

CLIENT CASE STUDY

Shakti & Kris - Healthy Baby Boy Conceived Naturally at 38
After 10 Months On The NFP Program

Client Name:

Shakti & Kris *

Age:

Both 38

Location:

Singapore

Time Trying to Conceive (TTC):

4 years

Fertility Case Summary:**Female**

- High FSH
- Low ovarian reserve - AMH
- Short cycles - 23 days
- Luteal Phase Deficiency - Low progesterone
- Underactive Thyroid
- Low follicular phase basal temperatures
- Candida
- History of Paraovarian cyst
- Menstrual clotting
- High stress

Male

- Poor sperm morphology (3% normal sperm)
- Herpes
- IVF/ART History:
- Multiple IUI's
- Clomid - 6 x cycles
- Ovidrel Injections (trigger)

Personal Impact of Fertility Challenges:

Shakti and Kris had tried multiple Clomid cycles and IUI, to no avail. They were doing their best to keep healthy, but the cause of their infertility remained a mystery. The treatments had certainly taken their toll and they were losing hope of attaining a healthy, full term pregnancy.

Natural Fertility Treatment Overview:

We focused on a detox, which was easy for them, given both partners were vegetarian and already eating well. Exercise was increased, a water filter purchased and supplements commenced. We addressed nutritional deficits caused by low dietary intake of key vitamins, minerals and antioxidants.

Improvements & Outcome Through The NFP Program:

Energy was much increased for both Shakti & Kris, plus Shakti's cycle lengthened, allowing an adequate luteal phase for implantation to occur. With the support of supplements and medication to stabilise her thyroid function, her basal temperature =increased. Sperm morphology also improved to a level that allowed a natural conception and they conceived naturally after 10 months on the NFP program.

Duration of Treatment:

10 months on the NFP program

Clinical Outcome:

Birth of a beautiful, healthy baby boy, now six months old.

**names changed to protect privacy*