



Eating McDonald's gave me TRIPLETS! Vegetarian who was told she would never have children gives birth to three babies after turning to a daily diet of meat

- Laura Dixon had IVF after trying to conceive naturally for 10 years
- The first cycle had to be abandoned after her ovaries swelled dangerously
- She conceived after the second but had a miscarriage at eight weeks
- Decided to improve her chances of a successful pregnancy by eating increasing her protein intake and eating three portions of meat a day
- Gave birth to triplets Max, Mason and Mia after the third, and final, cycle
- Mrs Dixon has since returned to her vegetarian lifestyle

By EMMA INNES and JOHN STEVENS

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A lifelong vegetarian told she would never have children has given birth to triplets after she started eating meat.

Laura Dixon, 34, turned to IVF after trying for ten years to get pregnant naturally, but during her second cycle of treatment she suffered a miscarriage.

When she became pregnant during her final round of IVF, she was warned she had a high risk of another miscarriage or a dangerously early labour.



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Laura Dixon (pictured with husband, Tim) conceived the triplets, Mason, Max and Mia, after her third and final

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cycle of IVF. She says she was terrified that her body would not be able to cope with carrying three babies

So she started eating three portions of meat a day to increase her intake of iron, vitamin B12 and protein to improve her chances of a healthy pregnancy.

Mrs Dixon, who had never eaten meat, tucked into chicken, bacon and sausages every day and at 35 weeks gave birth to identical boys Max and Mason and daughter Mia.

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Naturally slim, she piled on more than five stone gorging on chicken, bacon and burgers as well as a daily McDonald's breakfast and a sausage and egg McMuffin.

Her meat cravings became so strong she was tucking into three portions of meat a day with a Marks and Spencer chicken and stuffing salad sandwich her favourite snack.

The high protein diet carried her pregnancy through to 35 weeks when she gave birth to identical boys Max and Mason, and daughter Mia.

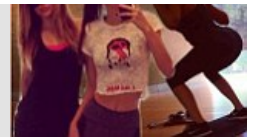


Mrs Dixon's first attempt at IVF had to be abandoned because her ovaries became dangerously swollen. She conceived after the second cycle but had a miscarriage when she was eight weeks pregnant



When she was pregnant with the triplets, Mrs Dixon decided to ditch her vegetarian diet to give herself the best chance of a successful pregnancy. She started craving meat and ate three portions a day

her slimmer frame as she and Kendall Jenner work out in their home gym
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Ms Dixon, a PA from Essex, said: 'When the sonographer found a third heartbeat I remember shouting "oh no" and crying - thinking I'd lose them all.

'After losing one baby to a miscarriage, I thought I would never be able to carry three.

'But then my hunger kicked in and despite never eating meat, I craved it. I ate about six meals a day.

'It all seems like a blur now. I just remember the cravings were so strong that I would wake up in the night and make my husband go and get me a McDonald's.



Mrs Dixon said that her meat cravings became so strong that she had to get her husband, Tim, to go out and buy her McDonald's and Nandos - sometimes in the middle of the night

of Dallas Buyers Club
It's not often she takes time away from her kids



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During the pregnancy, Mrs Dixon put on five stone. She says that her favourite snack was a Marks and Spencer chicken and stuffing sandwich

'Several times my husband had to go up to Nandos for chicken and chips with me.

'Eating meat definitely helped me get all the protein you need when you're pregnant.

'I think it could be one of the reasons I managed to carry all three to full term.'

Ms Dixon was diagnosed with endometriosis and polycystic ovaries which doctors told her would stop her getting pregnant.

Duchess of Cornwall in the Mediterranean



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Thanks to her high protein diet, Mrs Dixon carried the triplets until she was 35 weeks pregnant. They were then delivered by C-section. Max and Mason are identical



Mrs Dixon had both polycystic ovary syndrome and endometriosis and doctors believed this would prevent her conceiving as both conditions can cause infertility

Endometriosis is a condition which causes cells from the lining of the womb to develop outside of the uterine cavity. It causes pain and, often, infertility.

Polycystic ovary syndrome is a common condition that affects how a woman's ovaries work.

