

How Mira assists in clinical evaluation and treatment

Case Reports with Dr. Brett Baxter

NICHOLS
CHIROPRACTIC
FUNCTIONAL + MEDICINE



For Healthcare Professionals



Case report #3

TTC for 7 months

Patient background

34 female

TTC for 7 months prior to appointment

Discovered low progesterone in serum lab work

Began cyclic progesterone—timed based on Mira results

Removed dairy after a positive IgG to dairy was identified

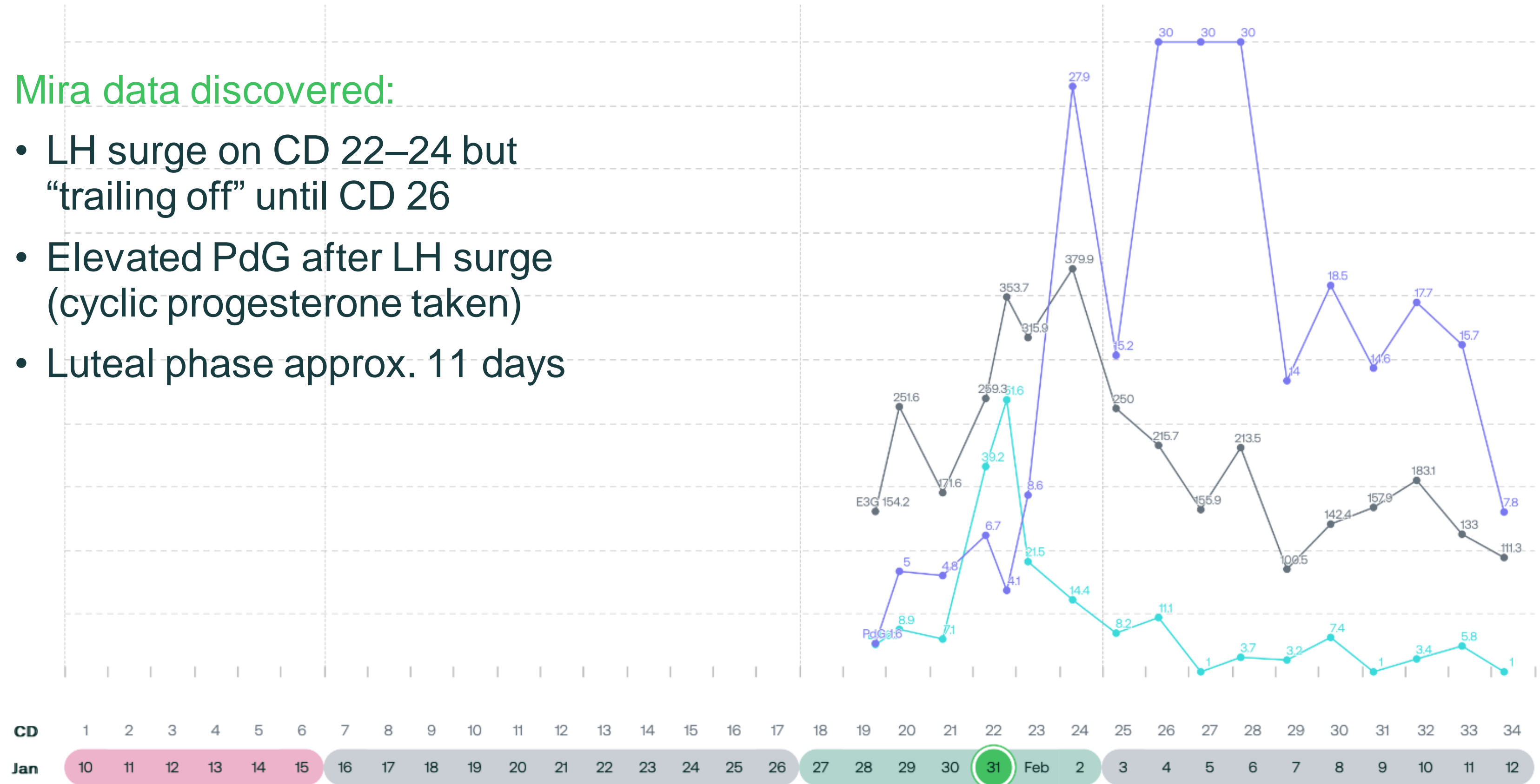
Supported micronutrients



Initial Mira Chart

Mira data discovered:

