

A pregnant woman with long brown hair, wearing sunglasses, a light blue denim jacket over a white t-shirt, and dark denim shorts, stands in front of a wall with a colorful geometric pattern of diamond shapes in shades of red, orange, yellow, green, and blue. She is smiling and has her hands resting on her belly. The wall is made of brick, and the pattern is overlaid on it. The ground is dark asphalt.

NFP Program Case Studies



NATURAL FERTILITY™
prescription

Optimize Your Fertility Naturally



NATURAL FERTILITY[™]
p r e s c r i p t i o n

Optimize Your Fertility Naturally

NFP Program Case Studies

Meet our beautiful NFP babies!

Do you wonder what kind of success women and couples in situations similar to yours have had with the NFP program? Are you asking yourself if YOU will find success with the program?

Each person is unique, it's true, but what follows is a sample of the many types of cases that we've been able to resolve using the NFP Fertility Optimization System.

In each case below, we've helped NFP clients overcome a range of issues to transform their fertility and give birth to a healthy baby.

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Jacky & Simon - Healthy Baby Boy Conceived Naturally At 46 After 4 Months On The NFP Program

Client Name: Jacky & Simon

Age: 46 & 40

Location: USA

Time Trying to Conceive (TTC): 1 year

Fertility Case Summary:

Female

- Elevated FSH and low AMH
- 1 x blocked fallopian tube cleared with tubal flushing
- Adhesions in the uterus
- 1 x miscarriage at 8 weeks (3 x months prior to starting the program)
- Partial thyroidectomy due to abnormal growths
- Insomnia
- 1 x child conceived naturally

Male

- Poor sperm morphology and motility

IVF/ART History

- 2 x failed IVF procedures
- 1 failed IUI before conceiving first child naturally

Key Test Finding:

- Thyroid antibodies
- Low Vitamin D3
- Genetic polymorphisms for both
- Elevated levels of Arsenic and Aluminium/Aluminum
- Multiple food intolerances for both

Personal Impact of Fertility Challenges:

Jacky was still grieving the loss of her pregnancy after the miscarriage and was given little hope or support by the medical community 'due to her age', which only made her even more depressed and anxious, leading to insomnia. Since they'd been through failed IVFs and IUI at an earlier age, she was feeling lost and hopeless.

Natural Fertility Treatment Overview:

In addition to remedying the key test findings, Jacky and Simon's diet and environmental toxin exposure had to be addressed. They were both being exposed to many endocrine disruptors from their personal care products and cleaning products, plus their food, which was being sprayed with pesticides.

Jacky was a carrier of a gene mutation which made it difficult for her body to clear xenoestrogens (foreign estrogens found in those products which can disrupt hormones) from those products and foods. The thyroid gland health also had to be addressed, as well as autoimmunity, genetic polymorphisms and cycle irregularity. This was achieved with specific nutritional supplements, herbal medicine, plus dietary and lifestyle adjustments.

Improvements & Outcome Through The NFP Program:

Jacky's insomnia cleared, her energy levels and mood lifted, her cycles normalized. Jacky conceived naturally in the fourth month of the program and gave birth naturally to a healthy baby boy, 3 months before turning 47.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy at age 46, 3 months before turning 47.

[REDACTED] [REDACTED]
Baby was born!!!!!!

To: Iva Keene MRMed. ND.

Dear Iva

I hope you are doing well.

Every thing went excellent with the pregnancy. I had no hassle pregnancy and our baby was born on [REDACTED]. He is perfect and healthy. Very nice boy, his name is [REDACTED]. No complications on delivery or throughout the pregnancy, NONE!!!! had no headaches like I did with the first. None!!!! Only a little muscle cramps....But thats the worst. And of course I had so so much stress, [REDACTED]. And continue. I cant believe the baby survive. Thanks so much!!!!!!

I was asked to delivery 39 weeks, because of my age, not because of any thing else. Due date was [REDACTED]. All the checks were going perfect and no issues were found.

I went 39 weeks and 1 day. My OBGY was on duty then.

She said, she wish every one is like me:)

Sincerely

[REDACTED]

Question about join

To: Iva Keene MRMed. ND.

Dear Iva

I hope you are doing well. Hope you have a good Christmas and Happy New Year!

Our baby turned 1 just two weeks ago:). I think of you so often and the joy that your brought to us. Would of not happened without you. He walks now and he is so amazing. He is in very good health. He is very strong and handsome:.)

Thank you so much. Hope to hear from you soon.

Sincerely

Katerina & Jovan - Conceived Naturally At 43 After 9 Months On The NFP Program

Client Name: Katerina & Jovan

Age: Both 43

Location: Serbia

Time Trying to Conceive (TTC): 2 ½ years

Fertility Case Summary:

Female

- Age related infertility - High FSH
- Recurrent miscarriages
- Very thin endometrial lining
- Adrenal fatigue
- Poor sleep maintenance
- Insulin resistance
- Chronic inflammation

Male

- Sperm health issues - volume, motility, liquefaction, agglutination
- Overweight
- Chronic inflammation
- Blood sugar issues
- Uric acid problems

IVF/ART History:

- IVF
- Failed Frozen Embryo Transfer

Key Test Findings:

Female

- High Day 2-3 FSH, low estrogen, low testosterone, low DHEAs
- Low Day 21 Progesterone
- High ESR
- High Cholesterol

Male

- Low FSH & LH
- High prolactin
- High cholesterol
- High blood sugar

- High ESR
- Low vitamin D
- Elevated liver enzymes
- High uric acid
- Blood count issues
- High homocysteine

Personal Impact of Fertility Challenges:

The challenges of trying to conceive and miscarrying was taking its toll on Katerina in particular. She ran a company, so she decided to take a year off working to focus on improving her health, her lifestyle and her fertility. She was feeling very frustrated that she didn't know the reason for her miscarriages and also that her endometrial lining was too thin to do the IVF transfers. She had tried all sorts of pharmaceutical and natural supplements to improve her lining, with no success.

Natural Fertility Treatment Overview:

Katerina & Jovan have a 5 year old daughter and had been trying to conceive a sibling for her for many years. They had experienced multiple miscarriages & tried IVF, but were unable to hold onto a pregnancy.

Katerina and Jovan were very keen to improve their health and fertility to improve their chances of conceiving and holding a pregnancy.

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

- Increase in endometrial lining on ultrasound to 9.6mm!
- Increase in menstrual blood flow
- Increased CD2-3 estradiol & testosterone
- Natural conception and no miscarriage

Male

- Reduced inflammation, cholesterol, homocysteine, uric acid
- Improved blood count, vitamin D
- Sperm improved to conceive naturally and no miscarriage

Katerina & Jovan were very diligent in taking on their coaches recommendations and it was obvious to see improvements in their health, results of blood tests, plus in Katerina's menstrual cycle by the end of the NFP program. They continued on with ongoing coaching to continue to support their conception attempts and conceived naturally (and didn't miscarry) after 3 months of finishing the program.

Duration of Treatment:

7 Months on the NFP program

Clinical Outcome:

Currently pregnant

please answer asap

To: Kathryn Moloney ND.

Dear Kathryn,

Happy Holidays! I wish all the best to you and your family! :) And thank you for everything so far!
I got a positive pregnancy test this morning! :) Honestly I'm very happy

Diana & Conrad - Healthy Baby Boy Conceived Naturally at 42 After 7 months On The NFP Program

Client Name: Diana & Conrad

Age: 42 & 53

Location: US

Time Trying to Conceive (TTC): 2.5 years

Fertility Case Summary:

Female

- History of miscarriages and multiple chemical pregnancies
- Low AMH
- Uterine polyps
- History of birth control
- Headaches and clotting with menstrual bleed
- Blood sugar issues
- Poor sleep
- Immune issues - recurrent colds & flu

Male

- High stress job and extensive international travel
- Dry skin

IVF/ART History:

Their Fertility Specialist had recommended they go straight to full IVF with ICSI and PGD (Pre-implantation Diagnosis). Diana was told she had a 5% chance of success, even with IVF.

Personal Impact of Fertility Challenges:

TTC had become very stressful as Diana and Conrad had a three year old daughter and they didn't want to have a long gap between siblings. Diana was beginning to feel there was something significantly wrong with her body.

Natural Fertility Treatment Overview:

Treatment was focused around increasing egg and sperm quality and preparing the uterus for pregnancy. We addressed antioxidant status and employed herbs and nutrients to prevent miscarriage. Iron, Omega 3 and vitamin D levels were replenished.

Improvements & Outcome Through The NFP Program:

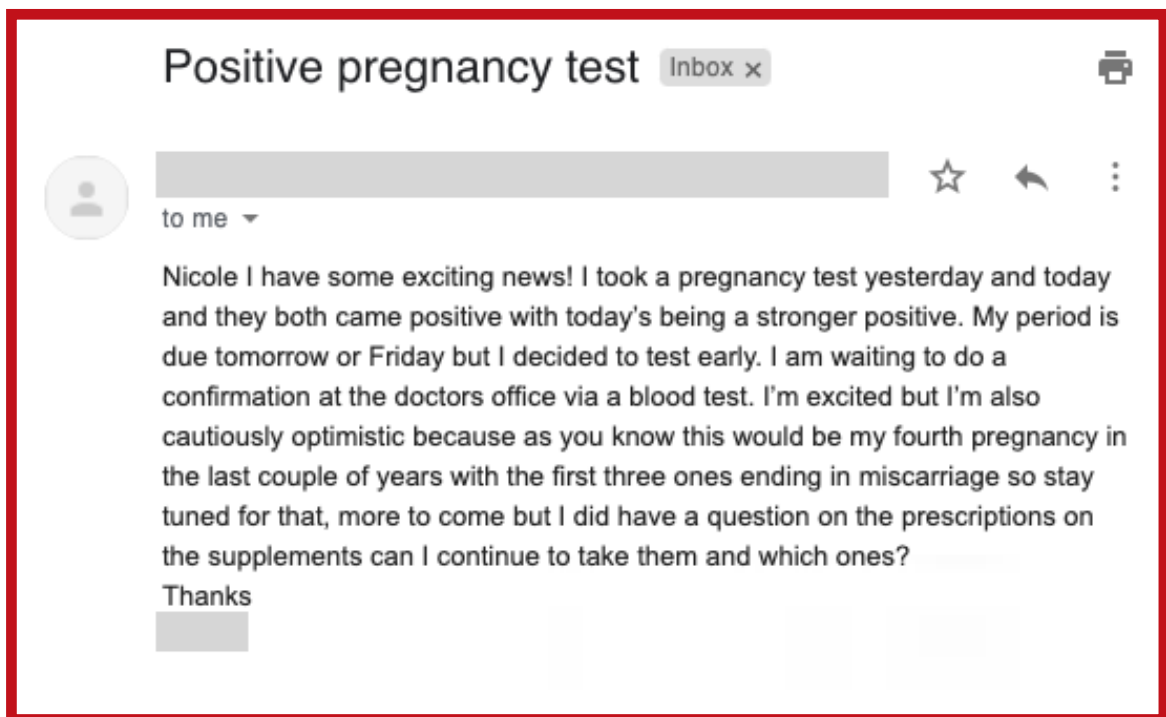
Diana reported less headaches and clotting with her period and much improved immunity - both partners reported not getting sick with colds or flu since commencing the program. They conceived naturally after 7 months on the NFP program, which they discovered on the day they were due to commence IVF!

Duration of Treatment:

7 months on the NFP program

Clinical Outcome:

Birtherd a beautiful healthy son at age 42, two months shy of 43.



From: [REDACTED]

Subject: Re: Hi Nicole

Date: [REDACTED]

To: "Nicole Tracy ND." [REDACTED]

Hi Nicole,

[REDACTED] (pronounced [REDACTED]) is here! He was born on [REDACTED] at 7lbs and 2oz and 20 in long.

We are so in love!

