100% NATURAL WITH NO SIDE EFFECTS
97-99% EFFECTIVE IN AVOIDING PREGNANCY
ENHANCES COMMUNICATION WITH PARTNER
INEXPENSIVE
CAN HELP DIAGNOSE REPRODUCTIVE HEALTH ISSUES:
INFERTILITY, MENSTRUAL CRAMPS, ENDOMETRIOSIS, ETC.
Fertility Awareness or Natural Family Planning (NFP) is the general title for the scientific and natural methods of family planning. These methods empower women to be more aware of their fertility and overall health and can help married couples either achieve or postpone pregnancies.

Fertility Awareness methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. No drugs, devices, or surgical procedures are used to avoid pregnancy.

Methods that observe cervical mucus are commonly called the “Ovulation Method” or “OM.”

In NFP education, a woman learns how to identify the normal, healthy, cervical mucus which indicates the days that sexual intercourse is most likely to result in pregnancy.

Methods that observe several signs of fertility and cross-check two or more of the signs to pinpoint ovulation are commonly called the “Sympto-Thermal Method” or “STM.”

STM typically combines charting of the Basal Body Temperature (BBT) and cervical mucus with other optional indicators, such as changes in the cervix and secondary fertility signs.

The method that observes several signs of fertility and adds the use of an ovulation predictor kit (OPK) or fertility monitor is called the “Sympto-Hormonal Method” or “SHM.”

Similar to the STM, this approach adds the self-detection of reproductive hormones in the urine with the assistance of an OPK or fertility monitor.

FOR MORE INFORMATION AND THE MOST UP-TO-DATE LIST OF FERTILITY AWARENESS PROVIDERS, CONTACT THE OFFICE OF MARRIAGE AND FAMILY LIFE AT THE ARCHDIOCESE OF BALTIMORE AT 410.547.5406 OR ARCHBALT.ORG.