

Vanishing Twin Syndrome

By Jessy Morrison

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***Do you ever Feel
like Half of You is missing?***



***Could You be a Surviving Twin,
and not know it?
Of course, read on...***

*This is what my clients have reported,
and now after their Body Talk Sessions
what they feel relief from.*

Ever feel like Half of You is missing?

- ✓ Do you feel like you have gone through life – like you are surviving an experience – but you don't know what that is?
- ✓ Do you find you get hung up on things being perfect?
- ✓ Do you feel a hole deep inside where no one can reach – even yourself, and it makes you want to weep when you are aware of it – usually around not feeling loved enough?
- ✓ Do you sabotage your relationships? Or avoid them altogether?
- ✓ Are you sensitive, feel vulnerable and tend to be an introvert – liking or needing to spend time by yourself?
- ✓ Do you have a low opinion of yourself, or have a lack of self-love, or feel deep grief – about something or someone – but you don't know why or who?
- ✓ Do you think that you must go it alone, you must do it all yourself, and block yourself from feelings?

You could be suffering from Vanishing Twin Syndrome

Seeking perfection and unconditional love would reflect a happy time in the beginning womb journey, and when you were suddenly alone, you wished for those feelings to return.

You're spending your life looking for unconditional love to happen again, and there is this underground anxiousness continually running in the background!

You couldn't place it. Talk therapy doesn't reach it, or uncover it. But if this resonates with you there is a way to transform the genetic memory and release this pent up energy and feel good again. Take the quiz on the following pages.

What is ... A VANISHING TWIN ?



Did you know that as mammals we humans are just like kittens and puppies? As many as one in eight of us start out in the womb with company (womb mates), and then something happens and the womb mate vanishes – usually between the 3rd and 4th month.



This is one of the reasons doctors wait to give us an ultrasound at 4 months. Human women tend to focus on what they lost, rather than on nurturing the surviving fetus.

Besides this huge feeling of grief and loss a mother might feel, this leaves a number of issues for the Surviving Twin also, such as:

Statements of physical evidence:

- € You know, or have been told that your twin was stillborn or miscarried
- € Your mother had vaginal bleeding in early pregnancy
- € You were conceived by IVF with multiple embryo implantation
- € You have an ultrasound scan image showing a “vanished twin”
- € A fetus papyraceous, or a tiny amniotic sac was found attached to your placenta at birth
- € You have one or more growths called Dermoid Cysts and Teratomas containing the remains of a twin
- € Your placenta was abnormal in some way – extra large, thick, fused, or with nodules
- € Your mother took medications to stimulate ovulation
- € A failed attempt was made to abort the pregnancy, but you survived anyway and are here now
- € There is a history of either identical or fraternal twins in your family
- € You have some signs and symptoms of Cerebral Palsy – seems many monozygotic womb twin survivors have this condition
- € You have one or more birth defects
- € When you mother was pregnant doctor heard two heartbeats (days prior to ultrasound)
- € You were born prematurely and very small for your gestational age

Any of these situations could indicate you are a surviving twin, and need not be a problem for you.

However, when compounded with the following psychological sensations life can be challenging.

Do you find you are deeply sensitive and emotional:

- € *Acutely feel abandonment & feeling persistent loneliness*
- € *Cannot stand being alone*
- € *Have very low self esteem*
- € *Self-sabotage relationships*
- € *Always feel unexplainable guilt or grief*
- € *Are plagued with overwhelming yet unexplainable sadness*
- € *Feel disconnected*
- € *Seek the perfect and unconditional love*
- € *Are selflessness, or have a need to heal others*
- € *Think a lot about death and dying*
- € *Like 'two-ness' pairing and obsessed with twins*
- € *Very active imaginations*
- € *Avoid getting close to others*
- € *Extremely intuitive, highly empathic and feel the deep suffering of the world*

These perceptions create issues that lead to reactive behaviors that seem unexplainable, and yet lead to stress, and physical & emotional issues throughout ones entire life.

What SURVIVOR ISSUES are you exhibiting that you just haven't been able to resolve, yet?



Take the following quiz and find out if you could possibly be a Surviving Twin too...

Which of the psychological repercussions of Vanishing Twin Syndrome do you have?

