



EP 024: A Story of IVF, Vulnerability & Resilience with Hannah Vaughan Jones

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome to another new episode of the Fertile Mindset Podcast.

Now, I love to invite some very special guests on to the podcast from time to time. And I especially love sharing inspiring fertility stories with you. Because I know how helpful it can be to hear other stories, and experiences of their fertility treatment. Especially when they share what it really was really like for them and how they coped with the most difficult aspects of it all. So today I'm really pleased to be sharing a chat with you that I had with Hannah Vaughan Jones. Where we talked about her experience of having many, many rounds of IVF and how she supported herself through this time. Hannah is a Journalist and a News presenter with CNN and both her and her husband, Lewis Vaughan Jones, who's also a News presenter. They're both used to being in the public eye with their work and there was a point during their fertility treatment when they decided to go public with their personal life too.

In our chat Hannah talks about when and why they chose to do this, and also how this has now led to her fertility advocacy and support of the fertility community which is how we first came to meet a couple of months ago in my Fertile Mindset room on Clubhouse.

I hope you enjoy listening to our conversation and if you would like to keep in touch with Hannah, you can do that on Instagram and on Twitter where you will find her at @HVaughanJones. I'll put the link to these on our podcast episode page which you can find at www.fertilemindset.com/podcast.

Sarah: Hi, Hannah. Thank you so much for joining me today here on the podcast. It's so lovely to have you here. How are you?

Hannah: I'm really well, thank you very much for inviting me on. It's a real pleasure to be here, so yeah, today's a good day. And I'm looking forward to our chat.

Sarah: Wonderful. Good. And yeah, we first met on Clubhouse, didn't we? The new Clubhouse app, probably a couple of months ago now, when Clubhouse was quite new, and everyone was discovering it. And I remember you coming into our fertility room and speaking about your own personal journey which obviously we're going to talk about more now as well and I was really interested to hear how you coped in that time and how you balanced work, and how actually work was very supportive for you alongside going through IVF. So, there's going to be lots for us to dig into, and I think it's so helpful to hear a story like yours and thank you so much for sharing it with the world literally as you have been very public haven't you with your story?

Hannah: Yeah, it wasn't just a completely selfless process of sharing. Lots of people have since said you're so brave and so courageous and all the rest of it, which is lovely to hear. And I'm sure to an extent it's true, but actually, for me, broadcasting and sharing was the most cathartic part of the whole kind of fertility journey really. It helped me gain some control back of a situation that was rapidly spiralling. So, I'm sure we'll get into that a bit more, but, yeah, very, very happy to talk about it and reflect on things that we went through and perhaps hopefully help someone else who might be in the midst of it all at the moment.

Sarah: Thank you. Yeah. And I think it would be great to hear a little bit about your story first of all, what it involved. I often say in a nutshell, and I know it's really hard to put your whole fertility story in a brief nutshell, but that would be interesting to hear, kind of, what your process was and then also when and why, you know, at what point did you make that decision to be more public? And I know you had articles in the press, plus you had your amazing video blog of a full IVF cycle as well. So yeah. Tell us a little bit about your journey.

Hannah: Well, I'll try and put it in a nutshell, but if only it did fit into one. Sort of the scars of the last decade really will kind of stay with me for forever more no doubt. But essentially, we started trying, my husband and I started trying for a baby, just before we were married. And then it took six, seven years for us to actually get to a positive outcome and our son, Sonny, who is now nearly 18 months. But essentially, we started off just trying as you normally do and realised after a while that, that something wasn't happening, or it wasn't working. Did the usual checks with the NHS and with the GP and sent for some initial investigations, examinations, and we got, what is, I think now a very common diagnosis of unexplained infertility, which is the most infuriating diagnosis I think you can get, because.

Sarah: It's a non-diagnosis really isn't it; you can't even call it the diagnosis.

