

## CLIENT CASE STUDY

Ali & Patrick - Improvement of Sperm Count & Motility.  
Healthy Baby Girl Conceived Naturally At 35  
After 5 Months On The NFP Program

**Client Name:**

Ali &amp; Patrick \*

**Age:**

35 &amp; 43

**Location:**

UK

**Time Trying to Conceive (TTC):**

5 Years

**Fertility Case Summary:**

- Sperm abnormalities (low motility, low concentration, low volume, borderline morphology)
- 3 x miscarriages over 3 years
- Ali - hormonal parameters all normal but suffered from depression, insomnia, fatigue

**ART Undertaken:**

- 3 x IVF cycles using ICSI over two years
- First two cycles - no fertilization
- Third cycle - resulted in a miscarriage
- Clomiphene and HMG ovulation induction – no fertilization

**Treatment Summary:**

Ali's husband Patrick was exhausted by the fertility treatments and didn't want to talk about it anymore. He buried his head in his career and worked long hours. His stress levels were very high, he drank two to three cups of coffee a day, smoked a pack of cigarettes a day and had a wind-down drink after work once or twice a week.

Their diet was typical of a couple who work full time and have no time to shop and prepare food. They mostly ate out, skipped breakfast, had a quick take away or a sandwich for lunch at work. They didn't pay attention to preservatives, pesticides, sugar and the processing of food. Fast food items and fried food were on the menu almost weekly.

Ali and Patrick also travelled frequently for work, spending long hours in front of the computer and having long phone calls on their mobile phones.

Ali used expensive cosmetic and personal care products from well-known brands often advertised in magazines like Elle and Vogue. Her husband Patrick used well-known brands available in every

supermarket.

There were a lot of changes they needed to make and Patrick wasn't willing to change his lifestyle.

Ali was getting desperate, but she slowly realized that if things were going to change, they needed to make some major adjustments. She wanted to get pregnant ASAP, and the thought of having to wait for 120 days to optimize their egg and sperm health was daunting.

But she put her trust in the method and in us. She followed the program and implemented changes we recommended for them. Patrick agreed to make minor changes and take the supplements their coach prescribed for them.

Ali also did the tests we recommend in the program, and it turned out that she had a common MTHFR gene mutation which was predisposing her to miscarriages. We recommended a specific treatment for this which she followed.

### Improvements & Outcome Through The NFP Program:

A few months went by, and Ali reported that they both had more energy, were sleeping like babies, and that their mood and relationship with each other had improved.

Five months after starting the program, Patrick had his sperm re-tested. This time, the report showed normal sperm and improvement in all parameters. Ali's doctor was quite astounded, since he didn't believe that sperm parameters could be improved.

Encouraged with this improvement, the couple tried to conceive, and Ali got pregnant on the very first try

### Here is a summary of the improved semen parameters:

Sperm Parameter	Before NFP Program	After NFP Program
Volume	1.5mL	2mL
Concentration	24 million/mL	50 million/mL
Count	36 million	100 million
Motility	27%	50%
Total Motile Sperm	9.7 million	50 million
Morphology (normal forms)	35%	40%

**Duration of Treatment:**

5 Months on the NFP program

**Clinical Outcome:**

Ali gave birth to a healthy baby girl.

*\*names changed to protect privacy*