

CLIENT CASE STUDY

Nicola & Ayo - Healthy Baby Girl Conceived Naturally at 39
After 3 Months On The NFP Program

Client Name:

Nicola & Ayo *

Age:

39 & 43

Location:

South Africa

Time Trying to Conceive (TTC):

2 years

Fertility Case Summary:

- 3 x Miscarriages + 1 x Chemical pregnancy
- Low progesterone
- Diagnosed with “Old eggs”
- Secondary infertility
- Spotting before periods
- Food intolerances
- Genetic polymorphisms
- Heavy Metals - Elevated aluminium

Natural Fertility Treatment Overview:

Nicola and her husband Ayo got in touch with us after their last miscarriage, which was emotionally very difficult for Nicola. Her doctor was begging her not to try to get pregnant again, telling her that her eggs were “too old” for a healthy pregnancy at 39, and that if she tried again she’d only miscarry again.

Nicola’s doctor was trying to protect her from another heartbreak. But Nicola and her husband wanted a sibling for their daughter. After initial testing, we discovered that her aluminium was too high, and that she had gene polymorphisms which were impacting her liver function and ability to detox, which was linked to her recurrent miscarriages.

Improvements & Outcome Through The NFP Program:

After addressing the imbalances and supporting the low progesterone with supplements, Nicola realized her period was late and did a pregnancy test which turned out to be positive.

She didn't believe it, then went out and bought another test, just to be sure. Her pregnancy progressed well. All the scans were normal and she gave birth to a healthy baby girl at full term one month before turning 40. Her doctor was very surprised and happy for her and Ayo.

Duration of Treatment:

3 Months

Clinical Outcome:

Healthy baby girl born at full term.

**names changed to protect privacy*