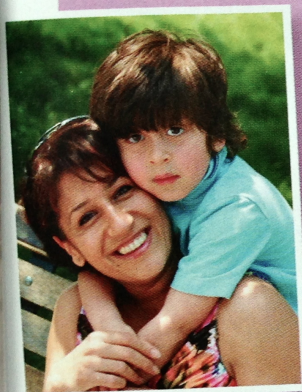




## REAL WOMEN LIKE YOU

### 'Finally, I'm a mum!'

When drugs didn't help her get pregnant, Amrit Theocharous, 39, from Enfield, north London, tried something more natural...



When you're trying for a baby and the months – then years – pass by, it's tough. Everywhere you turn, there seem to be pregnant women. It seems so unfair. I longed to be a mother and felt worthless because it wasn't happening.

After two years we found I had a low ovarian reserve, so I was prescribed Clomid to stimulate ovulation. The drug left me with dizziness, nausea and extreme tiredness. I'd be asleep on the sofa by 7pm. Not good for baby-making!

Then an instructor at the gym was

talking about acupuncture and how it can help with all sorts of problems. I looked it up online and found that it can improve energy and blood flow to the reproductive organs, as well as improving the function of the ovaries.

I booked an appointment with my nearest acupuncturist, Michael Arnold, and afterwards I felt as if I'd woken from a deep sleep. It was then that I decided to stop taking Clomid – it was a leap of faith, but one I was prepared to try.

#### It did the trick!

I saw Michael once a week after that. People said I was radiant and much calmer, and I felt refreshed and renewed, like I was walking on air. But the best thing was, after three months my period was late! Seeing

the little blue line on the pregnancy test was like a dream come true.

I continued with the acupuncture throughout the rest of my pregnancy and sailed through it, suffering no sickness. Nikhil was born in 2008 and my husband and I felt like the luckiest parents on earth.

I still have acupuncture sessions and I've never felt healthier, though being a mum can be exhausting – but, of course, I wouldn't change a thing!

**'I felt refreshed, renewed – like walking on air'**

#### Interested in acupuncture?

◆ Acupuncture is used to treat a range of physical and psychological conditions.

◆ To find a registered practitioner, call the British Acupuncture Council on 020 8735 0400, or visit [acupuncture.org.uk](http://acupuncture.org.uk).