

## CLIENT CASE STUDY

Lena & Omar - Healthy Baby Girl Conceived Via IVF at 44  
After 14 Months on the NFP Program

**Client Name:**

Lena & Omar \*

**Age:**

44 & 45

**Location:**

Equatorial Guinea/Spain

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

4 years

**Fertility Case Summary:**

- Miscarriage at 7-8 weeks
- PCOS
- Low progesterone
- Elevated aluminium and mercury
- Hashimoto's thyroiditis
- History of malaria infections
- Elevated estrogen
- Low BMI - 19
- MTHFR gene polymorphism
- Varicocele surgery & poor sperm health

**Natural Fertility Treatment Overview:**

Lena got in touch with us after her miscarriage at 42 years of age. Doctors told her she had 'old eggs' and were rushing her into trying IVF. Lena traveled a lot between Africa and Europe for work and had a history of malaria infections. Her BMI was too low for optimal fertility and she had hormonal imbalances and nutrient deficiencies which needed addressing.

Her husband Omar had just undergone varicocele surgery, and his sperm were not of ideal quality. He was also traveling a lot and led a very busy lifestyle, which made it difficult for him to follow the program. Lena on the other hand showed an incredible dedication and even traveled to Europe in order to buy organic food and supplements and ingredients she could not get in Africa. We'd never seen such commitment and dedication before. While in Europe, Lena did the recommended tests, and we got to work; addressing heavy metal toxicities, thyroid antibodies, detoxing her liver from toxic malaria drugs, boosting her BMI and addressing hormonal imbalances and PCOS.

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

Due to her age and Omar not being able to follow the program as closely as she did, they decided to go for IVF after doing the program for a year and one month. They were successful on their first round of IVF with Lena's own eggs, which at 44 is almost unheard of.

### **Duration of Treatment:**

14 Months

### **Clinical Outcome:**

A healthy baby girl born at full term via natural birth. They conceived in their first round of IVF after doing the NFP coaching program for one year and one month.

*\*names changed to protect privacy*