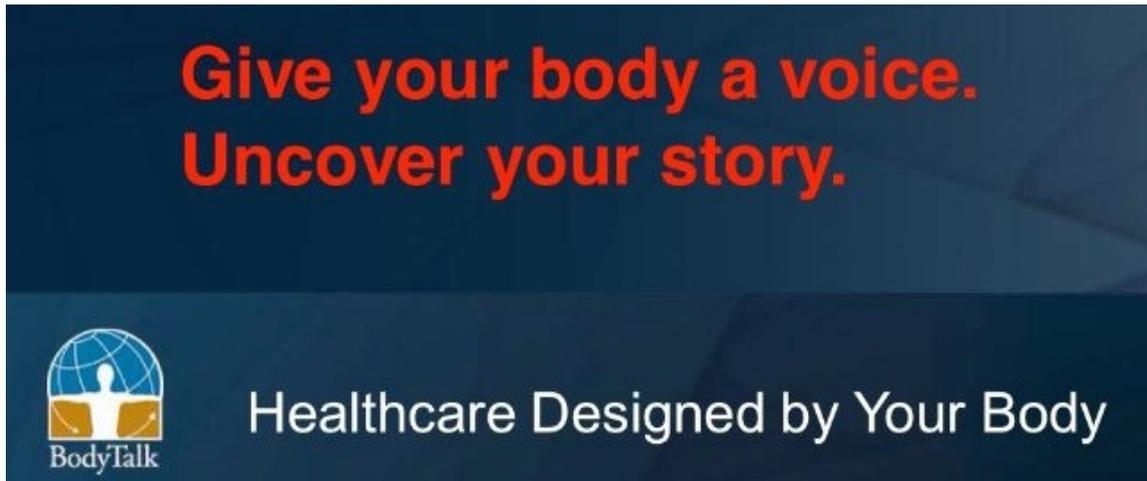
VTS QUIZ

Do you have:	YES	NO
A need to over-manage or be in-control		
Unexplainable Guilt		
Overwhelming Grief or despair		
Experiencing a feeling of loss		
Apathy, you do not care if you live or die		
Occasionally have thoughts of suicide		
Often think "what's the point" or "what's the use"		
Dislike competitive sports unless you are competing against yourself		
Are a mediator? Want everyone to get along and work together		
Victimized by your own Procrastination		
Feeling emotionally paralyzed, unable to get into action		
Sabotage your good Relationships		
Feel Undeserving		
Are a major giver, but not a very accepting taker		
Overly sympathetic, or too compassionate		
Have Money issues, refuse to own your money		
Put everyone else's needs before yourself		
Attracted to or fascinated by twin energy		
Feel abandoned, left out, or excluded		
Don't make friends easily, a Loner		
Feel like others can't relate to what you are going through		
Constantly searching for close relationships but can't seem to find them		
Prefer to spend time with older people, rather than those your own age		
Low self-esteem, lack of self-love		
Trust issues		
Constant anxiety		
SCORE		

What is your score? _____ These are issues that no amount of psychoanalysis can help. You cannot uncover the unconscious cell memory consciously by trying to talk about it. You need BodyTalk.

If any of this sounds like you, and you want to resolve these issues gently and easily, or you feel compelled to know more, let me help. [Book your appointment now](#). Or email me at relief@jessymorrison.ca

Using BodyTalk, we can often detect whether someone is a surviving twin with **Vanishing Twin Syndrome** symptoms. Using emotional clearing techniques to prioritize which "symptom" your body wishes to unblock first we can free you from being tangled in that which is still holding you back.



Connecting the Womb Experiences to Present Day Perceptions Can Be Totally Life Altering

By using the BodyTalk System of muscle testing and our questioning protocol, we are able to work with your unconscious mind to access the womb issues, and find out where and how they have impacted your physical body; then bring awareness of the emotional issues that relate to this experience.

This awareness awakens the conscious mind and helps release the stress & reactive behaviors in the subconscious programming of your neurology. Then we ask your higher self what refreshing beliefs or "learnings" you wish to integrate to allow you, the client, to live a more responsive life with more ease and joy, without the previous self sabotaging programming to defend and protect oneself from 'previously unknown issues'.

Here's Diannah's story:

April 2009

My name is Diannah B. I'd like to tell you a bit about my life's journey, in my own words, because I feel that it may help others become aware of an explanation of their outlook on life – from the beginning.