Hannah: Exactly. And I think because it's such a massive industry and, you know, it's such a wonderful medical science this sort of, it's only 40 years old, IVF, but the fact that there was so little known about the big things and we were asking for the specifics about, you know, the little things, with us. And it was immediately a very vulnerable, exposing, kind of, environment to walk into, especially for two journalists going into an environment where we're used to asking questions and demanding, kind of, quite well, certainly factual, and succinct answers and which they just weren't available to us. So, we ended up assuming that IVF would work because I think, well, certainly in my case, back then in the sort of, you know, whenever it was eight, nine years ago now. I had heard a lot about IVF. I'd heard that it was a really gruelling experience, but my only understanding of it was that eventually it worked. I hadn't ever considered the fact that this miracle science sometimes didn't work. So, we went into the NHS system in the UK, we were allowed one round of treatment on the NHS, which is very much a postcode lottery, depending on where you live. And I assumed it would work. So, we didn't tell anyone. I was very much kind of, of the mindset that we're successful, lucky people and this will just be part of our success story. The fact that we will tell people once we've overcome this one round of treatment, the fact that we succeeded and yay for us with our miracle bump and baby.

The first round of treatment didn't work, and we quickly went into the private sector then as well, and to try and aim for this nutshell, we ended up going through, I think it was four clinics in the end and in total 15 rounds of treatment.

Now, for those who are already going through IVF, people will know that there are various stages of treatment. There's the fresh stimulation where essentially you do all the injections, and you have all the hormones put into you and it's all about collecting as many eggs as possible from the follicles. So, I think I probably went through about 10 rounds of stimulation treatment. Some of those rounds of treatment then ended up in embryos being transferred, which is another part of the treatment cycle. Other rounds ended up in aiming for frozen transfers as well, frozen embryos being transferred. And so overall it was 15, and four clinics, an unknown number of consultants, and goodness knows how many times I have laid down on a bench and have my legs flung open and that horrible device just sort of shoved up, while someone has a little look to see what's going on, on my ovaries. And very, very harrowing. And sadly, we had one chemical pregnancy in the middle of all of that. And it was after the chemical pregnancy that we decided that we would sort of open up to the world about it because it was really only our mums who knew and we were starting to withdraw from our social lives, because there were friends that we didn't feel that we could be around. I certainly didn't feel I could be around because I wasn't a mum, and I didn't have kids their age. And it was just starting to crumble a bit. And we just thought, actually, let's take a grip of this. We've just gone through a chemical pregnancy. We thought this was going to be our one because we'd had that positive test. And I wrote an article for The Times and I, and then we quickly did the IVF diary, Our IVF diary on YouTube, and that was documenting our, I think seventh or eighth round of treatment. And that ended up in a positive, I was pregnant at the end of it. And then very sadly had a missed miscarriage at about 10 weeks and I think that was the beginning of 2018. And then after that, goodness knows how many more frozen transfers and all the rest of it. And eventually we got to the point where my egg reserve was running very low, having been quite high because I have polycystic ovaries. I don't have the syndrome. So fortunately, I'm lucky that I don't suffer from too much sweating or body hair and things like that. But I had always produced a lot of eggs and as we were getting towards the end of our treatment, it was becoming apparent that obviously I was getting older and, but my egg reserve had really kind of like fallen off a cliff from the age of 37 onwards, which apparently is quite standard.

And we were having to start thinking about how. How do we get through this? Because we knew we wanted to be parents, but we have no control over the IVF system, or the outcome. And so, we decided that we know what the goal is. And so, we'll shift the goalposts and for us, that was, should we consider donor conception? Which we never would have considered earlier on in the treatment, but we'd got to the point where we were running out of options. And we knew for our choice in life was to have a family. So, we were thinking about adoption and donor conception and all sorts of things.

And then, pure luck. I don't know why there was no magic ingredient. I don't really believe in the kind of, magic ingredient, kind of mindset I suppose that some people think. Like, what was the thing that you did that was different in the round that actually worked? It was just luck.

And maybe because we had, you know, I was feeling more positive about things because I thought this last embryo that we've got of our own genetics. This last embryo is almost certainly not going to work because it's a really poorly graded embryo. It's been frozen for the last six months. It might not even survive the thawing process, etc, etc.

And we found a clinic in Barcelona. We were very, very set on the idea of going and creating beautiful Spanish babies, double donor, donor egg, and donor sperm, and somehow, and for

some reason, Sonny, our little boy stuck, and he was born in December 2019. So yes, he's sort of 18 months now.

Sarah: Oh, well, belated congratulations. I know it was 18 months ago, but it never goes away. Does it? That feeling of what you've been through and the wonderful, wonderful outcome at the end. And isn't that interesting? You were saying there about, this was our very last embryo. You already had your plan B, kind of, planned out. You knew we were going to go off to Spain and that seemed to be the obvious next step. So, I guess you didn't really have any expectations on this last, perhaps a little bit of the pressure was off even. I don't know. Did you feel that way?

