



## CLIENT CASE STUDY

### Client Name:

Nicola \*

### Age:

39 Years

### Country:

South Africa

### Time Trying to Conceive (TTC):

2 years

### Case History Summary:

- 3 Miscarriages
- 1 Chemical pregnancy
- Low progesterone
- 'Old eggs'
- Secondary infertility
- Spotting before periods
- Food intolerances
- Genetic polymorphisms
- Elevated aluminium

### Natural Treatment Summary:

Nicola and her husband got in touch with us after their last miscarriage which was emotionally very difficult for Nicola. Her doctor was begging her not to try to get pregnant again as her eggs were too old for a healthy pregnancy at 39 and if she tries again she'll only miscarry again. Her doctor was trying to protect her from another heartbreak. But Nicola and her husband wanted a sibling for their daughter. After initial tests we discovered that her aluminium was too high, she had MTHFR gene polymorphism which was impacting her liver function and ability to detox and was linked to her recurrent miscarriages. After addressing the imbalances and supporting the low progesterone with supplements Nicola realized her period was late and did a pregnancy test which turned out to be positive. She didn't believe it and went out and bought another tests just to be sure. Her pregnancy progressed well and all the scans were normal and she gave birth to a healthy baby girl at full term one month before turning 40. Her doctor was very surprised and happy for her and her husband.

### Length of Treatment:

3 Months

### Clinical Outcome:

Healthy baby girl born at full term.

*\* name changed to protect privacy*