

CLIENT CASE STUDY

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

Client Name:

Anne & Paul *

Age:

Both 36

Location:

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.

**names changed to protect privacy*