Hannah: Absolutely. Yeah. As soon as we had decided that donor conception was a realistic option for us and it was, it was like the weight of the world just lifted off our shoulders. I was almost excited. Well, I was excited about treatments, excited about going to Barcelona and trying something that meant our odds were so much better because all the way through IVF, we were constantly told, you know, if you do this extra add on treatment you've got an extra 2% chance of something working and, you know, you're in the really low category here, and you're getting older, and basically the odds are constantly being stacked against you. And I think one of the hardest things about infertility is that normally in life, if you work at something hard enough, you will gradually get closer to the end goal or you'll get better with each go, or something like that. If you're studying for an exam or something. With infertility, your odds don't get better with each treatment. You might learn a bit more about yourself, and have a few more facts available to you, but essentially you go back to square one and that's so demoralising. Especially for someone who's as impatient as I am, and used to being successful. And failure has never been something that I sit comfortably with, and I wasn't really prepared to acknowledge that this was, you know, in my life path. That I was going to have to deal with this massive failure, that was a natural, kind of, the natural milestone for, you know, for women since the beginning of time. And that wasn't going to be available to me, without a lot of hard work and a lot of heartache.

So it was a long, long process. And donor conception, even though we didn't have to go down that route in the end, definitely made me think, wow, I can still be a mum. It might not be in the way I imagined it, but I can still be a mum. That's my choice and it will happen.

Sarah: Yeah. It's I know for me, it's what, it was supportive for me to have that mindset. And mine always came out in my mind as some way, somehow, someday I will be a mother. I don't know what that looks like yet. I can't imagine what it looks like yet, because you know, who knows, we're not in control of that our we, but yeah, it keeps that connection. Doesn't it? To that, that dream and that belief that it will happen, and helps you find the right, you know, the right clinics, the right treatments, and whatever you need along the way. And gosh, over the years, and how many cycles you went through, and of course you did your blogging. And I watched every, every video of those back-to-back. Because it's such a rollercoaster that we go on with you, all the emotions of it all. And you said how you kept busy. That's how. We talked originally, in Clubhouse, that you just kept busy. You kept busy with work during that time, and it was supportive for you to do that.

I know in the video it showed you, I think it was post positive pregnancy test, but you weren't yet knowing if you were going to miscarry or not, and you were still injecting medication and you're doing it, you know, having been live on TV, the same, the same red dress, I think, injecting yourself, you know, backstage.

Hannah: I know the poor makeup artist who had sort of witnessed me kind of like injecting myself in between breaks.

Sarah: Yeah, gosh. How did that really work for you though? And what was that like to be working really hard alongside all of this treatment?

Hannah: Well, it was a relief. It was a huge relief. I really. I'm always surprised when people say that they've wanted they'd quit their job, or they've just completely parked everything to focus just on IVF. I understand it. In that, you know, it is very gruelling, obviously, it's often very time-consuming as well because when you go for treatment, often clinics will say, well, I need you to be on-call to potentially come back in 45 minutes time or two hours' time. So obviously it's very difficult to hold down a job with that kind of environment. But for me, I suppose, and because my job is as a news presenter, I was performing and that is a part of my role. And I was crumbling in my personal life. I was, I felt really vulnerable, I felt exposed, I felt silly, I was embarrassed. All of these kinds of emotions were going on that were just sort of chipping away at my self-esteem. Yet when I went into work, in my work environment, I put my dress on, I had my makeup done, I was a successful professional woman and that's something that I think I desperately needed. I needed to feel like I was still succeeding in something, in life. And so going into work, going into the studio and being able to perform, it was essentially like being the best version of myself. Like no one cares that I can't have kids, you know in this particular role. I'm talking about US politics or whatever it might be. And it was a wonderful escape from the reality of my life. So I worked really hard and enjoyed the success of it.

Similarly, you know, to work, I also exercised quite a lot. I mean, sometimes obviously you see if you're in the middle of treatment, there are certain things that they advise you not to do. And maybe you're just not physically able to, to run. I mean, certainly there were times when I was waddling around with, kind of like, two enormous bunches of grapes on each ovary. You just can't walk far or fast.

