

CLIENT CASE STUDY

Katerina & Jovan - Conceived Naturally At 43
After 9 Months On The NFP Program

Client Name:

Katerina & Jovan *

Age:

Both 43

Location:

Serbia

Time Trying to Conceive (TTC):

2 ½ years

Fertility Case Summary:**Female**

- Age related infertility - High FSH
- Recurrent miscarriages
- Very thin endometrial lining
- Adrenal fatigue
- Poor sleep maintenance
- Insulin resistance
- Chronic inflammation

Male

- Sperm health issues - volume, motility, liquefaction, agglutination
- Overweight
- Chronic inflammation
- Blood sugar issues
- Uric acid problems

IVF/ART History:

- IVF
- Failed Frozen Embryo Transfer

Key Test Findings:**Female**

- High Day 2-3 FSH, low estrogen, low testosterone, low DHEAs
- Low Day 21 Progesterone
- High ESR
- High Cholesterol

Male

- Low FSH & LH
- High prolactin
- High cholesterol
- High blood sugar
- High ESR

- Low vitamin D
- Elevated liver enzymes
- High uric acid
- Blood count issues
- High homocysteine

Personal Impact of Fertility Challenges:

The challenges of trying to conceive and miscarrying was taking its toll on Katerina in particular. She ran a company, so she decided to take a year off working to focus on improving her health, her lifestyle and her fertility. She was feeling very frustrated that she didn't know the reason for her miscarriages and also that her endometrial lining was too thin to do the IVF transfers. She had tried all sorts of pharmaceutical and natural supplements to improve her lining, with no success.

Natural Fertility Treatment Overview:

Katerina & Jovan have a 5 year old daughter and had been trying to conceive a sibling for her for many years. They had experienced multiple miscarriages & tried IVF, but were unable to hold onto a pregnancy.

Katerina and Jovan were very keen to improve their health and fertility to improve their chances of conceiving and holding a pregnancy.

Improvements & Outcome Through The NFP Program:

Female

- Increase in endometrial lining on ultrasound to 9.6mm!
- Increase in menstrual blood flow
- Increased CD2-3 estradiol & testosterone
- Natural conception and no miscarriage

Male

- Reduced inflammation, cholesterol, homocysteine, uric acid
- Improved blood count, vitamin D
- Sperm improved to conceive naturally and no miscarriage

Katerina & Jovan were very diligent in taking on their coaches recommendations and it was obvious to see improvements in their health, results of blood tests, plus in Katerina's menstrual cycle by the end of the NFP program. They continued on with ongoing coaching to continue to support their conception attempts and conceived naturally (and didn't miscarry) after 3 months of finishing the program.

Duration of Treatment:

7 Months on the NFP program

Clinical Outcome:

Currently pregnant

**names changed to protect privacy*