

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



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

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.

NATURAL FAMILY PLANNING BENEFITS Allows you and your spouse to plan when and how many children to have.



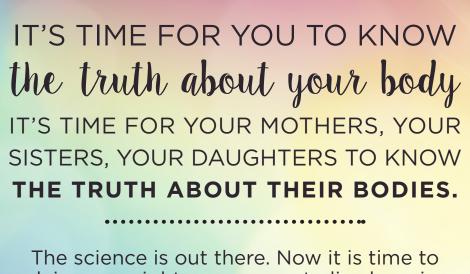
NFP is also effective when used to ACHIEVE pregnancy.



Artificial methods of birth control can have many side effects.

See pages 6-7 for more information.

EFFECTS



claim your rights as women to live happier and healthier lives according to the

plan God has for you



# NAT IS Natural family Planning?

Natural Family Planning (NFP) is a system of understanding a couple's combined fertility through observation of natural changes in the woman's body. Couples may then use this information to achieve or avoid pregnancy naturally, without using drugs, surgery or devices. Couples use this method together, fostering good communication between them, which promotes a stronger, healthier relationship.

### **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.







## FOUR CHOICES TO PLAN Your family

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*.

Helping you choose the method to best fit your needs.

















Avoid or achieve pregnancy



External mucus
discharge patterns
with sensation

boma-usa.org



Group or Private Introductory Session



Minimum of three private follow-up sessions recommended; Ongoing follow-ups available



Certified volunteer women



Parish based

### MARQUETTE MODEL





Avoid or achieve pregnancy



Choice of Electronic fertility monitor and/or external mucus

marquettefertilityed.com



Group Introductory Session; Three monthly group classes



Private consultation available at meetings as well as between meetings



Certified health professionals



Parish based

# CREIGHTON MODEL SERVICES





\*Ayolo or achieve pregnancy

\*Assists in diagnosis & treatment of reproductive disorders through NaPro TECHNOLOGY



discharge; Patterns of dryness & bleeding

fertilitycare.org



Group or Private Introductory Session; Eight private follow-up sessions in first year



Ongoing follow-ups available; Physicians and practitioners often collaborate



Certified by the American Academy of Fertility Care™ Professionals



Mercy Hospitals, SSM Health Centers, some parishes & physician practices

## COUPLE TO





Avoid or achieve pregnancy



External mucus discharge & basal body temperature

ccli.org



Group Introductory Session; Group follow-up



Private consultation available at meetings as well as between meetings



Certified volunteer husband & wife couples

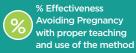


Parish Based

## MFP Methods vs CONTRACEPTION



Harmful to Future Fertility





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 Fertility*Care* Medical Consultant,
Gavin Puthoff, MD, Ob/Gyn, Certified Fertility*Care* 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







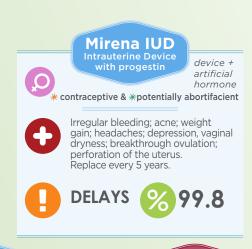


#### **ARTIFICIAL METHODS**









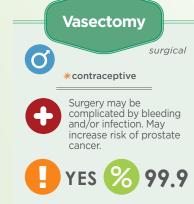












### NFP. GOOD FOR LIFE.

## 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.





# LOCATIONS FOR Hatural Family Planning

For a list of scheduled classes and most up-to-date information, visit **STLouisNFP.org.** 

### Billings Ovulation Method boma-usa.org

St. Mary Magdalen Church

314.610.4607

- Brentwood



#### Creighton Model Services fertilitycare.org Mercy Hospital St. Louis 314.991.0327 Mercy Hospital South 314.991.0327 Mercy Hospital Washington 314.991.0327 SSM DePaul Health Center 866.SSM.DOCS SSM St. Clare Health Center 866.SSM.DOCS SSM St. Joseph - Lake St. Louis 866.SSM.DOCS SSM St. Mary's - Clayton 866.SSM.DOCS St. Peters Fertility Care™ Services 636.926.7850 Servicios en Español 314.865.3999

#### Couple to Couple League ccli.org

Classes at various locations in the Archdiocese in St. Louis and Metro East.

For a current listing of class times

NATIONAL PROPERTY OF A STATE OF A

- Oakville

and locations call: 314.443.6892



Marquette Model	marquettefertilityed.com
Incarnate Word	314.809.8393
- Chesterfield	
Mary, Queen of Peace	812.325.8975
- Webster Groves	
Sacred Heart Church	314.607.0502
- Valley Park	
St. Margaret Mary Alacoque	e 314.606.6086



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For more information please contact: **Archdiocesan Office of Natural Family Planning** 314-997-7576 or stlnfp@archstl.org Get a full schedule of NFP classes at StLouisNFP.org









IFPGoodForLife.com

NFP. Good for Life.



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STL NATURAL FAMILY PLANNING



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