



STL NATURAL FAMILY PLANNING

INTRODUCING THE

NFP: THE NATURAL CHOICE *Video Series*

Natural Family Planning is the loving choice that respects marriage, respects women and respects God. Hear from real couples and medical professionals why they think NFP is the natural choice and is good for you: *mind, body and soul.*



View the videos at:
bit.ly/NFPNaturalChoice

Share this link with an **engaged couple** or any one wanting to **learn the beauty and value of NFP!**

NFP: The Natural Choice for a **Strong Relationship**

True intimacy is more than physical; it extends to the emotional and spiritual connection between couples, too. NFP allows couples to connect in a loving, respectful way that strengthens relationships and forms the basis for healthy marriages. Husbands and wives act as true partners in planning when and how many children to have.

NFP: The Natural Choice for a **Woman's Health**

Natural Family Planning provides a window into a woman's overall health. It does more than alert a couple to when they may or may not best conceive, it can also help pinpoint other health issues a woman may be experiencing. Most forms of contraception suppress a woman's natural cycle. NFP celebrates it.

NFP: The Natural Choice for **Family Planning**

Natural Family Planning is healthy, organic and free! This video shows us how it's the risk-free alternative to birth control. The woman is not exposed to harmful chemicals or toxins or to the increased risks and side effects that contraceptives can bring. And NFP works. It is 99% effective when used properly.

NFP allows us to give ourselves to each other completely, freely, faithfully.

WHAT'S BETTER THAN THAT? NFP. GOOD FOR LIFE.



ARCHDIOCESE OF ST. LOUIS
Office of Natural Family Planning



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