





Mind man helps give a baby boost



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A Fylde-based hypnotherapist has been hailed for his guidance in helping a woman have a baby after four years of trying.

Russell Hoyles, based at the new Spire Fylde Coast Hospital Lytham Clinic in Lytham, specialises in helping patients to overcome obstacles using mind tactics.

Last year he was approached by Alison Ralston from Blackpool.

The 37-year-old had been trying for four years to get pregnant with husband Adam, but with no success.

Fortunately the couple turned to Russell, based in Church Road, Lytham to help.

Alison said: "We had been trying for such a long time.

"I had become pregnant in 2009, but had a miscarriage.

"For the first year after the miscarriage I cried constantly.

"I was finding that I was thinking about getting pregnant all the time, thinking I might never have children, thinking about the miscarriage.

"I felt my biological clock was ticking. I tried to speed things up by doing fertility treatment and had three failed IVF cycles behind me as well."

A family friend suggested Alison should see Russell Hoyles, clinical hypnotherapist, at Spire Fylde

Coast Hospital. 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 whole 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 indeed happen was born out on February 11 when baby Thomas arrived.

"I can't thank Russell enough for his work with me."





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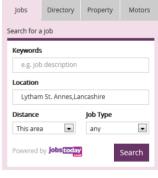
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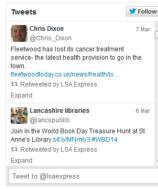
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