But again, it was that feeling of needing to achieve something. So be it going, going into work, and doing a good job, or going for a short run, or taking the dog for a walk, or whatever it might be, that was all absolutely essential for me getting through the reality of, you know, the brutality of treatment.

Sarah: Yeah. And like you said, it's an escape and a break from it all, but also, it's keeping you connected with who you really are, is now along the way, you know, what is important to you outside of the fertility journey? Because it's all encompassing, isn't it? You can take over completely. And I think that is important to have that element of still having our own identity, isn't it? And we're not just a fertility patient, you know, there is new to our life and keeping that thread going through.

Hannah: Yeah, we're all multifaceted. And I think that's really important. I mean, anyone who's gone through any kind of fertility treatment will tell you that it will, it stays with you forever. It shapes who you are, but it is not all that you are, you know? And I think that's been, it's something that I'm still grappling with now, as I'm sort of, you know, into this next phase of motherhood and I've got a toddler, and I'm sort of working and all the rest of it. It's difficult to, kind of like, balance out all of the very different features of my life, be it my home life, my marriage, my friendships, my Mum, you know, all these sorts of things and my work as well. You can't do everything at a hundred percent. But it's about being the best version of yourself, and showing up in the best way you can for all of those needs and demands on who you are. So, and you know, a lot of IVF as well as people will know, it's a lot of waiting, waiting, and waiting and waiting and the unknown as well. So, it's not like you're just waiting, thinking, oh, well, at least in two weeks' time I'll, you know, I'll have a positive outcome. It's agonising the waiting. And I think anything to keep busy in that time was really crucial for me.

Sarah: Yeah. There's a lot of space to fill there isn't there, which can be filled in other ways by over researching and overthinking and trying to do like absolutely everything to support your fertility and I think that's a place where a lot of us end up. So yeah, having work as a focus, I can imagine, yeah, helps to keep a healthier balance. I want to talk to you as well about that because when you've been through 15 rounds of treatment and, you know, I'm sure gone through all kinds of different, yeah, recommendations and protocols for treatment. Like you see different clinics along the time as well and we know there are so many other things that are out there that are recommended to support fertility. Lots of different complementary therapies and support and nutrition and so on. How did that play a part for you? Because I've heard you speak about this before, and it's really interesting to hear your approach to all those therapies. Having been such a long-term IVF patient. How did that work?

Hannah: Well, I struggled with it a lot because that feeling of needing to overturn turn my entire world, you know, not have any chemicals in my cleaning products, and change my makeup in case there was something in there that was affecting my reproductive system, all of these things, I basically took the approach that I will, of course, take a look at my diet and do whatever I can. If that means eating some Brazil nuts or having some beetroot juice or whatever it might be, then I'll, of course, do all of that but I'm not going to deny myself everything that I like because my life has already turned upside down and that the problem that comes with that though, is that once you set your own boundaries for what you're comfortable with and how you can still exist and live with whilst you're going through treatment, other people then often, completely well-meaning, will then suggest, have you, have you tried this guy? Have you been to that place? Have you done acupuncture? Have you done reflexology? Have you been hypnotised? Oh, there are a billion options out there.

Sometimes they will work for some people, and I basically settled on the view that there is, you know, if someone did have the same magic ingredient, they would be a billionaire and we wouldn't, you know, it wouldn't require Joe Bloggs down the road, just turning around and saying, well have you seen so-and-so from this town? You know, they would be that famous successful if it was a miracle cure or treatment. And as a result, I just think that whilst some people say I got pregnant because I had reflexology and I don't think. I just think that that's a nice narrative for them, but it's not true. And I don't mean that in an aggressive or in a demeaning way. What I mean is that there is a correlation between having acupuncture and getting pregnant, for example. But there is no causation. Your pregnancy hasn't been caused because of the acupuncture that you've had. So the only sort of additional complementary therapy, I suppose that I did use quite regularly, through all the treatment, was acupuncture and I don't actually use it now, and I hadn't used it before. But for me, acupuncture was about sleeping. It was my opportunity to stop for a bit and relax, and have a 25-minute sleep on the couch. And for me, that relaxed me enough to give me a more positive mindset. when I left that room and went back out into the world and back out into my fertility treatment that helped. But it certainly didn't cause me to become pregnant, and similarly the things that I didn't do, I don't want to feel guilt or shame for not trying them, because you know some people might say, well, you know, that's the miracle, that's the miracle cure. If you've done that, if you would just do this, then it would work. You'll get pregnant and you'll have a baby, and that's really debilitating and unkind and disrespectful, I think. Because, you know, IVF patients generally have all done their homework. You will have done a lot of research, and you have to just find the things that you're comfortable with, within your financial remit, within your mental health remit, all these sorts of things and cultural, religious, all sorts. And when someone suggests an additional option, I personally think it's, unless they are a fertility expert themselves, I think it's kinder to just sort of say, I hear you, I'm here for you, I want to listen, and whatever you need, just let me know, but I'm not going to force my miracle cure down your neck because I don't think it's helpful.

