

CLIENT CASE STUDY

Julie & Alex - Healthy Baby Girl Conceived Naturally
After 4 Months On The NFP Program

Client Name:

Julie & Alex *

Age:

32 & 35

Location:

Australia

Time Trying to Conceive (TTC):

5 Years

Fertility Case Summary:

- Ovarian cysts
- Had endometrial ablation
- Took an oral contraceptive pill for 8 years – got migraines and often felt nauseous
- Normal Semen Analysis

ART Undertaken:

- Unsuccessful Clomid use
- IVF recommended

Natural Fertility Treatment Overview:

Julie contacted us wondering if the NFP program could help her. She was a bit skeptical about natural medicine treatments, as she had never taken supplements nor visited a naturopath before.

Alex literally thought she was out of her mind for even contemplating natural medicine treatment and, even worse, buying a program on the Internet! But Julie decided that there was nothing to lose and everything to gain, and she joined the program.

Julie told us that she really didn't want to use fertility drugs because they made her feel sick. She also didn't want to use IVF because she was afraid of the invasive procedures and pain.

Both she and Alex suffered from insomnia, and Julie also had nightmares from time to time. There were emotional issues, too. Alex was depressed, stressed and worried. Julie was sad and still getting over the stress of moving countries – from the US to Australia.

The couple's diet was very high in processed food, fast food, caffeine, unfiltered tap water and anti-nutrients (foods which block the body's absorption of nutrients). They were exposed to high levels of

electromagnetic radiation, as well as toxic chemicals from the products they used at home on a regular basis.

Initially, Julie found it difficult to make certain changes in her diet and lifestyle. But in her mind it was either that or IVF – so she chose to change. She ordered the supplements and convinced Alex to take his supplements.

Improvements & Outcome Through The NFP Program:

They reported feeling better, more energized, their sleep had improved, Julie's moods brightened and she was enjoying the new diet she got with the program. She made a compromise by allowing herself to indulge in some of the fast foods on the weekend, but during the week she was following the program as best she could.

When 4 months of the program were up, Julie and Alex tried to conceive. They were successful the first time. Julie was so happy and so excited! She contacted her coach immediately after she used three pregnancy tests at home (just to make sure!) She said this was the first time in her life she got a positive pregnancy test result and she couldn't believe her eyes.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Julie gave birth to a healthy baby girl after a problem-free and enjoyable pregnancy.

**names changed to protect privacy*