

CLIENT CASE STUDY

Olivia & Anders - Improvement of 0% Sperm Morphology.
Healthy Baby Girl Conceived at 36 Via IVF
After 13 Months On The NFP Program

Client Name:

Olivia & Anders *

Age:

36 & 34

Location:

Switzerland

Time Trying to Conceive (TTC):

5 years

Fertility Case Summary:**Olivia**

- Hashimoto's thyroiditis
- PCOS
- High Prolactin
- Overweight
- Insulin resistance

Anders

- Poor sperm health - low count, poor motility, 0% morphology
- Varicocele
- Insomnia & Stress

Key Test Findings:

- Olivia - High TSH (4,24 mU/l), elevated thyroid antibodies (TPO), high prolactin, low iron & B12
- Anders - Poor sperm health, high estradiol & low testosterone

Natural Fertility Treatment Overview:

Olivia and Anders had been TTC for five years, and over those years had discovered quite a few issues with their fertility that were preventing a pregnancy from happening.

Olivia had Hashimoto's thyroiditis, high prolactin, a small uterine fibroid, and low iron and B12. She was overweight and had PCOS, along with insulin resistance. Thankfully her periods were regular, although they were very painful. Olivia had also experienced a lot of stress in her family in recent years.

Anders had been diagnosed with poor sperm health, including low sperm count, poor motility and 0% morphology. A varicocele was a contributing factor to this problem, as well as prior work stress accompanied with insomnia.

Personal Impact of Fertility Challenges:

Olivia and Anders were very diligent in doing the detox and making the necessary dietary and lifestyle changes, as well as in taking the supplements meant to resolve their respective fertility challenges. They both reported having much more energy and feeling less stressed. When Anders did a repeat semen analysis, they were thrilled to see that the morphology had increased from 0% to 14%!

After finding out that Anders' sperm health had improved, they were keen to conceive as soon as possible, so they did an IVF cycle. Because Olivia has PCOS, she was given low dose stimulation. They retrieved seven eggs. Four were mature, three fertilized and after three days, two embryos were viable. Olivia had a fresh transfer and conceived straight away. They have one frozen embryo remaining.

Improvements & Outcome Through The NFP Program:

Improved sperm health - morphology improved dramatically from 0% to 14%!
Both improved energy and reduced stress

Duration of Treatment:

13 Months on the NFP program

Clinical Outcome:

Birth of a healthy baby girl after an enjoyable pregnancy

**names changed to protect privacy*