

Health

with Rebecca Draper



# Your health

## Hypnosis was the key to my pregnancy



**CLINICAL HYPNOTHERAPIST** Russell Hoyles helped Alison Ralston, pictured with son Thomas, overcome her anxiety problems

**By GARETH VICKERS**  
gareth.vickers@blackpoolgazette.co.uk  
Twitter: @Gareth\_Vickers

**A** Blackpool mum says she finally fell pregnant after four years of trying thanks to hypnotherapy treatment. Alison Ralston, from Norbreck, says she was so desperate to have a baby with husband Adam that, after three IVF cycles and a late miscarriage, she turned to Russell Hoyles at the new Spire Fylde Coast Hospital Lytham Clinic. Hypnotherapist Russell helps patients to overcome obstacles at the clinic on Church Road, Lytham. Alison, 37, said: "We had been trying for such a long time. "For the first year after the late miscarriage I cried constantly. It was very traumatic. "I was finding that I was thinking about getting pregnant all the time, thinking I might never have children. "I felt my biological clock was ticking. I tried to speed things up by doing fertility treatment, and had three failed IVF cycles as well." A family friend suggested



**CLINICAL HYPNOTHERAPIST** Russell Hoyles with new mum Alison Ralston, baby Thomas and Alison's husband Adam. (Inset), a happy, healthy Thomas

Alison should see Russell. Alison added: "Russell put me at ease instantly. He understood how I was feeling and suggested that initially we did some work simply around relaxing and sleeping better. "This worked wonderfully well, and when we started work specifically related to fertility and conception, I was already feeling better and less

anxious about the situation. Russell said if I could relax and expect to get pregnant I would significantly enhance the chances of doing so." After another round of IVF in June, Alison became pregnant. Having met with Russell on 10 occasions, she credits him with helping her overcome her anxiety. She added: "Russell's sessions,

and just knowing he would always get back to me if I contacted him, helped me tremendously. "He was able to 'flick the switch' to expecting a good outcome, and his confidence that this would happen was born out on February 11 when baby Thomas arrived. "I can't thank Russell enough for his work with me."



**HEALTH CHECKS** Alltogether Now health trailer

### Get a health check in a Blackpool car park

- Free health checks are now being offered from Blackpool car parks to encourage people to get the information and support they need to stay healthy. The resort's Alltogether Now - a Legacy for Blackpool - team will be taking to the road to bring important information into communities - from alcohol and smoking advice to lung, BMI and blood pressure checks. The trailer will be at the following locations from 9am to 4pm.
  - Monday, March 31 - Grange Park, Blackpool
  - Tuesday, April 1 - Farm Foods, Devonshire Road, Blackpool
  - Wednesday, April 2 - Aldi, Waterloo Road, Blackpool
  - Thursday, April 3 - Morrisons, Squires Gate, Blackpool
  - Friday, April 4 - Asda, Cherry Tree Road, Blackpool
- Carol Bramhall, from the Blackpool Stop Smoking Team, said: "The trailer is a great example of how Alltogether Now brings services together to go into the community to help give local residents the chance to get a free health check. Experts from a wide range of services will be on hand to give the best possible advice, and will be delighted to speak to any member of the public who has any health concerns."