

NO MORE MYSTERY

Learning to keep track of the signs of fertility is referred to as charting. Fertility Awareness Methods (FAM) teach you to observe and chart the natural signs of your body in order to become aware of the different phases of your cycle including your fertile window. Consistently charting helps you understand your unique cycle, and provides a sense of confidence and empowerment in your fertility.

Couples who are sexually active should always consider that pregnancy can happen even with contraception and that having a child is an important responsibility. FAM can be used to avoid getting pregnant in a natural, hormone-free way, when the couple chooses to have intercourse outside the fertile window.

Knowing the fertile window can also help couples conceive much more quickly if that's their goal.

KNOW MORE

Fertility Awareness Methods are fairly simple to use once you learn, and very inexpensive, since they are based completely on your knowledge of your body. However, the best way to learn how to correctly identify the fertile window so that you can effectively avoid or achieve pregnancy is from a trained instructor. A variety of opportunities and formats for learning are available. Please visit

www.naturalwomanhood.org for more information.

Additional benefits to FAM include general health management, improved communication with your partner, and more.

Natural fertility methods do not prevent sexually transmitted diseases (STDs). If you have a health concern of any kind, consult with your health care professional. Information presented by Natural Womanhood is for educational purposes only and is not meant to substitute for the advice of a doctor or other medical professional.

ABOUT NATURAL WOMANHOOD

Natural Womanhood's mission is to encourage women to understand their bodies and themselves by learning to chart their individual fertility cycles, not just for pregnancy prevention, but for health monitoring, family planning, and true feminine empowerment.

We exist to challenge the common belief that contraceptives are the only way to avoid pregnancy or to treat certain women's health disorders. Based in San Antonio, Texas, Natural Womanhood helps young women and couples, regardless of their income, ethnicity, or religion, learn about their bodies via fertility awareness charting, and seek authentic reproductive health via restorative reproductive medicine.

VISIT US AT naturalwomanhood.org

- Find out where and how you can learn fertility awareness charting
- Learn ways to uncover the root causes of and treat menstrual cycle dysfunctions like PMS/PMDD, ovarian cysts, uterine fibroids, infertility, frequent miscarriages, postpartum depression, and more

For more information, you can also contact us at info@naturalwomanhood.org.



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I KNOW MY BODY. I KNOW WHAT I WANT. AND I KNOW HOW TO CHOOSE WHAT'S BEST FOR ME.

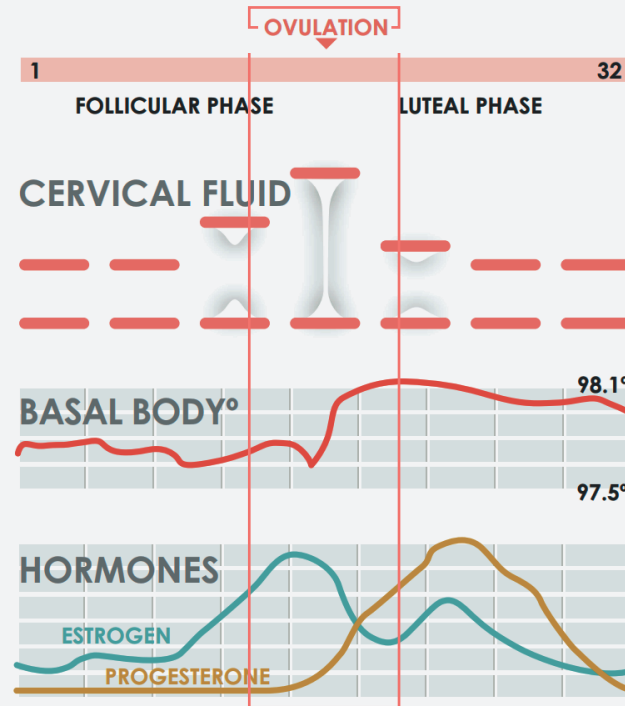
Over the past 50 years, scientific research has proven that typical use of **Fertility Awareness Methods is between 86% and 98% effective** in helping couples avoid a pregnancy, and with perfect use up to 99.6% effective.

Knowing your cycle not only helps you determine when you can and cannot get pregnant, but also helps you monitor your health.

Hormonal birth control exposes women to health risks, and can mask fertility problems while only temporarily relieving certain symptoms. Natural Fertility Awareness Methods (FAM) remove the mask and allow for a more accurate diagnosis and treatment of the root causes of reproductive health problems such as PMS, polycystic ovarian syndrome, irregular cycles, infertility, etc.

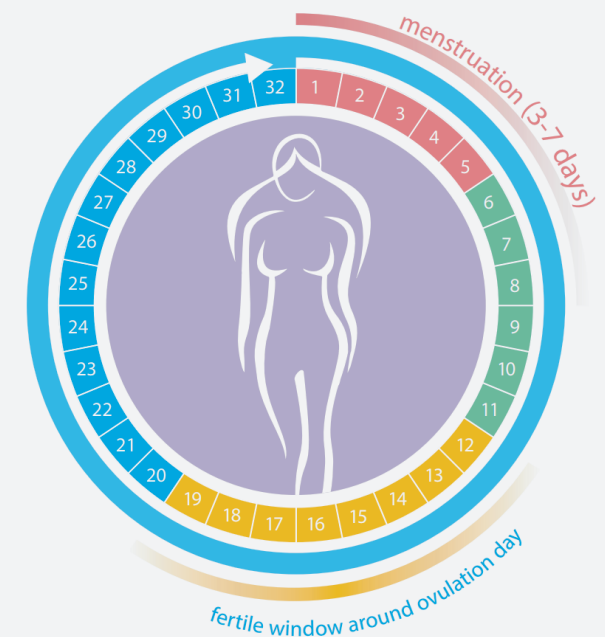
KNOW THE SIGNS OF FERTILITY

Have you ever panicked because your period was late? We know that menstruation normally starts 12-16 days after ovulation, but the total length of your cycle may vary for a variety of reasons. Were you late because of stress or illness? Knowing the signs your body provides during each phase of your cycle can ease that worry.



Throughout your cycle, your body will undergo natural changes that can be observed daily to determine where you are in your cycle. The two main signs are cervical fluid and basal body temperature.

- **Cervical fluid:** every month you can feel a wet sensation or observe white or clear secretions as a sign that ovulation is approaching. This fertile cervical fluid is not the discharge associated with an infection or a woman's basic infertile mucus. A trained instructor can teach you how to observe your cervical fluid secretions in order to identify which days you are fertile or not.
- **Basal body temperature:** the temperature of your body rises right after ovulation. Knowing how to recognize and interpret these signs will help you determine your fertile window, and thus when you can get pregnant and when you cannot. Even if you have irregular cycles!



KNOW KEY FACTS ABOUT OVULATION AND YOUR CYCLE

- A "normal" cycle can vary between 21 and 35 days and isn't necessarily the same length every month. Keeping track of your cycle will help you learn what is "normal" for you.
- Ovulation occurs just once per cycle, and is not always on day 14 of your cycle.
- A healthy ovary releases one egg each cycle and it lives only 12-24 hours.
- Rarely is more than one egg released each cycle, and it's always within 24 hours.
- Because a man's sperm can live up to 5 days, a woman can become pregnant up to 6 days each cycle – this is known as the **fertile window**.