Through various modalities I have had a glimpse into my beginnings, and other information I obtained from the Children's Aid Society, or from my family that raised me. Apparently, as a 6 day old fetus, I decided the womb I was in was not a healthy place to be. To survive, I 'armored' the energy around myself for protection. I also blocked the development of the Septal region of the brain – which is the bliss centre. I didn't know or remember what I was protecting myself from – then! I believe my mother was in a car accident at the 4th month because the accident came up in a session.

When I was born – I had what they called 'two convulsive seizures' and had hammer toes. My natural mother had to keep me for 3 months – to make sure no further seizures occurred. This was very hard on her, I'm sure, because she felt she had to avoid bonding with me - knowing she had to let me go, and give me up for adoption.

I was adopted at 3 months and apparently became the fiend – I have been told that I pinched whoever got near me. When I was three years old and the final adoption papers were to be signed off, my parents had the lady from Children's Aid come to the house, because I didn't talk – at all.

(Now, what I recognize is – I was punishing 'these people' for taking me away from my mother. I was still waiting for her to come and bond with me).

Growing up, I always felt out of place, that I didn't belong. I felt abandoned, left and excluded, had low self-esteem, and lack of self love and that I didn't feel deserving of all the good this world has to offer.

I also didn't like being in any competitive sports, and even now I find it hard to play timed games on the computer. This last bit is very significant, as it surfaced a more intense anxiety in the last few years. I was in a constant state of anxiety to some degree all my life, and kept looking for understanding and the causes of the tension.

I have never married, and often sabotaged relationships.

Growing up the worst thing that happened to me was a verbally abusive and alcoholic parent. These admittedly were challenges, and did affect some of my development, but still didn't explain my way of seeing the world.

I ended up with migraine headaches at 16, and later in life had Chronic Fatigue Syndrome. Both these started me on the holistic health journey. I became a

Registered Nutritionist, Aromatherapist, Reflexologist, and learned a host of other modalities.

Through BodyTalk I found my “anxiety” had something to do with my womb journey. Through one of the treatment sessions I was receiving, I was made aware that I was not alone in the womb! There is something called the Vanishing Twin Syndrome! Bells starting going off in my awareness and opened the door to my understanding!

This is what I believe to be true. There were two sacks in my mother’s womb (who was in her mid 20’s and had never been pregnant before). One sack contained triplets, but one of them was not doing well. In the other sack was ‘me’. Appears I started the ‘abandonment’ issues right from the start! Around the fourth month (whether it was because of the suspected ‘accident’ or the triplets were not strong enough to go the distance) I was suddenly alone in the womb.

Now after my sessions to heal my VTS symptoms for the first time in my life I really have no more anxiety, I feel like a different person, with potential, I feel content and actually feel entitlement. I finally feel whole.



Ian’s Story:

Feb 2010

I was a procrastinator, about everything. School projects picking out my career, tidying my room. I was so distracted. After the VT session I found out I was one of 4 in the womb, and as a fetus I decided we had come here on a mission together, but since they left I wasn’t going to do it by myself. After the session my resistance cleared, and I was able to focus and signed up for college. I feel I need a few more sessions to continue moving forward. Later I asked my mom if she knew if she

was carrying more than one. She said she wouldn’t be surprised because many years before she had been put on fertility pills when not being able to conceive, but they made her so violently ill she discontinued them, but suspected they might have a residual affect years later. Looking back throughout her pregnancy she was terrified of losing me, because 4 months she had heavy ‘periods’ and doctors denied she was pregnant. Once the ultrasound proved she was indeed pregnant and not having a hysterical pregnancy she continued to have spotting for 7 months. She was terrified she would lose this pregnancy too. She laughed and said I was born a month late, so I was born procrastinating; now she knows why.



Jessy's story:

Yes even I have a story with VT. I took the course with Jack Gleason to learn more about VT because my daughter was fixated on "twins".

Always playing with her "imaginary friend" so much so that it weirded me out. She loved everything in twos and anything in pairs. She shared everything

with her imaginary twin. She was not a lonely child, she had lots of friends, but always wanted another sibling to care for. She was extremely nurturing to others. Contributing to that was the fact that after Laura's birth I had to have surgery to remove a cyst "the size of a grapefruit", and I always wondered if what they removed was more than a cyst, our imaginations can run wild. My daughter also exhibited huge abandonment issues, that were seemingly irresolvable.

