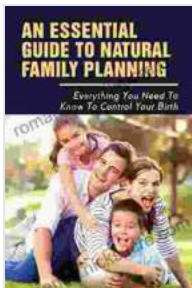


# An Essential Guide to Natural Family Planning

Natural family planning (NFP) is a method of birth control that uses a woman's menstrual cycle to predict when she is fertile. It is a safe and effective method of birth control that can be used by women of all ages.

NFP is based on the fact that a woman's menstrual cycle is divided into two phases: the follicular phase and the luteal phase. The follicular phase begins on the first day of menstruation and ends when ovulation occurs. The luteal phase begins after ovulation and ends when menstruation begins again.

During the follicular phase, the ovaries release an egg. If the egg is fertilized by sperm, it will implant in the uterus and a pregnancy will occur. If the egg is not fertilized, it will be reabsorbed into the body.



## An Essential Guide To Natural Family Planning: Everything You Need To Know To Control Your Birth

by Jessica Berger Gross

★★★★☆ 4.6 out of 5

Language : English  
File size : 475 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 36 pages  
Lending : Enabled



The luteal phase is characterized by the production of the hormone progesterone. Progesterone helps to thicken the lining of the uterus and prepare it for pregnancy. If pregnancy does not occur, the levels of progesterone will drop and the lining of the uterus will be shed, resulting in menstruation.

NFP works by identifying the fertile and infertile phases of a woman's menstrual cycle. This can be done by tracking a woman's basal body temperature (BBT), cervical mucus, or both.

- **Basal body temperature (BBT)** is the lowest body temperature that a woman reaches during sleep. BBT rises slightly after ovulation and remains elevated until menstruation begins.
- **Cervical mucus** is a fluid that is produced by the cervix. The consistency and amount of cervical mucus changes throughout the menstrual cycle. During the fertile phase, cervical mucus is thin and stretchy. After ovulation, cervical mucus becomes thick and sticky.

By tracking BBT and cervical mucus, a woman can identify her fertile and infertile phases. This information can then be used to avoid sexual intercourse during the fertile phase or to use a barrier method of birth control, such as a condom or diaphragm.

NFP has a number of benefits, including:

- **It is safe.** NFP does not involve the use of any hormones or drugs, so it is safe for women of all ages.
- **It is effective.** NFP is a highly effective method of birth control when used correctly. Studies have shown that NFP is 98% effective at

preventing pregnancy.

- **It is natural.** NFP is a natural way to manage fertility. It does not interfere with the body's natural processes.
- **It can be used to achieve pregnancy.** NFP can be used to help couples achieve pregnancy by identifying the most fertile time of the month to have intercourse.
- **It can be used to manage menstrual disorders.** NFP can be used to help women manage menstrual disorders, such as irregular periods or heavy bleeding.

There are a number of different NFP methods available. The most common methods are:

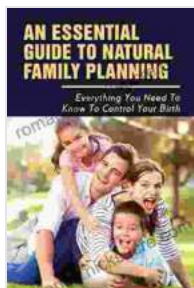
- **The Billings Ovulation Method**
- **The Creighton Model FertilityCare System**
- **The Sympto-Thermal Method**

Each of these methods is based on the same principles, but they use different techniques to identify the fertile and infertile phases of the menstrual cycle.

To learn how to use NFP, it is important to consult with a trained NFP instructor. An instructor can teach you how to chart your BBT and cervical mucus and how to interpret the results.

NFP is a safe, effective, and natural method of birth control. It is a good option for women who want to avoid pregnancy without using hormones or

drugs. If you are interested in learning more about NFP, please consult with a trained NFP instructor.

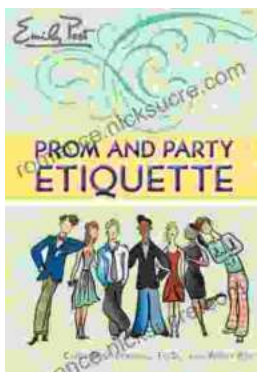


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