WHAT CAN Natural Family Planning DO FOR YOU?

100% ORGANIC
NFP works WITH a woman’s body to determine when she is or is not fertile. No harmful chemicals or toxins.

PROMOTES A STRONGER MARRIAGE
NFP improves communication in a very important part of a couple’s relationship.

TAKE CONTROL OF YOUR FERTILITY
NFP is also effective when used to ACHIEVE pregnancy.

SAVES MONEY
Artificial methods of birth control cost up to $1,800 for five years. Infertility treatments can cost thousands of dollars. NFP can be used for life without ongoing costs for medication, procedures, etc.

NO SIDE-EFFECTS
Artificial methods of birth control can have many side effects. See pages 6-7 for more information.

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WHAT IS Natural Family Planning?

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HOW DOES Natural Family Planning WORK?

Barring any medical problems, men are always fertile. On the other hand, women alternate between times of fertility and infertility. Natural Family Planning is based on the hormones that naturally occur during the woman’s menstrual cycle causing changes in her body that she can observe. With proper instruction and by cooperating with this cycle, couples can effectively achieve or avoid pregnancy.
There are several methods of NFP, each based on a different combination of observable signals, instruction methods and support systems. The following methods are available within the Archdiocese of St. Louis and each have online learning available. There may be other methods available in your diocese.

### Billings Ovulation
- **Group or Private Introductory Session**
- **Minimum of three private follow-up sessions recommended; Ongoing follow-ups available**
- **External mucus discharge patterns with sensation**
- **Certified volunteer women**
- **boma-usa.org**

### Creighton Model Services
- **Group or Private Introductory Session; Eight private follow-up sessions in first year**
- **Ongoing follow-ups available; Physicians and practitioners often collaborate**
- **External mucus discharge; Patterns of dryness & bleeding**
- **Certified by the American Academy of FertilityCare™ Professionals**
- **fertilitycare.org**

### MARQUETTE Model
- **Group Introductory Session; Three monthly group classes**
- **Choice of Electronic fertility monitor and/or external mucus**
- **Certified Registered Nurses**
- **marquettefertilityed.com**

### COUPLE TO COUPLE League
- **Group Introductory Session; Group follow-up**
- **Private consultation available at meetings as well as between meetings**
- **External mucus discharge & basal body temperature**
- **Certified volunteer husband & wife couples**
- **ccli.org**

### SymptopRO Fertility Education
- **3 group sessions - meeting every 2 weeks**
- **Follow-up before or after session; monthly follow-up for 6 months; lifetime support**
- **Internal/external mucus, cervix, basal body temp, vaginal sensation**
- **Certified female instructor**
- **symptopro.org**

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**Helping you choose the method to best fit your needs.**

- **Observations**
- **Instruction Method**
- **Providers**
- **Support**
NFP Methods vs CONTRACEPTION

Possible Side Effects | Harmful to Future Fertility | % Effectiveness Avoiding Pregnancy with proper teaching and use of the method | Responsible For Use

Conception: union of sperm and egg; the beginning of human life.

Contraceptive: Prevents conception.

Abortifacient: Agent may end human life after conception has occurred.

Credit: Peter Danis, MD, Family Physician, Certified FertilityCare Medical Consultant, Gavin Puthoff, MD, Ob/Gyn, Certified FertilityCare Medical Consultant 2019. See page 11 for sources.

For a complete listing of side effects and relevant statistics, please visit STLouisNFP.org.

NATURAL METHODS  all natural

Billings Ovulation Method
- avoid OR achieve pregnancy
- NO 98

Creighton Model Services
- avoid OR achieve pregnancy
- NO 99.5

Couple to Couple League
- avoid OR achieve pregnancy
- NO 99.4

Marquette Model
- avoid OR achieve pregnancy
- NO 98

SymptoPro Fertility Education
- avoid OR achieve pregnancy
- NO 99

ARTIFICIAL METHODS

The Pill, Patch or Vaginal Ring
- Combination hormonal artificial hormones
- contraceptive & potentially abortifacient
- Common: breast tenderness/cysts, depression, weight gain, headaches, irregular bleeding.
- Less common: increased risk of breast cancer, liver tumors, stroke, heart attack, blood clots, elevated blood pressure.
- MAY DELAY 99.6

Depo Provera Shot
- Progestin only artificial hormone
- contraceptive & potentially abortifacient
- Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness; breakthrough ovulation. Decrease in bone density.
- DELAYS 99.7

Mirena IUD
- Intrauterine Device with progestin device + artificial hormone
- contraceptive & potentially abortifacient
- Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness; breakthrough ovulation; perforation of the uterus. Replace every 5 years.
- DELAYS 99.8

Implanon
- Progestin implanted under skin artificial hormone
- contraceptive & potentially abortifacient
- Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness; breakthrough ovulation. Replace every 3 years.
- DELAYS 99.9

Condom
- barrier contraceptive
- Allergic reaction or irritation.
- NO 98

Diaphragm
- barrier contraceptive
- Allergic reaction or irritation; Sometimes difficult to remove
- NO 94

IUD Intrauterine Device
- device contraceptive & potentially abortifacient
- Heavy, irregular or painful menses; painful intercourse; infection; ectopic pregnancy; perforation of the uterus. Replace every 10 years
- POSSIBLE 99.4

Tubal Ligation
- surgical contraceptive
- Surgery may be complicated by bleeding and/or infection. Increased rate: hysterectomy, ectopic pregnancy, painful periods.
- YES 99.5

Vasectomy
- surgical contraceptive
- Surgery may be complicated by bleeding and/or infection. May increase risk of prostate cancer.
- YES 99.9
Real Women (and Men!) Speak

“I really like the fact that my wife is not putting artificial chemicals into her body that may harm her. With NFP, I know it is not only effective, but safe.” – Jim K.

“Using NFP has actually given me a better appreciation for life and God’s choice of life.” – Angie K.

“I think it brings me as a man more into the decision to have children because I can share with [my wife] her cycle in as close a way as I can, because I’m charting it with her. It helps our marriage covenant in a very holy way, because now we are working as one person.” – Joe L.

“NFP is the real man’s way of taking care of family planning because you have to take responsibility for it.” – Dale K.

“It keeps the passion alive!” – Jeff S.

“We used [NFP] to achieve pregnancy all three times. Our friends were surprised that we knew the date we had conceived by simply reading my own fertility signs!” – Teresa K.

“For the past five years, [NFP] has worked very effectively for us to both avoid and achieve pregnancy. Since I have irregular cycles, being able to use [NFP] to check my fertility has been helpful.” – Christine & Darren H.
NATURAL FAMILY PLANNING (NFP):
BE A MAN ABOUT IT

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 simply follows the natural cycle that God has given a woman. NFP allows us to give ourselves to each other completely, freely, faithfully. What’s better than that?

References

NFP. Good for Life.