



## CLIENT CASE STUDY

**Client Name:**

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Saiko \*

**Age:**

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33 Years

**Country:**

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Japan

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

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3 Years

**Case History Summary:**

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- PCOS
- Fibroids
- BMI under 18
- Husband never got his sperm tested
- Husband a heavy smoker and coffee drinker

**Natural Treatment Summary:**

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Saiko's husband was a heavy smoker (1packet a day) and coffee drinker (3-5 cups) She was exposed to a lot of endocrine disruptors at home and at work. Both of them were exposed to high levels of electromagnetic radiation. Both very under a lot of stress from work and skipped breakfast. Saiko's BMI was too low for a healthy conception

They lived in Japan and ate the traditional Japanese food which consists of a lot of raw fish and seaweed. While this diet is rich in essential fatty acids and minerals, raw fish is not ideal when trying to conceive and high consumption of certain fish can predispose to accumulation of a certain toxic metal which can interfere with both male and female fertility.

I recommended specific tests, dietary and lifestyle changes for Saiko and her husband as well as prescribed practitioner grade supplements specific to their case. They followed my advice as closely as possible, took the prescribed supplements for 120 days and got pregnant in the first month of trying.

**Length of Treatment:**

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4 Months

**Clinical Outcome:**

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**Healthy baby boy born after a full term healthy pregnancy.**

*\* name changed to protect privacy*