It causes cysts to develop in the ovaries, stops the regular release of eggs, and causes the body to produce high levels of 'male hormones' called androgens.

She underwent two laparoscopies in a bid to correct the problems but both were unsuccessful.

reveals toned torso in plunging dress at the Toronto premiere of *Fading Gigolo*

Little black number



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Into its 17th season



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Dressed down in slacks and a T-shirt



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Fashion fix in New York



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Joined Giuliana Rancic



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To star in *50 Shades*





Since the triplets were born, the couple have gone through 8,000 nappies and done more than 10,000 feeds

Her first cycle of IVF failed when she developed dangerously swollen ovaries and treatment had to be abandoned.

She became pregnant during the second cycle using frozen eggs but miscarried at eight weeks.

During the third IVF attempt she got ovarian hyperstimulation syndrome but decided to proceed at her own risk and two fertilised eggs developed.

Ovarian hyperstimulation syndrome can occur after taking medications that stimulate the ovaries.

It causes the ovaries to swell and produce too many follicles.



Max (left) was born weighing 3lb 12oz, Mason (right) was 5lb 4oz and Mia (centre) weighed 5lb 15oz - all three were born by C-section within a minute of each other

Symptoms include nausea, vomiting, abdominal pain and bloating.

In severe cases it can be life-threatening as it can cause a blood clot in an artery or vein, kidney and liver dysfunction and breathing difficulties.

However, on her 33rd birthday Mrs Dixon and her husband heard three little heartbeats and on Mr Dixon's 33rd birthday doctors told them they were expecting identical boys and a girl.

Max was born weighing 3lb 12oz, Mason was 5lb 4oz and Mia weighed 5lb 15oz - all three were born by C-section within a minute of each other.

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Ashley Benson shows off her flawless skin as she poses for a make-up free 'selfie' while on exotic holiday
Looked utterly radiant



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Lady Gaga wears mask and teeters on high heels outside her New York City apartment building
Strange face mask



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Continuing her remarkable rise



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The 22-year-old wore a very daring dress



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In Brentwood, California





Since becoming a mother, Mrs Dixon has continued to go to McDonald's - but has reverted to her vegetarian diet and only has a veggie-wrap and fries

The triplets, now 14 months, were allowed home from hospital just two weeks after their birth. Since then Mrs Dixon and Mr Dixon, 34, a finance manager, have gone through 8,000 nappies and done more than 10,000 feeds. Medics believe Mrs Dixon's protein boost will have contributed to her successful pregnancy. Nutritionist Jo Travers, who runs The London Nutritionist, said: 'There is a lot of evidence that women experience taste changes throughout the pregnancy, which in turn can alter their preferences as they progress through the trimesters.'

Since becoming a mother Ms Dixon has continued to go to McDonald's - but has reverted to her vegetarian diet and only has a veggie-wrap and fries.

CANCER VICTIM'S IVF TWINS

AN Australian woman who became infertile after life-saving cancer surgery is expecting twins, thanks to a revolutionary IVF treatment. The 30-year-old had tissue from her ovaries stored when they were removed seven years ago. Now she is 26 weeks pregnant after a procedure doctors say could potentially revolutionise fertility treatment.

Melbourne IVF and The Royal Melbourne Hospital helped her produce two healthy eggs by transplanting tiny slices of her frozen ovarian tissue into her abdominal wall and stimulating it with a mild hormone treatment. The eggs were retrieved after IVF and two healthy embryos implanted in her uterus, in what was the first successful graft outside the pelvis.

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Actress has called off her wedding to fiancé Anthony Byrne



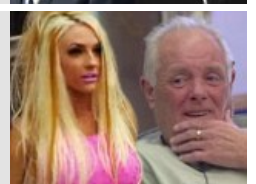
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I think any 'lifelong vegetarian' would be well aware that meat is a poor source of protein compared to something like soya. I know pregnancy cravings are hard to resist, but is it really worth it to risk heart disease and bowel cancer? Articles like this which perpetuate ignorance surrounding vegetarian diets make it really hard for pregnant and breastfeeding women. - Andy, Manchester, United Kingdom, 02/9/2013 17:00 I think anyone with any knowledge at all, would realise SOYA is very bad for people with PCOS...like this woman. it contains phytoestrogens which have a negative impact on PCOS. As a milk allergy sufferer I have had soya my whole life, and strangely I developed PCOS as an adult and fertility problems. Now I drink almond milk, much safer and tastier too.