Everything went smooth during delivery except for some extra pain for this mama afterwards. But I have recovered since. [REDACTED] was the real champ. He did all the work! All the vitals have been great with him during the pregnancy.

The doctors induced me a bit earlier so I don't go the full 40 weeks given the risks associated with the mamas over 40.

Thank you for your guidance during my efforts to get pregnant and retain my pregnancy.

Belinda & Andrew - Conceived Naturally At 44 After 3 Months Of Ongoing Coaching In The NFP Program

Client Name: Belinda & Andrew

Age: 44 & 44

Location: Wales

Time Trying to Conceive (TTC): 3 years

Fertility Case Summary:

Female

- 2 x Miscarriages
 - 8 weeks
 - 5 weeks - Blighted ovum - twins
- Long time between conceptions
- Stress, Anxiety & Depression
- Poor egg quality
- Sleep issues
- Fatigue
- Digestive issues & heartburn
- Hypothyroid

Male

- Sub-optimal semen analysis - low volume, motility & morphology
- DNA fragmentation unknown
- Metabolic issues (overweight)

IVF/ART History:

- 2 x failed IVF cycles - good egg numbers retrieved, however poor fertilisation rates

Key Test Findings:

- High estrogen levels
- High SHBG
- High Prolactin
- Low testosterone
- Anaemia - low iron levels
- Low thyroid function
- High cholesterol
- Low essential minerals

Personal Impact of Fertility Challenges:

When Belinda began the coaching, she was extremely frustrated that she hadn't conceived and was also resentful of her partner because he was "dragging his heels" regarding the decision to have another child. She had tests done which all came back normal, so she couldn't understand why she wasn't conceiving. She said "I am beyond despair."

Andrew had given up on the idea that having a baby would be an option for them and was reluctant to make any changes to his diet and lifestyle, which caused a lot of stress for Belinda.

Natural Fertility Treatment Overview:

In the past, there was a silver option of the NFP program, which was the program content, without any coaching. Belinda had signed up to this and had made the recommended changes to her diet and lifestyle. She felt like she was missing something without the coaching and felt that she needed more support, so she decided to do the ongoing coaching.

Although Andrew wasn't willing to make changes to his diet and lifestyle, he was actually already quite healthy and did take his recommended supplements.

Improvements & Outcome Through The NFP Program:

Belinda's coaching was during the COVID-19 lockdown, so access to testing was difficult, therefore we didn't receive test results to check her improvements.

However, after 3 months on supplements, Emma wrote to her coach wondering why her period was late. It turned out that she was pregnant! It was an emotionally challenging first trimester after her miscarriages and with the doctors telling her the chance of miscarriage was so high "because of her age". However she sailed through it and the scan and blood test at 12 weeks showed minimal chance of any abnormalities! She also reported being less sick than in her first pregnancy, which was surprising to her, given it was 5 years later. For us, it was a good sign that her liver and metabolic health was optimal due to the work she had done in the preconception period.

Duration of Treatment:

12 months of silver program & 3 months of coaching on the NFP program

Clinical Outcome:

Currently pregnant

Re: no period

To: Kathryn Moloney ND.

Hi Kathryn,

I did the test and it is very clearly positive.

Olivia & Anders - Improvement of 0% Sperm Morphology. Healthy Baby Girl Conceived at 36 Via IVF After 13 Months On The NFP Program

Client Name: Olivia & Anders

Age: 36 & 34

Location: Switzerland

Time Trying to Conceive (TTC): 5 years

Fertility Case Summary:

Olivia

- Hashimoto's thyroiditis
- PCOS
- High Prolactin
- Overweight
- Insulin resistance

Anders

- Poor sperm health - low count, poor motility, 0% morphology
- Varicocele
- Insomnia & Stress

Key Test Findings:

- Olivia - High TSH (4,24 mU/l), elevated thyroid antibodies (TPO), high prolactin, low iron & B12
- Anders - Poor sperm health, high estradiol & low testosterone

Natural Fertility Treatment Overview:

Olivia and Anders had been TTC for five years, and over those years had discovered quite a few issues with their fertility that were preventing a pregnancy from happening.

Olivia had Hashimoto's thyroiditis, high prolactin, a small uterine fibroid, and low iron and B12. She was overweight and had PCOS, along with insulin resistance. Thankfully her periods were regular, although they were very painful. Olivia had also experienced a lot of stress in her family in recent years.

Anders had been diagnosed with poor sperm health, including low sperm count, poor motility and 0% morphology. A varicocele was a contributing factor to this problem, as well

as prior work stress accompanied with insomnia.

Personal Impact of Fertility Challenges:

Olivia and Anders were very diligent in doing the detox and making the necessary dietary and lifestyle changes, as well as in taking the supplements meant to resolve their respective fertility challenges. They both reported having much more energy and feeling less stressed. When Anders did a repeat semen analysis, they were thrilled to see that the morphology had increased from 0% to 14%!

After finding out that Anders' sperm health had improved, they were keen to conceive as soon as possible, so they did an IVF cycle. Because Olivia has PCOS, she was given low dose stimulation. They retrieved seven eggs. Four were mature, three fertilized and after three days, two embryos were viable. Olivia had a fresh transfer and conceived straight away. They have one frozen embryo remaining.

Improvements & Outcome Through The NFP Program:

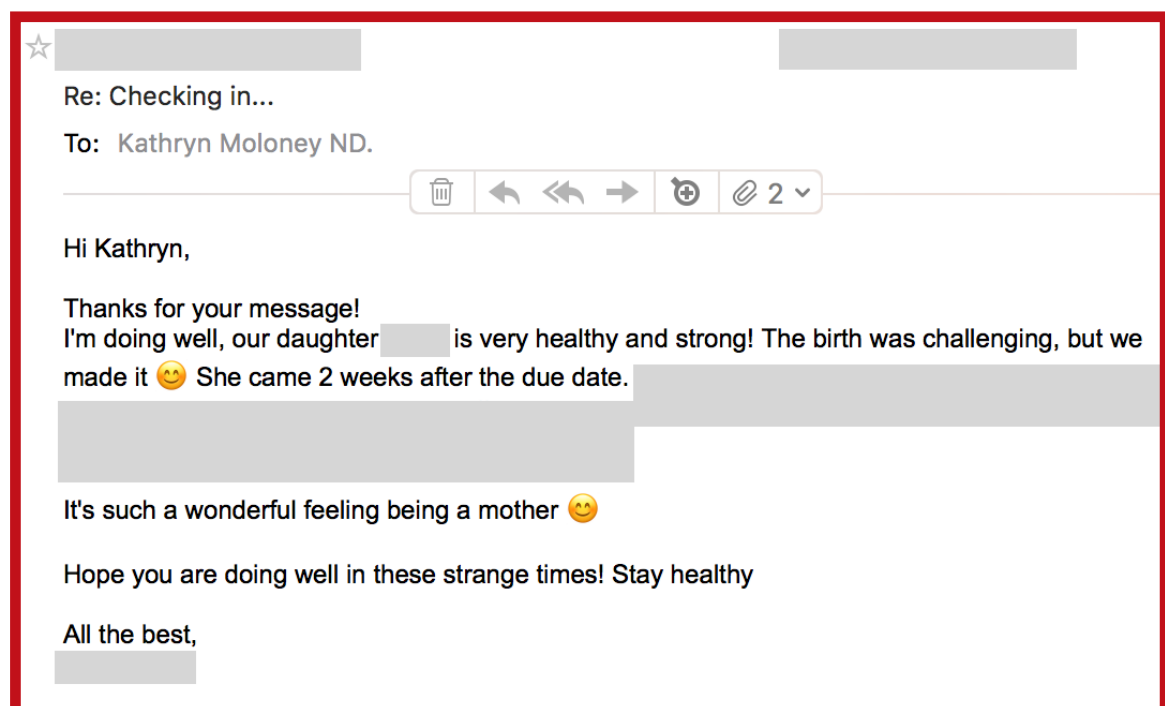
Improved sperm health - morphology improved dramatically from 0% to 14%!
Both improved energy and reduced stress

Duration of Treatment:

13 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl after an enjoyable pregnancy



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

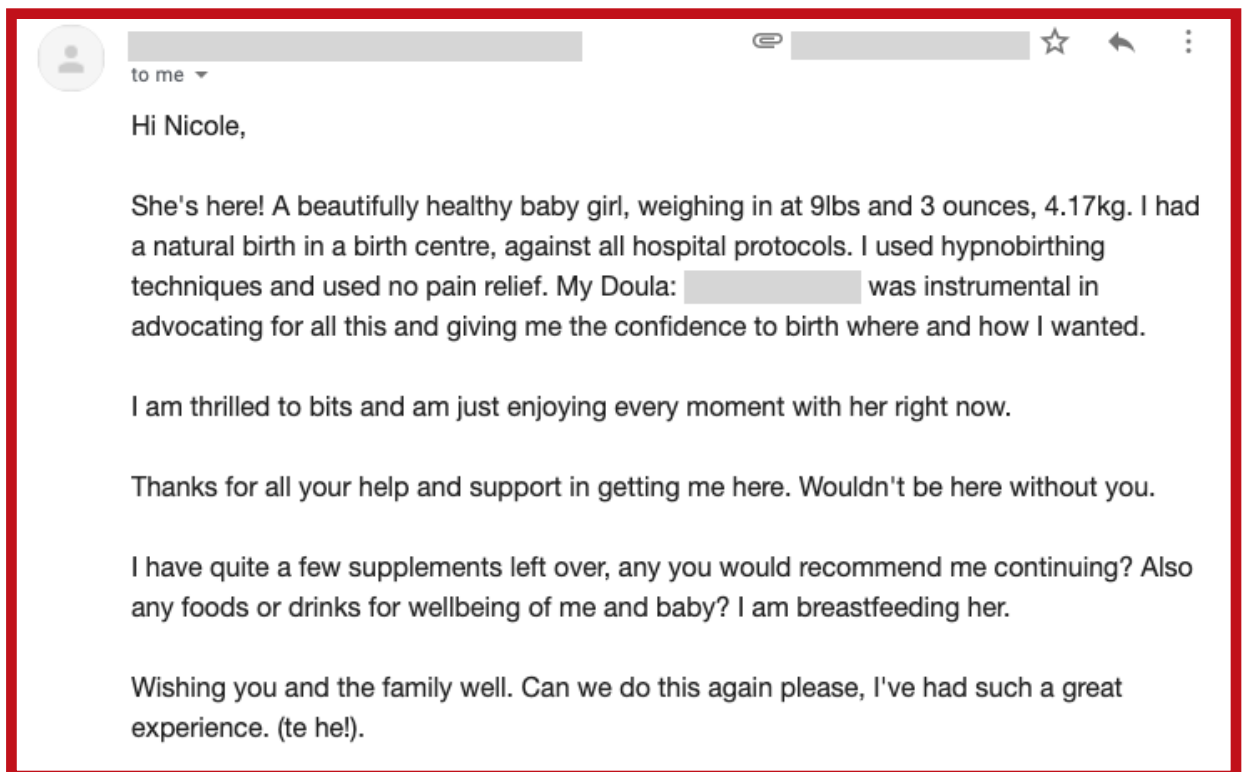
Due to this couple living in different countries, they opted to do IUI as their time together was limited and lining up timed intercourse was challenging. Lo and behold... their first IUI after doing the NFP program was a success, after so many years of trying. Their planned next step was to do full 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.



