



The NFM Conception Program

Success Rates



How to increase your chances of success on the NFM Conception Program

To increase your chances of having a healthy conception, pregnancy, birth and baby it is necessary to undertake a program of preconception health care, *prior* to conception. The chances of a successful outcome are highest if 1) both prospective parents take part in the program, 2) lifestyle and dietary protocols are followed as closely as possible, and 3) general and reproductive health issues for both partners are resolved to a sufficient degree during this time. The closer the program is followed, the higher the success rate.

Measuring the program's success rate is complex

Success rate percentages for the NFM Conception Program are complex to measure. Our patients come to us with such differing general and reproductive health issues that it is often inappropriate to compare them with one another. Some have little difficulty with conceiving and want to simply optimise the health of their baby. The majority do have some reproductive health or infertility issue. Many have tried assisted reproductive technologies (such as IVF) and some have 'reached the end of the road' before trying our services. Others are older prospective parents with decreased fertility and lack of time. We have cases deemed untreatable (many of which we have successfully treated). The other factor that makes measuring success rates difficult is that treatment is personalised for each patient. There is no one herbal formula, or treatment protocol, which we apply to everyone, which could then be measured for its effect.

Jocelyn Centre clinical outcomes are successful, despite difficult cases

We do, however, having been in practice since 1975, have much *anecdotal* evidence (clinical observation) which strongly suggests that our overall success rate is high, despite a large proportion of



challenging cases (such as older prospective parents in their late 30s and early 40s). Natural and holistic treatments can often succeed when orthodox treatments, such as drugs and surgery, fail. Since our clinic began, we have had successful outcomes with thousands of 'infertile' couples.

Little funding to date to conduct scientific studies on the work of the Jocelyn Centre

The work of NFM is a unique and new approach to addressing fertility problems. We have pioneered the concept and practice of 'preconception health care' which is now a term and method in common use throughout both natural and orthodox approaches to fertility, pregnancy and infant health. Partly because our approach is new, and partly because we primarily use natural therapies, there is little external funding available to conduct scientific studies to verify the clinically observed success rates we see each day. Also, the holistic approach does not easily lend itself to the scientific method because of its multi-faceted nature, the difficulty in monitoring self-help aspects of treatment, and the fact that treatments are highly personalised.

However, there are three studies which go some way to support our clinical observations of success

1. Foresight Study 1995

Foresight, the Association for the Promotion of Preconceptual Care, was established in the United Kingdom in 1978. A Foresight study, conducted in conjunction with Surrey University (published in the *Journal of Nutritional & Environmental Medicine* 1995), clearly shows the effectiveness of preconception health care.

Foresight Study Results The women participating in the study ranged in age from 22-45 years, the men from 25-59 years. 41% of the couples had no previous adverse reproductive history, but among these were the older couples.

Study Involved:	Presenting with a Previous History of:	Percentage in Sample
<ul style="list-style-type: none"> • 367 couples and lasted 2 years • age of females: 22-45 years • age of males: 25-59 years. 	infertility	37%
	miscarriage	38%
	therapeutic abortion	11%
	still birth	3%
	'small for dates' or low birth weight babies	15%
	malformations	2%
	SIDS	1%



Today we have a beautiful, lively, baby boy ...

“After two miscarriages, we wanted to give our next pregnancy our best shot. The material in 'Better Babies' led us to the Jocelyn Centre in Sydney. Here we were introduced to the Natural Fertility Management [Conception] Program. Following the program wasn't too difficult because we already had a lot on board already - but still we didn't know what the outcome would be. Today we have a beautiful, lively baby boy Devanard (Devan for short). Looking back - we were extremely fragile when we had our first consultation with [our naturopath]. [Our naturopath] was wonderful - supportive, informative, encouraging and available. We have followed the program via email and phone call - this worked very well. While we were nervous throughout the pregnancy we became less fragile - this was due to [our naturopath] and our maternity caregivers in Wellington.”

Ms D.W., Wellington NZ



Results	Outcome	Percentage in Sample
• No miscarriages, perinatal deaths, malformations.	Live births	89%
	Live births to those previously infertile	81%
• No baby admitted to intensive care.	Average gestational age	38.5 weeks
	Earliest gestational age	36 weeks
• Normal expectation - 70 miscarriage - 6 malformations.	Average weight of males	7lb 4oz (3303g)
	Average weight of females	7lb 2oz (3232g)
	Lightest baby	5lb 3oz (2367g)

Note: The NFM Conception Program covers the same treatment methods used by Foresight and extends these by using natural therapies to enhance and resolve specific and individual health issues.

2. Foresight Study 2003

Foresight has completed a further, larger study with 1,061 couples. The statistics from this show excellent outcomes, with a conception rate of 78.4% (leading to a healthy baby) within two years of following the program. This study also suggests a more than doubled conception success rate for IVF of 47.1% following preconception health care.

3. University of New England

Susan Arentz, BHSc(Hons) ND, Dip Hom; Dip Bot Med. and Dr Gemma O'Brien, BSc(Hons), PhD Syd, conducted an independent study of 67 patients on the NFM Conception Program conducted at The Jocelyn Centre. A high proportion of the couples in this study (those in the test group) had serious fertility problems and were diagnosed as infertile. In both the test and control group 25% of women were over 40 years of age. Results showed that 56% of previously infertile couples conceived within the first 2 months following their participation in the program and 50% of these women were in the 40+ age group.

How do these success rates apply to individual cases?

When you begin the NFM Conception Program, your naturopath will discuss the following with you:

- whether the program can address your specific concerns
- an approximate idea of how long it may take to resolve any fertility problems - if there is no successful outcome after 6 months of attempting conception (following the minimum 4 months of preconception health care) and if no further problems have become apparent, your naturopath will then discuss the orthodox and complementary options open to you
- an approximate idea of your individual chances of success.

Treatments based on tradition and science

Although there are only a few studies of the holistic nature of our treatments, the individual remedies (nutritional and herbal etc) that we use are extensively studied, and/or have been safely in use for long periods of time. At the Jocelyn Centre, we continuously revise and review our remedies and treatments with regard to new findings and research, to keep the Conception Program “state of the art”.



The end result was fabulous - a baby girl (full term)

“ I discovered the [Natural Fertility Management Conception] program after reading Francesca's book 'Better Babies'. My husband and I decided to go along and see what it was all about. We were eager to provide the best future for our child - simply give it a good 'head start' in life. We were both surprised how thorough and interested our consultant was in both of us. She wanted to gain as much information about us both, past and present, as possible. My cycles were more than 40 days long but were regular. I was shocked to discover that my long cycles would increase the chances of miscarriage. I didn't believe that taking herbs would shorten my cycles. Both my husband and I were amazed that these herbs and supplements actually brought my cycle down to 33 days.

Whilst on the program we were very positive and felt great. The end result was fabulous - a baby girl (full term). She is now 2½ yrs old, and is not only beautiful but also clever.

I am now 20 weeks pregnant with my 2nd pregnancy after we returned to the program. We underwent the same process - except we were both a little more laid back and more flexible with our eating. (We actually found it harder to stick to the dietary plan the second time round). We are looking forward to the 2nd child next year. We are both confident that our 2nd child will be just as healthy as our first. ”

Mrs C.D.V., Parramatta, NSW

Disclaimer

Despite the excellent success rates shown for preconception health care and natural treatments for fertility problems, please note that there can be no guarantee of conception in individual cases.