The training in Vanishing Twin brought out the fact that I myself was a twin, interesting ... but I had no proof except by how I reacted in huge waves of grief. I had always been a sad and introspective child. Later that day, after taking the course, out of curiosity I asked my mother about her pregnancy and she said I was an unexpected surprise. She had fallen during second trimester and was told she'd lost the baby. (1955 before ultrasounds I guess).

She was shocked when she went into labour 3 months later because she didn't even know she was still pregnant - she was only 98 lbs and didn't show a baby bump. I was born weighing in at barely 6lbs. Well now, that was interesting.

One of my issues was always feeling responsible for other people's happiness and health, wanting to heal everybody. I was always sad and played doctor and funerals (yet had never even attended a funeral as a child). I was always practicing saying good-bye and I love you.

My biggest peeve is that I have always thought the world should love unconditionally without all the limitations and expectations, and am still surprised when people lay on the conditions of "I will love you if...."

By the way when I went into the course I had a frozen shoulder, when I came out (we worked on each other practicing the healings) I had 5" more of mobility in all directions with the frozen arm, absolutely fascinating. But best of all, I also felt a huge sense of peacefulness, hard to describe but worry about anything (even money issues) seems to have permanently disappeared.

Can BodyTalk help release you from what is holding you back? Certainly, Yes!

How many session it takes depends on you and your commitment to change and transformation ...

One session is a treat, and can feel like a miracle, but it is just the tip of the iceberg. This is not 'cured'.

5 sessions is considered a treatment, we get to go deeper and make longer lasting results.

20 sessions is a transformation!

Vanishing Twins Survivors often say or think:

“I wish I could find somebody like me.”

Why does it matter if you are a VT survivor?

Well, here are some common issues:

- € A need to over-manage or be in-control
- € Unexplainable Guilt
- € Overwhelming Grief or despair
- € Experiencing a feeling of loss
- € Do not care if you live or die
- € Occasionally have thoughts of suicide
- € Often think "what's the point" or "what's the use"
- € Dislike competitive sports unless you are competing against yourself
- € Are a mediator? Want everyone to get along and work together.
- € Victimized by your own Procrastination
- € Feeling emotionally paralyzed, unable to get into action
- € Sabotage your good Relationships
- € Feel Undeserving
- € Are a major giver, but not a very accepting taker
- € Overly sympathetic, or too compassionate
- € Have Money issues
- € Put everyone else's needs before yourself

- € Attracted to or fascinated by twin energy
- € Feel abandoned, left out, or excluded
- € Don't make friends easily, a Loner
- € Feel like others can't relate to what you are going through
- € Constantly searching for close relationships but can't seem to find them
- € Prefer to spend time with older people than those your own age
- € Low self-esteem, lack of self-love
- € Trust issues
- € Survival, support or money issues

Recognize anyone in these descriptions? If any of these emotional issues sounds like you, and you want to resolve them or feel compelled to know more, then Body Talk can help. Do yourself a favour, [Book your freedom clearing session now.](#)

Using BodyTalk, we can often detect whether someone is a surviving twin/triplet etc. with Vanishing Twin Syndrome symptoms. Using emotional clearing techniques to prioritize which "symptom" your body wishes to unblock first we can free you from the programming holding you back.

Did you know....

MANY IF NOT ALL Surviving Twins are massage therapists, doctors and nurses.

- € Are you in the Healing Field, a Life Coach, a Teacher? Are you intent on healing the world and saving others? Now isn't this an interesting point of view?



Stranger than Fiction: Occasionally the tissue from the perished twin is absorbed by the surviving fetus and forms a tumor, called a “*teratoma*”.

These *Teratoma* are discovered later in life by an x-ray or CAT scan, although similar to a tumor they can be filled with its missing sibling’s bone, teeth or hair. There have even been cases in which part of a twin projects from the body of the surviving twin, sometimes resulting in extra limbs or other duplicated body parts like organs or bones. The body *can* reabsorb this.

In extremely rare cases of vanishing twin syndrome, two early stage embryos fuse into a single embryo containing two unique sets of DNA. The surviving twin becomes what is known as a “chimera” – essentially two people in one body. Chimeras can have different sets of DNA in different body parts.

For instance a male chimera can have one type of DNA in his skin cells but what appears to be an entirely different person’s DNA in his sperm cells. (Didn’t they do an episode of this in the TV show CSI?)