Maria & Nico - Conceived Via IVF At 42 After 5 Months On The NFP Program

Client Name: Maria & Nico

Age: 42 & 40

Location: US

Time Trying to Conceive (TTC): 5 years

Fertility Case Summary:

Female

- Poor egg quality - chromosomally abnormal embryos in IVF
- Endometriosis
- Implantation failure
- Partially obstructed fallopian tubes
- Non cancerous pituitary tumour
- Stress, sleep issues
- Poor circulation
- HSV-2

Male

- Sperm issues - high DNA fragmentation, sub-optimal motility, high round cells & debris
- Chromosomally abnormal embryos in IVF
- Stress
- HSV-2

IVF/ART History:

- 5 x IVF cycles over 18 months
- Good egg numbers and fertilisations rates, but most embryos chromosomally abnormal
- They have 3 x PGD normal frozen embryos

Key Test Findings:

Female

- Low estrogen and testosterone levels
- Low progesterone
- Low zinc
- Low vitamin D
- MTHFR homozygous
- High NK cells
- High homocysteine

Personal Impact of Fertility Challenges:

Maria and Nico were financially and emotionally challenged after so much IVF, but very excited about the possibility of the NFP program and how it could improve their chances of conceiving. They believed it was possible and worked hard to improve their diet and lifestyle, along with taking supplements prescribed by their coach.

Natural Fertility Treatment Overview:

After so many failed IVF cycles and PGD abnormal embryos created through IVF, our major focus was on improving chromosomal health in both partners, for improving chances of natural conception and to prepare them for their upcoming IVF cycle. The focus was also on hormonal balance in Maria, especially increasing estrogen, testosterone and progesterone and improving Alex's chromosomal and reproductive health. It was very important to also improve implantation potential for Maria to improve the chance of an embryo transfer being successful.

Improvements & Outcome Through The NFP Program:

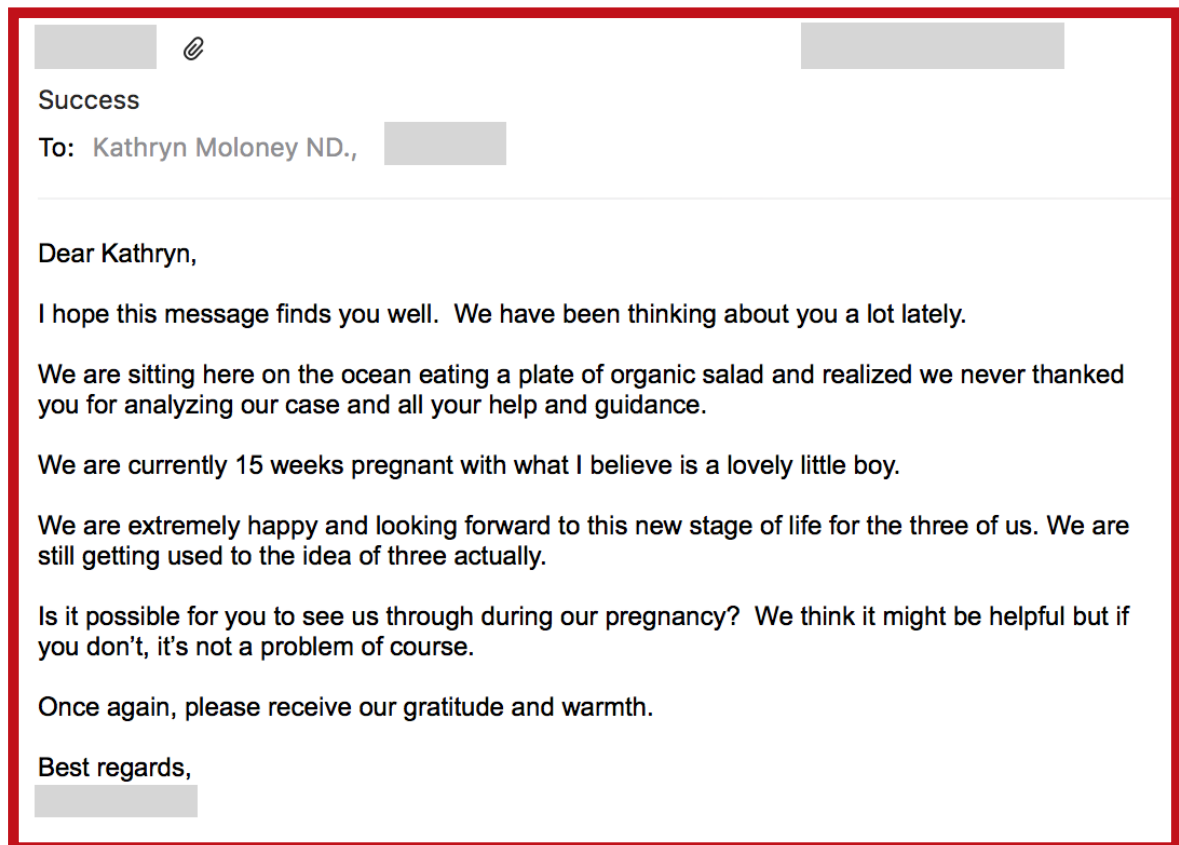
Maria and Nico did an IVF cycle after finishing the program. They got an improved response and 1 x PGD normal embryo and decided to do a transfer of one of their PGD normal embryos (they don't know which one)... and it stuck! They are now 16 weeks pregnant, she's feeling fantastic and all tests so far are normal.

Duration of Treatment:

5 Months on the NFP program

Clinical Outcome:

Currently pregnant and will give birth at 43



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

IVF/ART History:

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.

[Redacted] @ [Redacted]

Re: Checking in...

To: Kathryn Moloney ND.

Hi Dr. Kathryn,

I hope you're well!

I wanted to share with you the good news. I received 2 positive Beta tests! My HCG levels were 46 on the first one and 505 on the second one.

I'm so grateful and am just trying to stay calm and remain positive :)

I would love to speak with you again soon!

Thank you so much for everything! :)

Best,

[Redacted]

☆ [Redacted] @ [Redacted]

Re: Supplement availability and ongoing coaching plans...

To: Kathryn Moloney ND.

Hi Kathryn!

Sorry for the long delay. I actually just submitted the testimonial so you should have it in your system now.

And the big news is.. we have a baby girl!

The details:

Name: [Redacted]

Birthdate: [Redacted]

Weight: 6 lbs 15 oz

Length: 19"

We are so excited and are really enjoying getting to know our little one :)

Thank you so much for the big part you played in getting us where we are today. We are so grateful! I can't imagine life without this sweet girl! :)

Here are some pics! Take care, [Redacted]

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.

From: [REDACTED]
Date: [REDACTED]
To: "Nicole Tracy ND." [REDACTED]
Subject: Re: Wonderful News Dear [REDACTED]

Hey Dr Nicole,

So sorry we couldn't update you on the good news..

We are blessed with baby boy [REDACTED]

Due to the pandemic we came to India and are still here with parents as lockdown started..

[REDACTED] is growing well and just turned 6 months now..

Louise & Edward - Healthy Baby Girl Conceived Naturally After 6 weeks On The NFP Program

Client Name: Louise & Edward

Age: 32 & 32

Location: US

Time Trying to Conceive (TTC): 12 months

Fertility Case Summary:

Female

- Luteal Phase Defect
- Irregular Menstrual Cycle
- Birth control for 15 years
- Herpes Simplex
- Heart Murmur
- Sleep Maintenance Insomnia
- Food Intolerances
- Damp Constitution
- Low protein Intake
- Anaemia

Male

- Headaches
- Asthma
- IVF/ART History:
- Clomid cycle

Personal Impact of Fertility Challenges:

Both Louise and Edward were very healthy and took great care of themselves. Their inability to fall pregnant was quite confusing and stressful for them. Louise was constantly questioning what was affecting their ability to fall pregnant.

Natural Fertility Treatment Overview:

We focused on completing a detox and removing any foods that were causing inflammation and a negative immune response. Herbs and supplements were employed to return hormonal balance and these were successful in extending Louise's luteal phase and regulated her menstrual cycle. We also worked on building up nutrient levels and antioxidant status to improve egg and sperm quality.

Improvements & Outcome Through The NFP Program:

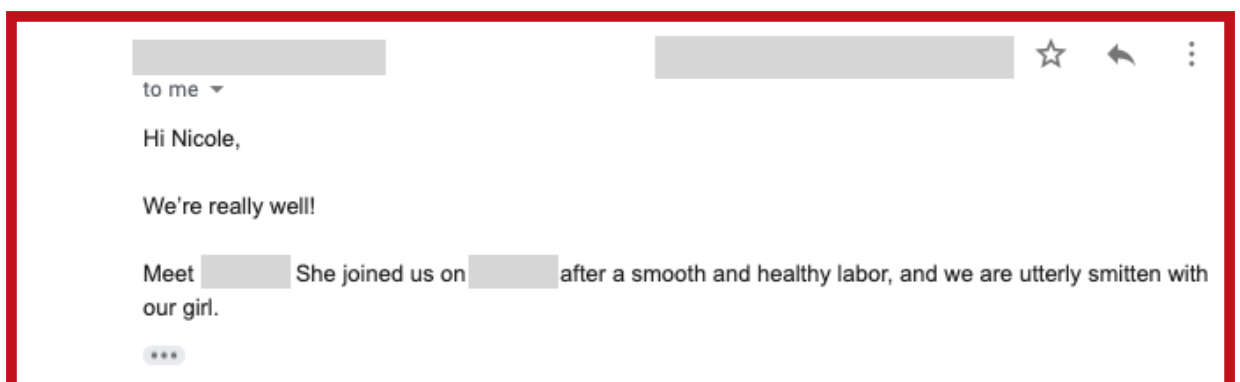
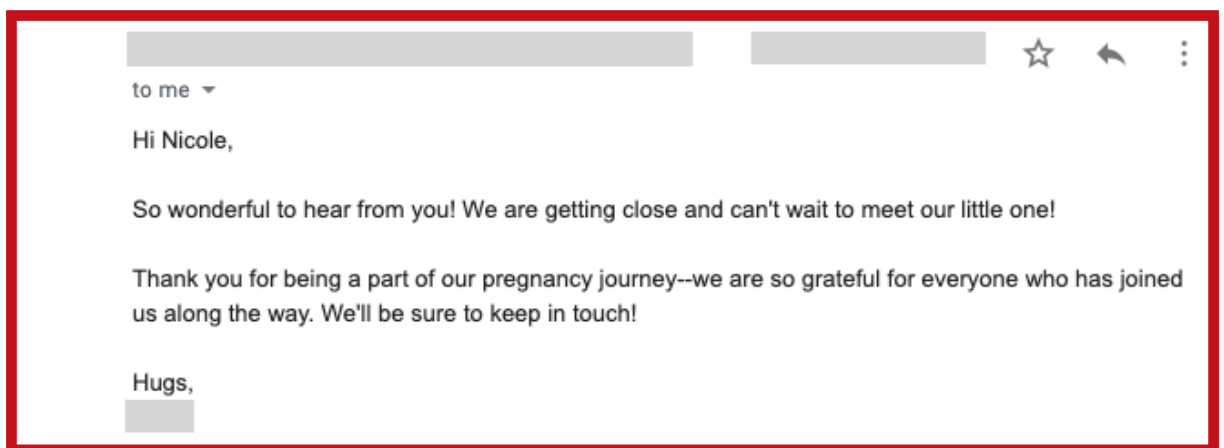
After the detox, both Lousie and Edward reported feeling an increased energy level during the day, deeper sleep at night and more awareness of foods that were aggravating them. Bloating and digestive issues ceased, and neither of them had a cold since commencing supplements. They conceived easily after 6 weeks on the NFP program.

Duration of Treatment:

6 weeks on the NFP program

Clinical Outcome:

A healthy pregnancy with no complications and birth of a healthy baby girl.



Lena & Omar - Healthy Baby Girl Conceived Via IVF at 44 After 14 Months on the NFP Program

Client Name: Lena & Omar

Age: 44 & 45

Country: Equatorial Guinea/Spain

Time Trying to Conceive (TTC): 4 years

Fertility Case Summary:

- Miscarriage at 7-8 weeks
- PCOS
- Low progesterone
- Elevated aluminium and mercury
- Hashimoto's thyroiditis
- History of malaria infections
- Elevated estrogen
- Low BMI - 19
- MTHFR gene polymorphism
- Varicocele surgery & poor sperm health

Natural Fertility Treatment Overview:

Lena got in touch with us after her miscarriage at 42 years of age. Doctors told her she had 'old eggs' and were rushing her into trying IVF. Lena traveled a lot between Africa and Europe for work and had a history of malaria infections. Her BMI was too low for optimal fertility and she had hormonal imbalances and nutrient deficiencies which needed addressing.

