



NFP
Program
Success
Rates



FERTILITY COACH™

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Clinical Evidence for NFP Program Success

Despite working with complex cases including many women over 40 (some who had been turned away by fertility clinics) the NFP program has an impressive track record of success.

Our clinical results show that an integrative approach focusing on diet, nutrition, lifestyle and other simple changes (and most importantly through getting a thorough understanding of every couple's issue(s)) often leads to a healthy conception, pregnancy, birth and baby in cases where conventional drug and procedure based approaches have failed.

To date, there have been hundreds of pregnancies from clients who have used our method, with new ones being added on a regular basis. [Here](#) are a small selection of former clients baby photo's sent to us with permission to publish.

Calculating Program Success Rates

No fertility treatment is 100% effective and sadly some couples are still not able to have a child even after diligently following the NFP Program.

However, clinical evidence from hundreds of NFP pregnancies and healthy babies combined with research findings from Foresight and the Harvard Nurses study suggests that when followed carefully, the NFP approach has a significantly higher overall success rate than drug and procedure based ART treatments.

NFP Clients present with a wide range of infertility conditions, general health starting points and fertility histories. Each case has a varying timeframe, prognosis and natural treatment protocol.

Because the program is a process that requires each couple's active participation over a period of time, and not a pill or procedure, it is not possible to monitor each client's level of application of the diet, nutrition and lifestyle adjustments.

Furthermore, not every couple who participates in the program informs us of their pregnancy, or credits the changes made in the program for their results, particularly when it occurs in the weeks and months after the 16 weeks are over.

What we know is that based on two studies done by Foresight (which our program draws on and expands upon), the success rates ranged from 69.1% to 81% in previously infertile couples depending on the level of program participation (see more details below).

Moreover, the NFP Program has been able to help many couples have children who had been given very low odds of success by doctors and fertility clinics.

Examples include: cases following multiple failed cycles of IVF/ICSI/IUI; women of advanced age for fertility 40-45; and couples who were placed in the 'too hard basket' by fertility clinics and either turned away or told donor eggs were their only viable option (see case study information below).

Typical Timeframes

When the program is successful it typically takes 4-6 months however it can take 6-18 months in more difficult cases or where there are a lot of underlying issues to address.

Studies Which Underline the Recommendations in the NFP Approach

The Foresight Association for the Promotion of Preconception Care is a not for profit organisation founded in the United Kingdom in 1979.

Foresight conducted two major studies on a process of natural preconception care which includes detoxification, diet and lifestyle adjustments.

The NFP program draws on the Foresight approach and expands on it in key areas such as analysis and testing (including genetic and nutrigenomic testing), personalisation of the dietary recommendations and practitioner-grade individual supplementation.

The original NFP program in eBook format, developed in 2007 and greatly expanded since then has been endorsed by the founder of Foresight Nim Barnes who was an early mentor of NFP co-founder Iva Keene.

“Iva Keene’s wonderful book should be widely read – by doctors, nurses, midwives, by complementary practitioners and the general public, perhaps especially by prospective parents. For far too long has the health and development of the unborn baby been left to chance. Risks have been ignored at the vital times, and the subsequent ruined lives of child, parent and the wider family have been too little understood. For over 30 years I have been trying to get the message of preconceptual care across. I welcome Iva’s marvelous book with open arms. Do not fail to read it!”



Nim Barnes

Founder of Foresight Foundation UK &
International Pioneer of Preconception Care

Foresight Study 1995

In 1995, Foresight conducted a study in conjunction with the University of Surrey in the United Kingdom. The study was published in the Journal of Nutritional and Environmental Medicine, 1995.

Study duration: 2 years

Number of participants: 367 couples

Age of females: 22-45 years

Age of males: 25-59 years

Results of Study:

Birth Outcomes	Percentage in Sample
Live birth (total study participants)	89%
Live births to previously infertile couples	81%

Birth Outcomes	Key Statistics
Average gestational age	38.5 weeks
Earliest gestational age	36 weeks
Average weight of males	7lb 4oz (3303g)
Average weight of females	7lb 2oz (3232g)
Lightest baby	5lb 3oz (2367g)

Further notes:

- There were no miscarriages, perinatal deaths or malformations
- No baby admitted to intensive care
- Based on miscarriage and malformation averages the normal expectation from a sample set of this size would be 70 miscarriages and 6 malformations.

