



A month or so after having made our eldest daughter's batmitzvah last June, I found myself unexpectedly pregnant again at age 38. I wasn't exactly planning to have another child, as we were busy enough with our 4 children from ages 6-12.

However, after giving it some serious thought, we decided that it was a blessing and a positive surprise, and I actually started getting quite excited.

Having taken the Irena Royal Jelly for quite a long time now, I was interested to see how this pregnancy might be different from my others. I tend to feel good in pregnancy and carry the baby compactly, so people often comment on how well I look. This time was no different, but because I was taking the phials of Irena every day I did feel that I coped better with the tiredness. I should have felt more tired being that I'm no longer in my 20's like the first time around! I made sure I really ate well, and due to my growing appetite made sure that I ate healthily.

During my last trimester I was feeling quite tired at times, but Irene assured me that if I took a double dose of Irena and increased the Stabilised Oxygen I would feel better - and I did. It certainly helped me cope with my various jobs, home and children.

My doctor induced me at 41 weeks, which led to my quickest birth ever - three quarters of an hour from when my waters broke, with no time for an epidural!!! It was painful, but after our baby girl was born - weighing in at a massive 4.265 kg (9.38lbs) - my biggest ever - I could see how alert she was and how quickly I recovered from the labour.



Aged 39, I had experienced a quicker and easier birth with a bigger baby than I had in my 20's or early 30's. I'm certain that taking the Irena Royal Jelly and Stabilised Oxygen regularly helped in this respect, and have seen since how well our daughter has been breastfeeding and putting on weight. I also feel much more relaxed as a mother, and despite the six year age gap between my youngest and this baby, being a new mum is really like learning to ride a bicycle again - it comes back so naturally.

So now with 5 children in our house between newborn and 13 years old, my work is definitely cut out, with plans to go back to work part time in September - so I will definitely be relying on Irene and Irena Royal Jelly to get me through!!

Nicole Monk
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