Her husband Omar had just undergone varicocele surgery, and his sperm were not of ideal quality. He was also traveling a lot and led a very busy lifestyle, which made it difficult for him to follow the program. Lena on the other hand showed an incredible dedication and even traveled to Europe in order to buy organic food and supplements and ingredients she could not get in Africa. We'd never seen such commitment and dedication before. While in Europe, Lena did the recommended tests, and we got to work; addressing heavy metal toxicities, thyroid antibodies, detoxing her liver from toxic malaria drugs, boosting her BMI and addressing hormonal imbalances and PCOS.

Improvements & Outcome Through The NFP Program:

Due to her age and Omar not being able to follow the program as closely as she did, they decided to go for IVF after doing the program for a year and one month. They were successful on their first round of IVF with Lena's own eggs, which at 44 is almost unheard of.

Duration of Treatment:

14 Months

Clinical Outcome:

A healthy baby girl born at full term via natural birth. They conceived in their first round of IVF after doing the NFP coaching program for one year and one month.

Sarah & James - Healthy Baby Boy Conceived Via IUI (Essential) at 44 After 11 Months On The NFP Program

Client Name: Sarah & James

Age: 44 & 45

Country: USA

Time Trying to Conceive (TTC): 2 Years (IUI was only possible method of conception)

Fertility Case Summary:

- Age related egg quality factor
- High FSH
- Submucosal fibroid in a location that impacted implantation

ART Undertaken:

- Two failed IUIs

Natural Fertility Treatment Overview:

James had suffered from cancer in the past. Before undergoing chemotherapy, he had frozen his sperm and had a vasectomy following chemotherapy.

Before Sarah tried another IUI, we recommended that she make significant changes to her diet, lifestyle, cooking and eating habits. She embraced the recommendations, since she really wanted a baby and unfortunately time was not on her side.

Improvements & Outcome Through The NFP Program:

Sarah had a fibroid surgically removed. Her FSH came down to normal ranges after having taken the prescribed practitioner range supplements, and she went in for the third IUI.

After preparing the sperm, her doctors gave this particular vial a low grade of three. They were not very confident it would be of high enough quality for conception. Sarah went ahead with the IUI and got a positive pregnancy test after a grueling two week wait. The procedure used Sarah's natural cycle (and was drug-free). Her progesterone level was wonderfully adequate, and her HCG level was high at her blood test.

Duration of Treatment:

11 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy when Sarah was 44 years old. An easy pregnancy without any age-related pregnancy issues such as gestational diabetes, preeclampsia, preterm labour etc.

"Thank you so much for empowering me. You are right when you say it doesn't matter how old you are. Thank you for helping me to believe that!"

Sarah, USA, 44

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

Alisha & Pedro - Conceived Naturally At 39 After 7 Months On The NFP Program

Client Name: Alisha & Pedro

Age: 39 & 41

Location: US

Time Trying to Conceive (TTC): 1 year

Fertility Case Summary:

Female

- Miscarriage - blighted ovum
- Gut dysbiosis
- Low DHEA
- Stress & adrenal depletion
- High blood sugar
- Unbalanced cortisol levels
- Tight muscles & Headaches

Male

- Sperm health unknown
- Low energy
- Stress
- Poor digestive function
- Poor sleep
- High blood sugar

Key Test Findings:

- High estrogen
- High SHBG
- Low testosterone
- SNP's which reduce absorption of B12 & Vitamin D plus reduce estrogen detoxification
- Food sensitivities to multiple foods

Personal Impact of Fertility Challenges:

Alisha had experienced complications after the birth of her daughter 2 years earlier and had been on the path to improved health since then. However after her miscarriage she realised that she was still not in the best state of health to conceive and carry a baby to full term, so joined the program to get assistance with her health and therefore fertility.

Natural Fertility Treatment Overview:

Given Alisha is a medical practitioner and was also seeing a functional practitioner, she had already done a lot to improve her health and it meant we could focus on her fertility. Treatment involved improving egg quality, increasing DHEA and testosterone through improving adrenal health (to support egg maturation), reducing blood sugar and restoring the digestive microbiome. Stress support was also very important as she was going through her 10 year board review, which was very stressful for her. For Pedro, we treated his nervous system to improve stress and sleep, his blood sugar, digestion and supported his sperm quality.

Improvements & Outcome Through The NFP Program:

Pedro reported significant improvements in his stress levels and his sleep. Alisha noticed improvements in her energy levels (she had energy on the weekends rather than crashing all weekend), sleep, stress, blood sugar and commented that her muscles were much less tight and that she was less gassy. Her headaches had also improved.

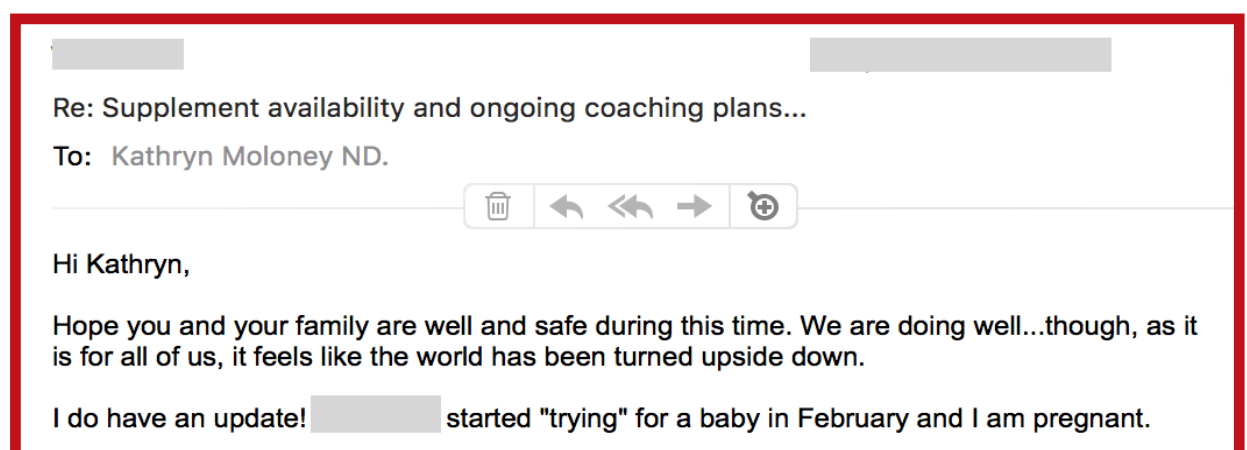
They held off TTC until Alisha felt like she was in a very good state of health and they conceived after 1 month of trying and are now 12 weeks pregnant and all the tests have been normal!

Duration of Treatment:

7 Months on the NFP program (although they only TTC for 1 month before they conceived)

Clinical Outcome:

Currently pregnant and will give birth at 40



Paula - Conceived Via IUI With Donor Sperm At 42 After 3 Months On The NFP Program

Client Name: Paula

Age: 42

Location: US

Time Trying to Conceive (TTC): 2 years

Fertility Case Summary:

Female

- Overweight - Obese
- Poor egg quality
- Low estrogen, testosterone & prolactin
- Possible PCOS or endometriosis
- Poor sleep maintenance and quality
- Slow metabolism
- Seasonal depression

IVF/ART History:

- 4 x IUI cycles with donor sperm - all unsuccessful
- 3 x IVF cycles with donor sperm
- 10-15 eggs retrieved with many fertilizing, but then embryos didn't advance to transferable blastocysts at day 5
- Only 1 x embryo was transferred over 3 x cycles and that didn't implant

Key Test Findings:

- Low vitamin D
- Poor metabolic health
- High inflammation
- High cholesterol and low HDL (good fat)
- High Fibrinogen - increased clotting risk

Personal Impact of Fertility Challenges:

Paula had experienced a very stressful few years with grief and heartbreak, along with a stressful fertility journey that had caused her depression and issues associated with weight gain to resurface. She had gained many extra pounds and was at her heaviest weight, being in the obese range. Before Paula started the program she had begun changing her habits and was in a good state of mind to improve her health. She lost many pounds and was prioritizing her fertility.

Natural Fertility Treatment Overview:

Paula's hormone profile was quite normal so it only needed a little tweaking to bring into balance. Most of our treatment then focused on egg quality, metabolic health (weight, cholesterol), sleep and reducing inflammation.

Improvements & Outcome Through The NFP Program:

Paula lost 16 pounds in a month to take her into the overweight, rather than obese range. Her depression lifted which left her feeling clear minded! Blood tests showed improved inflammation, increased vitamin D and improved cholesterol.

Paula was waiting to do an IVF cycle, which was halted by the COVID-19 pandemic. She didn't want to waste a month or longer, so she decided to do a home insemination while she waited ... and she conceived!! She was so surprised this had worked after all of the failed ART treatments she had already undertaken.

Her coach asked for her to have some tests done and noticed in very early pregnancy that her thyroid hormone was elevated. Her coach recommended seeing her physician, who prescribed her medication which brought it into range immediately and prevented a potential miscarriage.

Duration of Treatment:

3 Months on the NFP program

Clinical Outcome:

Currently pregnant and will give birth at 43

Prisha & Harish - Healthy Baby Girl Conceived Naturally After 4 Months On The NFP Program

Client Name: Prisha & Harish

Age: Both 35

Location: India

Time Trying to Conceive (TTC): 1 ½ years

Fertility Case Summary:

Female

- Hypothyroid
- Minimal fertile mucous
- High FSH for age
- Stress
- Underweight
- Multiple food intolerances

Male

- Poor sperm health - motility & morphology
- Low testosterone and high estrogen
- Stress, worry & anxiety
- Low energy

Key Test Findings:

Female

- High TSH
- High Prolactin
- High blood sugar
- Anemia - low iron status
- Low vitamin D
- High homocysteine
- Heavy metal toxicity
- Multiple genetic polymorphisms impacting nutrient absorption

Male

- Low testosterone and high estrogen
- High homocysteine
- High LDL cholesterol
- Multiple genetic polymorphisms impacting nutrient absorption
- Heavy metal toxicity

Personal Impact of Fertility Challenges:

Due to a lot of stress with their in-laws, they held off trying to conceive, even though they were married 4 years earlier. For the first 10 months of TTC they had miscalculated ovulation, so needed some help in identifying the fertile period. Prisha was stressed about having delayed her pregnancy until now.

Harish is a doctor and travelled a lot for work. He suffered from high stress, so needed help in this area.

Natural Fertility Treatment Overview:

Even though Prisha & Harish were a healthy weight (Prisha was actually underweight) they both had issues with their metabolic health such as high cholesterol, high homocysteine and high blood sugar. They also had heavy metal exposure for which the cause was likely to be environmental exposure from pollution in their city. They ate a traditional Indian diet, so with some changes to their diet and supplements recommended by their coach, their health greatly improved and their energy levels increased.

Improvements & Outcome Through The NFP Program:

- Improved stress levels for both
- Increased sex drive
- Improvement in energy levels
- Reduced anxiety and worry by 40%

With some help identifying their fertile window and some advice around sperm friendly lubricants, they conceived after 4 months on the NFP program. They are both big advocates of the NFP program and are spreading the word about the program to their colleagues and specialists in India.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl after a straightforward pregnancy

From Prisha:

Current status [Details](#)

To: Kathryn Moloney ND., Cc:

Hi Kathryn,
There is a good news! My periods didn't come yet and this weekend we did a pregnancy test at home and it came positive :)

From Harish:

☆

Re: Current status [Details](#)

To: Kathryn Moloney ND., Cc:

Hi Kathryn,

Thank you so much for everything! :)

Warm regards,

Joanna & Victor - Healthy Baby Girl Conceived Naturally After 12 Months On The NFP Program

Client Name: Joanna and Victor

Age: 30 & 33

Location: USA

Time Trying to Conceive (TTC): 1 year

Fertility Case Summary:

- Blocked fallopian tube
- Hydrosalpinx
- Large fibroid
- History of genital herpes

Key Test Finding:

- Subclinical hypothyroidism
- Genetic polymorphisms
- Exposure to toxic chemicals at work

Personal Impact of Fertility Challenges:

Joanna was told that due to the blocked tube and hydrosalpinx she would need to have surgery to remove the tube as the presence of hydrosalpinx could predispose to miscarriages if she got pregnant with IVF. Neither Victor nor her wanted to do IVF because they were still so young.

