

CLIENT CASE STUDY

Tina & Mandla - Conceived Naturally at 35
After 4 Months On The NFP Program

Client Name:

Tina & Mandla *

Age:

35 & 36

Location:

South Africa

Time Trying to Conceive (TTC):

3 years

Fertility Case Summary:**Premature Ovarian Failure (POF/POI/DOR)**

- Endometriosis
- Low progesterone
- Low AMH - 0.56
- Secondary infertility
- Miscarriage at 8 weeks
- Ovarian cysts
- Gilbert's syndrome
- Irregular cycles

ART Undertaken:

- Failed IVF

Natural Fertility Treatment Overview:

Tina and Mandla contacted us after their failed IVF cycle, and after receiving the poor prognosis that Tina would not be able to get pregnant with her own eggs because she had low AMH, hormonal imbalances and endometriosis.

Two years earlier Tina had miscarried at eight weeks and hadn't been able to get pregnant since. They already had one child who was now six, and they really wanted a sibling for their firstborn.

Tina and Mandla had quite a high pesticide exposure and used some appliances which are not recommended in our program. They also had to make significant dietary changes. Both ate excessive sugar and dairy, which were predisposing Tina to cysts and making her endometriosis worse. Toxicities and genetic polymorphisms also had to be addressed before they started trying again.

Improvements & Outcome Through The NFP Program:

Tina and Mandla got pregnant exactly four months after starting the program.

Duration of Treatment:

4 months on the NFP program

Clinical Outcome:

Tina is now in the final trimester of her pregnancy.

**names changed to protect privacy*