According to the November 2003 New Scientist magazine, some chimeras do have unusual physical features. For example, one girl was discovered to be a chimera because her eyes were different colors, one brown, the other hazel. Others have come to light when doctors investigated problems with their reproductive systems, and found that they had structures from both male and female reproductive organs as a result of having cells of both sexes in their bodies. (I think they did an episode on the TV show ‘House’ about this.) I suspect however most instances of this genetic metamorphosis probably go through life utterly unaware of their unusual condition.

Sometimes this could show up as Sexual Orientation, or simply as poor communication between parts of the body, pain, or chronic discomfort.

If any of this resonates with you, and is impacting your life, book a session today.

Vanishing Twin Syndrome cannot be healed by talk therapy. You cannot solve unconscious issues with the conscious mind. Energy has to be transmuted with permission of the body, and that can occur almost instantly on an energetic level.

In over 20 years of energy healing, I have found that the body is an amazing GPS and it show us when we our mind is out of alignment with our Soul.

Your 80 Trillion cells are all sentient, extremely intelligent, psychic, and their only purpose is to help you fulfill your Soul's Journey and Legacy.

You are here for a purpose; you are not here to suffer.

During your sessions we may be lead to bring in Five Elements, Five Senses, Organs, Endocrines, Body Parts, Sacred Geometry, Bach Flower Remedies, Aromatherapy, Consciousness work, Reiki energy healing, TimeLineTherapy, and more... to help you to balance and integrate - even understand - the womb experience and the blocked energy locked in your cellular memory. Once this is cleared you will see new opportunities open up for you, your chronic condition will abate or disappear entirely, and you can begin to enjoy life more fully.

You may even decide to follow up with an Akashic Record Soul Profile Reading and Karmic clearing to understand yourself better and clean up more challenges.

Call Jess to reduce your stress 705-241-8680

Or book online at www.jessymorrison.ca

relief@jessymorrison.ca

*For over 25 years now, **Jessy Morrison** has been called **The UNflakey Reiki Lady/ a Body Talker/a Body Whisperer/ and a Healing Catalyst**, but really, she is just a rebel with a cause. As single mother of a daughter who had “every allergy under the sun” and “failure to thrive” she is making sure everyone becomes their own best healer by not conforming to being a “Sheeple”, and by embodying their true authentic self.*



***This Woman on Mission** is one of the Originating Founding Member of the Ontario BodyTalk Association, co-founder of the Whole Life Learning Collective, & is the founder and facilitator of Transformational Tuesdays for Soul-opreneurs, bringing energy consciousness training into daily business practices.*

***She is a contributing author** to the book “The Joy of an Ex”, and a monthly guest writer to Another View; Women with Vision Magazine; and the FHC - Family Health Advocacy.*

***Even though she loves being a speaker** and workshop leader, her passion is still working one-to-one with clients to help them reclaim their body, refresh their mind, and renew their spirit.*

Still a work in progress, her passion is to guide you on your own journey from “I can’t...” to “I AM!”

On the following page is the White paper from Dr. Moffat on the Vanishing Twin Survivor Syndrome research, as well as links to find out more information on Vanishing Twin.

Here is a white paper from Dr. Denise Moffat ABOUT VANISHING TWINS SYNDROME

Lawrence Wright's article Double Mystery published in the New Yorker, August 7, 1995 explained that one out of eighty or ninety live human births produced twins. Since the advent of ultrasonography, it has been determined that at least one-eighth of all natural pregnancies. This is evident when the first ultrasound detects twins and then does not. So what happens to these twins? Often, one external sign of vanishing twin is vaginal bleeding. Using emotional clearing, I often detect vanishing twins; it seems to be most common with people in "care giving" fields. Here are some of the findings and similarities I have put together over the years with Vanishing syndrome patients.

Following excerpt is from:

www.naturalhealthtechniques.com/specificdiseases/vanishing_twin.htm

TYPICAL PERSONALITY CHARACTERISTICS OF THE SURVIVING TWIN:

Control Issues: The surviving twin often has control issues and it may be based on the premise that since they couldn't control what happened *in utero*, they are doing everything in their power to do so now.

