

# News from Andy & Rach!

Hello all of our dear friends around the world, we have some BIG news to share with you!

☆ We're having a baby! ☆

We found out in July during the YWAM summer Knowfest, and the timing was perfect as it was also the week that my parents were here visiting us from New Zealand! So we have been bursting with the news ever since but had to wait until after the 3rd month to let everyone know since the first 3 months are always the most risky for miscarriage. Needless to say, the time has flown by and I am already 4 months pregnant! Yay! ☆

So there you go! We're having a baby! Its a huge change for us and something that has come as an unexpected surprise and blessing. The due date for the baby's arrival is around March 13-17 – which is also close to our wedding anniversary on the 20th so that is again special. ☆

It is such a miracle! You may have already known of my health issues and that doctors had said that it would probably be pretty impossible for me to get pregnant without some kind of drug therapy. That is due to me having PCOS which is a hormonal condition that is the leading cause of female infertility. But over the past few years I have been focusing on finding nutritional and natural therapies to help support my body and get it working naturally and it has worked! (We know God's hand has been on the situation as well!) If you'd like to know more about natural and nutritional medicine, please feel free to email me about it – I love talking about health and natural health care!

We only found out after I was already two months pregnant and then I had to spend 4 weeks on complete bed rest because of a complication and the high risk for miscarriage. That was a challenging time for both of us but I was finally given the all clear 2 weeks ago, and have been allowed to start getting active again, so that has been great!

The doctor has said the baby is developing well and the ultrasounds have been cool. We just began to feel it kick the other day – the first little flutters, and that has been very exciting and makes it so much more real! We'll be going for another ultrasound appointment at the end of the month and hope to find out whether it is a boy or a girl as we are excited to know what it is and begin calling it by name!

We are still working on getting our [www.gugten.com](http://www.gugten.com) website up and running again, so in the meantime we have been putting some pictures up on a site called [www.dropshots.com/vdg](http://www.dropshots.com/vdg) if you would like to see any of the baby or us etc... We'll be putting more pictures up in the coming months and when we get our own site working again we will let you know!

We would really appreciate your prayers for a continued and safe pregnancy and delivery, for the health of the baby and us as well as the transition involved! We love to hear from you and all the news that you have to share about your lives, so please do write when you have a moment.

With much love and blessings,  
Rachael & Andy van der Gugten (and baby!)

