



CLIENT CASE STUDY

Client Name:

Lena *

Age:

44 Years

Country:

Equatorial Guinea / Spain

Time Trying to Conceive (TTC):

4 years

Case History Summary:

- 1 Miscarriage at 7-8 weeks
- PCOS
- Low progesterone
- Varicocele surgery
- Elevated aluminium and mercury
- Hashimoto's thyroiditis
- History of malaria infections
- Elevated estrogen
- Low BMI – 19
- MTHFR gene polymorphism

Natural Treatment Summary:

Lena found us online and got in touch after her miscarriage at 42 years of age. Doctors told her she had 'old eggs' and she should rush into IVF. Lena traveled a lot between Africa and Europe for work and had history of malaria infections, her BMI was too low for optimal fertility and she had hormonal imbalances and nutrient deficiencies which needed addressing. Her husband also just underwent varicocele surgery and his sperm were not of ideal quality. He was also traveling a lot and led a very busy lifestyle which made it difficult for him to follow the program. Lena on the other hand showed an incredible dedication and even traveled to Europe only to buy organic food and supplements and ingredients she could not get in Africa. We've never seen such commitment and dedication before. She also did the recommended tests when in Europe and we got to work; addressing heavy metal toxicities, thyroid antibodies, detoxing liver from toxic malaria drugs, boosting her BMI and addressing hormonal imbalances and PCOS. Due to her age and her husband not being able to follow the program as closely as she did they decided to go for IVF after doing the program for a year and one month. They were successful on their first round of IVF with her own eggs which at 44 is almost unheard of.

Length of Treatment:

1 year and 2 months and one and only successful round of IVF after doing the NFP coaching program for a one year and one month.

Clinical Outcome:

Healthy baby girl born at full term via natural birth.

** name changed to protect privacy*