

# Testimonials

## From Patients of the Jocelyn Centre

"At age 40, after 8 years of trying to conceive and 8 heart-breaking failed IVF attempts, we had almost given up hope of ever having a child. Doctors gave us little chance of conceiving naturally. [Our naturopath] undertook a comprehensive review of our medical history, conducted some further tests and encouraged my husband to have surgery to correct a varicocele (an operation my doctors had advised against because it never works). This, combined with nutritional improvements, herbs to enhance our fertility and a variety of stress management techniques resulted in a totally natural conception. I gave birth to our beautiful son when I was 41 after a trouble free pregnancy & quick labour. We are eternally grateful for [our naturopath's] support, advice and encouragement to go on trying which made our dream a reality."

**Mrs R.K., Sydney NSW**

"With both of us looking at our health in a positive way, this programme did much to alleviate the negativity of infertility. To be looking at ourselves beyond fertility took some pressure off. I think that made a huge difference to our chances! Our son has been a remarkably well baby and I had a dream pregnancy. We have continued to be proactive about health & attitudes and see the results everyday. The Jocelyn Centre was recommended to us by several couples and I have done the same."

**Ms M.A.T., Canberra ACT**

"After the physical & emotional toll of three miscarriages we found our doctors advice of just keep trying difficult to accept. Deflated, we started a program at the Jocelyn Centre, which focused on our nutrition and lifestyle. Almost immediately we noticed our health improve and gained confidence in our own ability to manage our fertility. Now our baby is due to be born any day, I realise that in learning to nurture ourselves properly we have taken the first real steps towards becoming parents - happier individuals, too!"

**Ms E.V., Mosman NSW**

"We had been to various doctors/ Homoeopaths but no-one had been able to find the problem and we had almost given up hope after 5 ½ years and two miscarriages. Now, thanks to NFM we have a strong, healthy, bright, happy beautiful daughter. No colic, reflux, feeding problems, allergies, asthma, eczema or sleeping problems. It did cost us a lot of money but as we are so healthy from the programme there are very few doctor visits now. A special thanks to [our naturopath] – her bright positive attitude and constant encouragement and support was wonderful all the way through. At last our prayers have been answered!"

**Mrs V.C.R., Moss Vale NSW**

"After a year of unsuccessful conception attempts and doctors already recommending IVF, my husband and I decided to give the Natural Fertility Management programme a try. I had a case of severe endometriosis and my husband had a varicocele (which was greatly affecting his sperm quality and motility). Whilst on the program my husband's problem improved greatly & was all within normal range. With some medical intervention & the program, my endometriosis was also put at bay. Just as we were approaching the end of one year on the program, we were just about giving up on the idea that a natural conception was achievable, but it actually happened. Thank you [naturopath] for always being positive and having faith that this was possible for us."

**Mrs L.S., Sydney NSW**

"I had had a lot of trouble falling pregnant & after 2 years, a friend recommended the Jocelyn Centre. At first my husband was sceptical, but after hearing the success rates & seeing that the treatment was very common sense, he was very supportive. After being on the preconception program for an extended 6 months, due to complications that needed to be sorted out on my side, we eventually fell pregnant after 3 months of "trying" – we actually conceived quicker than the average of 4 months. We were thrilled to have a healthy, happy and very lively boy!"

**Mrs P.N., Woronora Heights NSW**

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"After experiencing three miscarriages, my husband & I decided to seek help from the Jocelyn Centre in conceiving a longed for child. We were emotionally and physically traumatized after two years of disappointment. We were counselled by [our naturopath] upon arriving at the Jocelyn Centre and were extremely impressed with the empathy shown and the depth of investigation into our medical history. We were impatient to try and conceive again but agreed to be patient to gain some understanding of the cause of the miscarriage & to reach our optimum health beforehand. After 5 months of taking the recommended supplements & altering our eating & lifestyle we were feeling better than ever. We conceived after the first month of trying and now have the most beautiful baby daughter who had an Apgar score of 9 after 1 minute. We are very grateful to the Jocelyn Centre, [our naturopath] and staff."

**Mrs L.C., Caringbah NSW**

" My experience has been nothing but wonderful. I was guided through my pre-pregnancy program, had a great pregnancy, felt healthy, fit & strong and was not at all fearful of the pending birth. Of all the people I knew pregnant at the same time, I was the only one who felt so great. It's the only way to do it. Both my son and I still visit regularly for naturopathic consultations. Thanks [naturopath]!"

**Mrs E.H., Bronte, NSW**

" To dear [naturopath] and all the staff at the Jocelyn Centre, thank you for all your help in producing our beautiful son Brendan. He was born perfect after a relatively quick and easy labour. I am sure all the preconception work was to be thanked for a great pregnancy and, of course, the healthiest little boy we could have wished for! Thankyou for all your support."

**Mrs D.W., Sydney NSW**

"I have been wanting to write this for so long now but there never seems to be the time. It is really to thank you for the books that you released which changed my whole life really. I first got your book Natural Fertility when I lived in NSW and often read it over & over. I fell pregnant at age 37 after some help from IVF (due to trauma to by tubes) and have a healthy baby boy. I had no problems with my pregnancy. Anyway, I wanted to share with you what you helped me to achieve and to thank you. Without people like yourselves who have others interest at heart, well, it would be a sad, sad world. Thank you again."

**Mrs L., Sydney NSW**

"We went to the Jocelyn Centre because, as an older wannabe mum, we knew we needed to get pregnant quickly. The vitamin/test regime was time consuming, but [our naturopath] was sensationally supportive. In the end, we conceived on the second cycle, after the preconception period, and had a dream baby- great sleeper, no nappy rash, no unexplained crying, very calm and contented. I'm sure the herbs, vitamins & minerals contributed to that (and they were invaluable through 14 weeks of morning sickness!)."

**Mrs R., Rye NT**

"My two beautiful children are more than enough proof for me that Natural Fertility Management works. I have had two effortless pregnancies (no morning sickness, stretch marks, constipation, etc) and very healthy babies under the NFM programme. I am sure that without this help I probably would not have been able to conceive at all. The treatment we received was always positive and covered all options available- both medical and natural. I was always informed and never felt uncomfortable."

**Ms D.W., Baulkam Hills NSW**

"After starting fertility treatment at the [.....IVF Clinic], it was a joy to find out about the Natural Fertility Programme. At [.....IVF Clinic] we were treated like a number and saw a different person on each visit. On joining the Natural Fertility programme we were assigned to one naturopath, and we were treated in a relaxed atmosphere with compassion and understanding. After about 12 months we finally conceived and gave birth to a very healthy, happy baby girl. Although she was 6 weeks early she was very healthy and only required 2 weeks in hospital before coming home."

**Mr & Mrs P.J., Hornsby NSW**