

WHICH WOULD YOU PREFER?

Your partner is tuned in to her own body, free from artificial chemicals and drugs, respectful of the environment, and physically and emotionally close to you.

OR

Your partner takes drugs to suppress the healthy, normal processes of her body. She suffers from the side effects of those drugs. She worries about their effectiveness, their effect on the environment, and how long it may take for her natural fertility to return when you are ready to start a family. She may even struggle to experience intimacy with you.

IS SHE REALLY OK?

Frequent side effects of hormonal birth control:

- Low interest in sex
- Irregular bleeding
- Weight gain
- Moodiness

Long-term risks:

- Increased risks of breast cancer and cervical cancer
- Increased risk of deadly blood clots
- Possible delayed return of her fertility

Fertility Awareness is a win-win for couples:

- Highly effective in achieving OR avoiding pregnancy
- Women avoid the side effects and health risks of contraceptives
- Promotes better relationships, understanding and respect.

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.



WHAT GUYS NEED TO KNOW ABOUT BIRTH CONTROL

THE FERTILITY AWARENESS OPTION

A woman is fertile for only a few days during each cycle. She releases one egg each cycle (ovulation), which can survive for 12 - 24 hours. Because a man's sperm can survive for up to five days inside the female reproductive tract, the typical window during which pregnancy is possible during any given cycle is about six to seven days, only around ovulation.

Fertility awareness charting is a method of keeping track of the natural signs of a woman's body, which change in a predictable pattern according to how close she is to ovulation during each cycle. These signs are known as biomarkers and they include cervical fluid secretions, basal body temperature, and/or hormonal levels. By observing and charting the signs of her cycle, a woman can know with a high degree of certainty the likelihood of getting pregnant during each day of her cycle. As her partner, understanding how these changes in her body may affect her can give you unique insight into her physical and emotional health and well-being.

Fertility awareness can be used to avoid or to achieve pregnancy with a high degree of accuracy. It's not the old-fashioned, ineffective "rhythm method" you may have heard of, but a scientific, evidence-based method that has helped millions of couples all over the world plan their families. It even works for women with irregular cycles, because the signs don't lie when you know how to read them!

No chemicals, no hormones, and no side effects.



HOW CAN YOU SUPPORT YOUR PARTNER?

Fertility awareness is a shared responsibility. Couples learn to discuss sexuality and family planning issues openly. You know when pregnancy is possible, and you can decide as a couple whether you're open to that possibility, or if you'd rather wait to have sex again once the window of fertility passes.

There are multiple fertility awareness methods available, but whichever you choose, we recommend taking a class from a trained instructor. This will help clarify biomarker observations, eliminate doubts about the method, and reduce times of abstinence.

IS IT WORTH IT?

- It's up to you and your partner! Some of the benefits include:
- After the initial training, ongoing costs are minimal (or zero, with some methods!)
 - No hormones, surgeries, or invasive implants or devices
 - Greater sexual satisfaction
 - Highly effective: comparable to contraceptives
 - Documented reduction in divorce rates
 - Better communication and closer relationships
 - Environmentally friendly, all natural

**COUPLES
LEARN TO
DISCUSS
SEXUALITY
AND FAMILY
PLANNING
ISSUES
OPENLY**

WHAT ABOUT MY NEEDS AS A MAN?

Couples who practice fertility awareness have intercourse as frequently as the average couple. The timing of sex is more deliberate, but that doesn't make it any less romantic!

Many couples who use fertility awareness actually report greater sexual satisfaction than those who use contraception. Discussing and planning these moments can make them more special, intimate, and emotionally and physically rewarding. Times of abstinence are opportunities to engage in the kind of non-sexual intimacy that makes sex more desirable and meaningful, perhaps especially for women. No wonder couples who use fertility awareness report being more emotionally in-tune with one another!