grim news, George and I decided we would try IVF. We suffered through 2 unsuccessful IVF cycles, when I read that acupuncture could boost chances of successful IVF treatment considerably.

Not knowing what to expect, or knowing if I really believed that an 'alternative' treatment could help I booked an appointment with Hilary prior to our 3rd cycle. Her impressive experience and kind nature immediately put me at ease. Her recommendations of cleaning up my diet, encouragement to feel more positive about our chances and calming treatments really helped. Her dedication to helping us was over and above what we could expect. Our embryo transfer was scheduled at a most inconvenient time, but Hilary agreed to see me for 2 sessions (pre and post embryo transfer) regardless. Despite all our efforts, this cycle was unsuccessful.

We then struggled with the idea of IVF with egg donation. Hilary helped me realise that considering egg donation was not a 2nd best option. She explained the importance of blood in Chinese Medicine, and since my blood would be running through this baby's veins- a key element to who a person is, this baby is 100% of me. Thankfully, we became pregnant through egg donation. Needless to say, we are thrilled. Hilary and I have discussed in our sessions how this little soul has selected us as parents. This way of thinking has also helped me embrace the fact that I am pregnant, and how we got here is not important.

I have been seeing Hilary throughout the pregnancy – getting relief from morning sickness, general pregnancy 'niggles' and 'boosting' myself for labour. I've always found our sessions relaxing, and I am so glad I have been working with Hilary to help me through such difficult and now exciting, happy period in my life.

I encourage anyone experiencing infertility to keep trying, and more importantly, TRY to stay positive (as difficult as it is at many times) – I truly believe this was a major factor in IVF treatment working for us. That, and Hilary's involvement, of course!