

CLIENT CASE STUDY

Stella & Andy - Healthy Baby Girl Conceived Via IUI (Essential)
At 46 (Gave Birth At 47) After 7 Months On The NFP Program

Client Name:

Stella & Andy *

Age:

47 & 45

Location:

UK & Ghana

Time Trying to Conceive (TTC):

2.5 years

Fertility Case Summary:

- Blocked left fallopian tube
- History of Miscarriage
- Failed Clomid and IUI cycles
- Ovarian Cyst
- Poor egg quality
- High FSH
- Submural fibroid
- PCOS
- Allergies and inflammation

Key Test Findings:

- High cholesterol (elevated LDL and low HDL)
- Very strong reaction to egg white in IgG testing

Personal Impact of Fertility Challenges:

Stella was very conscious of her age and previous fertility history, and had almost given up hope of having her own child. Andy was living in Ghana and unable to get a visa for the UK, so the situation was quite dismal for them to be able to conceive naturally.

Natural Fertility Treatment Overview:

Stella was extremely motivated and really committed to her treatment protocol. Our main focus was to identify the causes of inflammation and to regulate immune responses. Food sensitivity testing was completed and foods that caused a raised IgG response were reduced or removed from the diet. We also set the strong intention of reducing congestion of the blocked fallopian tubes, plus eliminating

gluten, sugar and other mucus-forming foods. Exercise was increased and lifestyle stressors were addressed. We also worked on hormonal balance and cycle regulation to ensure that the endometrial lining was lush and receptive to a healthy pregnancy. It was a little tricky to treat Andy from afar, but he did his best to take the most crucial supplements for healthy sperm production and was very motivated and diligent with following the program

Improvements & Outcome Through The NFP Program:

- Both fallopian tubes were found to be clear (patent)
- Increase in energy
- Improvements in existing health conditions (resolution of dry irritated eyes, resolution of thrush)
- They both felt very healthy and reported increased happiness and optimism after doing the program

Due to this couple living in different countries, they opted to do IUI as their time together was limited and lining up timed intercourse was challenging. Lo and behold... their first IUI after doing the NFP program was a success, after so many years of trying. Their planned next step was to do full IVF, but it wasn't necessary.

Duration of Treatment:

7 months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl, completely natural, normal physiological vaginal birth. Refused induction (which is always recommended in women over 40). No intervention, unmanaged third stage of labour. Immediate skin to skin contact and successful breastfeeding.

**names changed to protect privacy*