

CLIENT CASE STUDY

Lisa & Henry - Healthy Baby Girl Conceived Naturally
After 5 Months On The NFP Program

Client Name:

Lisa & Henry *

Age:

31 & 38

Location:

USA

Time Trying to Conceive (TTC):

Over 2 Years

Fertility Case Summary:

- Miscarriage at 12 weeks
- Cysts on ovaries discovered after the miscarriage
- Poor sperm morphology & varicoceles
- Henry had an immune and metabolic issue which caused significant fatigue

ART Undertaken:

- Unsuccessful Clomid use
- IVF recommended

Natural Fertility Treatment Overview:

Through consultation, Lisa's coach uncovered the fact that Lisa had been unknowingly exposing herself to a very toxic substance which she used at home periodically. This substance is not only a known xenoestrogen that promotes cyst formation, but is also a toxic pesticide which can harm the fetus and provoke a miscarriage.

We advised Lisa on how she could avoid this toxic substance in the future, and showed her how to detoxify her body to remove what she had already absorbed.

Lisa & Henry's diet consisted of a well-known brand of cereal with milk for breakfast, pasta, chicken, salad or stir-fry for lunch, one piece of fruit a day and some vegetables with dinner. They ate meat and fish from time to time. White rice and bread, black tea, and chocolate snacks five times a week were the norm.

Although this may seem like a pretty balanced diet, it contained lots of sugar, trans-fats, hormones, allergens, preservatives and caffeine, and was low in fiber, minerals, vitamins, essential fatty acids and living enzymes.

Improvements & Outcome Through The NFP Program:

Lisa and Henry's coach made recommendations on how they could improve their diet and lifestyle, and prescribed high quality practitioner-grade supplements to address both of their health issues. The coach also taught Lisa and Henry how to cook and prepare their food so that vital nutrients were not lost in the process. They conceived naturally after 5 months on the NFP program.

Duration of Treatment:

5 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl.

**names changed to protect privacy*