Natural Fertility Treatment Overview:

After a thorough case analysis and additional testing, her coach discovered that Joanna had genetic polymorphisms which made it difficult for her to absorb certain key fertility nutrients, as well as to detox. On top of that, her job in a dental office exposed her to many toxic chemicals, which could delay pregnancy. We worked on minimizing the size of her fibroid as well as on unlocking the blocked fallopian tube. Joanna and Victor continued with the protocol for a year at which point they contacted us to let us know they were pregnant naturally.

Improvements & Outcome Through The NFP Program:

Joanna conceived naturally after 12 months on the program and gave birth naturally to a healthy baby girl.

Duration of Treatment:

12 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl.

Hi Iva

To: Iva Keene MRMed. ND.

Hi

GREAT news. I am pregnant!!!!
I just took two pregnancy tests and they both said
"pregnant". I am literally crying happy tears right
now! :) we are over the moon.
Everything we did - worked!

So I am still taking all supplements but [redacted]
right? Do you have any other recommendations for me
during pregnancy?

WE are so HAPPY :)
THANK YOU IVA !

Hi Iva

To: Iva Keene MRMed. ND.

Hi,
It's been a while since we talked last. I hope you are doing
good because my little girl and I are doing just great.
I wanted to thank you from the bottom of my heart for help
and knowledge that helped us to get pregnant naturally. You
truly know what you're doing. I still follow your diet and good
habits. I'm so glad I found your program and I won't hesitate
to recommend it to other people.
I'm currently 22 weeks pregnant with precious little girl.
She's healthy and very active :) I'm due in August.
Iva, once again a BIG THANK YOU to you and your team!

Penelope & Phillipe - Healthy Baby Conceived Naturally At 39 After 4 Months On The NFP Program

Client Name: Penelope and Phillipe

Age: 39 & 35

Location: France

Time Trying to Conceive (TTC): 1 year

Fertility Case Summary:

Female

- Surgery to repair bicornuate uterus
- 2 x miscarriages due to ureaplasma infection
- 1 x child born 10 years prior with a different partner

Male

- History of chlamydia infection
- History of HPV infections

Key Test Finding:

- Low AMH
- Elevated FSH
- Subclinical hypothyroidism
- Thyroid antibodies
- Genetic polymorphisms for both

Personal Impact of Fertility Challenges:

Penelope and Phillipe desperately wanted to have a child together. Due to her age she felt under a lot of stress and she had recently concluded a long and very stressful divorce, which has taken a toll on her overall health and fertility.

Natural Fertility Treatment Overview:

Penelope's thyroid antibodies and thyroid function were addressed, as well as genetic polymorphisms for both. Phillipe was coming into contact with a lot of chemicals at work and had to rethink protective measures at work to minimize his exposure. Various nutritional and herbal supplements were used to establish a hormonal balance for Penelope, as well as restore healthy nervous and adrenal function after many years of chronic stress.

Improvements & Outcome Through The NFP Program:

Penelope got pregnant naturally after 4 months on the NFP program and gave birth to a healthy baby girl.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl.

Happy New year and update/feedback

To: Iva Keene MRMed. ND.

Hello Iva!

Happy New year to you and your family!

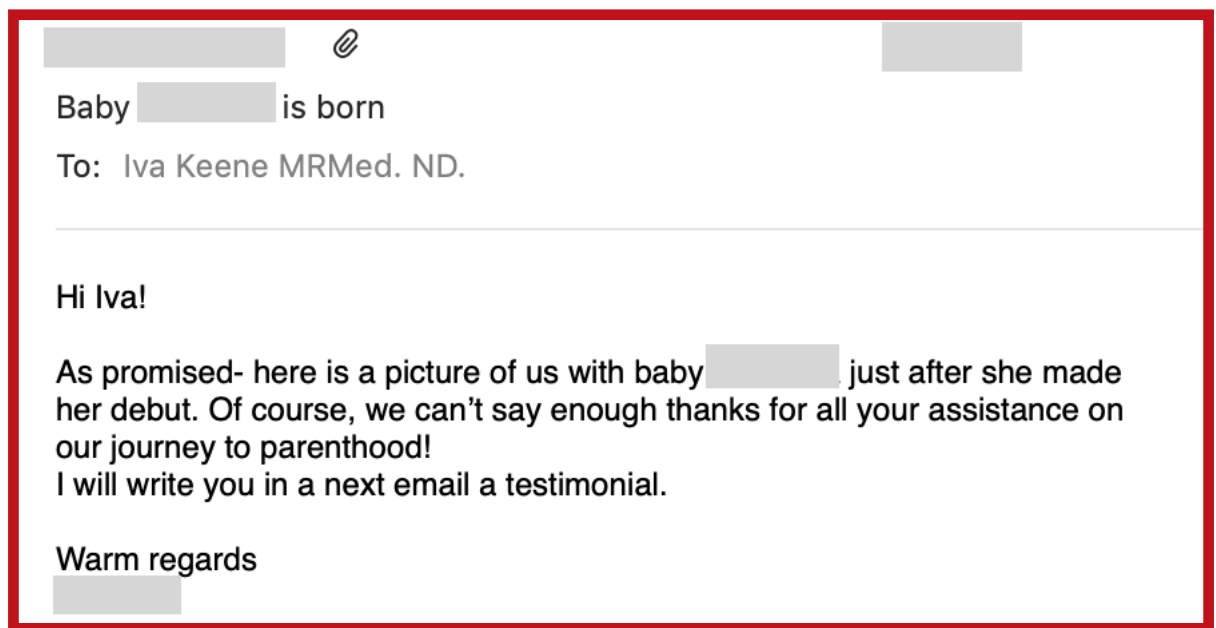
Wishing all of you good health, joy in your days, love and pinch of luck! And of course please keep bringing happiness to couples all over the world :)

So I am now just over 6 months pregnant and found out that we are expecting a healthy girl. The pregnancy is ok, it is tougher than the first one but then again there is 11 years gap. The first 4 months I was ever so tired. I also had couple of faints due to low blood pressure and low hemoglobin. However now I am fine and baby is well and growing well.

Thank you for all the knowledge shared, for the guidance and the positivism during the program. At some initial point all seems so overwhelming but every effort and change is worth it. Thank you for the support and being realistic.

We are so glad we found you and you accepted to be our coach in this journey.

Best regards,



From: [REDACTED]
Date: [REDACTED]
Subject: Update :) [REDACTED] was Born [REDACTED]
To: Iva Keene [REDACTED]

Hi Iva,

It's been an amazing journey and we can't help but to feel constant gratitude for your work and your program. [REDACTED] was born at 42 weeks and 1 day, so he had a longer stay in camp Uterus. He was born [REDACTED] at a hearty 8 pounds 3 ounces and 20 inches long. He's perfectly healthy, something the reproductive endocrinologist doctors said would not happen. The doctors said if we ever did manage to get pregnant on our own with my poor egg quality the baby would have chromosomal issues and probably wouldn't make it, or certainly wouldn't be a healthy baby if he did make it. That's something that no one ever wants to hear.

I have to tell you this as well, we decided I'd do the placenta encapsulation to take the pills after birth and the woman who did the encapsulation told us that this was one of the most well nourished placentas she'd ever seen. I'm not kidding. For real! She said the enriched veins showed great circulation, the placenta was larger than average at 1 and 3/4 pounds (so I have a lot more capsules), the cord was much thicker than average. She said this was a very healthy nutrient dense placenta. When my husband asked her what made the difference, she said diet and lifestyle. Most of the placentas she sees all look very similar and the diets are largely conventional processed foods. She said it was such a beautiful experience to work with such a healthy placenta. I was stunned!!!! My doctor was nervous to let me go to 42 weeks, for my age (the over 40's) he induces at due date, but I agreed to the extra monitoring. He said most placentas fail after 40 weeks leading to still birth. It was a hard and frightening decision to let the baby stay in that long, but I was being monitored twice a week for baby's heart, and fluid levels, and they were great so we kept on. Now we understand that this placenta wasn't near failing.

We are truly grateful for all we learned from you, and we are continuing on the diet and lifestyle changes we made during your 16 week program. How can we not, 5 years of trying to conceive and after working with you we have this tiny bundle of love in our arms. What seemed so impossible, became our reality and we are beyond blissful right now. I really want every woman on the trying to conceive journey to know about you and your work. After failed IUI's, IVF's, acupuncture, herbs, etc... finally something worked and something that's for long term health and well being the naturopathic way.

Thank you again for helping our dream come true.

Anja & Tim - Healthy Baby Boy Conceived Naturally at 41 After 3 ½ Months on the NFP Program

Client Name: Anja & Tim

Age: 41 & 45

Country: USA

Time Trying to Conceive (TTC): 3 years

Fertility Case Summary:

- Miscarriage at 7 weeks
- Elevated natural killer cells
- Elevated antibodies predisposing to miscarriages
- MTHFR gene polymorphism
- Cervix shortened from previous laser treatments
- Secondary infertility
- Poor sperm quality

ART Undertaken:

- 2 X Failed IVF cycles (ICSI)

Natural Fertility Treatment Overview:

Anja contacted us after their second failed ICSI. She'd had lots of tests done already and with her elevated NK cells and antibodies (which can predispose to miscarriages) they decided they needed to improve their health before trying to get pregnant again. Doctors had also told her that her embryos, which did form (but didn't survive) via ICSI had chromosomal fragmentation, which was a sign of poor egg quality.

Improvements & Outcome Through The NFP Program:

We discovered that Anja's TSH was too high for optimal fertility and she was also deficient in a certain nutrient which is crucial for prevention of antibodies and autoimmunities. We also addressed the sperm health and egg health and supported her MTHFR gene polymorphism. Anja and Tim found out they were pregnant after three and a half months into the coaching program.

Duration of Treatment:

3 and ½ months

Clinical Outcome:

Healthy pregnancy at 41 and gave birth to a healthy baby boy.

Nicola & Ayo - Healthy Baby Girl Conceived Naturally at 39 After 3 Months On The NFP Program

Client Name: Nicola & Ayo

Age: 39 & 43

Country: South Africa

Time Trying to Conceive (TTC): 2 years

Fertility Case Summary:

- 3 x Miscarriages + 1 x Chemical pregnancy
- Low progesterone
- Diagnosed with “Old eggs”
- Secondary infertility
- Spotting before periods
- Food intolerances
- Genetic polymorphisms
- Heavy Metals - Elevated aluminium

Natural Fertility Treatment Overview:

Nicola and her husband Ayo got in touch with us after their last miscarriage, which was emotionally very difficult for Nicola. Her doctor was begging her not to try to get pregnant again, telling her that her eggs were “too old” for a healthy pregnancy at 39, and that if she tried again she’d only miscarry again.

Nicola’s doctor was trying to protect her from another heartbreak. But Nicola and her husband wanted a sibling for their daughter. After initial testing, we discovered that her aluminium was too high, and that she had gene polymorphisms which were impacting her liver function and ability to detox, which was linked to her recurrent miscarriages.

Improvements & Outcome Through The NFP Program:

After addressing the imbalances and supporting the low progesterone with supplements, Nicola realized her period was late and did a pregnancy test which turned out to be positive.