Sarah: And you're right they're trying to be helpful, you know, but it's really not, and it does add so much pressure and so much, like you say, potential guilt. If I don't do those things and I'm missing something, is that my fault? But I think you said at the start about, you know, there's no one magic thing, is it? That no one magical thing that if everyone did it, they would all conceive easily. Of course, that's not true. We know that, but it's part of such a big picture. Isn't it? There must have been lots of different things you were doing at that time. Of course, a massive part of that was the medical treatment you were receiving, which has got that, you know, definite cause at the causation there, of you know, egg meets sperm, we put the embryo back, you know, that's a work directly towards helping you get pregnant. And then if anything else is supportive, you know, in whatever way. And like you said, about the mindset piece, of course, that's what I'm all about, you know, and that's what I believe has, you know, the biggest potential for a positive impact for people. Even if it just helps them get clearer on their journey and get clear on, you know, what do I want to do next and what are my next steps and, and feeling comfortable. I think you mentioned the word comfortable, and I often use that with my clients. It's you know, how do you feel right now on your fertility journey with all these different things you're doing? Has it made you feel more overwhelmed and more stressed and, you know, lacking in more energy, than if you weren't having acupuncture, reflexology and all the other appointments every single week, you know it's too much isn't it?

Hannah: Absolutely, if you want the glass of wine, have the glass of wine. Do you know what I mean? It's, I just think that there's so much pressure on people to do everything by the book and there are billions of books, so you're never going to be completely following, you know, the go-to guidelines, because it's still an unknown, a largely unknown science and they're still working these things through. And I think there's nothing worse than if you've suffered pregnancy loss in any form at any stage, that to suddenly have that niggling feeling in the back of your mind, that maybe it's my fault because I didn't do this, or because I did do that, maybe it's my fault. I mean, there's enough of heartache and, and self-reflection and all sorts of things that go on with pregnancy loss anyway, but to have guilt and shame, placed on top of it, I think is, was really intolerable. Most people do go through it. And to some extent, because that's just part of the grieving process, I suppose. But, you know, I wish that friends and well-meaning family members or whatever would sort of back off a bit, and just sort of say the best thing I can do for you right now is just to be here and I won't suggest anything unless I'm an expert.

Sarah: Yeah, that's all we want. Isn't it? It's a listening ear, a bit of space and empathy and understanding that goes a long way. We can work everything else out ourselves. Absolutely.

Now you, obviously, going through any kind of fertility journey and a long one, like yours, it brings about so many changes to your life and to you and your personality maybe and brings out your strengths and your weaknesses. You know, you can learn a lot about yourself can't you along the way. What have you learned about yourself and how, still now as a mother, you know, a mother to a little boy, you know, you said you'd had some scars that you're carrying with you, could you tell us a little bit about that as well?

Hannah: Well, I mentioned that I'm very, very impatient and I think I'm actually, my husband tells me that I'm actually much more patient since becoming a mum and I think that's just part and parcel of just having to be when you've got a little one running around everywhere. So that's, that's a good thing, but, one thing I have realised quite recently, I suppose, is that I've always, I, I've always known that I've been quite controlling. I've liked having structure to my life and to my work and, not controlling in a boring way I hope, but the one thing about the, the main thing for me about IVF or fertility treatment is that it's completely out of your control, not just the end result, but even the process as well. You can plan and plan a plan

