**How Reflexology helped me to conceive**

I found Connie during my journey of trying to conceive our second child. Unfortunately, like so many women out there, falling pregnant is not an easy task for my body and I was willing to explore any and all natural alternative treatments and therapies that were available to me before going down the line of medical intervention and medications. So with this, I did what any likeminded person would do and Googled “Townsville Reflexology and Fertility” and Connie’s name was the first to pop up.

I began seeing Connie for regular reflexology sessions in January 2015 with the hope that this would support my struggles with conceiving as I was combating an irregular menstrual cycle at the time and knew that if I could get this under control, I would be one step closer to conceiving. Within three months of seeing Connie weekly my cycle had become more regular and by five months I was pleased and excited to announce that myself and my husband were expecting our second baby.

I maintained my reflexology sessions with Connie throughout my entire pregnancy as I found them to also be very beneficial to reduce swelling in my feet and any aches and pains I was experience in other areas of my body. I looked forward to my sessions with Connie as they were physically extremely relaxing and I walked out each week feeling mentally grounded and refreshed.

I would highly recommend that any woman experiencing fertility concerns should consider reflexology first as an alternative natural method supporting conception prior to exploring medications and medical treatments if possible.

I am and will be forever grateful that I found Connie and I cannot speak highly enough of her and her amazing talent. Connie truly puts everything she has to give into each of her clients and you can really see how passionate she is about what she does, aiming to help resolve any personal and physical issues while also improving and maintaining your overall health and wellbeing.

Top picture is my feet at 40 weeks during my first

pregnancy and second is my feet at 40 weeks during My two beautiful boys

my second pregnancy with reflexology

