



My story

Naturally pregnant at 39, welcoming my baby at 40, after years of trying nearly everything.

I am just like you.

A woman that desperately wanted to get pregnant but couldn't for many years.

As a little girl, I played with my dolls, pretending they were my children.

Little did I know back then that I would face a long and challenging journey before welcoming my son into the world.

At the age of 16, I was diagnosed with polycystic ovary syndrome. Doctors prescribed me birth control pills to regulate my menstrual cycle, telling me that this was the solution until I was ready to get pregnant.

I met my husband when I was 35, we started trying for a baby a year after our wedding. Knowing I had polycystic ovaries and already being 36, I felt the pressure of time. After several months of trying without success, numerous blood tests revealed concerning results: elevated testosterone and androstenedione levels, along with low estradiol and progesterone. My cycles were anovulatory, making it impossible to conceive. Given my profession as a Systemic Constellation practitioner—a powerful healing method developed by a renowned German psychotherapist and recognized worldwide—and as a Subconscious Mind expert, I've spent over a decade working with clients across the globe, I requested a cortisol test, but the doctors saw no reason for it and denied my request.

Like many couples in our situation, we turned to a fertility clinic. They recommended IUI but cautioned that the odds of success, especially at my age, were slim, suggesting IVF as our best option. We enrolled in a government-funded IVF program, facing a daunting two-year wait! In the meantime, we decided to give IUI a shot.

The first IUI was unsuccessful; my ovaries didn't respond to the high doses of medication. The second IUI produced one mature follicle, but it was unsuccessful. The third IUI was canceled due to too many follicles. The fourth IUI had two follicles, but again, it didn't work.

The amount of money spent on medication, the months of trying, and the emotional rollercoaster took a toll on us.

While we waited for IVF, I chose to consult a naturopath for additional testing. I insisted on checking my cortisol levels, and upon reviewing the results, I knew that the source of my infertility was more complex. I continued seeing the naturopath for several months, leaving her office with bags full of supplements, including those aimed at lowering cortisol, but unfortunately, they didn't make a difference. I felt completely drained yet determined to uncover the reasons behind my chronic stress, which I knew, significantly contributed to my infertility.

In the meantime, we tried a keto diet for over eight months while actively trying to conceive, but it didn't give us the results we hoped for. After that, I decided to give acupuncture a try, going to sessions twice a week for several months. While those sessions were wonderfully relaxing, they didn't lead to significant changes.

I knew that my levels of cortisol indicate that something way deeper is behind my infertility. Known as the stress hormone, cortisol was throwing my hormonal system out of balance. Even though I felt mentally perfectly fine, my body was experiencing chronic stress, and my nervous system was always on high alert.

I grew up with an alcoholic father. My early childhood experiences taught me to always be prepared to hide, help, or escape. My adaptive system was shaped by my environment. My dad didn't drink all the time; he could go months without alcohol, but then there would come a day when he would start again, and once he did, it often lasted for weeks. I often found

myself trying to support my mom, who seemed unhappy and stressed, and protected my younger brother from harsh reality. I took on the responsibility of caring for him.

Growing up in that kind of environment was incredibly stressful for me as a young girl. I often felt unsafe, which made me overly cautious and always prepared for any potential danger. This had a significant impact on my developing nervous system and, consequently, my hormonal balance. I carried that trauma into my adult life, clinging to it even after my father's passing. However, I dedicated a lot of time to healing that part of my life and engaged in extensive inner work. It helped me tremendously.

Understanding the mind and body connection, and how the subconscious mind works I knew there must be something more within blocking me from becoming a mother.

I found it!

There it was my biggest childhood trauma that completely changed me to the core.

I was only 5 years old when it happened.

One day, one moment, one experience changed the way I started experiencing my life.

On a sunny and cheerful vacation day, two little girls found themselves facing a nightmare that would haunt them for years to come.

