



STL NATURAL FAMILY PLANNING



# NATURAL FAMILY PLANNING (NFP): BE A MAN ABOUT IT

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## WHAT'S WRONG WITH CONTRACEPTION?

Arsenic. Asbestos. Formaldehyde. Mustard gas. **BIRTH CONTROL PILLS. All are Class 1 carcinogens** per the International Agency for Research on Cancer (IARC). You wouldn't knowingly expose your wife to any of those substances; you don't want her taking the pill, either. Barrier methods of contraception like condoms are just that, barriers that impede intimacy. There's nothing natural about that.

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## CHALLENGING CHOICE. RIGHT REASONS.

If Natural Family Planning were easy, it would be everyone's choice. Like many things, however, the best choice isn't the easiest. We make sacrifices for our health every day: we put down the cookie and get up early to go to the gym.



Similarly, NFP is a sacrifice as well as a natural, healthy and scientifically-proven approach to family planning, either to prevent pregnancy or achieve it. Like healthy eating and exercise, though, it only works when you commit to it.

# WHY NFP?

NFP has no dangerous side effects and no harmful soul effects. NFP takes a behavior-driven approach to sex and leaves no room for a chemical contraceptive crutch. NFP simply follows the natural cycle that God has given a woman. You can be responsible in your family planning without being ensnared in the moral complications of contraception. NFP allows us to give ourselves to each other completely, freely, faithfully.

*What's sexier than that?*

TO HONOR HER.  
TO HONOR YOU.  
TO HONOR GOD.



NFP and contraception may have the same intention, but they accomplish their objective in very different ways – an important moral distinction. You intend to get good grades. You can achieve this by studying or by cheating. The end never justifies the means.

Contact the Office of Natural Planning for more information. 314-997-7576 or [stlouisnfp.org](http://stlouisnfp.org)



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