

A Case Study: Triumph Over Infertility and Premature Menopause Through Lifestyle Modification

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Abstract : Infertility is a pervasive issue affecting women globally, profoundly impacting their psychological well-being and quality of life. This case study traces the six-year journey of a 35-year-old Iranian woman who married at 29 and grappled with infertility and premature menopause. Three years post-marriage, her initial pregnancy resulted in a miscarriage, followed by a year without successful conception. Diagnostic evaluations revealed small ovaries and a low AMH level of 0.19, leading to a diagnosis of premature menopause. Despite her primary therapist's recommendation to use a donated egg, she opted to pursue a comprehensive lifestyle modification approach through remote consultation with the author. The regimen encompassed regular physical activity, weight management, stress control, sleep regulation, meditation, abdominal massages, diaphragmatic breathing, and dietary changes toward a high-protein, low-carbohydrate diet. The recommended diet included nuts such as almonds and pistachios, as well as sprouted grains like wheat and mung beans. She was further advised to maintain adequate hydration and eliminate sugar, milk, preservatives, and processed foods. Regular follow-ups were conducted. Approximately three months into the regimen, the lifestyle overhaul led to a weight reduction from 99 kg to 89 kg and improved stress management. Remarkably, despite a continued decrease in AMH levels, she conceived naturally four months after adopting these lifestyle changes and is now the mother of a healthy 10-month-old girl. Similar cases under this healthy lifestyle approach, despite having low AMH levels, also resulted in successful pregnancies without IVF or hormone therapy. This underscores that AMH levels are not the sole determinant of fertility and that lifestyle modifications can play a significant role in overcoming infertility and achieving natural conception.

Keywords : egg donation, infertility, lifestyle Modification, natural conception, premature menopause

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