

CLIENT CASE STUDY

Paula - Conceived Via IUI With Donor Sperm At 42
After 3 Months On The NFP Program

Client Name:

Paula *

Age:

42

Location:

US

Time Trying to Conceive (TTC):

2 years

Fertility Case Summary:**Female**

- Overweight - Obese
- Poor egg quality
- Low estrogen, testosterone & prolactin
- Possible PCOS or endometriosis
- Poor sleep maintenance and quality
- Slow metabolism
- Seasonal depression

IVF/ART History:

- 4 x IUI cycles with donor sperm - all unsuccessful
- 3 x IVF cycles with donor sperm
- 10-15 eggs retrieved with many fertilizing, but then embryos didn't advance to transferable blastocysts at day 5
- Only 1 x embryo was transferred over 3 x cycles and that didn't implant

Key Test Findings:

- Low vitamin D
- Poor metabolic health
- High inflammation
- High cholesterol and low HDL (good fat)
- High Fibrinogen - increased clotting risk

Personal Impact of Fertility Challenges:

Paula had experienced a very stressful few years with grief and heartbreak, along with a stressful fertility journey that had caused her depression and issues associated with weight gain to resurface. She had gained many extra pounds and was at her heaviest weight, being in the obese range. Before Paula started the program she had begun changing her habits and was in a good state of mind to improve her health. She lost many pounds and was prioritizing her fertility.

Natural Fertility Treatment Overview:

Paula's hormone profile was quite normal so it only needed a little tweaking to bring into balance. Most of our treatment then focused on egg quality, metabolic health (weight, cholesterol), sleep and reducing inflammation.

Improvements & Outcome Through The NFP Program:

Paula lost 16 pounds in a month to take her into the overweight, rather than obese range. Her depression lifted which left her feeling clear minded! Blood tests showed improved inflammation, increased vitamin D and improved cholesterol.

Paula was waiting to do an IVF cycle, which was halted by the COVID-19 pandemic. She didn't want to waste a month or longer, so she decided to do a home insemination while she waited ... and she conceived!! She was so surprised this had worked after all of the failed ART treatments she had already undertaken.

Her coach asked for her to have some tests done and noticed in very early pregnancy that her thyroid hormone was elevated. Her coach recommended seeing her physician, who prescribed her medication which brought it into range immediately and prevented a potential miscarriage.

Duration of Treatment:

3 Months on the NFP program

Clinical Outcome:

Currently pregnant and will give birth at 43

**names changed to protect privacy*