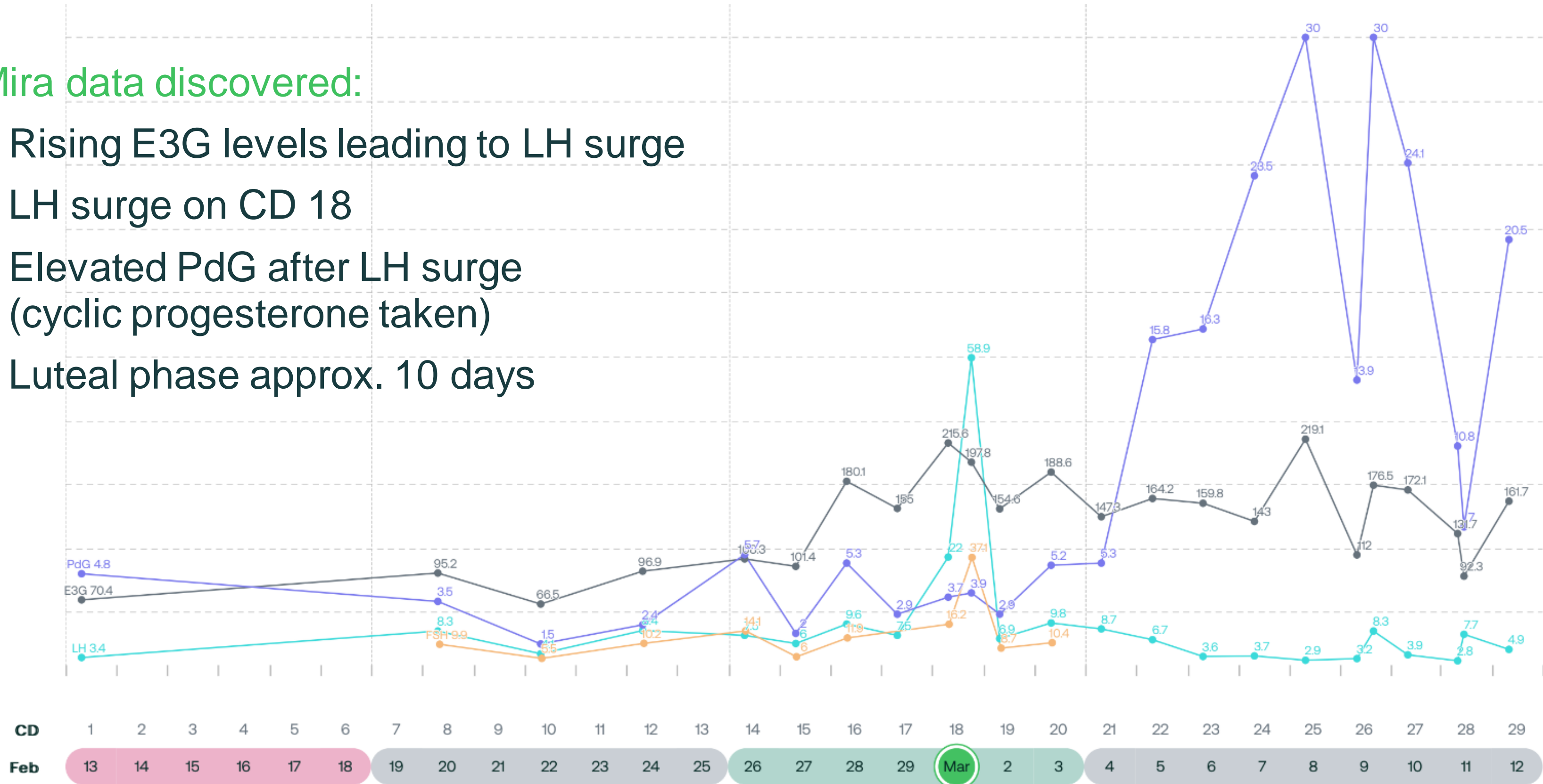
- LH surge on CD 22–24 but “trailing off” until CD 26
- Elevated PdG after LH surge (cyclic progesterone taken)
- Luteal phase approx. 11 days



Second Mira Chart

Mira data discovered:

