

God Bless America

Woman's World

THE WOMAN'S WEEKLY

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2005

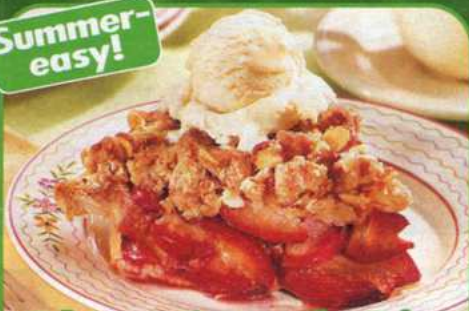
Start fall with
Gorgeous hair!

NEW RESEARCH Your medicine could be
making you FAT!

Prevention secrets that
Save thousands

5 instant ways to
Beat a bad mood!

Summer-
easy!



Plum Crumb Pie

Amazing health trick: **Lower your blood pressure —with V8!**

GREAT GRADES!

Send your kids to school with:

- ✓ The top-performance breakfast!
- ✓ The IQ-helping hobby!
- ✓ The smartest study strategy!



Kathy Smith's breakthrough new

TURBO WEIGHT LOSS!

LOSE 11 lbs in 14 days!

Carol lost 11 lbs fast!

HEALTH WARNING: Surprising pizza danger!

What was your greatest gift?

Christi Lewis got the baby she always dreamed of, thanks to a woman who could never have one herself . . .

Christi Lewis sat at the kitchen table in her Hamilton, Ohio, home, staring at the blank piece of paper. How do I put the longing I feel in my heart into words? she wondered.

Just tell your story, Christi told herself. And taking a deep breath, she described all she and her husband, Tim, had been through trying to have a baby.

Our doctor says IVF is our last hope. Please, we need your help.

Then, with trembling hands, she dropped the letter into the mail. If this doesn't work, I will probably never be a mom, Christi thought in desperation.

Christi had been just 20 when she underwent surgery to correct endometriosis and to remove a grapefruit-size cyst from her ovary. During the procedure, her ovary ruptured. Doctors repaired it, but . . .

"The damage done could make it difficult to conceive," they warned.

Christi's heart fell. She'd always just assumed she'd have kids one day. To think she might not . . . Christi tried not to dwell on it.

Then, two years later, she

met Tim. It was truly love at first sight. After just two months of dating, he asked her to marry him.

Yes! Christi's heart shouted. But . . .

Tim was a teacher and a coach.

"I know how much you love kids," Christi began, and told him what the doc-

“I can't believe it. The foundation is going to help us pay for in vitro!”

tors had said.

Tim pulled her close. "I love you no matter what," he whispered.

They married in August 2000. And before their first anniversary, they were already trying to have a baby. But after 14 months, Christi still wasn't pregnant and tests revealed her endometriosis was back.

She underwent another



"That's right, go for it, Hannah!" Christi laughs. "Tim and I did and got a miracle!"

Real-Life Scrapbook

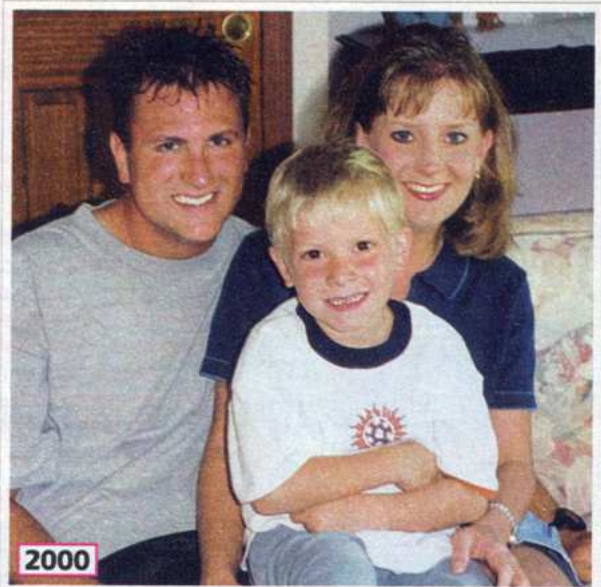


"It was love at first sight"

"Tim and I were set up by friends. They arranged an 'accidental' meeting. But the moment I saw him, I knew we were meant to be together," says Christi. "Tim felt the same connection. After just eight months of dating, we married."



2000



2000

"Practicing—and hoping for a baby of our own"

"Tim and I adored kids. Our nephew, Andrew, with us above, said we were the best aunt and uncle. We tried for more than a year without luck. And after two years of fertility drugs, the only baby in our home was our dog, Nikki. In vitro was our only hope, a specialist told us. But we couldn't afford it. Until . . ."



2003

surgery, but afterward . . .
 "Without help, you have only a 10 percent chance of getting pregnant," a fertility specialist told Christi. Their insurance didn't cover infertility treatments. And it would be rough on Tim's teacher's salary and the little Christi made as an office manager

Believe it. The going to help in vitro!

at a ministry but . . .
 "It will be worth it when we have our baby," they both agreed.
 But after two years of increasingly stronger fertility drugs and four inseminations, Christi's arms were still empty.
 "Your only hope is in vitro," the doctor concluded.
 "That costs thousands of dollars!" Christi wept to Tim. "There's no way we

"Each sunrise gives hope to your dreams and light to your plans."
William Ngwako Maphoto

can afford that."
 In the days that followed, Christi tried to accept that she'd never be a mom. But it was just too painful. There has to be a way, she told herself.

Unexpected hope and help

Then, one day, she suddenly remembered that when she'd first started treatment, her mom had given her an article about an organization that helps couples pay for IVF.
 At the time, Christi didn't think she'd need it and had stuck the information in a drawer.

