

## CLIENT CASE STUDY

Prisha & Harish - Healthy Baby Girl Conceived Naturally  
After 4 Months On The NFP Program

**Client Name:**

Prisha & Harish \*

**Age:**

Both 35

**Location:**

India

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

1 ½ years

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

- Hypothyroid
- Minimal fertile mucous
- High FSH for age
- Stress
- Underweight
- Multiple food intolerances

**Male**

- Poor sperm health - motility & morphology
- Low testosterone and high estrogen
- Stress, worry & anxiety
- Low energy

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

- High TSH
- High Prolactin
- High blood sugar
- Anemia - low iron status
- Low vitamin D
- High homocysteine
- Heavy metal toxicity
- Multiple genetic polymorphisms impacting nutrient absorption

**Male**

- Low testosterone and high estrogen
- High homocysteine
- High LDL cholesterol
- Multiple genetic polymorphisms impacting nutrient absorption
- Heavy metal toxicity

## Personal Impact of Fertility Challenges:

Due to a lot of stress with their in-laws, they held off trying to conceive, even though they were married 4 years earlier. For the first 10 months of TTC they had miscalculated ovulation, so needed some help in identifying the fertile period. Prisha was stressed about having delayed her pregnancy until now.

Harish is a doctor and travelled a lot for work. He suffered from high stress, so needed help in this area.

## Natural Fertility Treatment Overview:

Even though Prisha & Harish were a healthy weight (Prisha was actually underweight) they both had issues with their metabolic health such as high cholesterol, high homocysteine and high blood sugar. They also had heavy metal exposure for which the cause was likely to be environmental exposure from pollution in their city. They ate a traditional Indian diet, so with some changes to their diet and supplements recommended by their coach, their health greatly improved and their energy levels increased.

## Improvements & Outcome Through The NFP Program:

- Improved stress levels for both
- Increased sex drive
- Improvement in energy levels
- Reduced anxiety and worry by 40%

With some help identifying their fertile window and some advice around sperm friendly lubricants, they conceived after 4 months on the NFP program. They are both big advocates of the NFP program and are spreading the word about the program to their colleagues and specialists in India.

## Duration of Treatment:

4 Months on the NFP program

## Clinical Outcome:

Birth of a healthy baby girl after a straightforward pregnancy

*\*names changed to protect privacy*