Survivor's guilt: There is a lot of survivor's guilt for taking the nutrition from the vanishing twin, not being able to help prevent the death of the twin and viewing this resorption process *in utero*. Once identifying this occurrence, the patient must go through the grieving process like in any death of someone that means a great deal to them. They experience loss, guilt, grief and anger at being separated from the twin. Sometimes the survivor does not care if they live or die and may occasionally have thoughts of suicide.

No competition: Survivors don't usually like competitive sports unless they are competing against themselves. They subconsciously feel that if they compete with others, death may result. They want everyone to get along and work together.

Sabotaging relationships: Sabotaging happens when relationships start going too well. The superconscious/subconscious thinking is that if they get close to someone that they will be in danger and might die from the actions of the surviving twin. Because they love this person so much, they will push them away to protect them. They also seem to self-sabotage to make sure they have paid for what their role was that caused their twin to depart *in utero*.

Not deserving: The survivor often feels they don't deserve all the good this world has to offer so they find ways to exclude themselves from receiving good. They are major givers, but not very accepting takers.

Money issues: These are motivated people. Because they do such good in the world, often money follows. The problem is that Vanishing Twins don't seem to be able to hold onto the money because they self-sabotage. Survivor's guilt prevents them from using the money for their own care. They give it away or let it flow through their hands, not keeping any of it for themselves.

Fascination with or friends with twins: Twins have a special energetic bonding with each other which lasts their entire lives. Just because your twin left you *in utero*, doesn't break that energetic bond. And if you don't feel your twin still around you, naturally you will be attracted to twin energy.

Feeling abandoned, left out, and excluded: These are the kids who get picked last for the team, who don't make friends easily and feel like other's can't relate to what they are going through. They are searching for close relationships but can't seem to find them. Often they would rather spend time with older people than kids their own age.

Low self-esteem, lack of self-love: This is one of the major Spiritual lessons that the survivor must work through before they can fully be the gift to the world that God intends. Low self esteem is intertwined with Unconditional Love of Self, Trust and Discernment, and Worthiness lessons.

Vanishing Twins are often in the Healing Field: Since they could not heal the situation *in utero*, they are intent on healing the world and saving others. There are lots of surviving twins who are massage therapists, doctors and nurses.

Vanishing Twins say or think, "I wish I could find somebody like me."

Other Weird Stuff: I actually had one woman I was working on take out a picture from her wallet to show me who her vanishing twin was. She explained that she believed in reincarnation and that she somehow felt attached to this man. When I asked her if she had ever met the man she said she hadn't, but that she felt compelled to cut his picture out and carry it around with her. At the time she had had the picture in her wallet for over two years.

How much do you know about your gestation and birth? The following items are clues in determining if you have a vanishing twin:

Trauma to the mother: Three to four months in utero is about the time the twin "checks out" and is being reabsorbed by the body. What are some causes? Some include getting hit in the stomach, car accidents, falling down a flight of stairs, emotional trauma, experiencing high fever from an illness, violent vomiting, etc.

Did your mother smoke? Studies show that smoking lowers the oxygen content of the blood so less oxygen is available to the fetus. Smoking is also associated with low birth weights. So does that mean there is less available nutrition for two fetuses?

History of twins in the bloodlines: Are there twins in the family? If so, there is a greater chance of repeating that within the same family lines.

Long labor: Here's how this works--when you have one baby ready to come out, the placenta (the sac that contains the fetus) and the pituitary gland produce a certain amount of a hormone called oxytocin (also called pitocin). The function of oxytocin is to cause muscular contractions to push the baby out. So, if there are two babies, then there is a proportionately larger amount of oxytocin. But, if one of the fetuses dies, there is not enough oxytocin to push out the extra residual placenta associated with the dead fetus,

and the birthing process takes much longer. These days, a cesarean section is performed when the shutdown occurs to take the stress off the fetus.

No ultrasound background: If you were born before the 60's, most likely your mom did not have an ultrasound so twins could easily be missed. An x-ray was only rarely taken because we didn't want to expose the baby to radiation unnecessarily.

Giving birth in a hospital before the 70's: There used to be a time when doctors only gave their patient the information they thought they needed to know at the time. If the mother had a difficult birth or there was extra placenta or a resorbed fetal membranes, the doctor gave these to the nurse who disposed of them and did not tell the mother about it. I think midwives were a little more open to this miracle and included mothers in the information they gathered about their birthing and findings. Many midwives I've talked with have these placentas in their freezers and use them to educate other midwives about the process. Also, some midwives would save these extra placental tissues for the mother for a special burial ceremony later.

