

Aemilia Lovatt's Testimonial

I'm writing this as I sit with my feet up in my 21st week of pregnancy. I am taking every opportunity to enjoy this very special time and must attribute some of this wonderful state of pregnancy to Hilary.

It was a long, emotional journey to reach this point and I urge those of you with similar frustrations (as I shall recount below) not to lose heart but to remain focused and determined on achieving the most special gift – that of creating life.

Iain and I married in 2001 and although having a family was something we both wanted, we were faced at the beginning of our marriage with a difficult legal situation. This was an emotionally very negative time and so we delayed trying for children.

I came off the pill eventually (after 10 years) in April 03 and then spent the next 10 months having no periods at all. By Oct/Nov that year, frustrated, I went to my GP who referred me to a consultant. This was really the beginning of an 18 month fertility rollercoaster. Having never had anything wrong with me the consultant was at a loss to find a reason for the amenorrhoea and prescribed provera to help me have a period. It didn't work. By February 04 I finally had a period but due to their irregularity and, it appeared, non-ovulation I was encouraged to continue with fertility treatment. The next 12 months were filled with internal scans, fertility drugs and monthly disappointments. By the time I reached Feb 05 I had undergone 6 cycles of clomiphene, 2 cycles of IUI, 4 Pregnyl injections, a hysteroscopy and laproscopy and HCG. We had reached the point where IVF had become our only option and we were devastated.

During this time, I had some reading around the issue of fertility and had read several articles about the benefits of some of the alternative therapies. So, I took the decision to give myself some time to do my research into IVF and let my body recover from the drugs which is the point at which I started seeing Hilary.

I embarked upon the treatment with commitment and tried to follow all her suggestions on dietary and lifestyle changes including taking Chinese herbal medicine and Bach remedies and cutting down on my alcohol intake! I have to admit that I did remain slightly sceptical but was of the opinion that it was worth being open-minded. Hilary provided me with emotional support and showed genuine interest and care in helping me. It was then, to our complete and utter surprise that 8 weeks into the treatment I found out I was pregnant!

It was wonderful telling Hilary the good news – she was (and still is) very much part of the pregnancy and this should be a tribute to her work as a specialist in the fertility world.