

CLIENT CASE STUDY

Kristen & Seth - Healthy Baby Boy Conceived Naturally At 38
After 7 Months On The NFP Program

Client Name:

Kristen & Seth *

Age:

38 & 42

Location:

USA

Time Trying to Conceive (TTC):

2 Years

Fertility Case Summary:

- Diagnosed with endometriosis in her 20's
- Uterine fibroid
- 10cm Dermoid cyst, surgically removed, ovary saved
- Used the pill for 10 years
- LEEP procedure and cervical erosion at 19 years of age
- Seth's sperm was tested ten years ago (home test); everything appeared to be normal

Natural Fertility Treatment Overview:

Upon investigation, Kristen was found to be anemic and unresponsive to iron. She had many food allergies and intolerances, was diagnosed with psoriasis, suffered from frequent infections and colds and was often prescribed antibiotics. She had chronic nasal congestion and a long history of irritable bowel syndrome.

Seth was overweight, had poor thyroid function (hypothyroid), had joint pain and arthritis, and frequently used antibiotics. He had lots of stress at work, was under a serious financial strain since starting a new business, and was depressed after the recent loss of a very close family member.

Both Kristen and Seth had a bleak outlook on their prospects for becoming parents. Kristen was worried, couldn't sleep at night, felt guilty and worthless at times and had a hopeless outlook for the future. Seth was worried his sperm analysis would be negative if he had the test repeated after ten years. The thought of coping with that, on top of what he was already going through, felt overwhelming. Given Seth's recent loss of a family member, Kristen didn't want to put even more pressure on him.

Before starting the NFP program, they followed the Paleo diet which was very high in non-organic animal products, has no grains, very few fruits and vegetables and some nuts and seeds. They also took supplements made from animal organs.

Their coach recognised that their diet and supplements were full of chemicals and heavy metals. The high levels of heavy metals which were confirmed with testing were contributing to frequent infections and lowered immunity for both Kristen and Seth. Both were also exposed to very high levels of electromagnetic radiation.

Improvements & Outcome Through The NFP Program:

During the NFP program, their coach addressed excess estrogen and heavy metals in Kristen's body. She followed the instructions in the program and Seth was also supported in making some changes. They both noticed significant improvements in their health, including their immunity, skin, joints, energy and reduced stress levels. Kristen became pregnant for the very first time in her life after 7 months of implementing changes recommended in the program.

Duration of Treatment:

7 Months on the NFP program

Clinical Outcome:

Kristen gave birth to a healthy baby girl after a full term pregnancy.

**names changed to protect privacy*