

BENEFITS OF NFP

- **Reliable**
Over 99% effective
- **In Unity with Church Teaching**
Fosters love and respect for the couple
Works with God, instead of against
Promotes chastity within marriage
- **Natural**
No harmful side effects
Not an abortifacient
Communicates true language of the body
To either achieve or postpone pregnancy
- **Inexpensive**
Fraction of the cost of contraception
Once learned, can be applied for a lifetime
- **Cooperative**
Spouses become unified with same goal
Almost non-existent divorce rate
- **Communication**
Fertility is a continual discussion
Goals can change instantaneously
- **Renews Marital Intimacy**
Brief periods of abstinence can enhance excitement and anticipation



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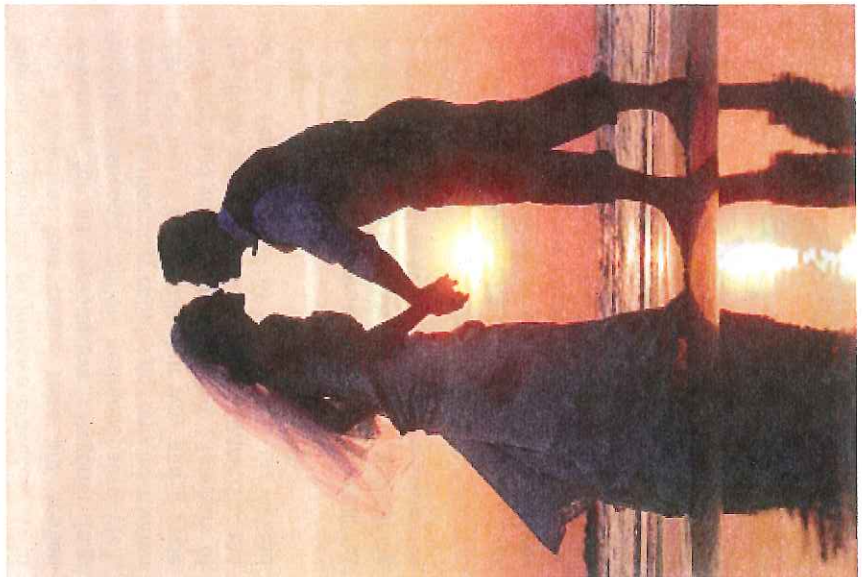
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DIOCESE OF
FORT WORTH

**NATURAL FAMILY
PLANNING GUIDE**



**PROMOTING TRUE
MARITAL LOVE**

BILLINGS OVULATION METHOD

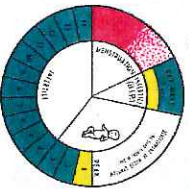
The Billings Ovulation Method is a scientific method based on over 50 years of ongoing research yet easy to learn and use. This research has been conducted in Australia, Sweden, and Spain since it was developed by physicians John and Evelyn Billings of Melbourne, Australia.

Couples using the Billings Ovulation Method track the woman's cervical mucus to determine her daily signs of fertility. The Billings Method teaches couples to focus on sensation at the vulva to identify the pattern of fertility, without using any internal examinations or invasive practices. With this knowledge, four simple rules are applied universally for all reproductive categories (e.g. nursing, post-contraception, perimenopause, etc.). With this methodology couples not only learn when they are fertile or infertile, but why and if cycle variants need medical investigation. Teachers of the BOM are certified through BOMA-USA, the official representative of WOOMB in the United States.

As published in numerous journals, the Billings Ovulation Method is 99.5% effective in postponing pregnancy, providing couples follow the guidelines correctly.

Classes usually consist of 3 sessions spread out over a 3-month timeframe, as well as personal follow-ups for the first few months. (Spanish instruction is available in the area.) For more information visit www.boma-usa.org.

Billings Ovulation Method



Simple, Natural, Effective

COUPLE TO COUPLE LEAGUE SYMPTO-THERMAL METHOD

The Couple to Couple League has promoted the Sympto-Thermal Method of Natural Family Planning since 1971. Based on the work of Dr. Josef Roetzer and others, this method tracks cervical mucus, basal body temperature, and other signs to provide an informed awareness of a woman's fertility which can be used to either avoid or achieve pregnancy. A recent study found an effectiveness of 99.6% for couples using the STM to avoid pregnancy (Frank-Herrmann, et al., *Human Reproduction*, 2007).

During the CCL STM course couples learn how to observe, chart, and interpret the signs of fertility to accurately identify the fertile and infertile times in a cycle. Special situations are covered, including irregular cycles, infertility, and discontinuing hormonal birth control. Couples also discover the benefits of NFP for marriage, as they learn to understand and respect their fertility as a gift from God.

CCL also offers two supplemental classes. The Postpartum Class explains how fertility is affected by breastfeeding and how to detect when fertility returns. The Premenopause Class explains how to continue to use NFP as menopause approaches.

The main course consist of 3 sessions spread out over a 3-month timeframe, with personal follow-ups as needed. If a class is not convenient, the CCL Home Study Course is offered, as well. (Spanish instruction is available in the area.) For more information visit www.ccldfw.org.



CREIGHTON MODEL FERTILITYCARE™ SYSTEM

The Creighton Model FertilityCare™ System is a standardized modification of the Billings Ovulation Method. The research for the CrMS began in 1976 and was fully described in 1980. This system relies upon the observation and charting of biological markers that are essential to understanding a woman's health and fertility. These "biomarkers" tell the couple when they are naturally fertile and infertile, thus allowing the couple to use the system to either achieve or avoid pregnancy. The biomarkers also identify abnormalities in a woman's health; therefore, the system may be used along with NaProTechnology (Natural Procreative Technology) to assist with infertility and sub-fertility issues in a natural way while still embracing the union of husband, wife and God.

Furthermore, the CrMS links family planning with gynecological and procreative healthcare and health maintenance. The teachers of the CrMS are trained allied health professionals, and specifically-trained physicians have been educated to incorporate the CrMS into their medical practice.

Group introductory sessions are free and are held monthly at rotating locations throughout the diocese. The full program consists of 8 follow-ups spread out over a 12-month timeframe, which are done on an individual basis. For more information visit www.fertilitycare.org.