Many eggs released, few fertilized: A woman's ovaries produce hundreds of thousands of eggs from the ovarian tissue over her reproductive lifetime. Only a few of these are released each month. It takes the influence of several million sperm surrounding the egg for one to finally penetrate the egg and fertilize it. It seems as we get older that twins are more common. Maybe it's our body's last ditch effort to procreate.

Imperfections or improper nutrients reaching both fetuses: It would make sense that not every egg is perfect and not every sperm is perfect. When the imperfection is too great, problems can occur in regards to the available nutrition for one or both of the babies. When this happens, the fetus starves and is then resorbed back into the body. The remaining fetus then has enough nutrition to grow to full-term.

Do you have any dermoid cysts? This is a little tumor made of every conceivable type of cell from skin cells, hair cells, tooth cells and more. Evidence of a resorbed fetus or a vanishing twin? I think so.

LIFE LESSONS ASSOCIATED WITH THE VANISHING TWIN SYNDROME:

These are the typical issues that the surviving twin must work through to live a full, happy, and productive life. Although many other people without twins also have to work through these issues, I see these lessons every time with those who have a vanishing twin.

- 📖 I love and accept myself unconditionally.
- 📖 I am important and a gift to our world.
- 📖 I deserve all the good this world has to offer.
- 📖 I am worthy.
- 📖 I forgive myself.
- 📖 I forgive God/Jesus/My Higher Power.
- 📖 God loves me.

If you relate to some of this information, you may have a vanishing twin. I would recommend the article: *Life in the Womb: Dangers and Opportunities* by David B Chamberlain, Ph.D.

Dr. Chamberlain does lots of research on this topic. You may order this article direct from Chamberlain Communications 909 Hayes Ave. San Diego, CA 92103. His phone number is (619) 296-7535.

ADDITIONAL RESOURCES:

- www.wombtwin.com
 - Here is an great article by an MD that talks about what the mother feels like with a vanishing twin inside her. It answers quite a few questions you may have: http://www.multiplebirthsfamilies.com/articles/ber_q14.html
 - **Vanishing twins forum:** <http://groups.yahoo.com/group/vanishingtwins/>
 - **Wombtwin survivors forum:** <http://health.groups.yahoo.com/group/wombtwin/>
 - **"GEMINI VOICES"**, (online magazine about wombtwin survivors) <http://www.altheahayton.com/gemini/>
- Book Released 2/3/07:**
Untwinned: Perspectives on the Death of a Twin Before Birth by Althea Hayton. Get it at www.amazon.com It has a great survey on topical questions associated with twins and is very helpful in determining whether or not you have a vanishing twin. Highly recommended.

Also Dr. Brent Babcock 2009 new book
My Twin Vanished : Did Yours? The Vanishing Twin Crisis
Available at <http://www.vanishingtwin.com>

DEFINITION:

http://www.vanishingtwin.com/index.php?option=com_content&view=article&id=57&Itemid=5
Dr. Kurt Benirschke, professor of Pathology and Reproductive Medicine, states that since the advent of sonography, the number of witnessed occurrences of a fetus spontaneously vanishing is now documented. These formerly existing but now vanishing twins or multiple-pregnancy fetuses had been identified only occasionally. The twins were ascertained mainly when pregnancies had incidental radiography, or when placentas were examined by a pathologist. In 1989, the term "Vanishing Twin" was mentioned by Elizabeth Noble who noted that the surviving fetus experiences grief, anger and despair. She estimated that in about 4% of all pregnancies, a co-twin dies at sometime without a trace. These deeply repressed memories of loss begin to emerge in various kinds of therapies. When such memories do surface, they witness what the co-twin was feeling at the time of the loss. Clearly though, vanished twins have always existed but they were not seen with any frequency until sonography became a practical tool. Sometimes when twins are recognized by sonography, one embryo truly vanishes and cannot be traced, even by skilled examination of the delivered placenta. S. Levi, who studied over 6,000 early pregnancies sonographically, found that of the 188 sets of twins identified, only 86 sets were delivered as twins. From this it was inferred that the others had "vanished." This means that there were twins but only a single one was born. The earlier the diagnosis of twins was made, the more frequently a twin apparently disappeared! The embryos of the dead twin may become incorporated into the placental membranes. The surviving twin may occasionally display congenital abnormalities. When one twin dies later in pregnancy and the gestation continues for sometime, the water of the dead twin's tissue may be reabsorbed and the dead fetus can become flattened from pressure of the growing twin. The most widely discussed consequence of twin death is the possible occurrence of widespread damage in a surviving twin not only physically but also emotionally. Dr David B Chamberlain, psychologist, states that the earlier a fetus, infant is subjected to pain, the greater the potential for harm. Pain makes deep impression on fetuses and babies. The younger the person the more impressionable and damaging the pain, anger, grief, loss may become.

