

## Helena's Story

My partner and I had been struggling to conceive for about 3 years, after the failing 1st year we went to a fertility clinic where the doctor suspected I had a strong possibility of endometriosis and as I had no insurance, he referred me to a wait list at North Shore Hospital.

I then had a long 9 month wait for a laparoscopy surgery to detect and if so remove any endometriosis. Meanwhile I had seen and tried everything under the sun to try and get well and healthy to enable me to No 1 conceive and No 2 feel well, because I hadn't for quite some time.

The day of the surgery finally came and went, which they did indeed find endometriosis and removed it, I was stage 2. I gave myself a few months to recover but was quite saddened that I didn't feel any better, I had daily painful bloating, was always exhausted, struggled with my weight and still wasn't pregnant! So, all in all, feeling pretty down about the whole thing.

My mum had been going to the Wellness at Work centre and was told about Chris Toal and that he has helped a lot of women with endometriosis and also had a lot of success in these women conceiving, so she booked me in and told me I got to go he will help me!

So I did, and I continued to go every week for about 8 weeks and had a deep tissue massage. I found out a lot about my body and what I had been holding onto and even been blocking. Chris explained to me I need to listen to my body to help heal it not just block it out so I can get on with life (or so I thought) all I was doing was standing still.

So sure enough week after week I was seeing some major improvement, I wasn't getting the painful bloating. I was starting to feel again, turning on what I had switched off!

Chris gave me some useful tools to help my body day to day with a few tennis balls and a magnet mitt.

When Chris told me he had done all he can do for now, to let my body rest and recover come back in a month and we will have another look, I was very happy to find out I had fallen pregnant! Finally after such a long and painful journey we had made it!

We are now expecting a lil girl in April and I couldn't be more happy.

So thank you for everything you have done Chris I truly believe everything you have done helped me get to this happier and healthier place.

Thank you for your support Chris and Alla

Kind regards  
Helena Hall