



CLIENT CASE STUDY

Client Name:

Hanna *

Age:

35 Years

Country:

Kuwait

Time Trying to Conceive (TTC):

7 years

Case History Summary:

- Low ovarian reserve
- Low AMH
- High FSH
- Poor thyroid function
- Low sperm count
- Poor sperm motility
- Low testosterone
- Obesity

Natural Treatment Summary:

Hanna found out about me through a friend. She decided to use IVF and wanted to prepare properly as well as optimize her husband's sperm. His sperm was of poor quality and the doctor cautioned they may need to resolve to donor sperm if their IVF is unsuccessful. Hanna's husband is a gourmet chef who loves his job. Running couple of restaurants not only put him under a lot of stress but he also ate more when under stress. His love of food caused him to gain lots of weight and become obese. This was impacting his testosterone levels and sperm quality. Being a foodie he embraced the fertility diet and experimented with new recipes while making all the changes I recommended for him in the program. Hanna on the other hand was convinced that due to her low AMH she had to go the IVF route and didn't want to consider natural conception even after her FSH came down after being on the program and supplements. After having followed my advice as closely as possible and five months on the supplements, her husband's sperm analysis came back normal and they decided to go for IVF.

Length of Treatment:

6 months

Clinical Outcome:

Hanna was successful on her first round of IVF and gave birth to healthy twins. She kept me updated on her pregnancy and was so fascinated by natural medicine that she has decided to enroll in naturopathy after her twins were born! I'm a firm believer that she would have been successful even without IVF, as many of my other clients got pregnant with low AMH values, but I'm nevertheless happy I could support her with the choice she's made.

** name changed to protect privacy*