Excitedly, she dug it out. "It's called The Madeleine Gordon Gift of Life Foundation," Christi told Tim. "I'm going to write to them. Maybe they'll help us," she said.

And a few weeks after mailing her letter . . . "I can't believe it. The foundation is going to help us pay for in vitro!" she cried.

Out of 100 couples who'd applied that year, they were one of four selected!

I can't believe anyone would do this, Christi marveled. And when she learned the history behind the foundation, she was even more awed.

Madeleine, the founder, had tried for 15 years to have a baby. Sadly, she never realized that joy. But she was grateful that she'd been able to try.

Madeleine knew there were women who couldn't afford to. She couldn't imagine how awful it must be to go through life wondering, What if?

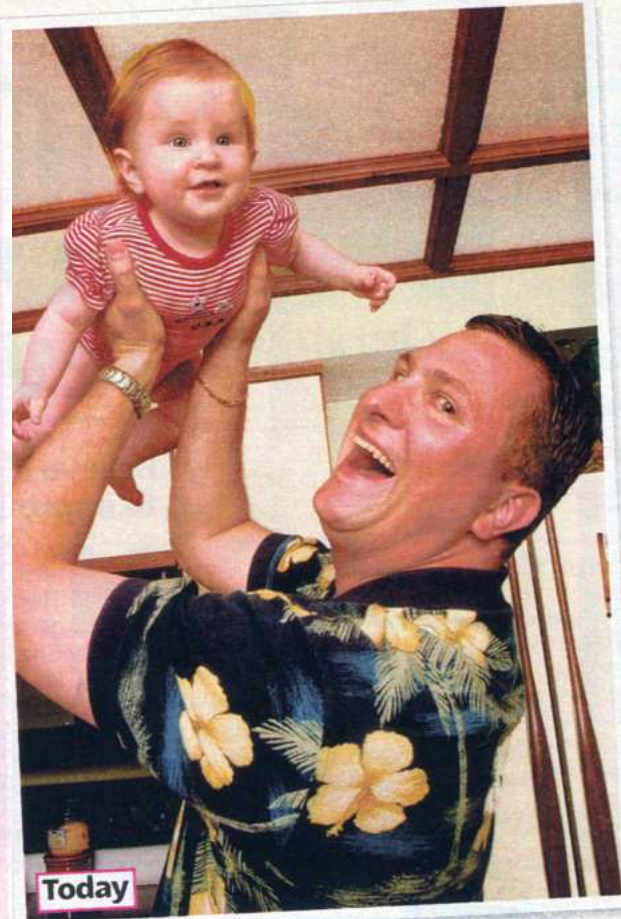
She'd started the foundation hoping to spare at least some of that pain.
 Wow! Christi sighed. How can she be so selfless?

An incredible gift from an amazing woman

"My mom saw a report about the Gift of Life Foundation that helps couples pay for IVF. Amazingly, we were picked. The founder, Madeleine Gordon [right], had tried unsuccessfully for 15 years to have a baby. How can she be so giving? I wondered. Our Hannah arrived right before Christmas last December."



"I have lots of pictures of me with Hannah. But this is a favorite, taken on my first Mother's Day as a mom!"



"As for Daddy, look at Tim's face . . . I don't know who's soaring higher here. He's been grinning since the first minute he saw Hannah. And just seeing him is a sure way to make her smile."

Christi couldn't be around pregnant women. She felt too jealous and sad. But Madeleine was actually helping *other* women become pregnant.

This woman has the biggest heart, Christi thought. And from the bottom of hers, she was deeply grateful to Madeleine.

Please, let this work, Christi prayed when two fertilized eggs were implanted in her uterus.

A pregnancy test was scheduled for two weeks later, but two days before her appointment... I can't wait, Christi thought, and bought a home test.

She planned to take it

the next morning, but...

At 4 a.m., too excited to wait, she tiptoed into the bathroom. Three minutes later, she was running back into the bedroom.

"It's positive!"

"Tim! It's positive!" she shouted, waving the test.

They were so excited that despite the early hour, they drove to both their parents' houses to share the news.

Christi wished she could thank Madeleine personally. Two months before her due date, she got the chance at a foundation event.

Pulling Madeleine as close as she could to her round belly, "You'll always hold a special place in our hearts," Christi choked.

And a few weeks later... "We've waited so long for you," she wept when Hannah Grace was born last December.

"Hannah means, 'Favored by God,'" beams Christi. "And that's how I feel."

And they chose Grace... "Because it was only by the grace of God—and Madeleine Gordon—that our dream of having a baby has come true," says Christi.

—Deanna Wilson with
Kathy Fitzpatrick

Increase your fertility naturally

What natural things can you do to increase your fertility? Mother-daughter team Sharon K. Couto and Audrey Couto-McClelland, authors of *Preconception Plain & Simple*, say to try:

● **Red clover.** This herb—available in vitamin shops—is rich in isoflavones, which are estrogen-like compounds. In fact, studies show that women who don't want to get pregnant should avoid

it: It may reduce the efficacy of birth control pills! Just be sure to check with your doctor if you're taking any medications.

● **Cucumber.** "According to studies by Alan Hirsch, M.D.,

the aroma actually increases vaginal flow, which can increase the likelihood of conception," says Audrey. Plus, the high vitamin content in veggies gives the body a health boost, which

promotes fertility.

● **Flowers.** "Folklore says that sniffing flowers increases fertility," says Audrey, who theorizes that flowers decrease stress—making it easier to conceive.

"She's a gift that just keeps giving"

"Hannah has brought more joy into our lives than Tim and I ever thought possible. We just love her so much. And every night when I tuck my little angel in, I thank God for the angel who helped bring Hannah to us. Madeleine will be in our hearts forever."

