

‘I was hypnotised into having a baby’

Andrea Barboa had given up hope of ever giving birth after suffering five miscarriages. But following a visit to a hypnotherapist, she finally found herself pregnant. Here she tells **new!** her story...

All Andrea Barboa wanted was a baby. Nature, however, seemed to have other ideas. After suffering five miscarriages, trying a fertility drug and seeking the advice of countless doctors, she'd all but given up hope. Then, three years ago, Andrea visited a hypnotherapist.

Three months later she fell pregnant and later gave birth to a daughter, Tallulah, now three. And, after a second visit to the hypnotherapist, she is now pregnant again.

Here Andrea, 38, who is a full-time mum and lives in Cobham, Surrey, with her city fund-manager husband and daughter, explains why being hypnotised was the best thing she ever did...

"We started trying for a baby eight years ago, straight after we got married. We were 30 at the time and had met in New York where we were both working. We longed for a big family.

"In early 1999, however, I was rushed to hospital as I'd started bleeding and was in a lot of pain. They thought I had appendicitis or an ectopic pregnancy, but I'd had a miscarriage. I was distraught for weeks afterwards.

"A few months later, I became pregnant again, only to have another miscarriage early on. I went on to have five miscarriages in all. Each time, I was devastated for the first few weeks and then my sadness and frustration would turn to determination to succeed.

"During this time I also had one session of the fertility drug Clomid, but I heard mixed reports that it could lead to a miscarriage so I didn't have any more sessions. However, I was determined to find out why I kept losing my babies.

"After visiting several doctors in the US and London, I found out

there were problems with my white blood cells. In certain women, their body reacts against the pregnancy because the cells recognise the pregnancy hormone as foreign. To cure this, the doctor told me that the next time I got pregnant, he would take some blood from my husband and inject it into my own system. This would then create a layer around my white blood cells that would prevent me from miscarrying.

"By now, I was really down



Andrea with her daughter Tallulah

about the whole thing. I couldn't watch baby adverts on the television and whenever friends had babies I felt nasty. I would say things to my husband like, 'I am not happy for them.' I wanted to be happy, but I felt so sad.

"My husband never felt like this. He is such a level-headed guy and he always believed we'd have a baby one day. He was so positive and, throughout all our trauma, he was absolutely brilliant and such a great support."

positive thinking

"I knew Ursula James, a hypnotherapist, through mutual friends and I decided to go and visit her in 2002. I thought it would be good. I'd been clutching

at straws and had such a negative attitude. Yet while I was eager to visit Ursula, I did feel scared.

"The session lasted an hour. She asked me lots of questions about the state of my mind and then told me to try and relax. At first I didn't want to lose control and my mind kept wandering, but I was determined to focus. You have to want to do it. Ursula told me to go into a place where I felt relaxed and after about ten minutes, I did fall into a deep state of relaxation.

"Ursula then concentrated on making me believe that I could have a baby. My mind was working against me as I felt that something awful would happen. She was very positive and said I could do it. I just had to believe.

"After the session, I felt great. Suddenly I didn't mind if I spotted pregnant women walking down the street. I didn't panic that I didn't fall pregnant in the first month after seeing her. For the first time, I believed in myself. I knew it'd happen at some point.

"Around this time, I changed my lifestyle. I took up yoga, ran, swam and ate very healthily. I cut out alcohol and drank lots of fruit juices. Three months after seeing Ursula, I realised I was pregnant.

"During the first three months we were excited, but cautious. I was injected with my husband's blood to rectify the problem with my immune system. I also gave up my job as a fund manager as I had to rest a lot. I actually felt fine, but it was only after our 12-week scan that I could relax and it was then that we got very excited.

"Throughout my pregnancy, I never complained. I felt so blessed that I was carrying our child. Everything went smoothly, but, at 38 weeks, I was diagnosed with eclampsia. I'm sure I'd raised my own blood pressure! I was so stressed out and I just didn't want anything to go wrong. Because of this, I was given a Caesarean. My daughter's birth was so emotional



I adore being a mummy and will never take things for granted

and we both cried. We were so happy. Three years on, I still cherish every day with Tallulah."

second chance

"My husband and I have always wanted to have a large family and after trying for a couple of years for a second child, we resorted to IVF. I don't know why I didn't see Ursula straight away. I guess I saw IVF as a quick-fix solution. If I'd actually read the statistics, I would have realised it is not.

"After the first attempt failed, I couldn't believe it hadn't worked. I was devastated. The second time we tried IVF, I wasn't as ballsy. When it didn't work, I was resigned to the fact that IVF was not going to work for me. It is

so emotionally, financially and physically draining that I didn't want to put us through it again.

"We talked about adopting and I also took stock of my situation. I tried to think what my life was like when I fell pregnant with Tallulah. I realised I was a lot healthier back then and so I decided to change the way I ate and took up yoga again. I also booked another appointment with Ursula in May 2005. My mind-set had turned negative again as all I kept thinking was why Tallulah hadn't got a brother or sister.

"During the session, Ursula changed my mind-set again. A month later, I fell pregnant and I am now seven months gone.

"For me, alternative medicine

does work. I was determined to make it happen and I think that is very important. I changed my lifestyle, diet and I believed in myself. I do feel so blessed and I have never felt happier than I do now. I appreciate every second I have with Tallulah and I will with my next child. I adore being a mummy and I have never returned to work. I know I am very lucky that I can do this and I never take things for granted.

"As for more children after this second one, I will keep trying until I no longer can." ☐

For one of Ursula's CDs, or more details on hypnotherapy, see www.ursulajames.com or call 020 7262 1659. Sessions cost £180