- yumstheword , wales, 03/9/2013 09:03

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Still pretty much a veggie then as there isn't much meat in a McDonalds - tasty though :) !!!Good on you . Hope you have a happy life together

- ginny , christchurch, New Zealand, 03/9/2013 09:01

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My word, the militant vegies are out in force on this one! Never seen so much anti-meat misinformation in one place before as this comments section! Have a nice rare fillet steak for lunch - it'll make you all feel better and not so grumpy. So you all don't eat meat - fine. But stop getting stroppy just because others eat what nature intended humans to eat. We have sharp canines for eating meat, and broad, flat incisors for eating vegetables. If you vegies wish to eat an unnatural diet, go ahead, the rest of us don't care. Just hold onto the gas until we have got out of the lift.

- flatdog , Stockton-on-Tees, 03/9/2013 08:48

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The creator said "Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything" Gen 9:3. There must be a reason for that.

- Crownprince2 , Ashford, 03/9/2013 08:30

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Nothing new here. It is a common fact that a diet of protein and fat increase fertility. There are many stories on the web where people went low carb and became pregnant after failing infertility treatment multiple times. Carbs suppress so many things in the human body it has become a joke! Has nobody noticed the correlation between the increase in carbohydrate consumption around the world and fertility problems? Science and the pharmaceutical industry have failed big time whereas the low carb diet is constantly proven to be the correct way of life!

- Andy , Aldershot, United Kingdom, 03/9/2013 08:08

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For all you vegetarian knockers, I've been a vegetarian for between 40 to 50 years and had two children, very easily. I'm also extremely healthy although now nearly 70 and have the arteries of a 20 year old according to my doctors. My blood pressure is low, my cholesterol is so good and always has been, I'm not anaemic the only problem is a vit D deficiency at times. Which considering I live in Australia is unusual but I hate, and I mean HATE the sun and keep out of it at all times and covered up so I have to take a supplement. Not that Vitamin D has anything to do with vegetarianism. I'm all set to live to a ripe old age and with long living genes in my family I should make 120. So here's for a record and living it well and happily. Just adding, this article is really bad inasmuch as it supports people eating all the fast food under the sun when pregnant, not giving the baby a chance to have a good start to life. Very bad reporting.

- me , nowhere, 03/9/2013 08:08

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So three more mouths to feed, three more school places to find, as if we don't have more than enough kids already. I'm pleased I won't be around in 40/50 years, this country will be unbearable by then; pop pushing 80/90 million I reckon. Good luck to the next generation, you're going to need it! BTW no, I don't have any children!

- TaxpayerRevolt , London, United Kingdom, 03/9/2013 08:02

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Can't think why anyone would want a dead carcass sitting in their colon for 3 to 4 days. - Jill Wood, Kent, United Kingdom, 02.09.13 15:59===== I can, because it takes good!! Can't beat spare ribs or homemade burgers!!

- Matt1983 , London, UK, 03/9/2013 07:55

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Leave the lass alone, she isn't saying that meat made her pregnant but the change in lifestyle made her healthier to carry her babies full term, our bodies can do amazing things when we need them too! Good luck to you and your beautiful babies, after suffering from PCOS myself I would have taken to eat anything to help me fall pregnant before I finally had my little girl last year.

- Rebecca Duguid , Northumberland, United Kingdom, 03/9/2013 07:38

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Click to rate   Rating  30

Good for you. Congratulations. The kids are super cute. Now I miss parents cuddling me, my toys and childhood. I want that chewy pacifier too... Haha :PAwesome kids. Cheers!

