

CLIENT CASE STUDY

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

Client Name:

Hanna & Rishaan *

Age:

35 & 38

Location:

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!

**names changed to protect privacy*