

# I shunned IVF for reflexology

Janet Tansley talks to the woman who turned to alternative therapies to help her conceive

**I** THOUGHT you were a clever girl. If you think paying £50 for someone to fiddle with your feet is going to get you pregnant...."

When **Andrea Sennett** shunned conventional medicine in her bid to have a baby her doctor was doubtful to say the least.

But as she cuddles her beautiful baby girl, the proud mum is certain that Niamh is the magical result of the alternative therapies she turned to to achieve her dream.

"I am absolutely certain that the reflexology helped me to get pregnant," she smiles.

"And being a mum is incredible.

"Niamh is magic. She is just starting to talk and becoming a real best friend. She is great company and really giggly."

Like many women, Andrea had always assumed that when the time came to want children she would be able to get pregnant.

She had discovered, at 16, that she had polycystic ovaries (a condition which limits ovulation) but was told that it could cause problems conceiving - not that it would.

**"Neil and I got married quite young, at 24, and we wanted to enjoy each other at first. But a few years ago we decided the time was right to have children."**

When she failed to get pregnant after a year Andrea and Neil went to see their GP but were relieved when they were told that, other than the inhibiting factor of her ovaries, there was no reason why they couldn't conceive.

But, a year later, nothing had happened still.

"We were told that drug therapies and IVF were the only option, but I didn't want to go through IVF and drug therapies, at least not until I had exhausted every other avenue.

"It's such an emotional rollercoaster to go through, and I already felt I was on one. I wasn't prepared to put my mind, body and relationship through that.

"You can't understand how hard it is until you're in this situation. It becomes the most important thing, you plan your whole life around it."

Andrea, a customer relations manager for a software company, went to see clinical reflexologist **Tracey Turton** at the Natural Fertility Clinic,



**DELIGHTED:** Andrea Sennett with her daughter Niamh

based at Cheshire Natural Health in Warrington.

Reflexology uses gentle pressure on precise points of the feet, ankles and hands that influence corresponding parts of the body, soothing away tension and eliminating toxins to encourage the body to revitalise itself.

Within months she became pregnant and broke the news to Neil on their seventh wedding anniversary.

"I can't stand anyone touching my feet and, when I first went for reflexology, I thought I was going to hate it.

"Tracey didn't just focus on fertility. But she would ask if I had a sore shoulder and I would think, how did she know that?". Eventually I just let her get on with it.

"And it was

incredible."

Andrea and Neil were due to go on holiday to Las Vegas and had decided that, after the holiday, they would begin the IVF process. But that was not going to be necessary.

"I knew before I did the test. The night before the 14 days were up to do it I couldn't sleep all night and I got up at 6am and I was like,

woo-hoo, I'm pregnant.

"I had terrible morning sickness - for which I went to Tracey - and pre-eclampsia at 31 weeks, but Niamh was worth all the worry and effort."

Tracey says: "With reflexology, you treat the person as a whole. It induces a deep state of relaxation.

"Tension can have an effect on the hormonal balance and blood sugar which is important with polycystic ovaries. If people are stressed the first thing that's affected is the reproduction system because that is not essential for survival.

"We work on meridians (energy channels). When there is a blockage, that stops the energy flowing through the body and leads to ill health.

"Reflexology clears them and allows the energy to flow and the body to function well."

As Andrea is happy to confirm: "I have a wonderful baby daughter. And I hope she's not my last!"



**WONDER WOMAN:** Tracey Turton

first class

male

with nick peet



## Forget the war on terror, get Laura back

WE have come so far, we have seen so much, but there is so much more to do.

President Elect Obama was spot on with his Chicago acceptance speech judging by the scandal that rocked the UK on Saturday night.

While the new man in the White House probably had the worldwide recession, global warming or even the ongoing war on terror in mind, closer to home we have our own troubles.

**Laura White's** elimination from the X Factor on Saturday night sent shock waves though every living room in the country, right to the Houses of Parliament.

It was easily the biggest scandal to rock these shores since **Jonathan Ross** and **Russell Brand's** last radio broadcast.

Ask yourself, where would we be as a nation without the dulcet tones of former TV talent show winners **Lemar**, **Will Young** or **Leona Lewis**?

Laura's elimination was a decision which, rightly it seems, sent the conspiracy theorists into overdrive.

Has **Louis Walsh** got an agenda? Is **Dannii Minogue** simply jealous of every woman under the age of 35? Or is it just that **Simon Cowell** is trying to get it on with that Spanish one?

After Saturday's disaster the show lost all credibility. Although the biggest shock is that it had some in the first place.

In fact, if it wasn't for **Cheryl Cole's** alluring

Geordie goddess charms it wouldn't be worth watching at all.

But the world has clearly not changed enough, Mr President, when the most talented singer in a singing competition is eliminated in favour of a handful of karaoke performers.

So - returning to the sentiments of **Barack Obama** - tonight let us ask ourselves, if our children should live to see the next century, if my puppy Lola should be so lucky to live as long as a good bottle of wine, what change we she see? What progress will we have made?

This is our chance to answer that call. This is our moment. This is our time ... to put **Louis Walsh** out of work and open the door of opportunity to more good looking pop stars. To restore prosperity and promote the cause of cheesy pop culture.

To reclaim the X Factor dream and reaffirm that fundamental truth that out of many ordinary wannabes, there is one; that while we breathe, we joke; and where we are met with criticism and doubt, and those who tell us that **JLS** can win it even though they can't, we will respond with that timeless creed that sums up the spirit of the people:

Yes we can ... get **Laura White** back in the competition.

Millions have already signed the petition online and now you can to at: [www.xfactorkillsbraincells.com](http://www.xfactorkillsbraincells.com)

salon talk

The hottest gossip always comes from the hairdresser's chair. Real popped into Beyond Hair on the 2nd floor of Lewis's department store and asked joint owner of the salon **Kelly Williams** what we're all talking about.

"EVERYONE's still chatting about the MTV Awards. More people than you might imagine went and while lots of people thought it was great, others wondered why there weren't more European acts.

"We're all loving **Cheryl Cole**. The X Factor has really brought her to prominence and she seems to be everywhere at the moment. We all love the video to the new **Girls Aloud** single, *The Promise*, but wonder how long the band will be together given that Cheryl has all the limelight.

"Hottest beauty news? It has to be big hair and enormous false eye lashes - ideal for the party season."