- Being Human , Around the corner, India, 03/9/2013 07:27

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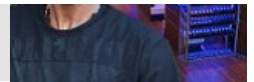
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to his whereabouts
Spotted grabbing a bite to eat



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An important movie for Pitt



► Brands behind hit designer T-shirt spoofs stage an underground showdown at New York Fashion Week
Joint fashion week



presentation

► **Bold prints, intricate embroidery and Frida-Kahlo braids: Latin American culture inspires Rebecca Minkoff's vibrant Fashion Week show**



► **We're friends really! Dakota Fanning poses with onscreen 'mother from hell' at the premiere of The Last Of Robin Hood Proud team.**



► **'They want to do it sooner rather than later': One Direction's Zayn Malik to marry fiancée Perrie Edwards 'by Christmas' His long-term love**



► **Midas touch! Jennifer Lopez sports some fancy golden footwear on outing with Casper Smart and her twins**
The singer donned a pair of \$975 heels



► **Brave Jack Osbourne attends DWTS rehearsals the day after wife announces late term miscarriage**
Dressed in black and hiding behind glasses



► **Baby one more time! Britney Spears sweats through yet another day of dance rehearsals as she prepares for Las Vegas residency**
And a trip to Starbucks



► **Maria Sharapova keeps fans guessing with 'engagement' ring as she joins Alicia Keys and Jessica Pare at Jason Wu show**
Wore it second day



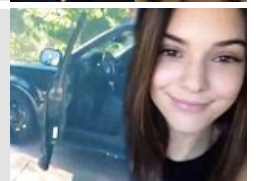
► **Hugh Jackman and Jake Gyllenhaal dazzle at the TIFF premiere of Prisoners... while Terrence Howard brushes off latest abuse allegations to attend**



► **Real-life heartbreak behind Love Actually: Director Richard Curtis reveals being dumped at Oxford University inspired him to write his romantic comedies**



► **Eyes on the road! Kendall Jenner learns nothing from sister Kylie's car crash as she films Keek video while behind the wheel**
Grooves along to tunes



► **No wonder you're his muse! Jessica Biel shows just how she inspires Justin Timberlake in a tight leather dress**
Can do a black tie event



► **What are THEY doing at Fashion Week? Coco and Ice T join the party... in matching red outfits**
The reality show couple arrived at a gifting suite in New York



► **Fashion and family! Rachel Zoe spends quality time with son Skylar and husband Rodger Berman during NYFW**
Skillfully planned her day



► **House-hunting Daniel Craig and Rachel Weisz reportedly 'Interested' in sprawling \$18 million English estate**
It boasts eight bedrooms and six bathrooms



► **Carrie Underwood falls over on stage in towering FIVE inch heels... and ends up with her foot in a cast**
Singer tripped while mid-song in Texas



► **Never a bad angle: Victoria's Secret Angel Karlie Kloss turns the street into a runway with model best friend Jordan Dunn**
Model's work never done



► **Scott Disick splurges on yet ANOTHER expensive Ferrari as Khloe Kardashian continues to deal with her marital woes**
Not the best timing



► **Real Housewives of Atlanta descends into chaos as Phaedra Parks's husband Apollo Nida 'violently attacks' Kenya Moore's assistant on set**



► **Tori Spelling's daughter Stella celebrates her fifth birthday at a no expense spared bash... complete with a FIVE-TIER cake**
A very extravagant bash



► **Suri Cruise shows off her plaster cast as she enjoys a sunny stroll with protective mother Katie Holmes after breaking her arm**
On the mend in NYC



► **It's in the genes! Make-up free Andie MacDowell, 55, is youthful as she flaunts her fabulous figure in yellow denim**
Still defying her age



► **Can't let her go! Josh Henderson holds hands with new girlfriend Andrea Boehlke as they take in the Nautica show at NYFW**
Dating Survivor alumni



► **Happy Birthday to me! Kristen Wiig shows off**



her youthful tanned and toned legs as she celebrates the big 4-0 with a cupcake on the red carpet



► Mrs Hollywood stirs up a storm! Wife of American Baking Competition star reveals how split left her so traumatised she couldn't eat...