She didn’t believe it, then went out and bought another test, just to be sure. Her pregnancy progressed well. All the scans were normal and she gave birth to a healthy baby girl at full term one month before turning 40. Her doctor was very surprised and happy for her and Ayo.

Duration of Treatment:

3 Months

Clinical Outcome:

Healthy baby girl born at full term.

Lou & Peter - Healthy Baby Girl Conceived Naturally At 37 After 9 Months On The NFP Program

Client Name: Lou & Peter

Age: 37 & 39

Location: USA

Time Trying to Conceive (TTC): 6 Years and 10 months

Fertility Case Summary:

- Unexplained Infertility
- Endometriosis
- Polyps

Natural Fertility Treatment Overview:

Extensive tests were undertaken to identify the causes of Lou and her partner's "unexplained infertility." Based on the results, tailored dietary and lifestyle adjustments were recommended, along with practitioner-grade supplements. Lou already had a very healthy diet and lifestyle, however there were still areas that needed to be addressed. We recommended that Lou switch to a vegan diet, given that in her case, her endometriosis was best managed without animal products.

Duration of Treatment:

9 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl. Lou describes her baby as "A very happy baby who smiles a lot and never complains".

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

Client Name: Saiko & Takeshi

Age: 33 & 38

Country: 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.

Ali & Patrick - Improvement of Sperm Count & Motility. Healthy Baby Girl Conceived Naturally At 35 After 5 Months On The NFP Program

Client Name: Ali & Patrick

Age: 35 & 43

Country: UK

Time Trying to Conceive (TTC): 5 Years

Fertility Case Summary:

- Sperm abnormalities (low motility, low concentration, low volume, borderline morphology)
- 3 x miscarriages over 3 years
- Ali - hormonal parameters all normal but suffered from depression, insomnia, fatigue

ART Undertaken:

- 3 x IVF cycles using ICSI over two years
- First two cycles - no fertilization
- Third cycle - resulted in a miscarriage
- Clomiphene and HMG ovulation induction – no fertilization

Treatment Summary:

Ali's husband Patrick was exhausted by the fertility treatments and didn't want to talk about it anymore. He buried his head in his career and worked long hours. His stress levels were very high, he drank two to three cups of coffee a day, smoked a pack of cigarettes a day and had a wind-down drink after work once or twice a week.

Their diet was typical of a couple who work full time and have no time to shop and prepare food. They mostly ate out, skipped breakfast, had a quick take away or a sandwich for lunch at work. They didn't pay attention to preservatives, pesticides, sugar and the processing of food. Fast food items and fried food were on the menu almost weekly.

Ali and Patrick also travelled frequently for work, spending long hours in front of the computer and having long phone calls on their mobile phones.

Ali used expensive cosmetic and personal care products from well-known brands often advertised in magazines like Elle and Vogue. Her husband Patrick used well-known brands available in every supermarket.

There were a lot of changes they needed to make and Patrick wasn't willing to change his

lifestyle.

Ali was getting desperate, but she slowly realized that if things were going to change, they needed to make some major adjustments. She wanted to get pregnant ASAP, and the thought of having to wait for 120 days to optimize their egg and sperm health was daunting.

But she put her trust in the method and in us. She followed the program and implemented changes we recommended for them. Patrick agreed to make minor changes and take the supplements their coach prescribed for them.

Ali also did the tests we recommend in the program, and it turned out that she had a common MTHFR gene mutation which was predisposing her to miscarriages. We recommended a specific treatment for this which she followed.

Improvements & Outcome Through The NFP Program:

A few months went by, and Ali reported that they both had more energy, were sleeping like babies, and that their mood and relationship with each other had improved.

Five months after starting the program, Patrick had his sperm re-tested. This time, the report showed normal sperm and improvement in all parameters. Ali's doctor was quite astounded, since he didn't believe that sperm parameters could be improved.

Encouraged with this improvement, the couple tried to conceive, and Ali got pregnant on the very first try

Here is a summary of the improved semen parameters:

Sperm Parameter	Before NFP Program	After NFP Program
Volume	1.5mL	2mL
Concentration	24 million/mL	50 million/mL
Count	36 million	100 million
Motility	27%	50%
Total Motile Sperm	9.7 million	50 million
Morphology (normal forms)	35%	40%

Before

SEMEN ANALYSIS

Patient Name (MRN) [REDACTED]
 Wife Name (MRN) [REDACTED]
 Hospital/Clinic [REDACTED]
 Doctor [REDACTED]

Abstinence (days):	Specimen date: [REDACTED]	
Time produced : 09.50am	Time received: 09.50am	Time examined: 10.30am

SEMEN ANALYSIS	POST-WASH (A.L.I.L)	SEMEN ANALYSIS (Normal values – WHO)
VISCOSITY Liquid	VOLUME 1.5 ml	0.5 ml
pH 8		≥ 2.0 ml
SPERM CONCENTRATION	24 x 10 ⁶ /ml	6x 10 ⁶ /ml
MOTILITY	27 %	80 %
FORWARD PROGRESSION POOR	50 %	10 %
MODERATE	30 %	30 %
GOOD	10 %	30 %
EXCELLENT	10 %	30 %
TOTAL SPERM COUNT	36 x 10 ⁶	3 x 10 ⁶
TOTAL MOTILE SPERM	9.7 x 10 ⁶	2.4 x 10 ⁶
NORMAL FORMS / MORPHOLOGY	35 %	
ROUND CELLS	1 x 10 ⁶ /ml	
AGGLUTINATION NIL / + / ++ / +++	NIL	
MICRO-ORGANISMS	0 x 10 ⁶ /ml	
RESULTS: NORMAL <input type="checkbox"/> / ABNORMAL <input checked="" type="checkbox"/> <input type="checkbox"/> Oligozoospermia <input type="checkbox"/> Severe Oligozoospermia (<5x10 ⁶ /ml) <input checked="" type="checkbox"/> Asthenozoospermia <input type="checkbox"/> Teratozoospermia <input type="checkbox"/> Azoospermia		
COMMENTS Most of the abnormally formed sperm had amorphous heads or cytoplasmic droplets		

Note: In the report above, Million is denoted as x 10⁶

Signature: [REDACTED]

Date : [REDACTED]

After

SEMEN ANALYSIS

Patient Name (MRN) [REDACTED]
Wife Name (MRN) [REDACTED]
Hospital/Clinic [REDACTED]
Doctor [REDACTED]

Abstinence (days):	Specimen date: [REDACTED]	
Time produced :	Time received:	Time examined:

SEMEN ANALYSIS		POST-WASH (A.L.H.)	SEMEN ANALYSIS (Normal values – WHO)
VISCOSITY Liquid	VOLUME 2 ml	0.5 ml	≥ 2.0 ml
pH 8			7.2 – 8.0
SPERM CONCENTRATION	50 x 10 ⁶ /ml	50x 10 ⁶ /ml	≥ 20 x 10 ⁶ /ml
MOTILITY	50 %	95 %	≥ 50% with forward progression OR ≥ 25% with excellent progression
FORWARD PROGRESSION POOR	30 %	5 %	
Moderate	20 %	5 %	
GOOD	25 %	45 %	
EXCELLENT	25 %	40 %	
TOTAL SPERM COUNT	100 x 10 ⁶	50 x 10 ⁶	≥ 40 x 10 ⁶
TOTAL MOTILE SPERM	50 x 10 ⁶	40 x 10 ⁶	
NORMAL FORMS / MORPHOLOGY	40 %		≥ 30%
ROUND CELLS	x 10 ⁶ /ml		
AGGLUTINATION Nil/ + / ++ / +++	NIL		
MICRO-ORGANISMS	x 10 ⁶ /ml		
COMMENTS	Most of the abnormal sperms were amorphous head Tapered head.		

Note: In the report above, Million is denoted as x 10⁶

Signature: [REDACTED]

Date : [REDACTED]

Duration of Treatment:

5 Months on the NFP program

Clinical Outcome:

Ali gave birth to a healthy baby girl.

Mariam & Oma - Healthy Baby Boy Conceived Naturally After 5 Months On The NFP Program

Client Name: Mariam & Oma

Age: 32 & 34

Country: UAE

Time Trying to Conceive (TTC): 5 Years

Fertility Case Summary:

- Severe PCOS
- Subclinical hypothyroidism
- Low sperm count
- Varicoceles (husband refused surgery on testes)

ART Undertaken:

- Clomid two years in a row
- IVF and donor eggs recommended by several doctors

Natural Fertility Treatment Summary:

We designed a treatment plan that was tailored to address Mariam & Oma's specific fertility challenges. This included targeted dietary and lifestyle adjustments, comprehensive detox, and practitioner-range supplements for addressing hormonal balance, thyroid health, sperm health, and deficiencies that were discovered through additional testing.

Improvements & Outcome Through The NFP Program:

They were diligent with their treatment and conceived naturally after 5 months on the NFP program.

Duration of Treatment:

5 months on the NFP program

Clinical Outcome:

Healthy full-term pregnancy and a healthy baby boy born.

Kristen & Seth - Healthy Baby Boy Conceived Naturally At 38 After 7 Months On The NFP Program

Client Name: Kristen & Seth

Age: 38 & 42

Country: USA

Time Trying to Conceive (TTC): 2 Years

Fertility Case Summary:

- Diagnosed with endometriosis in her 20's
- Uterine fibroid
- 10cm Dermoid cyst, surgically removed, ovary saved
- Used the pill for 10 years
- LEEP procedure and cervical erosion at 19 years of age
- Seth's sperm was tested ten years ago (home test); everything appeared to be normal

Natural Fertility Treatment Overview:

Upon investigation, Kristen was found to be anemic and unresponsive to iron. She had many food allergies and intolerances, was diagnosed with psoriasis, suffered from frequent infections and colds and was often prescribed antibiotics. She had chronic nasal congestion and a long history of irritable bowel syndrome.

Seth was overweight, had poor thyroid function (hypothyroid), had joint pain and arthritis, and frequently used antibiotics. He had lots of stress at work, was under a serious financial strain since starting a new business, and was depressed after the recent loss of a very close family member.

Both Kristen and Seth had a bleak outlook on their prospects for becoming parents. Kristen was worried, couldn't sleep at night, felt guilty and worthless at times and had a hopeless outlook for the future. Seth was worried his sperm analysis would be negative if he had the test repeated after ten years. The thought of coping with that, on top of what he was already going through, felt overwhelming. Given Seth's recent loss of a family member, Kristen didn't want to put even more pressure on him.

Before starting the NFP program, they followed the Paleo diet which was very high in non-organic animal products, has no grains, very few fruits and vegetables and some nuts and seeds. They also took supplements made from animal organs.

Their coach recognised that their diet and supplements were full of chemicals and heavy metals. The high levels of heavy metals which were confirmed with testing were contributing to frequent infections and lowered immunity for both Kristen and Seth. Both were also exposed to very high levels of electromagnetic radiation.

Improvements & Outcome Through The NFP Program:

During the NFP program, their coach addressed excess estrogen and heavy metals in Kristen's body. She followed the instructions in the program and Seth was also supported in making some changes. They both noticed significant improvements in their health, including their immunity, skin, joints, energy and reduced stress levels. Kristen became pregnant for the very first time in her life after 7 months of implementing changes recommended in the program.

Duration of Treatment:

7 Months on the NFP program

Clinical Outcome:

Kristen gave birth to a healthy baby girl after a full term pregnancy.

Becky & Matisse - Healthy Baby Boy Conceived Naturally At 43 After 4 Months On The NFP Program

Client Name: Becky & Matisse

Age: 43 & 45

Country: Switzerland

Time Trying to Conceive (TTC): 1 ½ Years

Fertility Case Summary:

- Endometriosis
- Uterine adhesions
- Poor Lining - Endometrium too thin for implantation
- Blocked fallopian tubes
- Advanced age for fertility

Natural Fertility Treatment Overview:

Becky, a happy mother of three children, wanted a fourth so that her youngest child would have a playmate. Her two older kids were in high school and her four-year-old kept nagging for a little sister. Becky's husband, Matisse, was perfectly content with three children, and was not open to any assisted reproductive services to help achieve a fourth pregnancy.

