



*The Infertility Support Network (TISN) Trust*

*Non-Profit Organization Number 069-682*

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### **WORD FROM THE FOUNDERS**

2010 has been an eventful year with many women achieving pregnancies after a long walk to parenthood whilst others continue to trust for their miracle. Still others have decided not to walk the route of fertility treatment and enjoy a full life with their spouse. Whatever your decision has been, may you find peace on that particular road and continue to live a rich and rewarding life. May 2011 be a blessed year for you and your family as you live your life to the fullest. With or without children, you have plenty to be blessed about in life !



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### **an important lesson ON FALLING PREGNANT**



Did you know that something as simple as using the wrong lubrication when you have intercourse can spoil your chances of getting pregnant ? Most store-bought lubricants will damage the sperm and so they are strictly forbidden. The same goes for Vaseline or KY jelly. If you are using this type of lubrication, you could be reducing your chances of conceiving by half. Luckily, there are some substitutes ... one is egg whites which is extremely sperm friendly. Another option is a product called Pre-Seed, which is specifically designed not to be harmful to



sperm. Lastly, one of the best ways to improve your chance of getting pregnant is to increase your natural lubrication. This can be achieved by introducing more foreplay into your “baby-making activities” which will increase your arousal and therefore you will have more natural lubrication to help the sperm to stay alive. Also, if a man is more aroused, he will have a better ejaculation which results in more sperm.

[fertility-help@automateyourlist.com](mailto:fertility-help@automateyourlist.com)

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## **THE PRAYER**

Each and every one of us is going through tough times right now  
But God is getting ready to bless you in a way that only He can  
Keep the faith.

This prayer is powerful  
And prayer is one of the best gifts we receive  
There is no cost but a lot of rewards  
Let's continue to pray for one another

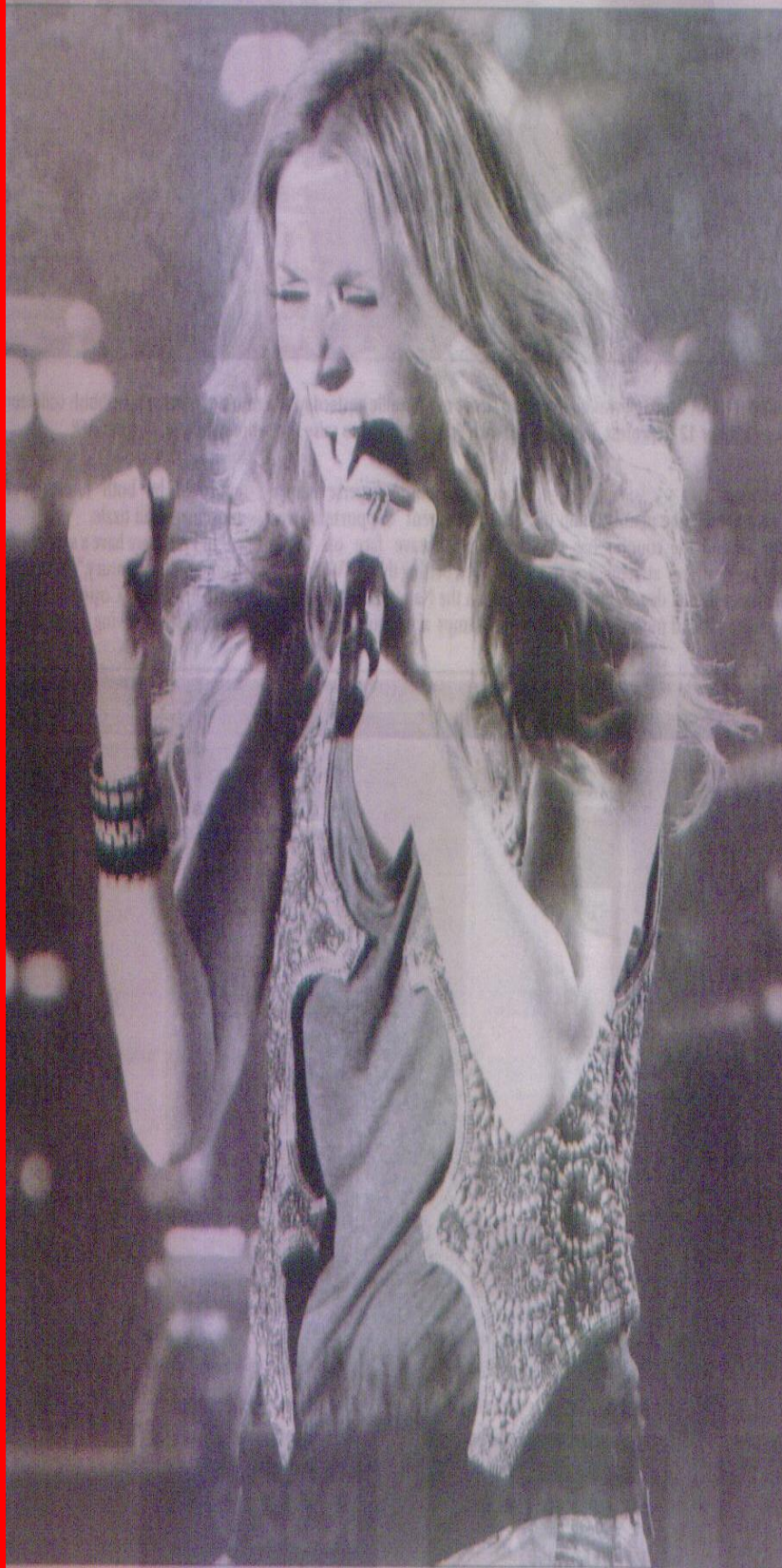
Father, I ask you to bless  
My friends, relatives and those for whom I care deeply  
Who are reading this right now ...  
Show them a new revelation of your love and power  
Holy Spirit, I ask you to minister  
To their spirit at this very moment ...

