



## Treatment is now helping me so much, says Sophie

**SOPHIE** is a patient of Karen's who told Zero to Seven that her health and well being have been dramatically improved by acupuncture. She is 38 and has suffered three miscarriages and undergone one failed IVF. She is planning another IVF treatment next month.

Sophie told Zero to Seven: "Undergoing IVF is a lonely isolating experience and totally taboo. When it fails it is devastating, as bad as a miscarriage. I was under so much stress I had terrible physical pains in my stomach.

"The first couple of acupuncture treatments didn't have a huge impact, and then one day I had a treatment and I immediately felt the stress release and lift off me. The stress pains have gone and it's like I am a completely calmer person - people even comment that my voice sounds calm.

"I'm going into this next round of IVF with a much better chance because she has helped me get a thyroid problem diagnosed and I'm getting treatment. The first IVF clinic I used

didn't even test me for a thyroid problem, when it is a very common cause of recurrent miscarriage.

"An IVF treatment costs thousands of euro and the clinic didn't even run a simple test to check if I had any health conditions that would effect the chances of it working.

"I think you have to be careful with IVF clinics, some of them are happy to take your money when you don't necessarily have a chance of the treatment work-

ing.

"I have moved to a different clinic and I'm physically healthier and emotionally calmer and more optimistic. At the same time, I think if the result is negative, I'll be able to cope."

**Karen Costin** has two Acupuncture treatment centres, one in Ranelagh in Dublin 6, one in Delgany, Co. Wicklow. For more information log on to [www.karencostin.ie](http://www.karencostin.ie)

For information concerning natural fertility, have a look at the website [www.foresight-preconception.org.uk](http://www.foresight-preconception.org.uk).

Foresight is a charitable organisation concerned with natural treatments to help couples with fertility problems. They have a 75 per cent success rate over thirty years.



SUCCESS: Sophie felt benefits