

I write this letter in support of the work of Antonia Dias- Ruhl who I find to be a trustworthy, generous, amazing human being.

I was 38 when I started to try and have a baby. My parents had tragically died by the time I was 22 and I spent much of my twenties socially isolated for various reasons. A failed marriage in my early to mid thirties saw me single at 36 and by the time I had formed a solid second marriage, baby making didn't come around until 38 years of age. People told me time was against me so I pretty much went straight to an IVF clinic. I got even more panicked when the doctor there told me not to waste any time and put me on hyper-stimulating drugs to increase egg production. I fell pregnant on my first round and miscarried at 6 weeks. I was devastated. The doctor said try again and I did. I got pregnant again 4 months after my last miscarriage and then miscarried again at 7 weeks. I changed IVF doctors and I went to see Antonia whilst all this was going on. Antonia was calm and understanding. She told me to wait and to prepare my body with herbs. She told me that I would have a baby and that it was a girl and that she was going to be healthy. I went for weekly sessions with Antonia and took the herbs. After about four months, I asked Antonia how much longer she thought it would take for me to get pregnant. She said she didn't know exactly but she said that she really thought that the obstacle was actually not with me but with my husband. I pleaded with my husband to come in and see Antonia. In the meantime I had another round of IVF where an embryo was transferred. I did the pregnancy test as scheduled and it showed that I was pregnant. Ecstatic I rang Antonia and left a message on her phone as she was overseas at the time. She rang me back and told me "Jane I am so sorry. I know the pregnancy test is positive but I don't feel the soul." I was devastated. I know now that she was right and that she knew more than the doctors. A follow up scan showed the embryo had perished.

I went into see Antonia the following week after the D&C. She said the soul of the baby girl was still there and that I needed to look forward not back. I continued with my weekly sessions. I also relaxed and just took a bit of a "c'est la vie" approach. I focused on all the things I needed to be grateful for including a fantastic husband, and I focused on these other things rather than always being obsessed about getting pregnant. I just started to enjoy life as it was and began to live in the present. I actively thought about all the things that made me really happy.

In the meantime the biopsy of the embryo came back. Antonia was right. There was an issue with my husband. He came into the clinic and Antonia worked on this health issue.

My husband suggested that we try to get pregnant naturally. We never really tried the natural approach except for a couple of months at the beginning. I thought we had a fat chance of any success.

Five weeks later we had a positive test result.

A few days later my husband rang Antonia who said that she could feel the little one had come. I was cautiously optimistic.

A few days later I had some spotting. Devastated I rang Antonia. She said she would work on it and told me to just rest. She rang me back a few hours later and asked how I was. I was really nervous. She told me not to worry and to rest as the baby was there but was positioned low in my uterus. She was right and told me what it took doctors took another 20 odd weeks to tell me. In fact I had a full placental previa which is when the placenta is very low in the uterus.

At every moment of the pregnancy Antonia gave me vital and correct advice. She often spoke to "the little one" whilst in utero.

I am now 43 years old. I now have a healthy happy amazing little girl. I believe Antonia's work vitally helped her come into the world. My husband and I are so happy and feel so blessed. Antonia is an amazing woman and I thank the universe every day for having allowed us to meet her.

Whenever I show my 9 month old baby girl photos of Antonia she pulls the photo towards herself and smiles. It is clear there is a connection between them.

Now we are hoping we can give her a little brother or sister and are again seeking Antonia's help to do so.

If you wish to contact me my email address is jivjane@gmail.com