Becky tried to get pregnant for a year without success. When her period kept showing up each month, she decided to have a check up. Upon being told that IVF would be her only option for getting pregnant, Becky felt hopeless, mainly because she knew Matisse would never provide a sample of his sperm for IVF and that he would also not be supportive (emotionally or financially) of an IVF procedure. Becky decided to do the NFP program to improve her chances.

Improvements & Outcome Through The NFP Program

We put her on our endometriosis protocol and gave her specific practitioner range supplements and dietary advice for unblocking her tubes. She followed her coach's advice, took the supplements and kept trying, but didn't think there was much hope, since we'd let her know up front that blocked tubes are very difficult to treat naturally.

After 4 months on the program, Becky had a confirmed pregnancy test. Her doctor could not believe it and cautioned her that due to her endometriosis and adhesions she could miscarry, but she didn't.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Becky gave birth to a healthy baby girl. Her husband is smitten with love for his youngest daughter and Becky is over the moon that her second youngest has a little playmate.

Hanna & Rishaan - Healthy Twins Conceived Via IVF at 35 After 6 Months On The NFP Program

Client Name: Hanna & Rishaan

Age: 35 & 38

Country: Kuwait

Time Trying to Conceive (TTC): 7 Years

Fertility Case Summary:

Premature Ovarian Failure (POF/POI/DOR)

- Low AMH (Low Ovarian Reserve)
- High FSH
- Poor thyroid function
- Low sperm count
- Poor sperm motility
- Low testosterone
- Obesity

Natural Fertility Treatment Overview:

Hanna & Rishaan were planning to do IVF due to the poor quality of Rishaan's sperm, as well as Hanna's low ovarian reserve and high FSH. Their IVF doctor had cautioned that IVF may not be successful due to the poor quality of the sperm, and that, if this were to occur, they might need to resort to donor sperm.

The couple heard about the NFP program through a friend and decided to join, so they could try to optimize Rishaan's sperm health and improve the quality of Hanna's eggs.

Rishaan is a gourmet chef who loves his job. Running a couple of restaurants not only put him under a lot of stress, but he also ate more when under stress. His love of food and high stress levels caused him to gain significant weight and become obese.

This was impacting his testosterone levels and sperm quality..

Improvements & Outcome Through The NFP Program

Being a foodie, he embraced the fertility diet and experimented with new recipes while making all the changes we recommended for him in the program.

Hanna, on the other hand, was convinced that due to her low AMH she had to go the IVF route and didn't want to consider natural conception. She felt this way even after her FSH came down as she stayed on the program and took the recommended supplements.

After following their coach's advice as closely as possible and taking supplements for 5 months, Rishaan's sperm analysis came back normal, and they decided to try IVF. Hanna was successful on her first round of IVF. We believe that Hanna and Rishaan would have potentially been successful even without IVF, as many of my other clients have gotten pregnant with low AMH values, but we're nevertheless happy we could support them with the choice they made.

Duration of Treatment:

6 months on the NFP program

Clinical Outcome:

Hanna gave birth to healthy twins! She kept us updated on her pregnancy and was so fascinated by natural medicine that she has decided to enroll in University to learn naturopathy after her twins were born!

Tina & Mandla - Conceived Naturally at 35 After 4 Months On The NFP Program

Client Name: Tina & Mandla

Age: 35 & 36

Country: South Africa

Time Trying to Conceive (TTC): 3 years

Fertility Case Summary:

- Endometriosis
- Low progesterone
- Low AMH - 0.56
- Secondary infertility
- Miscarriage at 8 weeks
- Ovarian cysts
- Gilbert's syndrome
- Irregular cycles

ART Undertaken:

- Failed IVF

Natural Fertility Treatment Overview:

Tina and Mandla contacted us after their failed IVF cycle, and after receiving the poor prognosis that Tina would not be able to get pregnant with her own eggs because she had low AMH, hormonal imbalances and endometriosis.

Two years earlier Tina had miscarried at eight weeks and hadn't been able to get pregnant since. They already had one child who was now six, and they really wanted a sibling for their firstborn.

Tina and Mandla had quite a high pesticide exposure and used some appliances which are not recommended in our program. They also had to make significant dietary changes. Both ate excessive sugar and dairy, which were predisposing Tina to cysts and making her endometriosis worse. Toxicities and genetic polymorphisms also had to be addressed before they started trying again.

Improvements & Outcome Through The NFP Program:

Tina and Mandla got pregnant exactly four months after starting the program.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Tina is now in the final trimester of her pregnancy.

Helen - Healthy Baby Boy Conceived at 37 Via IUI + Donor Sperm After 7 Months On The NFP Program

Client Name: Helen

Age: 37

Country: USA

Time Trying to Conceive (TTC): 3 years

Fertility Case Summary:

- POI/DOR - Diminished ovarian reserve since she was 33
- Endometriosis covering ovaries
- Intramural fibroid (doctors recommended surgery)
- Depression after two years of unsuccessful IUIs with donor sperm
- Planning IVF

Natural Fertility Treatment Overview:

Helen contacted us after countless failed IUI cycles with donor sperm. Doctors were recommending IVF to her, as well as surgery to remove the fibroid which was located inside her uterine wall.

Helen primarily wanted help with endometriosis. She also wanted to address her low ovarian reserve. She followed the program closely for 6 months and started with IUI's again.

Improvements & Outcome Through The NFP Program:

After the first IUI failed, Helen thought the second one would fail too, and started planning surgery to have the fibroid removed before trying an IVF cycle.

The clinic told her she had to have a pregnancy test first before they could plan her surgery. To her surprise, she had a positive pregnancy test from the second IUI after having followed the NFP program for 6 months!

Duration of Treatment:

6 months on the NFP program

Clinical Outcome:

Helen gave birth to a healthy baby boy

Laura & Marcus - Healthy Baby Boy Conceived Naturally After 12 Months On The NFP Program

Client Name: Laura & Marcus

Age: 34 & 37

Country: UK

Time Trying to Conceive (TTC): 4 Years

Fertility Case Summary:

- History of miscarriage
- Poor sperm motility
- Poor sperm morphology
- Borderline low sperm count
- Minor injuries to the testes from playing sports over the years

Natural Fertility Treatment Overview:

Marcus got in touch with me a few months after his wife, Laura, had a miscarriage. They'd been trying to conceive for three years and his sperm analysis showed borderline low count, poor motility and poor morphology.

Improvements & Outcome Through The NFP Program

Marcus implemented many of the recommended dietary and lifestyle changes in the program. We prescribed practitioner-grade supplements for him and Laura and suggested additional changes and tests for both of them. They followed the advice as closely as possible and conceived naturally after 12 months on the NFP program.

Duration of Treatment:

12 months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy after a healthy full term pregnancy.

Lisa & Henry - Healthy Baby Girl Conceived Naturally After 5 Months On The NFP Program

Client Name: Lisa & Henry

Age: 31 & 38

Country: USA

Time Trying to Conceive (TTC): Over 2 Years

Fertility Case Summary:

- Miscarriage at 12 weeks
- Cysts on ovaries discovered after the miscarriage
- Poor sperm morphology & varicoceles
- Henry had an immune and metabolic issue which caused significant fatigue

ART Undertaken:

- Unsuccessful Clomid use
- IVF recommended

Natural Fertility Treatment Overview:

Through consultation, Lisa's coach uncovered the fact that Lisa had been unknowingly exposing herself to a very toxic substance which she used at home periodically. This substance is not only a known xenoestrogen that promotes cyst formation, but is also a toxic pesticide which can harm the fetus and provoke a miscarriage.

We advised Lisa on how she could avoid this toxic substance in the future, and showed her how to detoxify her body to remove what she had already absorbed.

Lisa & Henry's diet consisted of a well-known brand of cereal with milk for breakfast, pasta, chicken, salad or stir-fry for lunch, one piece of fruit a day and some vegetables with dinner. They ate meat and fish from time to time. White rice and bread, black tea, and chocolate snacks five times a week were the norm.

Although this may seem like a pretty balanced diet, it contained lots of sugar, trans-fats, hormones, allergens, preservatives and caffeine, and was low in fiber, minerals, vitamins, essential fatty acids and living enzymes.

Improvements & Outcome Through The NFP Program

Lisa and Henry's coach made recommendations on how they could improve their diet and lifestyle, and prescribed high quality practitioner-grade supplements to address both of their health issues. The coach also taught Lisa and Henry how to cook and prepare their

food so that vital nutrients were not lost in the process. They conceived naturally after 5 months on the NFP program.

Duration of Treatment:

5 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl.

Julie & Alex - Healthy Baby Girl Conceived Naturally After 4 Months On The NFP Program

Client Name: Julie & Alex

Age: 32 & 35

Country: Australia

Time Trying to Conceive (TTC): 5 Years

Fertility Case Summary:

- Ovarian cysts
- Had endometrial ablation
- Took an oral contraceptive pill for 8 years – got migraines and often felt nauseous
- Normal Semen Analysis

ART Undertaken:

- Unsuccessful Clomid use
- IVF recommended

Natural Fertility Treatment Overview:

Julie contacted us wondering if the NFP program could help her. She was a bit skeptical about natural medicine treatments, as she had never taken supplements nor visited a naturopath before.

Alex literally thought she was out of her mind for even contemplating natural medicine treatment and, even worse, buying a program on the Internet! But Julie decided that there was nothing to lose and everything to gain, and she joined the program.

Julie told us that she really didn't want to use fertility drugs because they made her feel sick. She also didn't want to use IVF because she was afraid of the invasive procedures and pain.

Both she and Alex suffered from insomnia, and Julie also had nightmares from time to time. There were emotional issues, too. Alex was depressed, stressed and worried. Julie was sad and still getting over the stress of moving countries – from the US to Australia.

The couple's diet was very high in processed food, fast food, caffeine, unfiltered tap water and anti-nutrients (foods which block the body's absorption of nutrients). They were exposed to high levels of electromagnetic radiation, as well as toxic chemicals from the products they used at home on a regular basis.

Initially, Julie found it difficult to make certain changes in her diet and lifestyle. But in her mind it was either that or IVF – so she chose to change. She ordered the supplements and

convinced Alex to take his supplements.

Improvements & Outcome Through The NFP Program:

They reported feeling better, more energized, their sleep had improved, Julie's moods brightened and she was enjoying the new diet she got with the program. She made a compromise by allowing herself to indulge in some of the fast foods on the weekend, but during the week she was following the program as best she could.

When 4 months of the program were up, Julie and Alex tried to conceive. They were successful the first time. Julie was so happy and so excited! She contacted her coach immediately after she used three pregnancy tests at home (just to make sure!) She said this was the first time in her life she got a positive pregnancy test result and she couldn't believe her eyes.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Julie gave birth to a healthy baby girl after a problem-free and enjoyable pregnancy.

Anne & Paul - Healthy Baby Girl Conceived Naturally At 36 After 4 Months On The NFP Program

Client Name: Anne & Paul

Age: Both 36

Country: USA

Time Trying to Conceive (TTC): 4 Years

Fertility Case Summary:

Female

- 'Unexplained Infertility'
- 2 x Miscarriages (one in second trimester)
- Endometriosis and adhesions
- Spotting before periods

Male

- Postcoital test showed no sperm were moving
- Normal sperm parameters
- Low Testosterone

ART Undertaken:

- Clomid and Femara use over 2 years
- 3 x failed IUIs

Natural Fertility Treatment Overview:

Anne had an eight-year-old son from her first marriage and she wanted to have another baby with her new husband, Paul. After trying to get pregnant for four years without success, culminating in a diagnosis of unexplained infertility, she found the NFP program online and got in touch.

