



CLIENT CASE STUDY

Client Name:

Julie *

Age:

32 Years

Country:

Australia

Time Trying to Conceive (TTC):

5 Years

Case History Summary:

- Was on the oral contraceptive pill for 8 years – got migraines and often felt nauseous
- Had uterine cauterization
- Ovarian cysts
- Clomid use
- Doctor recommended IVF
- Husband's sperm analysis came back normal

Natural Treatment Summary:

Julie contacted me via the website wondering if my program could help her. She was a bit skeptical about natural medicine treatments as she never used supplements nor visited a naturopath before. Her husband literally thought she was out of her mind for even contemplating natural medicine treatment and then on top of that one bought off the internet. But she decided there was nothing to lose and everything to gain so she joined the program.

Julie told me she really didn't want to use fertility drugs because they made her feel sick. She also didn't want to use IVF because she was afraid of the invasive procedures and pain. Both she and her husband suffered from insomnia, she also had nightmares from time to time, he was depressed, stressed and worried. She was sad and still getting over the stress of moving countries – from the US to Australia. Their diet was very high in processed food, fast food, so called anti-nutrients (food which leach nutrients out of the body), caffeine and unfiltered tap water. They were exposed to high levels of electromagnetic radiation, and toxic chemicals from the products they used at home on a regular basis.

Initially Julie found it difficult to make certain changes in her diet and lifestyle. But in her mind it was either that of IVF – so she chose to change. She ordered the supplements, convinced her husband he had to take his supplements. She reported feeling better, more energized, her sleep had improved, her moods brightened and she was enjoying the new diet she got with the program. She made a compromise to indulge in some of the fast foods on the weekend, but during the week she was following the program as best she could.

Length of Treatment:

4 Months

Clinical Outcome:

When four months of the program were up she and her husband tried to conceive. They were successful the first time. Julie was so happy and so excited she contacted me immediately after she used her three pregnancy tests at home (just to make sure). She said this was the first time in her life she got a positive pregnancy test result and she couldn't believe her eyes. Julie gave birth to a healthy baby after a problem-free and enjoyable pregnancy.

** name changed to protect privacy*