Where there is pain  
Give them your peace and mercy  
Where there is self-doubt, release a renewed confidence through your grace.

Where there is a need, I ask you to fulfill their needs  
Bless their homes, families, finances, their goings and their comings  
In God's precious name.

AMEN

# Celine gives birth to twins



*She delivered two babies via C-section*

CELINE Dion has given birth to twin boys.

The *My Heart Will Go On* singer is believed to have delivered the two babies via Caesarean section on Saturday at St Mary's Medical Centre, in West Palm Beach, Florida, at 11.11am and 11.12am.

The fraternal twins - which means they are non-identical siblings - weighed in at 5lbs 4oz and 5lbs 10oz.

Although they are both healthy, the babies will spend the next few days in incubators because they were born premature.

The due date had been in November.

A representative for the 42-year-old pop star - who also has a nine-year-old son Rene-Charles with her husband Rene Angelil - said: "Celine, Rene and their son Rene-Charles are thrilled ... Celine is resting now and they plan to discuss what to name the boys when she wakes up.

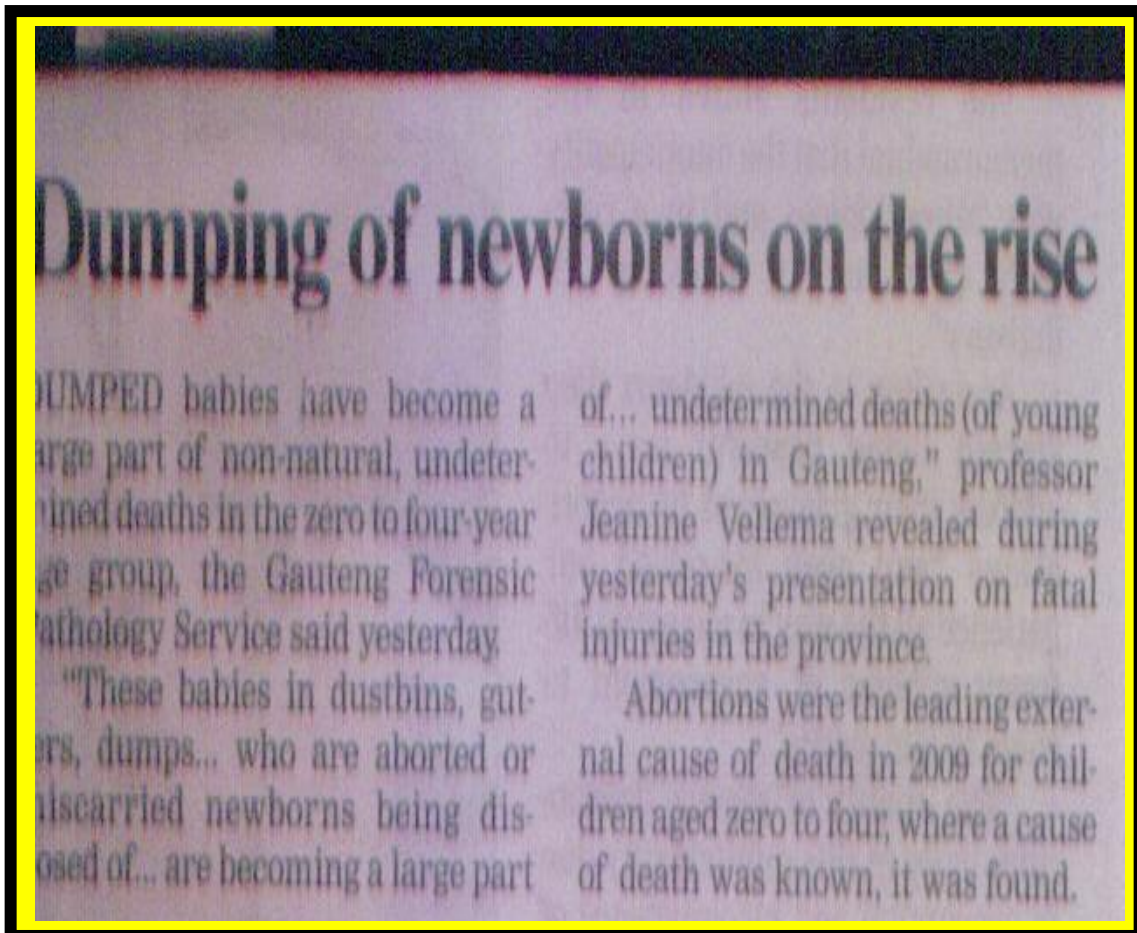
"Rene-Charles has been to the hospital to visit his brothers and is just so excited they are here."

The twins were conceived via in-vitro fertilisation (IVF) just as Celine and 68-year-old Rene's first child Rene-Charles was.

The Canadian singer previously revealed she underwent six gruelling courses of IVF to get pregnant again and admitted the process was "mentally exhausting".

She said: "I feel like I've been pregnant for over a year. I never gave up. But I can tell you that it was physically and mentally exhausting."

- Bang



**NEW IVF LABORATORY IN THE WESTERN CAPE**

A new IVF laboratory opened in September 2010 in the Western Cape that is run by Dr J van Waart. Please contact Janine Cillie, the Program Co-ordinator and Embryologist at the Wijnland Fertility Centre on (021) 882 8476/7 or <http://www.wijnlandfertility.co.za>.

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**CONTACT THE INFERTILITY SUPPORT NETWORK (TISN)**

**NON-PROFIT ORGANIZATION NUMBER (NPO 069-682)**

*Krishnee Kjssoonduth*

[krishnee@infertility-support.org.za](mailto:krishnee@infertility-support.org.za)

<http://www.infertility-support.org.za>

27 82 9555 572

*PO Box 66351, Woodhill, 0076,*

*Pretoria, Republic of South Africa*