► 'It's a disease': Teen Mom star Jenelle Evans reveals she spent \$2800 a week on drugs as she opens up about her addiction
Told details for first time



► Arnold Schwarzenegger plays the tough guy on set with Sylvester Stallone and Harrison Ford... as new bodybuilding film is set for release



► She's a true professional! Olivia Palermo doesn't break a sweat as she switches between outfits at New York Fashion Week
Asawystyle blogger



► 50 Shades of... brunette? Dakota Johnson sports unflattering brown wig on the set of her current movie Cymbeline
On the Brooklyn set



► Jessica Alba can't stop taking pictures of her sweet daughter Haven as they have a ball at the playground
Taking a break from New York Fashion Week



► Australia's wealthiest man James Packer splits from ex-model wife Erica Baxter eight weeks after their \$46million home is built
They're living apart



► Silky watercolor hues, boots that lend instant cool - and Anna's seal of approval: Why it's no wonder Rag & Bone are the toast of New York Fashion Week



► So showstopping, even the designer welled up: Karen Elson and Karlie Kloss take to the runway for Jason Wu's 'labor of love' collection at New York Fashion Week



► Raising hemlines! Lena Dunham films Girls in a very short dress as she joins co-star Zosia Mamet to wrap season three of their hit show
Flashed plenty of flesh



► Sofia Vergara indulges in a shopping spree at Bulgari... before suffering embarrassing



street fall

The most successful actress on TV tripped



► **Stella McCartney steps out for some early morning exercise... in a pair of running shoes from her own collection**

The 41-year-old fashion designer was in London



► **Female assistants keep hunky Paul Walker oiled up as he splashes around in the surf for sexy cologne shoot**

Fast and Furious star shot Davidoff Cool Water



► **Underwear model, 49, claims she can't get work because she looks TOO YOUNG**

Carolyn Brennan is from Leicester in the UK



► **Pack your bags, baby! Kanye West announces North American tour... and Kim Kardashian and North WILL join his entourage**

A family adventure



► **Snap! Solange Knowles and Leigh Lezark commit the ultimate sartorial sin arriving at New York Fashion Week show in same outfit**



► **She'll even attend the opening of a toilet! Stacy Keibler slips into elegant dress after becoming porta-potty spokesperson**

Deal with Charmin



► **Khloe Kardashian posts carefree selfie as it's claimed 'she has no idea where husband Lamar Odom is and is exhausted over ordeal'**

Marriage crisis takes toll



► **Who is Romain Dauriac? Meet the camera-wary journalist set to become the new Mr Scarlett Johansson**

Was editor of French urban mag Clark



► **Taylor Swift and Hailee Steinfeld embrace their bohemian sides in floaty dresses while hitting LA stores**

After being turned away from a trendy restaurant



► **Kelly Osbourne flashes her cleavage in funny photos during night out at a gay bar**

The lilac-haired star didn't need alcohol to have a good time



► **Rihanna's costume designer Adam Selman makes a provocative debut at New York Fashion Week with lots of lingerie**



Afunky take on lingerie



► You wore **WHAT** on the Subway? Daisy Lowe strips down to her lingerie for risqué new fashion shoot in NYC
British model is Gavin Rossdale's love child



► Kate Spade's polished New York Fashion Week show is inspired by Paris, Capri and Monaco
Spring/summer 2014 collection is a taste of European glamour



► Bethenny Frankel lives up to her Skinnygirl name as she shows off tiny waist while promoting her latest book on GMA
Interviewed in New York



► Beauty in bronze Heidi Klum is joined by guest judge Kerry Washington as they prepare to crown winner of Project Runway at Spring 2014 Fashion Show



► Naomi Watts shrugs off mounting criticism for new film Diana as she hits the shops in Paris ahead of its French premiere
44-year-old in France



► Dog The Bounty Hunter and his wife Beth Chapman crash the set of Tim Burton's film Big Eyes while Amy Adams is filming
Fancy seeing you here!



► Who's next from the old harem? Simon Cowell takes Terri Seymour to X Factor premiere party... and then meets up with Mezhgan Hussainy



► Jason Biggs and Rainn Wilson chest bump and wrestle through an exhibition tennis match against Chris Evert and Monica Seles
Served up some comedy



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