Foresight Study 2010

In 2010 Foresight produced a follow-up study analysing the 7 year results from 2002 to 2009. They segmented the total population of 2096 couples into two groups, group one who completed the program fully and group two who did the program only partially.

Study duration: 7 years (2002 - 2009)

Number of participants: 2096 couples

Prior to doing the natural fertility program, the couples had in total:

Fertility History of Participants	Number in Sample
Failed IUI's	2383
Failed IVF's	3004
Failed ICSI	1081
Miscarriages	8939

Group 1

Number of participants: 1578 couples

Results of Study:

Birth Outcomes	Percentage in Sample
1417 babies were born	89.8%
52 pairs of twins born	3.3%
3 sets of triplets born	0.1%
42 miscarriages	2.7%
2 premature births	0.1%

Group 2

Number of participants: 518 couples

Results of Study:

Birth Outcomes	Percentage in Sample
358 babies were born	69.1%
37 pairs of twins born	3.3%
39 miscarriages	7.53%

Further notes:

- By comparison the miscarriage average is 25%

Success Rates of ART Treatments After Preconception Care

Of the study participants who still required ART treatments after the program of preconception care, the table below shows the success rates.

Participants who needed ART	Success Rate After Preconception Care
IUI	44.6%
IVF	47.1%
ICSI	43.1%
Donors	33.3%

Further notes:

- Doing the preconception program first almost doubled the ART success rates from an expected average of 22.6% to 43.5%

Note: if you'd like to watch an interview Iva did with Nim [click here](#) and scroll to the Belinda Barnes interview.

Harvard Nurses Study (2nd Generation) 1989–1997

The [Harvard Nurses health study](#) began in 1976 and is now onto the third generation.

In the second generation of the study beginning in 1989, a group of women were specially selected to help understand how diet affects fertility.

The study followed 18,555 nurses for 8 years between 1989 and 1997. The study participants were identified because they said on one of the survey's that they were trying to get pregnant. None had previously reported problems with infertility.

They were asked to record their diets, lifestyle habits, exercise routines, their weight, supplement intake etc. as well as their pregnancy outcomes over the eight year period.

Over the next eight years these women reported nearly 27,000 pregnancy attempts (defined as efforts to get pregnant that lasted from a few weeks to more than 12 months).

Most were successful, slightly more than 3400 (13% of all attempts) had difficulty becoming pregnant including hundreds who experienced ovulatory infertility.

The study found that a specific type of diet; avoiding trans-fats and sugary drinks, eating iron rich plant food, avoidance of skim dairy products, eating slow carbs, minimizing coffee and alcohol intake and supplementation with vitamins and minerals, healthy BMI and appropriate exercise level resulted in more regular cycles, ovulation and healthy pregnancies.

The study also found that when trans-fats were consumed and the BMI was too low or too high infertility was the result due to insulin dysregulation.

The findings of the Harvard Nurses study further supports our empirical experience with clients that diet, lifestyle and supplements are the biggest factor in attaining optimal fertility for most couples.

Funding Needed for Further Studies

The NFP Fertility Coaching program is a ground-breaking new method to help couples overcome fertility problems naturally. Since 2007 we have developed award-winning, innovative natural fertility treatments and programs. And in 2014 we pioneered a new, even more in-depth and more personalised approach with the highly successful NFP 16-Week Fertility Coaching Program.

Despite clinical evidence of successful outcomes (for the NFP Program as well as for natural fertility and preconception care treatments generally) there is, at this time, a lack of external funding and impetus to conduct independent, large-scale scientific studies into holistic fertility treatments.

This is most likely due to the newness of the approach, the inherent complexities of studying holistic treatment outcomes and a research bias toward orthodox treatments.

It is hard to control for all the variables in a holistic fertility program because each couple receives personalised protocols unlike IVF which is a tightly controlled, fairly standardised and one-shot-at-a-time procedure.

