



## CLIENT CASE STUDY

**Client Name:**

Ali \*

**Age:**

35 Years

**Country:**

UK

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

5 Years

### Case History Summary:

- Three miscarriages over 3 years
- Three ICSIs over two years. First two, there was no fertilization and the third resulted in a miscarriage.
- Clomiphene and HMG ovulation induction – no fertilization
- Sperm abnormalities (low motility, low concentration, low volume, borderline morphology)
- Ali's hormonal parameters were all normal
- Depression, Insomnia, No energy

### Natural Treatment Summary:

Ali's husband had enough of fertility treatments and did not want to talk about it anymore. He buried his head in his work and worked long hours. His stress levels were very high, he drank two to three cups of coffee a day, smoked a pack of cigarettes a day and had a wind-down drink after work once or twice a week.

Their diet was a typical diet of a couple who work full time and have no time to shop and prepare food. They mostly ate out, skipped breakfast, had a quick take away or a sandwich for lunch at work. No attention was paid to preservatives, pesticides, sugar and processing of the food. Fast food items and fried food was on the menu almost weekly. On top of that came frequent travel for work, long hours in front of computer and long phone calls on their mobile phones.

She used expensive cosmetic and personal care products of well known brands often seen advertised in magazines like Elle and Vogue. He used well known brands available in every supermarket.

There was a lot of work to be done and he was not willing to change his lifestyle. Ali was getting desperate, but she slowly realized that if things are to change they needed to make some major changes. She wanted to get pregnant ASAP and the thought of having to wait for 120 days to optimize their egg and sperm health was daunting. But she put her trust in the method and in me. She followed the program and implemented changes I recommended for them. He agreed to make minor changes and take the supplements I prescribed for them.

Ali also did the tests I recommend in the program and it turned out that she had a common MTHFR gene mutation which was predisposing her to miscarriages. I recommended a specific treatment for this which she followed.

*\* name changed to protect privacy*



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### Length of Treatment:

5 Months

### Clinical Outcome:

Few months went past and Ali reported that they both had more energy, were sleeping like babies, and their mood and relationship with each other had improved. After five months since starting the program Ali's husband had his sperm re-tested. This time the report showed normal sperm and improvement in all parameters. Encouraged with this improvement they tried to conceive and she got pregnant on the first try.

**SEMEN ANALYSIS** *Before*

Patient Name (MRN) [REDACTED]  
Wife Name (MRN) [REDACTED]  
Hospital/Clinic [REDACTED]  
Doctor [REDACTED]

Abstinence (days): [REDACTED] Specimen date: 23.04.08  
Time produced: 09.50am Time received: 09.50am Time examined: 10.30am

SEMEN ANALYSIS		POST-WASH (A.L.H.)	SEMEN ANALYSIS (Normal values - WHO)
VISCOSITY Liquid	VOLUME 1.5 ml	0.5 ml	≥ 2.0 ml
pH 8			7.2 - 8.0
SPERM CONCENTRATION	24 x 10 <sup>6</sup> /ml	6x 10 <sup>6</sup> /ml	≥ 20 x 10 <sup>6</sup> /ml
MOTILITY	27 %	80 %	
FORWARD PROGRESSION	50 %	10 %	
POOR	30 %	30 %	
MODERATE	10 %	30 %	≥ 50% with forward progression OR ≥ 25% with excellent progression
GOOD	10 %	30 %	
EXCELLENT			
TOTAL SPERM COUNT	36 x 10 <sup>6</sup>	3 x 10 <sup>6</sup>	≥ 40 x 10 <sup>6</sup>
TOTAL MOTILE SPERM	9.7 x 10 <sup>6</sup>	2.4 x 10 <sup>6</sup>	
NORMAL FORMS / MORPHOLOGY	35 %		≥ 30%
ROUND CELLS	1 x 10 <sup>6</sup> /ml		
AGGLUTINATION	NIL		
MICRO-ORGANISMS	0 x 10 <sup>6</sup> /ml		
COMMENTS	Most of the abnormally formed sperm had amorphous heads or cytoplasmic droplets		

Note: In the report above, Million is denoted as x 10<sup>6</sup>

Signature: [REDACTED] Date: 23.04.08

**SEMEN ANALYSIS** *After*

Patient Name (MRN) [REDACTED]  
Wife Name (MRN) [REDACTED]  
Hospital/Clinic [REDACTED]  
Doctor [REDACTED]

Abstinence (days): [REDACTED] Specimen date: 18.9.10  
Time produced: [REDACTED] Time received: [REDACTED] Time examined: [REDACTED]

SEMEN ANALYSIS		POST-WASH (A.L.H.)	SEMEN ANALYSIS (Normal values - WHO)
VISCOSITY Liquid	VOLUME 2 ml	0.5 ml	≥ 2.0 ml
pH 8			7.2 - 8.0
SPERM CONCENTRATION	50 x 10 <sup>6</sup> /ml	50x 10 <sup>6</sup> /ml	≥ 20 x 10 <sup>6</sup> /ml
MOTILITY	50 %	95 %	
FORWARD PROGRESSION	30 %	5 %	
POOR	20 %	5 %	
MODERATE	25 %	45 %	≥ 50% with forward progression OR ≥ 25% with excellent progression
GOOD	25 %	40 %	
EXCELLENT			
TOTAL SPERM COUNT	100 x 10 <sup>6</sup>	50 x 10 <sup>6</sup>	≥ 40 x 10 <sup>6</sup>
TOTAL MOTILE SPERM	50 x 10 <sup>6</sup>	40 x 10 <sup>6</sup>	
NORMAL FORMS / MORPHOLOGY	40 %		≥ 30%
ROUND CELLS	x 10 <sup>6</sup> /ml		
AGGLUTINATION	NIL		
MICRO-ORGANISMS	x 10 <sup>6</sup> /ml		
COMMENTS	Most of the abnormal sperms were amorphous head Tapered head.		

Note: In the report above, Million is denoted as x 10<sup>6</sup>

Signature: [REDACTED] Date: 18.9.10

Her doctor was quite astounded as he didn't believe her husband's sperm could improve. Ali gave birth to a healthy baby girl.

\* name changed to protect privacy