

CLIENT CASE STUDY

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

Client Name:

Elena & Johann *

Age:

34 & 36

Location:

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.

**names changed to protect privacy*