Anne joined the program, ordered the supplements we prescribed and did the tests we recommended. On further investigation it was found that her vagina was not receptive to her husband's sperm (her cervical mucus was too hostile), plus she had frequent flare-ups of HPV.

She also tested positive for the MTHFR gene mutation, which increases the risk of miscarriages.

Improvements & Outcome Through The NFP Program:

Anne was diligent in taking her prescribed supplements and following her coach's dietary

and lifestyle recommendations. Exactly four months after starting the program, and after taking the supplements (plus following the special protocol for her gene mutation), Anne got pregnant!

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Anne gave birth to a beautiful, healthy girl.

Bettina & Jack - Healthy Baby Boy Conceived Naturally After 3 Months On The NFP Program

Client Name: Bettina & Jack

Age: 33 & 36

Country: USA

Time Trying to Conceive (TTC): 2 Years

Fertility Case Summary:

- 2 x Miscarriages at 5 ½ weeks
- Very low progesterone

Natural Fertility Treatment Overview:

Bettina contacted us after her second miscarriage. She already had a three-year-old son and wanted to complete their family with one more child.

Through her case analysis, her coach identified that Bettina had very high exposure to EM radiation. She was also exposing herself to endocrine disruptors in her home, at work and through her diet.

Natural Fertility Treatment Overview:

Bettina followed the program as well as her coach's recommendations and she took the supplements we prescribed for her.

Improvements & Outcome Through The NFP Program:

After 3 months on the program and taking the supplements, Bettina conceived again and this time carried her baby to term. Using the knowledge she'd gained in the program, she also kept a close watch over her hormones in the initial weeks of the pregnancy to ensure she didn't miscarry again, and she didn't.

Duration of Treatment:

3 Months on the NFP program

Clinical Outcome:

Bettina gave birth to a healthy baby boy.

Maya & Clinton - Healthy Baby Girl Conceived Naturally After 7 Months On The NFP Program. They Also Conceived A Baby Boy Shortly After

Client Name: Maya & Clinton

Age: 32 & 35

Country: USA

Time Trying to Conceive (TTC): 5 years

Fertility Case Summary:

- Endometriosis

Natural Fertility Treatment Overview:

Maya had suffered from endometriosis for years. After five years of TTC, she found the NFP program and contacted us.

She joined the program and started following our endometriosis protocol diligently. Maya was a doctor of chiropractic medicine and so had access to practitioner-grade supplements and could treat herself based on the guidelines in the program.

Improvements & Outcome Through The NFP Program:

Maya conceived soon after she started implementing changes recommended in the program.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

She had a healthy baby girl and used the program again in preparation for her second pregnancy, which resulted in the birth of a healthy baby boy.

Lauren & Dale - Healthy Baby Boy Conceived Naturally After 9 Months On The NFP Program

Client Name: Lauren & Dale

Age: 27 & 35

Country: Australia

Time Trying to Conceive (TTC): Almost 2 Years

Fertility Case Summary:

- Unexplained Infertility

Natural Fertility Treatment Overview:

Lauren already had a healthy boy and was only in her mid twenties when she noticed that she was having trouble getting pregnant again. She booked an appointment with a fertility clinic and they ran all sorts of tests. Nothing stood out, so they diagnosed her with 'unexplained Infertility.'

Lauren could not accept this diagnosis and got in touch with us. Being young, she wasn't in a rush, but was more interested in preparing her body and Dale's, as well as their immediate environment, for a healthy conception.

Improvements & Outcome Through The NFP Program:

They followed the program as closely as possible and made many changes to their diet and lifestyle. Their coach identified some underlying issues which were contributing to their 'unexplained infertility' and treated them accordingly. They conceived naturally after 9 months on the program.

Duration of Treatment:

9 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy.

Martina & Job - Healthy Baby Boy Conceived Naturally After 4 Months On The NFP Program

Client Name: Martina & Job

Age: 32 & 38

Country: USA

Time Trying to Conceive (TTC): Over 3 Years

Fertility Case Summary:

- 2 x Miscarriages

Natural Fertility Treatment Overview:

Martina heard Iva speak at the Fertility Focus Telesummit and got in touch with her. She was very worried about a particular substance that was found in high amounts in her garden, which she thought may have been responsible for her two recent miscarriages.

Martina had gotten pregnant once between her two miscarriages and carried her healthy son to term. But the main difference was that when she got pregnant with her first son she was that she was living in another country for a year.

She came back and tried to conceive again. Again, she miscarried. Marina joined the program, and her coach recommended some investigations she could do.

Improvements & Outcome Through The NFP Program:

Indeed, her backyard was a rich source of the radioactive gas radon, which was predisposing her to miscarriages and could have potentially damaged her health over long term exposure. Martina made some changes to their external environment and was able to carry her next baby to term.

Duration of Treatment:

4 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy.

Dina & Luis - Healthy Baby Girl Conceived Naturally After 6 Months On The NFP Program

Client Name: Dina & Luis

Age: 32 & 42

Country: Spain

Time Trying to Conceive (TTC): 2 Years

Fertility Case Summary:

- High FSH

Natural Fertility Treatment Overview:

Dina had been trying to get pregnant for over a year without any luck. She went to have a checkup and it turned out that her FSH was very high for her age. This worried her, since the thought of IVF and potentially donor eggs was not very appealing for her. Dina found out about us and joined the NFP program.

It turned out that Dina worked with chemicals every day and apart from gloves had no other protection. She was inhaling toxic fumes all day long!

Improvements & Outcome Through The NFP Program:

Dina made the recommended changes to reduce her exposure, and changed her and Luis' diet and lifestyle as much as possible. She took the supplements recommended in the program and started timing her intercourse.

6 months after starting the program, Dina got pregnant and sent us an ecstatic email. She had been so worried that she would need to use IVF, which she could not afford. The good news offered a huge relief for her.

Duration of Treatment:

6 Months on the NFP program

Clinical Outcome:

She gave birth to a beautiful baby girl.

Elena & Johann - Improvement of Sperm Health To Conceive Naturally After 9 Months On The NFP Program

Client Name: Elena & Johann

Age: 34 & 36

Country: Switzerland

Time Trying to Conceive (TTC): 1 year

Fertility Case Summary:

- Elevated anti-sperm antibodies
- High DNA sperm fragmentation
- Secondary infertility
- Both partners light smokers
- Regular coffee and wine consumption

Natural Fertility Treatment Overview:

Johann and his wife Elena contacted us after he'd been diagnosed with anti-sperm antibodies. The couple had been told that there was nothing Johann could do to correct this, and that they'd need to use ICSI if they wanted to get pregnant again.

There were a lot of dietary and lifestyle changes that both Johann and Elena had to make. They needed to quit smoking and give up both caffeine and alcohol. In addition, the tests revealed food intolerances and genetic polymorphisms which needed addressing.

Improvements & Outcome Through The NFP Program:

Six months into the treatment, Johann had his sperm retested and the antibodies were gone. A few months later they informed us that they were pregnant for the first time since Elena gave birth to their daughter four years ago.

Extensive immune system work and a major overhaul of the diet and lifestyle and supplements helped Johann's body retrain his immune system and restore normal sperm production. They were able to conceive after 9 months on the program.

Duration of Treatment:

9 Months on the NFP program

Clinical Outcome:

Johann's wife is in the second trimester of her pregnancy and is sending us regular updates on their baby's development.

Rebecca & Cam - Healthy Baby Boy Conceived Naturally at 41 After 5 Months On The NFP Program

Client Name: Rebecca & Cam

Age: 41 & 44

Country: USA

Time Trying to Conceive (TTC): 5 years

Fertility Case Summary:

- Low AMH
- Hypothyroidism
- CRP elevation - sign of inflammation
- Poor sperm health - Morphology 2%
- Genetic polymorphisms

ART Undertaken:

- 3 x Failed IUIs
- 2 x Failed ICSIs

Natural Fertility Treatment Overview:

Rebecca and her husband Cam contacted us after their funds had been exhausted following 5 rounds of ART, which included 2 x ICSI rounds. Rebecca was 41 at the time and Cam 44. Her low AMH value put her in a donor egg and “old eggs” category at the fertility clinic. Also, because Cam had low morphology, they were told ICSI with donor eggs would be the only option.

Extensive testing revealed that Rebecca had significant genetic polymorphisms which were impacting her liver function and ability to detox. Cam had low testosterone and elevated levels of a radioactive metal in his body, which was contributing to his poor morphology. They both had low vitamin D levels, zinc deficiency and low CoQ10 levels, plus multiple food intolerances.

Improvements & Outcome Through The NFP Program:

After all deficiencies, toxicities and polymorphisms had been addressed, Cam’s sperm was retested and his morphology was now normal. They got pregnant five months after starting the coaching program and have been following the NFP dietary and lifestyle principles for the past 11 months.

Duration of Treatment:

5 Months on the NFP program

Clinical Outcome:

Rebecca gave birth to a healthy baby boy at 42 weeks of her pregnancy, at 42 years of age. Her pregnancy was healthy and uneventful.

Gwen & Brian - Healthy Baby Boy Conceived Naturally At 45 (Born Via Home Birth) After 4 Months On The NFP Program

Client Name: Gwen & Brian

Age: 45 & 35

Location: USA

Time Trying to Conceive (TTC): 2 years

Fertility Case Summary:

- 2 x miscarriages at 7 and 9 weeks
- 1 x chemical pregnancy
- Mild adenomyosis
- Recurrent yeast and parasitic infections
- History of depression and ADHD
- 1 x healthy child conceived naturally 4 years prior
- Sperm never tested

Key Test Findings:

- Elevated FSH
- Low estrogen
- Low progesterone
- Genetic polymorphisms

Personal Impact of Fertility Challenges:

The hardest thing for Gwen to accept was that she may be menopausal at the age of 44, which is what the IVF clinic told her and suggested that she should use donor eggs.

Natural Fertility Treatment Overview:

Gwen had been healthy all her life, ate a healthy diet and exercised five days a week and therefore her BMI was on the higher end of normal due to her muscle mass percentage. She got pregnant naturally at 40 and gave birth to her healthy daughter. Two years later at 42, they started trying for baby number two and got pregnant after two months of trying. Unfortunately she miscarried at 7 weeks. A year later they got pregnant again at 43, and unfortunately this time she miscarried at 9 weeks. Gwen thought there was potentially one more miscarriage a year later when she turned 44, but was not sure, as her period arrived on time.

She'd been told that her eggs are too old for a healthy pregnancy and that she wouldn't be able to get pregnant. Her husband didn't have any investigations being eight years younger, although we know that age doesn't always correlate with optimal sperm health. Gwen took

supplements to boost her egg quality and her husband also took supplements for sperm quality and his genetic polymorphisms, which were detected after the initial round of tests.

Hormonal imbalances were addressed with dietary and lifestyle adjustments, as well as herbal and nutritional supplements. In addition, adjustments were made for the genetic polymorphisms and food intolerances detected.

Improvements & Outcome Through The NFP Program:

Gwen and Brian conceived a healthy baby boy after 7 months into the program and did not miscarry the pregnancy. Gwen had a very healthy pregnancy and delivered her son at home at 45.

Duration of Treatment:

7 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby boy.

Fwd: Testimonial

To: Iva Keene MRMed. ND.

Hi Iva -

Please find my testimonial attached - let me know if you are able to open it and see the video.

I have to say this was the most amazing experience and I feel very passionate about fertility and nutrition as a result of going through your program. Would you ever consider training someone? I would love to work in this field and learn from you. If I could help you at all I would love to talk further. You obviously have a niche in fertility but I think it would be wonderful to offer post natal services or to help menopausal and/or teenage women with balancing their hormones and giving people a much better option than what traditional western medicine currently provides. I would be happy just to refer people to you but I would really love to learn as well as it is fascinating to me how your protocol turned my aging backwards.

I am so grateful to you and for my healthy happy baby. Your knowledge is incredible and I learned so much along the way. Thank you so much for the work you do.

(Disclaimer: To protect our clients' privacy, names have been changed)

