



Client Testimonial and Birth Story

Leigh was a Doula client and did a private Hypnobirthing course with me. Leigh shares her journey with us, from conception, to the barriers she faced and overcame to bring her baby in to the world. The birth story is also a Doula testimonial, as Leigh sees that having a Doula by her side was fundamental to her positive birth experience.

“My birth story - Where to start? I guess a little from the beginning. My journey may be a little unconventional from the norm, whatever that looks and feels like these days. I always knew I wanted to be a mother and after many years of waiting to meet somebody to start one with, my time was drawing to a close. I'd spent my mid thirties exploring and then going on to have treatment and the short version is after: a trip 1 trip to Europe, 1 failed IVF cycle and 1 Miscarriage, I was finally expecting.

The pregnancy wasn't easy either as I spent my first trimester not knowing whether or not it was a viable pregnancy. By the time I had my 12 week scan things felt real and there was no way I was going to just allow my baby to arrive into the world without first making absolutely sure that I was ready and could give him & myself the best birthing experience ever.

Now this is no disrespect to anybody choosing a C section as we all have our reasons however, being a health Coach I knew the immense benefits to birthing naturally. The main one being that the baby's gut microbiome has the best possible start in life travelling down the vaginal canal. Essentially our microbiome is crucial, there's more that we're learning about this amazing system and so far we know that auto-immune diseases, obesity and even depression and ADHD are all associated with poor gut biomes.

I digress, back to my experience. I researched a little about Doula's and Hypnobirthing in Cornwall and when I met Terri, I knew straight away that this was someone that does what she does because she bloody loves it. Terri does not do this work for the money, trust me! If you were to sit down and work out the amount of hours' or her time that she gives, it would not work out to minimum wage. When I started my journey with Terri I did Hypnobirthing and booked her as my Doula, particularly with me not having a partner.

What can I say!?! This is the best money that I have ever spent. The amount of value that I got from Terri is unbelievable. No stone was left unturned and a whole new world that I knew nothing about opened up. It's because of the knowledge I gained that at every midwife appointment I felt sure of myself and my choices for my unborn son. I came up with a birth plan, having explored everything about the

birthing experience and possible medical interventions as this was something explained to me by Terri in great detail.

Terri is like a university of birthing knowledge and provides you with all the research that you need so that you have a full understanding of why you're making certain choices and not getting swept up in a system that is overburdened. Even though I had learnt so much, I still had a lot of fear. But Terri took every hysterical call of mine, every message, every fear and was able to talk me back to a place of calm. Terri stood by my side, in front of me when I felt I had to battle an outdated health system and behind me when I was too weak to fight for my rights anymore.

Moving to the day of my son's birth. I had always said my son would arrive early but a big part of me believed this was my wishful thinking. Terri had always told me to trust my gut and it turns out I was right and so was she. Intuition is another skill that she has and she helped me to tap in to. I went into Labour 8 days before my due date and during the night. It is because of this lady by my side and her education that I had the birth experience I dreamed of. My rainbow baby boy was born naturally after 15 hours of labour. I got to experience being in a birthing pool and birthing him naturally which has been the most magical experience that I will never ever forget.

Terri was by my side throughout all of it. The calls, messages, the tears, the swear words, the lot. She held my hand and never left my side and photo documented the whole experience for me so I have some memories to keep hold of. I now have a healthy, happy boy and have had the best birth experience! Due to my birth I have been able to recover super quick, the next day I was walking my dog as if it never happened, although don't tell Terri that as she would advise to rest Mumma!

Looking back, I believe had it not been for Hypnobirthing and having Terri as my Doula I believe my birth would have been a C section, due to the pressure to be induced being an IVF pregnancy and me being over 40. There's nothing wrong with those choices if that's the right decision for you however, for me it would not have been for a medical reason but simply through fear.

If you're ever wondering whether or not to book Terri, from one mother to another DO IT - you will never look back. Terri has become such a huge part of my small family and I will never be able to repay her for the experience, love and support that she has given me. I felt so blessed and thankful for this earth angel that came into my life that I wanted her to cut my son's cord to mark how special both she and the moment was.