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## **HealthNews NEEDLES WIN**

WEATHER presenter Clare Nasir believes that acupuncture helped her finally conceive after battling with fertility problems

fertility problems.
"In my early 30s I was a career girl through and through and thought I'd just have children, pop them in nursery while I worked and my life would just sail on." she said.
"I think it's an understatement to say it didn't guite work out like that."

"I think it's an understatement to say it didn't quite work out like that." Diagnosed in 2000 with multiple and unusually large fibroids – growths in the uterus – she endured increasing pain and weight gain for years until she had treatment to shrink them.
"I ended up having three operations. Eventually I had to have a tumour, originally the size of a rugby ball, surgically removed," she said.
After Clare met and married Chris Hawkins, 35, in 2005, the couple tried immediately for a baby.
After two years they turned to fertility treatment – but this failed three times.

three times.

Clare said: "I was feeling rock-bottom both emotionally and physically."
But she believes the turning point was a chance encounter with acupuncturist Bernard Nolan.
"I met him at a launch party and he impressed me with his calm, gentle

manner and confidence that I could be helped," said Clare.
"Bernard told me that my body resembled a battlefield after all it had gone through, with so many drugs and the operations.

"He suggested acupuncture could open up all the energy channels in my body and regulate the blood flow in

my system."

Clare finally gave birth to Sienna on November 11, 2009, two months before

her due date.
The little girl suffered a string of health problems but is now strong. Clare is supporting the first Acupuncture Awareness Week, which runs until Sunday. To find out more about acupuncture, and how it could help you, log onto the website, which can be found at www.introducingacupuncture.co.uk



▲ TREATMENT Acupuncture helped



▲ HEALTHY Clare's body needed to recover