

## **My Testimonial..... a huge thank you again to Lyn Cole**

In 2006 I first sought the help of Lyn Cole after feeling very unwell. After a while I was diagnosed with Fibromyalgia and life was very difficult for a number of years. But much eased with the therapy that Lyn gave me.

In 2010 I had the biggest shock of my life, after months of feeling very ill again, having tests after tests at my doctors I finally had a hormone test.

My doctor asked to see me and my husband and dropped the bombshell that I was 5 months Pregnant.

My husband having had a vasectomy 7yrs previous,

Our family was complete having Jordan 14yrs and Chloe 9yrs and having had a very traumatic labour with Chloe I went into complete panic as I didn't feel I could ever give birth to another baby.

I did not know what to do, was very emotional and terrified of labour.

I phoned Lyn and spoke to her about my fears and she said she could do Hypno-birthing with my husband and I.

Lyn started Hypnotherapy sessions, Lyn was amazing with my husband and I, as my husband was very fearful as well.

After our second session I found that my fears were remarkably better and was looking forward to the next session.

When it came to my labour I couldn't believe how calm I felt.

When my waters broke I felt really excited and couldn't wait to get to the hospital.

When my contractions started everything Lyn had taught us kicked in, I felt so in control. Paul was amazing as my birthing partner.

My labour seemed very easy I had no problems at all, it felt really relaxed. The midwife was amazing and let us put into practice everything we were both taught, it was an amazing experience the best labour I've ever experienced with any of my children.

The midwives were amazed at how well I did.

Our baby Daughter Maya was born on 04-04-2011 weighing a healthy 8lb 3oz.

3 months on I am feeling really well and have even felt I could go through child birth again!

For me it was been a life-changing experience.

My Fibromyalgia seems to have subsided. My life has changed completely.

Tracy.