

Case Study ICS05: Shelby

Practitioner: MH

Look up the ingredients (internet search or company info) to determine exactly what was given and the amounts of various vitamins/minerals. Do your best - sometimes the company name was not provided.

What would you add or change?

- Shelby is 37 years old, married, has one child, is a teacher and coach, and is helping care for her dad who was paralyzed (wheel chair) from a accident.
- Previous surgeries: appendix was taken out; foot surgery
- No prescription drugs are being used.
- Shelby's first child was conceived with the help of in vitro fertilization (IVF).

Note on Fertility/ IVF: Infertility affects 10%-15% of couples and is defined as no conception after 12 months of unprotected sexual intercourse in women less than 35 or six months in women 35 years or older.

Approximately 25% to 35% of infertile women have tuboperitoneal disease with pelvic inflammatory disease (PID) being the most common cause of tubal damage. PID is usually a result of *Chlamydia trachomatis* (gram-negative, anaerobic bacterium) infections. The infection is acquired through sex and often has no symptoms.

Endometriosis is a chronic inflammatory disease that results in the growth of endometrial tissue outside of the uterine cavity, is significantly more prevalent in women with infertility compared to those without.

Poor semen quality (decreased sperm count, motility, or morphology) is the sole cause of infertility in 28% of couples and contributes to fertility issues in at least another 20%. A 1992 meta-analysis found a 50% decrease in male sperm counts between 1940 and 1990. The most common cause of poor semen quality are endocrine disrupters - pesticides, which are hormonally active and can interfere with the endocrine system. "Endocrine disrupting compounds can cause adverse human health effects at levels that occur in everyday environments and at doses below those used for standard toxicological studies." - <https://www.sciencedirect.com/science/article/abs/pii/S0300483X21003395>

Bacterial infections can result in tubal occlusion (a blockage in the fallopian tubes) or peritubular adhesions (usually formed as a result of inflammation from pelvic inflammatory disease or surgery) that render in vivo fertilization unlikely. In vitro bypasses the tubal damage by transferring embryos directly into the uterus.

In vitro fertilization involves the use of hormones like follicle-stimulating hormone (FSH), luteinizing hormone (LH), and human chorionic gonadotropin (hCG). In addition, estrogen and progesterone are used to prepare the uterine lining (thicken the lining), stimulate the eggs to grow, and help regulate other hormones involved in reproduction. One of the first steps of IVF is the use of drugs to suppress the woman's natural menstrual cycle. This is followed by the use of follicle stimulating hormone (FSH) to increase the number of eggs the ovaries produce and human chorionic gonadotrophin (hCG) that helps your eggs to mature before they are collected. After the eggs are collected the woman will be given hormone medicines to help prepare the lining of your womb to receive the embryo.

Common side effects of IVF include: mood swings (anxiety, depression, irritability), hot flashes, bloating, headaches, nausea, breast tenderness, and vaginal discharge.

“Going through IVF is a highly emotional, physically demanding and stressful experience. The rollercoaster of emotions, the high levels of hormones, the frequent visits to the clinic, and all the pressure of following medication protocols and undergoing invasive procedures: it all takes its toll. Fertility treatment can push women to their limits, and the process can cause strain in relationships just at the time when you most need someone to lean on.” - SC Reproductive Center

Back to Shelby

Shelby wants to work on her fertility and have another child. She was very very tired and was having a hard time sleeping and “didn't feel very good” in her words. Her Mom had been diagnosed with Celiac but she said she had not and didn't feel a difference in the past when she had **tried** avoiding it.

She was eating “a lot of pasta and carbs” in her words. She drank coffee to stay awake and drank 1-2 sodas per day. She consumed meat with her dinner every night-mostly red meat as they lived on a ranch. We talked about limiting carbs/processed sugars. She did some light walking and helped on her family ranch. When she first came in she was taking a multi, Calm bites, and collagen.

Her Symptom survey form revealed she was having some digestive issues including **heart burn, bloating, constipation/diarrhea**, and she was having **headaches**. She would use Tylenol for them but was willing to use herbs and supplements instead. She felt anxiety occasionally but **mostly used the word stress to express how she was feeling**. She said she would get **sinus infections yearly and she felt chronically tired and was easily cold/chilled**. She was hesitant to take pills as she said her **gag reflex was sensitive**. She was concerned with her weight gain-explaining that most of it was around her waist. She had circled **irregular/fast heart beats** and said her hands and feet felt like they were going to sleep on her

frequently. She felt **stiff** and she would get **toe cramps**. She was tracking her cycles. She would get headaches before her periods as well as **heavy flow and clotting** for the first 2-3 days. She also said her **chest would be sore and she had pms symptoms** but no hot flashes.

Her Electro Dermal test revealed a high thyroid, nerve points were high, stomach/pelvis were very very low. Spinal cord (central nervous system) lung, adrenal, metabolism, pancreas, liver abdomen and bladder were all low.

