

# Testimonials

## Fertility & womens Health



I was referred to Sam by a friend who had been seeing Sam for a few years for IBS & general health & well-being. I was a little skeptical I must admit but I was so desperate at this point to conceive I would have done ANYTHING !

At the consultation Sam explained that she could not guarantee me a baby at the end of the therapy but that if we worked together it would give me the best opportunity to conceive. **This was a breath of fresh air for me - NO false promises like I'd had before.**

I kind of knew in the back of my mind that an early termination as a teenager was probably playing havoc on a psychological level but I thought I'd dealt with it. Together with Sam I explored this more & I was able to release all the pent up emotions & tensions (a lot of which I had no conscious knowledge of).

**I honestly felt a burden had been lifted from me & that I had freed up space inside me to allow a baby to grow.**

8 months later I am now 3 months pregnant & so very excited !

**The work was not easy - I hated Sam at times !** She really made me work - on myself, on issues & on exactly why I wanted to be a mother in the first place - something I hadn't really thought about before. I truly know I am now ready to have the baby I have longed for for over 8 years.

**I can't thank Sam enough - I have no hesitation in saying that without her help I may never have conceived.**

*EB - January 2005*

EB age 36

1 termination at 17

Trying to conceive for 8 years

3 failed IUI attempts

TREATMENT : Fertility Therapy with  
Reflexology - 8 months

**[we are happy to report that EB gave birth to a healthy daughter in July 2005]**

Like any woman over the age of 35 trying to conceive I was a nervous wreck when I first visited Samantha! However during our first hour of consultation she put me immediately at ease, her knowledge of fertility problems is extensive and she has a calming and empathetic manner.

**She recommended reflexology and it was a wonderful, relaxing experience.**

After the treatment she went through her findings with me and I have to say that she was spot on, identifying a number of minor health problems and some emotional problems. She gave me advice on how to deal with these and **I walked out of the treatment room feeling positive about conceiving for the first time in months.** As it turns out I was right to feel like that; I felt that my next menstrual cycle was somehow different to previous ones and, four weeks after my first visit, my pregnancy test was positive!

I am now 6 weeks pregnant and very aware that I have a long way to go with this.

**Samantha has been a great source of advice and reassurance and is only an email away. She has encouraged me to have the treatments as often as I can afford - both financially and in terms of time and there is never a hard sell on either treatments or the range of supplements that she works with. Myself and my partner are delighted that I am pregnant, thanks in no small way to Samantha!**

**CD - July 2006**

CD age 38

1 termination at 32

Trying to conceive for 7 months

TREATMENT : Reflexology - 2 months

I have been seeing Samantha for almost 2 years now. **Whilst I still don't have a baby (something Sam never ever promised me)** I feel so different to the woman who first walked into Sam's therapy room.

I have been trying to conceive for over 15 years now & when I look back on it **I was becoming bitter, twisted & angry** that everyone around me was having kids except me. Sam helped me talk through these emotions & explained that I was holding too much tension in my stomach to allow a baby to develop.

Working with Samantha has helped me realise too that there is a life for me & my husband without children, if that's the way it has to be **BUT I am also now much more positive that I will conceive - and conceive naturally.**

We have worked through a lot of issues I had from childhood which could be resulting in my "unexplained infertility" diagnosis. Sam has provided me with tools that will help me look at the bigger picture - **her support, encouragement & (I can think of no better word than): LOVE have been overwhelming.** She is always happy to listen - **not just as a therapist but I feel as a friend.**

**YS - Jan 2006**

YS age 40

Trying to conceive for over 15 years

3 failed IUI cycles

5 failed IVF cycles

2 failed ICSI cycles

TREATMENT :

Reflexology - 9 months

Fertility Therapy with Reflexology - 10 months

I had read that Reflexology could help with conception & having had 2 failed attempts at IVF (needed because of severe endometriosis) I felt totally stressed out too ! I decided to give Sam a try.

**I remember feeling very defensive** when I arrived but **Sam is a very warm & empathetic person** - you can't help but like her (even when you feel she is being mean to you when she makes you work!).

**I didn't really want to talk about my fertility history** as I felt so emotional & Sam didn't push it - she just started to "chit chat" & although I was still emotional I felt safe to confide.

I had some Fertility Therapy & some reflexology. **I was a bit scared & wary of the "therapy" side but it was just what I needed to make the shift** I am sure.

I conceived on my next IVF attempt 4 months after seeing Sam but sadly miscarried at 3 months.

Sam was a great support here too & helped me release the grief for my lost child.

Whilst working with Sam my endometriosis symptoms are markedly improved too which makes me feel so much better & less tense in general. I find the reflexology very calming & I really look forward to my sessions.

Its now been just over a year since I started seeing Sam & I now feel very optimistic about my next IVF cycle which will start later this month - watch this space !

**LD - March 2006**

LD age 39

Trying to conceive for over 5 years

Diagnosed severe endometriosis

3 failed IVF cycles

TREATMENT :

Reflexology - 3 months

Fertility Therapy with Reflexology - 9 months

**[We are so pleased to report that LD is currently over 5 months pregnant ... with TWINS ]**

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I was trying to put **the fear of never conceiving** out of my mind when I visited Sam for the first time - under the pretense of "stress". Sam told me later that she had actually picked up in my feet the despair of wanting to conceive but she played along with me until I confided in her a few sessions later (she even showed me her notes to prove it !)

I had around 10 sessions with Sam before **I conceived naturally**. We were over the moon! after trying for more than a year before with no success.

Sam is a very natural "people person" - she puts you at ease & her encouragement means so much to you when you are feeling so down with it all.

**I continued to have Reflexology throughout my pregnancy** which went like a dream & I had a 4 hour labour - not bad at all really !

Although Sam insists it was me who did all the work - I KNOW without Sam's help I might not be holding my little bundle of joy in my arms now. **Thank you so much Sam - I am happy to RECOMMEND HER TO ALL ... & often do !**

ET age 35

Trying to conceive for over 1 year

TREATMENT :

Reflexology - 5 months

**[ET gave birth to a healthy baby girl in January 2006]**

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