and then suddenly your cycle will change or something like that and so, you know, the treatment that you had planned for next month actually has taken three months because your ovaries just aren't playing ball with it. And that's, I found that really, really hard. The sort of having to be flexible and in a situation that you have zero control over, and that's stayed with me now. And so, what I've. I recently had a conversation with my Mother-in-law, and I said, what I hope for my son is that he is happy, healthy, and kind, and it's kind of like that, you know, sort of the poster sign isn't it that, you know, people say happy, healthy, kind. And she said, I would add to that creative and flexible. And it was just, it stayed with me so much. Cause I realised how I'm firstly, I'm not, I'm more of a doer than the thinker. My husband's the thinker and on the do-er, which makes us a good team, but it slightly inhibits my creativity, I suppose. And more on top of that though, I'm completely inflexible. So when something goes slightly out of kilter in the diary and it can be the tiniest thing, it can be, you know, maybe Sonny's a little bit poorly, or he's got a cold, or he's been sent home from nursery, or I don't know, a meeting's changed or something. I can manage it, just, I don't have a complete meltdown, but I'm so inflexible. I really struggle with things not going to plan. And I'm sure that's a hangover from, from fertility treatments. And I hope that I can try and get a grip on it because I really want my son to be flexible as he grows up and that, because, you know, things don't, things rarely go to plan, and I would love it if he can have that ability to kind of be hit with various curveballs in life and just adjust. And not it, not be the end of the world. I think it's a wonderful gift and something that I definitely need to work on in this, sort of, this next to next chapter.

Sarah: Yeah, I think. And also, in the world today. Aren't we? Under this COVID world that we're living in. It's a real test to see how flexible we are isn't it? And how we can adjust to constant changes that are not in our control. And I can see how that would be, yeah, a hangover from the fertility treatment, which is also controlled, Isn't it? You know exactly what's happening on what day and you need to know, and you want to be informed at every step of the way what's happening with your embryos and so on. So yeah, it can shape you in that way, but It's good to have that awareness though isn't it, about ourselves? And then we can start to learn and grow and, you know, adapt, and bring out those other sides of ourselves.

Hannah: It's interesting you mentioned locked down as well, because I think, you know, a lot of people have said publicly now, that they're really uneasy about coming out of lockdown and re-entering society again and, you know, as a relatively new mum I found that I actually benefited in a lot, a lot of ways from lockdown, because I didn't have any external pressure or judgment or comparison or anything like that. It was just the three of us locked down at home and, you know, Lewis and I, my husband and I, just working out how to raise a human being. And there was something really nice about that because I didn't have to be flexible in any way. It was a very structured day, you know, I had, whatever it was, forty- five minutes to go outside and do some exercise or take the baby for a walk in the buggy and so, it is quite anxiety-inducing I think when you suddenly having to get back to some sort of normal life, and that includes a lot of required flexibility when plans change, or you can go there or you have decisions to make in that, It's hard. It's something that I've got to grapple with as much as I'm obviously desperate to sort of hug everyone.

Sarah: Yeah, I hope we have a kind of process that we can step into little by little, just to kind of normalise it again. I know I've heard that the same from women in my fertility community have said actually, during their fertility journey, it's been lovely just to be at home, and to have control over whatever they eat and drink and who they choose to see or not see, and you know, it's been nice to be in that bubble in a way, hasn't it? It feels kind of safer and more comfortable.

Hannah: Definitely. Definitely.

Sarah: Well, it's been so, so lovely to speak to you today, Hannah. I know we could carry on speaking for another half an hour or more, there's so much to talk about around here, but I really, really appreciate you sharing your story here and with the world. You know, I would recommend anyone looking out your IVF Blog, video blog on YouTube. It was wonderful to watch that, every step of the way, and go through that journey with you. It gives such an insight, especially perhaps to people who are new to this treatment or trying to understand someone else and what they're going through, you know, it's, so it's such a unique insight so, thank you for creating and putting that into the world.

Hannah: You know, I still have friends who have conceived children naturally, and they're much older, and they go and watch those, that IVF diary and they just find it amazing that human beings start off as Embryos. It's things like that, that you just don't know about, unless you're, or think about unless you've gone through treatments.

Sarah: That's right. We know way more than we ever thought we would about fertility, don't we?

Hannah: Or ever should, ever should.

Sarah: Absolutely. Well, thank you so much again. Take care Hannah. Thank you.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to www.fertilemindset.com/sanctuary to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.