

## CLIENT CASE STUDY

Saiko & Takeshi - Healthy Baby Boy Conceived Naturally  
After 4 Months On The NFP Program

**Client Name:**

Saiko &amp; Takeshi \*

**Age:**

33 &amp; 38

**Location:**

Japan

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

3 years

**Fertility Case Summary:****Female**

- PCOS
- Fibroids
- BMI under 18 (underweight)

**Male**

- Sperm health unknown
- Heavy smoker and coffee drinker

**Natural Fertility Treatment Overview:**

There were numerous lifestyle issues we needed to resolve with this couple. The first issue was that Takeshi was a heavy smoker (1 pack a day) and coffee drinker (3-5 cups a day).

Secondly, Saiko was exposed to a lot of endocrine disruptors at home and at work and both she and Takeshi were exposed to high levels of electromagnetic radiation.

Both were under a lot of stress from work and skipped breakfast. Saiko's BMI was too low (she was too underweight) for a healthy conception.

Interestingly, they lived in Japan and ate the traditional Japanese diet which consists of large amounts of raw fish and seaweed. While this diet is rich in essential fatty acids and minerals, raw fish is not an ideal food when trying to conceive, since high consumption of certain fish can cause the accumulation of a toxic metal that can interfere with both male and female fertility. We recommended specific tests as well as dietary and lifestyle changes for Saiko and Takeshi. We also prescribed practitioner-grade supplements specific to their situation.

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

They followed our advice as closely as possible, took the prescribed supplements for 120 days and got pregnant in the first month of trying.

### **Duration of Treatment:**

4 Months on the NFP program

### **Clinical Outcome:**

Healthy baby boy born after a full term healthy pregnancy.

*\*names changed to protect privacy*