

## CLIENT CASE STUDY

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

**Client Name:**

Jacky &amp; Simon \*

**Age:**

46 &amp; 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

**Key Test Findings:**

- 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.

*\*names changed to protect privacy*