

Jasmin Brackenfield was on the brink of death when, as a last resort, her parents called in an unusual ally. ELAINE SINGLETON relates a remarkable story ...

**D**octors had all but given up on Jasmin Brackenfield after horrific complications set in following the birth of her first son Kyle.

Her family were warned to expect the worst and Leon, her husband, was facing the fact that Kyle would never know his mother.

But as their daughter's life ebbed away Jasmin's parents called on a friend for help. Valerie Austin, a hypnotherapist, was allowed to sit with Jasmin, after doctors admitted there was nothing more they could do. Using techniques she had only recently learned herself, and never had the chance to put into practise before, Valerie brought Jasmin back to life.

Almost three years down the line Kyle is a happy, healthy little boy, who will celebrate his third birthday in August. He has a baby sister Emily, and their mum, Jasmin, is fully recovered and so inspired by the hypnotherapy techniques that saved her life that she, along with husband Leon, are both now qualified professional therapists themselves, working from their home in Caton, North Lancashire.

Jasmin had planned a totally natural birth for Kyle before everything went wrong. She and Leon were living in London, shortly to move to Wales, when, seven weeks early, she began to experience contractions. She was admitted to hospital and the actual birth went ahead as planned but because he was so early Kyle was whisked away to the neo-natal unit accompanied by Leon, leaving Jasmin on her own.

She'd opted not to have the injection which quickly expels the placenta after birth, because, she says, she felt all the implications were not fully explained to her.

"It was all a bit rushed," she recalls. "Kyle was taken away because he was cold and the incubator in the room was broken and I was left feeling a bit out of it."

"The midwife was with me and I felt her tug on the umbilical cord. Suddenly I didn't know what was going on. The next thing she had pulled out the placenta as far as I am concerned. It felt very uncomfortable, it didn't feel right at all."

Jasmin started to bleed and she was given a small blood transfusion. The bleeding stopped and everything seemed settled until a day and a half later when she saw a huge blood clot. She began to bleed very heavily and the blood just would not stop.

"At that point I was fairly scared. I just did not know what was going on. They tried to stop the bleeding but they didn't know at that point that bits of placenta were left in the womb and had become infected," she says.

Doctors told Leon that they would have to remove Jasmin's womb in order to



**TOGETHERNESS:** Jasmin Brackenfield with her two children Kyle and Emily

# How hypnosis saved my life

save her life, but thankfully another specialist examined her and decided there was no need. However, Jasmin had still lost massive amounts of blood. Transfusions had pumped 40 litres of new blood into her but her immune system was failing and she had no resistance to infection.

Because of the infection that had set in her temperature began to rise dangerously and by now doctors were very concerned. Jasmin was mostly unconscious and had no clear idea what was happening but her husband said panic was setting in among medical staff. "It was touch and go. I was at death's door. If I'd not been very healthy to begin with then I don't know if I would have made it."

Jasmin's mum contacted hypnotherapist Valerie Austin to see if she could help. Doctors gave permission and Valerie came to Jasmin's bedside where she put her into a deep hypnotic sleep, bringing her from being unconscious into a semi-aware state.

Following information from the doctors, Valerie basically "told" Jasmin's body what it had to do to heal itself. Valerie then went into a very deep trance - something akin to hibernation called the "nth level", where the body needs two breaths a minute to sustain it and

begins to emit healing energy.

Half an hour later Jasmin's temperature began to go down and she eventually made a full recovery.

She says: "I am a fairly rational person, quite open minded, but even when I explain it to people I cannot understand how it worked myself. I think there are some things the human mind is not supposed to understand. What I do know is Valerie saved my life."

Sceptics may scoff but there was one piece of irrefutable scientific evidence which doctors could not explain. When white blood cells die they form a white plaque in the lungs. Valerie "told" this plaque to disperse to help the healing process. When Jasmin came round the physiotherapist told her to cough to bring up the plaque but nothing happened. A scan revealed that her lungs were perfectly clear.

Jasmin can now take herself to the nth level and says it is a very calming state. She uses hypnotherapy to help people overcome all manner of problems. She can also teach people self-hypnosis. "This has the power to change lives," she says.

And indeed to save them.

*Jasmin can be contacted on 01524 771123.*