

CLIENT CASE STUDY

Stephanie & Tim - Conceived Naturally
After 1 Month On The NFP Program

Client Name:

Stephanie & Tim *

Age:

38 & 36

Location:

US

Time Trying to Conceive (TTC):

2.5 years

Fertility Case Summary:**Female**

- PCOS - underweight with insulin resistance
- Ovarian cysts
- Birth control for 10 years
- Thin uterine lining
- Poor egg quality
- Severe premenstrual pain
- Stress
- Inflammation
- Heavy bleeding

Male

- Insomnia until 2-3am
- Overweight
- Digestive issues - heartburn
- Blood sugar issues
- Stress

IVF/ART History:

- 4 x IVF cycles - 4 x retrievals, 1 x failed transfer
- Has 1 x PGD normal frozen embryo

Personal Impact of Fertility Challenges:

Stephanie and Tim felt very deflated after doing multiple rounds of IVF with worsening results every cycle and also potentially worsening the quality of her eggs.

Natural Fertility Treatment Overview:

Stephanie's treatment focused on improving egg quality and increasing the communication between the pituitary and the ovaries. We also reduced inflammation, improved her PCOS symptoms such as high blood sugar and hormone imbalance. Stephanie took on the recommendations for endometrial lining improvement and other dietary and lifestyle recommendations. Erick took supplements to improve his sleep onset and stress, as well as reflux and blood sugar issues.

Improvements & Outcome Through The NFP Program:

They both felt much better from doing the detox and taking the supplements... and then conceived in the following cycle, much to their absolute disbelief! Stephanie is currently pregnant and all is going well.

Duration of Treatment:

1 month on the NFP program

Clinical Outcome:

Currently pregnant at 38 and about to give birth any day

**names changed to protect privacy*