

## CLIENT CASE STUDY

Vanessa & Richard - Healthy Baby Girl Conceived at 44 Via IVF  
After 2.5 Years On The NFP Program Preparing For Transfer

**Client Name:**

Vanessa & Richard \*

**Age:**

45 & 65

**Location:**

US

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

3 years

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

- Poor egg quality
- Repeated implantation failure - 7 x failed embryo transfers
- Thin endometrial lining
- Short cycles
- Endometriosis
- Thyroid antibodies
- Adrenal fatigue
- Anxiety
- IBS
- Elevated NK cells

**Male**

- Age-related poor sperm health - volume, motility, morphology, DNA fragmentation
- Autoimmune liver disease
- Eczema
- Digestive issues
- Spinal stenosis

**Key Test Findings:****Female**

- Low CD 21 progesterone
- High SHBG
- Polymorphisms which impact the absorption of fertility nutrients

**Male**

- Low testosterone
- Low vitamin D
- High homocysteine
- High blood sugar
- Polymorphisms which impact the absorption of fertility nutrients

## Personal Impact of Fertility Challenges:

Vanessa had a very challenging time throughout her fertility journey, with so much IVF and so many IUI's, alongside job hunting and caring for her ill mother who then passed away during the time we were working together. Her husband Richard who was 65 was supportive, however also had his own health issues, which made focusing on sperm health more difficult because of the restrictions around interactions with his medication.

## Natural Fertility Treatment Overview:

Vanessa and Richard had been trying to conceive for 3 years when they joined the NFP program. Richard already had grown-up children and the couple wanted to have a child of their own.

They had done multiple rounds of IVF and 7 x embryo transfers which were all unsuccessful (repeated implantation failure). When they joined the NFP program they had 5 x frozen embryos left, 1 of which were genetically tested and known to be normal. They have recently transferred one genetically normal embryo which did not implant.

Vanessa felt too afraid to do a transfer of the other embryos (and the especially the known normal embryo) until she felt in a better state of health and mind. She worked very hard on improving her health and fertility during the program and continued working with her coach after the program had finished. Vanessa was also working with a counsellor that her coach recommended to her, to support her emotional well-being.

## Improvements & Outcome Through The NFP Program:

### Female

- Improved energy - less fatigue
- Increased endometrial lining thickness

### Male

- Improved well-being & digestion
- Improved liver function

During the time we were working together, Vanessa got a job that she loved and decided to do the transfer of the genetically normal embryo. To their absolute delight, after so many implantation failures, the embryo implanted and Vanessa went on to have a healthy pregnancy.

## Duration of Treatment:

2 ½ years

## Clinical Outcome:

Birth of a healthy baby girl at 45.

*\*names changed to protect privacy*