

CLIENT CASE STUDY

Gwen & Brian - Healthy Baby Boy Conceived Naturally At 45
(Born Via Home Birth) After 4 Months On The NFP Program

Client Name:

Gwen & Brian *

Age:

45 & 35

Location:

USA

Time Trying to Conceive (TTC):

2 years

Fertility Case Summary:

- 2 x miscarriages at 7 and 9 weeks
- 1 x chemical pregnancy
- Mild adenomyosis
- Recurrent yeast and parasitic infections
- History of depression and ADHD
- 1 x healthy child conceived naturally 4 years prior
- Sperm never tested

Key Test Findings:

- Elevated FSH
- Low estrogen
- Low progesterone
- Genetic polymorphisms

Personal Impact of Fertility Challenges:

The hardest thing for Gwen to accept was that she may be menopausal at the age of 44, which is what the IVF clinic told her and suggested that she should use donor eggs.

Natural Fertility Treatment Overview:

Gwen had been healthy all her life, ate a healthy diet and exercised five days a week and therefore her BMI was on the higher end of normal due to her muscle mass percentage. She got pregnant naturally at 40 and gave birth to her healthy daughter. Two years later at 42, they started trying for baby number two and got pregnant after two months of trying. Unfortunately she miscarried at 7 weeks. A year later they got pregnant again at 43, and unfortunately this time she miscarried at 9 weeks. Gwen thought

there was potentially one more miscarriage a year later when she turned 44, but was not sure, as her period arrived on time.

She'd been told that her eggs are too old for a healthy pregnancy and that she wouldn't be able to get pregnant. Her husband didn't have any investigations being eight years younger, although we know that age doesn't always correlate with optimal sperm health. Gwen took supplements to boost her egg quality and her husband also took supplements for sperm quality and his genetic polymorphisms, which were detected after the initial round of tests.

Hormonal imbalances were addressed with dietary and lifestyle adjustments, as well as herbal and nutritional supplements. In addition, adjustments were made for the genetic polymorphisms and food intolerances detected.

Improvements & Outcome Through The NFP Program:

Gwen and Brian conceived a healthy baby boy after 7 months into the program and did not miscarry the pregnancy. Gwen had a very healthy pregnancy and delivered her son at home at 45.

Duration of Treatment:

7 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy.

**names changed to protect privacy*