

## CLIENT CASE STUDY

Maria & Nico - Conceived Via IVF At 42  
After 5 Months On The NFP Program

**Client Name:**

Maria & Nico \*

**Age:**

42 & 40

**Location:**

US

**Time Trying to Conceive (TTC):**

5 years

**Fertility Case Summary:****Female**

- Poor egg quality - chromosomally abnormal embryos in IVF
- Endometriosis
- Implantation failure
- Partially obstructed fallopian tubes
- Non cancerous pituitary tumour
- Stress, sleep issues
- Poor circulation
- HSV-2

**Male**

- Sperm issues - high DNA fragmentation, sub-optimal motility, high round cells & debris
- Chromosomally abnormal embryos in IVF
- Stress
- HSV-2

**IVF/ART History:**

- 5 x IVF cycles over 18 months
- Good egg numbers and fertilisations rates, but most embryos chromosomally abnormal
- They have 3 x PGD normal frozen embryos

**Key Test Findings:****Female**

- Low estrogen and testosterone levels
- Low progesterone
- Low zinc

- Low vitamin D
- MTHFR homozygous
- High NK cells
- High homocysteine

### **Personal Impact of Fertility Challenges:**

Maria and Nico were financially and emotionally challenged after so much IVF, but very excited about the possibility of the NFP program and how it could improve their chances of conceiving. They believed it was possible and worked hard to improve their diet and lifestyle, along with taking supplements prescribed by their coach.

### **Natural Fertility Treatment Overview:**

After so many failed IVF cycles and PGD abnormal embryos created through IVF, our major focus was on improving chromosomal health in both partners, for improving chances of natural conception and to prepare them for their upcoming IVF cycle. The focus was also on hormonal balance in Maria, especially increasing estrogen, testosterone and progesterone and improving Alex's chromosomal and reproductive health. It was very important to also improve implantation potential for Maria to improve the chance of an embryo transfer being successful.

### **Improvements & Outcome Through The NFP Program:**

Maria and Nico did an IVF cycle after finishing the program. They got an improved response and 1 x PGD normal embryo and decided to do a transfer of one of their PGD normal embryos (they don't know which one)... and it stuck! They are now 16 weeks pregnant, she's feeling fantastic and all tests so far are normal.

### **Duration of Treatment:**

5 Months on the NFP program

### **Clinical Outcome:**

Currently pregnant and will give birth at 43

*\*names changed to protect privacy*