When I was 5 years old, my neighbor, who was just 3, and I decided to create a little decoration out of moss for our parents at the cottage window. The moss was growing on a metal tarp in the grass. We took turns collecting pieces and bringing them back. At one point, while I ran out to gather more moss, I lost sight of my friend; she had suddenly vanished. As I approached the moss, I noticed that while I was inside, she had jumped onto the metal tarp, which had slipped, exposing a pit of sewage below. She was desperately clinging on to avoid falling in. I was paralyzed with shock, my mind racing with thoughts of how to save her. Here I was, a 5-year-old trying to rescue a 3-year-old. I can still vividly recall every detail of that moment, my small hands reaching for hers. I was terrified that I might lose my grip and wouldn't be able to hold on long enough. I tried to pull her up, but I lacked the strength. I stood there, holding her hands, fully aware that if I let go, she would drown. Her desperate screams for help echoed in my ears, and there were no adults around. I remember our sweaty hands, her wide eyes filled with fear and despair; it felt like time had frozen. I wasn't even sure if I could breathe; it was as if I was in a trance. Time seemed to stand still. I realized I was her only hope, and the weight of that responsibility was overwhelming. I knew she would die if I didn't keep holding on. Thankfully, after a while, her mother came to check on us. When she saw the situation, she rushed over, realizing I was struggling to hold on. It was only her father who was able to pull her to safety. That experience left a lasting impact on my nervous system, and I was in such shock that I can't recall what happened next.

Years later, my mom told me that I was in a terrible state, my body was trembling all day and I didn't say a single word, nothing could soothe me. She told me she knew that experience broke me inside. I was no longer the cheerful little girl I used to be instead; I had turned into a sorrowful "adult" stuck in a child's body.

In fact, my neighbor also faced years of difficulty trying to conceive. After undergoing extensive medical treatments, she finally welcomed a daughter two years before I did.

When I look at my pictures from before the experience, I see a happy child, an innocent and full of joy girl. The pictures taken after are completely different, they show the eyes of a 5-year-old girl filled with sadness and fear.



I spent over a week working on healing myself from that experience. For an entire week, I released screams and torrents of tears that had been trapped inside me due to such intense freezing. All the emotions that had built up during that time began to pour out of me like a faucet. From sadness to excruciating pain, I felt as if my 5-year-old self was still standing over that pit, ready to react. My husband had never seen me cry like that before. I worked on connecting my body and mind, allowing myself to express everything that surfaced. After a week of this, I was utterly exhausted and just wanted to sleep. My body and mind needed rest and recovery, and I felt like I had regained a part of myself.

A month later, I found out I was pregnant. I conceived naturally at nearly 40 years old, just three months before our planned IVF.



The whole experience of pregnancy seemed surreal—there was no nausea, tiredness, or unusual cravings. I marveled at my growing belly, felt those first little kicks, listened to the tiny heartbeat, and cherished the ultrasound pictures.



Many doctors who attempted to assist me in conceiving were curious about how I was able to get pregnant naturally. I explained that I had addressed my childhood trauma. They all replied that they had heard this could really help.

The delivery experience was incredible! If given the chance, I would gladly go through it all again tomorrow. We are overjoyed to have welcomed a beautiful baby boy into our family. The doctors assured us he is perfect, and to us, he truly is the greatest blessing we've ever received.



His name is Luke.

I wrote this book during my pregnancy to highlight that there are various significant factors that can affect a woman's nervous and hormonal systems. After years of extensive research, I couldn't find a single book dedicated to this topic—at best, just a chapter here or there. That's why I decided to write this book: to help others and raise awareness that there is more to fertility. If you're facing unexplained infertility, polycystic ovary syndrome (PCOS), endometriosis, or thyroid issues affecting your fertility, or you're a woman who wants to get pregnant but, for some reason, hasn't yet—or if you're trying at an older age—this KNOWLEDGE could be a game-changer. It might help you conceive naturally or significantly boost your chances with medicated IUIs or IVFs.

UNBLOCK YOUR
SUBCONSCIOUS
MIND AND GET
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SANDRA OSETEK

You can find it here:

[✉ UNBLOCK YOUR SUBCONSCIOUS MIND AND GET PREGNANT! - E-book - Life Quality](#)

This book explores the difference between the conscious and subconscious mind, how trauma can impact fertility, and uncovers subconscious fertility blocks you've likely never heard of before. It's packed with practical exercises and real stories from women—my clients—who conceived after addressing their traumas and subconscious barriers.

The number of women struggling to conceive continues to rise each year. Each of us carries our own unique story and burden. It's crucial to listen to our bodies, as they provide valuable insights that can help us gain a deeper understanding of ourselves, which may support conception efforts and improve our overall well-being.

Don't waste more time.

Give yourself a chance.

KNOWLEDGE is POWER.

A handwritten signature in black ink that reads "Sandra Osetek". The signature is fluid and cursive, with a large, elegant "S" at the beginning.