

CLIENT CASE STUDY

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

**names changed to protect privacy*