

## Infertility - Ester Copley

(975 total words in this text)

(1481 Reads)

If you had told me that because of Reflexology, two women would become pregnant, I would have laughed, but I was as astonished as my clients were when it happened.

Case One: Woman A, age 36, came to see me two years ago. Although slim and attractive she looked worried unhappy and very run down. She had tried to become pregnant for several years, and when it did not happen she started to seek help from all kinds of alternative treatments: diets, herbs and so on. When all of this did not help, she resigned from her job to rest and try harder. The harder she tried the poorer the results. When she came to see me she was basically a mental and physical wreck. She was obsessed with the idea that she wanted a child. She came from a big family with four brothers and sisters who had children themselves and her younger sister was pregnant. She was crying a lot, could not eat properly, and her relationship with her husband had become difficult because of her obsession. At that stage she had started IVF with no result after three unsuccessful treatments. She told me she had come to see me because she was going for her fourth IVF treatment and she was scared and tired and wanted me to help her relax. I was happy to treat her for stress reduction but I emphasized that she should not hope for more than that. I worked on her nervous system and concentrated on the endocrine and reproductive areas. I did not hear from her for a few months and assumed I would never see her again. Then one day I got a call from her asking me if I remembered her. She wanted to have another session as the IVF was successful and she had become pregnant for the first time in her life. But unfortunately it had been an ectopic pregnancy. Despite this setback, she was highly optimistic and full of praise for the Reflexology treatment she had received so far. Again I told her not to raise her hopes too high as Reflexology could not directly make her pregnant. My strategy at this stage was to work on her hormonal system, uterus, ovaries and fallopian tubes and also to focus on the nervous system to relax her for the last treatment of IVF the following day. I also talked with her in an understanding and sympathetic way, which is vital to give clients a sense of security and confidence. After not hearing from her for a few weeks I decided to ring her to see how she was going. The words, "I am pregnant" absolutely thrilled me. Her voice and tone told me, unbidden, of her joy. Again I did not hear from her for a few months and I was worried that she had lost the baby. However, one day her sister came to me for a treatment and told me that she had had a beautiful daughter! Sure enough, shortly after, she came to see me carrying her brand new daughter. Mother was blooming. She had gained weight and looked cheerful and relaxed and did not stop thanking me for Reflexology and all that it had done for her.

Case Two: Woman B, age 37, is a regular patient. She had initially come for treatment for vaginal rash and discharge which had not responded to medical treatment. After five sessions her infection cleared up much to her surprise and delight. From then on she became so enthusiastic that she spread the word among her friends and family and booked herself in for regular blocks of six consecutive sessions which she had found gave her the most benefits in maintaining her health. She had married a few years ago, conceived but had miscarried and had not managed to conceive again, although the gynaecologist had assured her that she was perfectly sound. A few months ago she told me that she was worried she would never be able to have children and asked me to have a few sessions again to try and help her. Here again I started a program of relaxation, and stimulation of her endocrine system. In each of the six sessions, her uterus and bladder areas showed sensitivity and pain and I focused on these areas to clear the blockage of energy. I mentally concentrated on the person and her problems at the same time willing her to become pregnant. She rang me four months later to announce she had become pregnant straight after our sessions. You can imagine my reaction. I asked her to come for regular treatments during her pregnancy and she promised to come later because her feet had become too sensitive to be touched at that stage.

Conclusion: Many wonderful things happen through Reflexology. In the above cases, it is evident that working on the affected areas (endocrine, nervous urinary and reproductive systems) and relaxing the clients with relaxation techniques and verbal concern, produced satisfactory results. Some of these results I cannot explain and I do not want to try to explain. It is always a surprise and a gift when these things happen. When I work on a client I always say, "Let us try it. Give it a go, give it time; the results will be there for you. You will get from it what you want to receive." The more our clients take from the treatment the more both you and they will gain. Reflexology is a discipline for experienced practitioners. It is also

about love and friendship, caring for others and listening to their needs and sometimes it is a spiritual experience. Let us leave it at that and not try to understand everything.

(Ester Copley has been working for the past seven years from her clinic at: Ocean Medical Centre, Bondi. Sydney Australia)