In terms of studying outcomes, it is difficult to monitor the do-it-yourself aspects of the program such as what people eat and when, who takes the supplements etc, over a period of weeks and months.

However, a distributed clinical trial could be conducted with the help of technology and we are exploring the possibility of collaborating with a university to facilitate this.

How Does NFP Improve Fertility, Pregnancy and Birth Outcomes?

Benefits for Couples Trying to Conceive

- Increased chance of a healthy conception, pregnancy, birth and baby
- Offers a natural, evidence-based alternative to assisted reproductive technology for most forms of infertility
- Is safe, gentle, natural and non-invasive - does not harm your fertility or your health
- An empowering process of understanding and taking greater control of your fertility
- Can be particularly helpful in cases 'unexplained infertility', miscarriages, failed IVF/ICSI/IUI, and age-related poor egg and sperm health
- Helps promote a more regular cycle and improved cycle awareness
- A fertility-optimizing process which complements other therapies
- Involves both partners with equal support and guidance
- Provides additional benefits to health, energy and well-being

Benefits for Pregnancy and Birth

- Reduced incidence of miscarriage, premature birth, perinatal death and stillbirth
- Reduced incidence of morning sickness (nausea and vomiting in pregnancy)
- Increased chance of a more natural and less medicalised birth
- Decreased occurrence of postnatal (postpartum) depression
- Decreased risk of developing gestational diabetes mellitus and pregnancy induced hypertension (PIH)

Benefits for Your Baby and Child

- Reduced risk of congenital malformations (birth defects)
- Reduced incidence of chromosomal abnormalities and down syndrome in older couples
- Increased chance of a healthy, happy baby with healthy genetic expression
- Easier breastfeeding and bonding (improved quality of breast milk)
- Less chance of immune issues and other health problems
- Less chance of learning and developmental problems early in life

Benefits When Assisted Reproductive Technology Is Needed

- Research shows a nearly doubling of rate of IVF success when preceded by preconception care
- Reduced risk of miscarriage and minimisation of increased health risks to mother and baby when ART is used

Additional Benefits Reported by NFP Clients

- Brighter mood
- More positive outlook
- Better sleep quality
- More regular cycle
- Improved digestion
- Stronger immunity
- Improved appearance (skin, hair)
- Regulation of weight

How to Optimize Your Chance of Success on the NFP Program

1. Dietary, lifestyle, nutritional and other recommendations are followed as closely as possible.
2. The protocols are followed for the recommended minimum timeframe of 120 days.
3. Both partners are involved and participate actively in the program.
4. If the underlying cause is unclear the recommended additional tests are done.
5. If the assessments or tests reveal likely deficiencies and supplements are prescribed that they are taken.
6. Any health issues in fertility related body systems are resolved during the preconception care period.

12 Factors That Can Negatively Influence Success Rates

The following factors, if left unresolved, can lower individual success rates.

1. Nutritional deficiencies (macro and micro nutrients)
2. Hormonal imbalances including artificial hormones
3. Lifestyle factors and poor lifestyle habits
4. Stress and emotional factors
5. Hidden infections such as mycoplasma and ureaplasma infections
6. Allergies including food allergies such as gluten and dairy
7. Immunological factors such as antibodies
8. Exercise: excess, wrong type, inadequate
9. Radiation including exposure to EMF
10. Heavy metal toxicity such as mercury, cadmium, lead and aluminium
11. Exposure to repro toxins from environmental chemicals and pollution
12. Alcohol/tobacco/drugs (recreational and pharmaceutical)

NFP Preconception Care Checklist

- Fertility case history analysis (both partners)
- Diagnostic assessments and tests
- Detoxification and toxin removal
- Condition-specific dietary changes
- Lifestyle modifications
- Appropriate exercise and healthy weight
- Case-specific practitioner-grade supplements (where needed)
- Charting and timing techniques
- Sleep hygiene and support
- Emotional support and stress reduction
- Mind/body techniques

NFP Success Stories

[Click here](#) if you would like to review some of the feedback from former NFP clients who have used the program successfully.

NFP Client Case Studies

[Click here](#) if you'd like to read a selection of clinical case studies to see how the program was used to address a range of different infertility issues.

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