

CLIENT CASE STUDY

Louise & Edward - Healthy Baby Girl Conceived Naturally
After 6 weeks On The NFP Program

Client Name:

Louise & Edward *

Age:

32 & 32

Location:

US

Time Trying to Conceive (TTC):

12 months

Fertility Case Summary:**Female**

- Luteal Phase Defect
- Irregular Menstrual Cycle
- Birth control for 15 years
- Herpes Simplex
- Heart Murmur
- Sleep Maintenance Insomnia
- Food Intolerances
- Damp Constitution
- Low protein Intake
- Anaemia

Male

- Headaches
- Asthma

IVF/ART History:

- Clomid cycle

Personal Impact of Fertility Challenges:

Both Louise and Edward were very healthy and took great care of themselves. Their inability to fall pregnant was quite confusing and stressful for them. Louise was constantly questioning what was affecting their ability to fall pregnant.

Natural Fertility Treatment Overview:

We focused on completing a detox and removing any foods that were causing inflammation and a negative immune response. Herbs and supplements were employed to return hormonal balance and these were successful in extending Louise's luteal phase and regulated her menstrual cycle. We also worked on building up nutrient levels and antioxidant status to improve egg and sperm quality.

Improvements & Outcome Through The NFP Program:

After the detox, both Lousie and Edward reported feeling an increased energy level during the day, deeper sleep at night and more awareness of foods that were aggravating them. Bloating and digestive issues ceased, and neither of them had a cold since commencing supplements. They conceived easily after 6 weeks on the NFP program.

Duration of Treatment:

6 weeks on the NFP program

Clinical Outcome:

A healthy pregnancy with no complications and birth of a healthy baby girl.

**names changed to protect privacy*