She expressed that work (teaching and coaching) was very stressful. We talked about her stepping back and allowing more time for rest and she was thinking about changing schools.

She tested for (December 29th) ginger, Synulin (blood sugar handling) Adrenal Renew, S-Spleen (energy to get her thru her day), Prenatal gummy, Prenatal DHA, Circulation homeopathic, CoQ10, B16 (energy and the numbness/tingling), Trace Minerals, and White Chestnut flower Essence.

Product	Rising	Breakfast	Supper
Synulin (Systemic Formulas)		1	1
Adrenal Renew (NutriDyn)		1	
S-Spleen (Systemic Formulas)		1	
Prenatal gummy (Garden of Life)		2	
Prenatal DHA		1	
B16 (Systemic Formulas)		2	
Ginger root capsule		1	
CoQ10 (50mg)		1	
Multi 21 ionic minerals (MarcoPharma)			60 drops in water
White Chestnut flower Essence "Calm the Mind"	4 drops in water bottle to sip during day and 4 drops in water before bed		
Circulopath homeopathic (Energetix)	30 drops		

Shelby came back in the Spring (March 12th). Her energy was better and she was sleeping! Her cycles were better, no more headaches, and her hands were not going to sleep anymore. Her and her husband decided to take a break from trying to get pregnant and decided to both work on their health.

Her numbers were improving she was still testing on the high side for thyroid and low for the endocrine. **I added** Femicrine (Systemic Formulas-estrogen assimilation) and Core Maca (endocrine balance-Testosterone) and Marco Magnesium to her sheet. She was trying hard to limit carbs and sugars.

Product	Rising	Breakfast	Supper
Synulin (Systemic Formulas)		1	1
Marco Magnesium (MarcoPharma)			1
Adrenal Renew (NutriDyn)		1	
S-Spleen (Systemic Formulas)		1	
Prenatal gummy (Garden of Life)		2	
Prenatal DHA		1	
B16 (Systemic Formulas)		2	
Ginger root capsule		1	
CoQ10 (50mg)		1	
Femicrine		1	
Multi 21 ionic minerals (MarcoPharma)			60 drops in water
Core Maca		30 drops	
White Chestnut flower Essence "Calm the Mind"	4 drops in water bottle to sip during day and 4 drops in water before bed		
Circulopath homeopathic (Energetix)	30 drops		

By September when she came back she was feeling "great" in her words. She said her cycles had regulated and she wasn't even aware of when her period was coming because her symptoms had dissipated. She had made the decision to change schools and was feeling excited and happy about the change. She had also decided to step back from coaching which was going to allow her to spend more time resting and working on her health. She was eating healthier and said all the changes she had been doing were making a huge difference in her life! She had also lost some weight.

Her numbers after testing were much much higher (they were previously low with EDS testing). She had some **digestive points that came in low and still abdomen/pelvis**. Her kidney point was low-she had said she thought she might be a bit dehydrated. Her thyroid point was finally within range. **I kept her on her core**

group of supplements since she was responding so well and added a Myo-Inositol Complex (NutriDyn) for Ovarian/blood sugar support. She was no longer needing the B-16 or the S-spleen. Synulin was replaced with Glucochex and the prenatal DHA was replaced with EPA/DHA 600 by Omega Pure.

Product	Rising	Breakfast	Supper
Glucochex		1	1
Marco Magnesium (MarcoPharma)			1
Adrenal Renew (NutriDyn)		1	
Myo-inositol complex (NutriDyn)		1	
Prenatal gummy (Garden of Life)		2	
EPA/DHA (omega pure)		1	1
Methyl B12 lozenges		2	
Ginger root capsule		1	
CoQ10 (50mg)		1	
Femicrine (Systemic Formulas)		1	
Core Maca (Energetix)		30 drops	

She brought her son in to get tested as well - he had been diagnosed with ADHD and she was looking at alternatives to prescriptions.

She was planning on continuing with her supplements and wellness visits in the future.

Note from Sharlene:

I would have used Core Artemisia to knock down bacteria/parasites in the bowels and used probiotics during the first or second visit followed by FungDx (systemic formulas) and more probiotics based on digestive symptoms and sinus infections (which means antibiotics). I would also consider using a homeopathic(s) nosode for common bacteria found in the urinary tract and intestines that can lead to inflammation (*E. Coli*, *Klebsiella*, *Proteus*, *Enterococcus*, and *Staphylococcus*). She would have been tested for Chlamydia when going through IVF.

Celiac testing is not 100%! I would see (now that she is feeling better) if she would go completely gluten free for 30 days and at the same time no dairy. When clients are exhausted for a long time they will feel amazing when they have a boost of energy. They may not remember what it feels like to have vitality and can't imagine feeling better just because they quit eating wheat and dairy.