

WHAT CAN Natural Family Planning DO FOR YOU?



NFP improves communication in a very important part of a couple's relationship.



Allows you and your spouse to plan when and how many children to have.



NFP is also effective when used to **ACHIEVE** pregnancy.



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.



Artificial methods of birth control can have many side effects.
See pages 6-7 for more information.



IT'S TIME FOR YOU TO KNOW
the truth about your body
IT'S TIME FOR YOUR MOTHERS, YOUR
SISTERS, YOUR DAUGHTERS TO KNOW
THE TRUTH ABOUT THEIR BODIES.

.....

The science is out there. Now it is time to
claim your rights as women to live happier
and healthier lives according to the

plan God has for you



Now is the time for
you to launch your
OWN REVOLUTION
the revolution of
freeing yourself through

*Natural Family
Planning*

WHAT 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.



INSTRUCTION METHOD



PROVIDERS



OBSERVATIONS



SUPPORT



STL LOCATIONS

BILLINGS OVULATION



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



Avoid or achieve pregnancy

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



External mucus 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 FertilityCare™ Professionals



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

COUPLE TO COUPLE LEAGUE



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

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 *all natural*

* avoid OR achieve pregnancy

NONE &

NO 98

Creighton Model Services *all natural*

* avoid OR achieve pregnancy

NONE &

NO 99.5

Couple to Couple League *all natural*

* avoid OR achieve pregnancy

NONE &

NO 99.4

Marquette Model *all natural*

* avoid OR achieve pregnancy

NONE &

NO 98

ARTIFICIAL METHODS

The Pill, Patch or Vaginal Ring *artificial hormones*
Combination hormonal

* 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 *artificial hormone*
Progestin only

* contraceptive & *potentially abortifacient

Irregular bleeding; acne; weight gain; headaches; depression, vaginal dryness; breakthrough ovulation.
Decrease in bone density.

DELAYS 99.7

Mirena IUD *device + artificial hormone*
Intrauterine Device with progestin

* 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 *artificial hormone*
Progestin implanted under skin

* 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 *device*
Intrauterine 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

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 Natural 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 FertilityCare™ 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 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 314.606.6086
- Oakville



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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



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Visit our Blog!
NFPGoodForLife.com

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