http://www.vanishingtwin.com/index.php?option=com_content&view=article&id=47:the-qvanishing-twinq-ultrasonographic-assessment-of-fetal-disappearance-in-the-first-trimester&catid=34:tech-articles&Itemid=2



The "Vanishing Twin": Ultrasonographic Assessment of Fetal Disappearance in the First Trimester

Landy, M.D., H., Weiner, M.D., S., Corson, M.D., S.

Review of the sonographic findings of 1000 pregnancies with viable gestations in the first trimester revealed a minimum incidence of twinning of 3.29%. Of these, 21.9% demonstrated the "vanishing twin" phenomenon, often with associated bleeding, but with a good prognosis for the remaining fetus. Ovulation induction did not appear to alter these data. The sonographic criteria for "vanishing twin" are discussed. The incidence of multiple gestation is 3.29% to 5.39%, higher than previously believed. (Am J Obstet Gynecol 1986;155:14-9.)

Last Updated (Friday, 12 September 2008 22:17)

http://www.vanishingtwin.com/index.php?option=com_content&view=article&id=50:clinical-and-morphologic-aspects-of-the-vanishing-twin-phenomenon&catid=34:tech-articles&Itemid=2

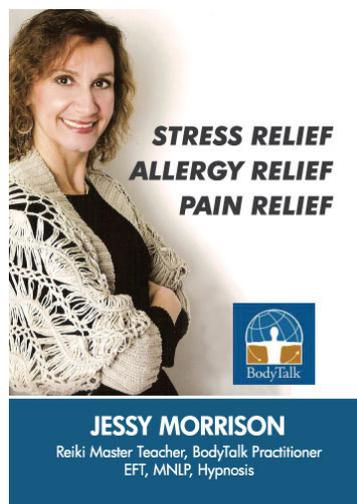
Clinical and Morphologic Aspects of the Vanishing Twin Phenomenon

Jauniaux, M.D., E., Elkazen, M.D., N., Leroy, M.D., PhD., F., Wilkin, M.D., PhD., P., Rodesch, M.D., PhD, F., Hustin, M.D., PhD., J.

The pathologic findings in placentas from ten multiple gestation complicated by the so-called vanishing twin phenomenon were studied to confirm the ultrasonographic evidence. Five pregnancies resulted from in vitro fertilization and embryo transfer, and five conceptions were spontaneous. The pregnancies were studied by repeat ultrasound examinations between five and 12 weeks' gestation. First-trimester bleeding was the only clinical sign of this phenomenon was found in five cases. Morphologically, the lesions were characterized by well-delineated plaques of perivillous fibrin deposition, associated in one case with embryonic remnants. This focal degenerative change of the placental mass, which also exists in about 25% of placentas from uncomplicated term pregnancies, may be the only clue to the disappearance of one conceptus. (Obstet Gynecol 72:577, 1988) October, 1988

The vanishing twin phenomenon has spurred the curiosity of many investigators since the advent of ultrasound in the last decade. There is no doubt that some twins or fetuses of higher multiple pregnancies die in utero before delivery. Ultrasound studies have demonstrated that the vanishing phenomenon occurs during the second half of the first trimester or early in the second trimester. However, morphologic evidence of tissue remaining from the disappearing twin has rarely been reported.

The chance of carrying a multiple pregnancy to term, when complicated by early embryonic disappearance, is good, and that the prognosis for the surviving twin is better in early cases than in cases of second- and third-trimester fetal death. More articles and resources can be found at <http://www.vanishingtwin.com>



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JESSY MORRISON
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June 2017 update. Since 2009 when I first wrote this ebook much new info has come to light. Here is a TREASURE CHEST OF NEW INFO and free downloads for you at <http://www.wombtwin.com/e-books/4580156112>

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