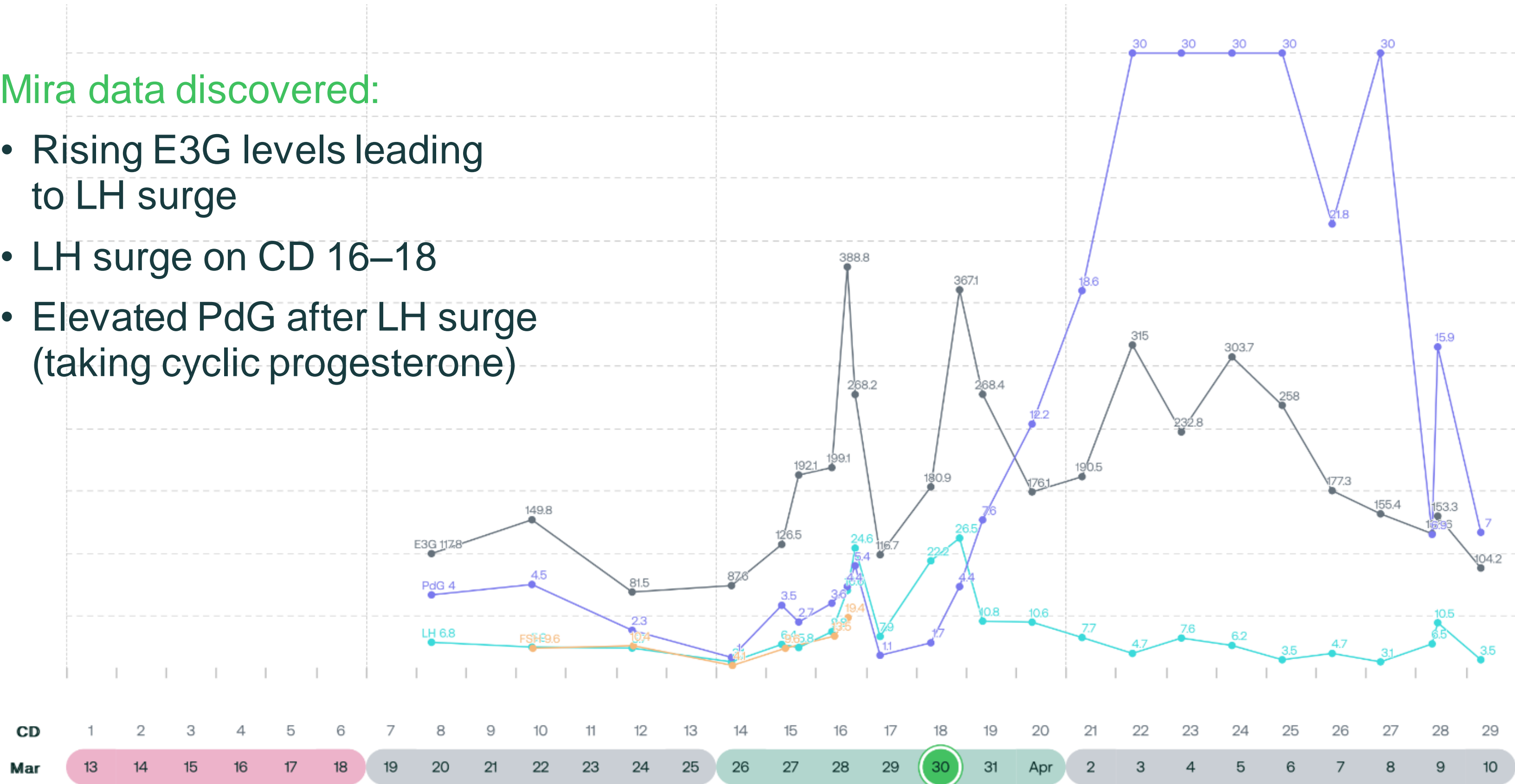
- Rising E3G levels leading to LH surge
- LH surge on CD 18
- Elevated PdG after LH surge (cyclic progesterone taken)
- Luteal phase approx. 10 days



Third Mira Chart: Conception Cycle

Mira data discovered:

- Rising E3G levels leading to LH surge
- LH surge on CD 16–18
- Elevated PdG after LH surge (taking cyclic progesterone)



Summary

After interventions, including cycling progesterone, the provider saw LH normalizing

Pregnancy occurred after 3 months of tracking using Mira



Thank you!