

## CLIENT CASE STUDY

Belinda & Andrew - Conceived Naturally At 44  
After 3 Months Of Ongoing Coaching In The NFP Program

**Client Name:**

Belinda & Andrew \*

**Age:**

44 & 44

**Location:**

Wales

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

3 years

**Fertility Case Summary:****Female**

- 2 x Miscarriages
  - 8 weeks
  - 5 weeks - Blighted ovum - twins
- Long time between conceptions
- Stress, Anxiety & Depression
- Poor egg quality
- Sleep issues
- Fatigue
- Digestive issues & heartburn
- Hypothyroid

**Male**

- Sub-optimal semen analysis - low volume, motility & morphology
- DNA fragmentation unknown
- Metabolic issues (overweight)

**IVF/ART History:**

- 2 x failed IVF cycles - good egg numbers retrieved, however poor fertilisation rates

**Key Test Findings:**

- High estrogen levels
- High SHBG
- High Prolactin
- Low testosterone

- Anaemia - low iron levels
- Low thyroid function
- High cholesterol
- Low essential minerals

### **Personal Impact of Fertility Challenges:**

When Belinda began the coaching, she was extremely frustrated that she hadn't conceived and was also resentful of her partner because he was "dragging his heels" regarding the decision to have another child. She had tests done which all came back normal, so she couldn't understand why she wasn't conceiving. She said "I am beyond despair."

Andrew had given up on the idea that having a baby would be an option for them and was reluctant to make any changes to his diet and lifestyle, which caused a lot of stress for Belinda.

### **Natural Fertility Treatment Overview:**

In the past, there was a silver option of the NFP program, which was the program content, without any coaching. Belinda had signed up to this and had made the recommended changes to her diet and lifestyle. She felt like she was missing something without the coaching and felt that she needed more support, so she decided to do the ongoing coaching.

Although Andrew wasn't willing to make changes to his diet and lifestyle, he was actually already quite healthy and did take his recommended supplements.

### **Improvements & Outcome Through The NFP Program:**

Belinda's coaching was during the COVID-19 lockdown, so access to testing was difficult, therefore we didn't receive test results to check her improvements.

However, after 3 months on supplements, Belinda wrote to her coach wondering why her period was late. It turned out that she was pregnant! It was an emotionally challenging first trimester after her miscarriages and with the doctors telling her the chance of miscarriage was so high "because of her age". However she sailed through it and the scan and blood test at 12 weeks showed minimal chance of any abnormalities! She also reported being less sick than in her first pregnancy, which was surprising to her, given it was 5 years later. For us, it was a good sign that her liver and metabolic health was optimal due to the work she had done in the preconception period.

**Duration of Treatment:**

12 months of silver program & 3 months of coaching on the NFP program

**Clinical Outcome:**

She gave birth to a healthy baby girl

*\*names changed to protect privacy*