

No More Mystery

Learning to keep track of the signs of fertility is referred to as **charting**. Fertility Awareness-Based Methods (FABMs) 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 of your fertility.

Couples who are sexually active should always consider that pregnancy can happen and that having a child is an important responsibility. FABMs 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-based methods are easy 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 FABMs include general health management, improved communication with your partner, and more. Please visit www.naturalwomanhood.org to learn even more about the advantages of FABM.

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.

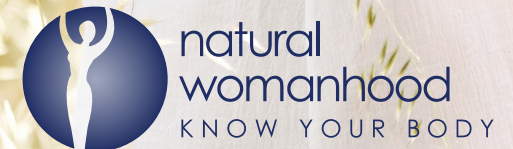
Natural Womanhood's mission is to encourage women to understand their individual fertility cycles by charting them, not just for pregnancy prevention, but also for health benefits and their own empowerment. We exist to change the common belief that hormone-based contraceptives are the only way to avoid pregnancy or to treat certain women's health disorders. Natural Womanhood helps young women and couples, regardless of their income, ethnicity, or religion, find the best way to learn about their bodies.

The educational content in this brochure was reviewed by FACTS, the Fertility Appreciation Collaborative, a physician led group working to Teach the Science of natural or fertility awareness based methods (FABMs) to health care professionals. www.FACTSaboutFertility.org

For more information go to www.naturalwomanhood.org.



KNOW YOUR BODY



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

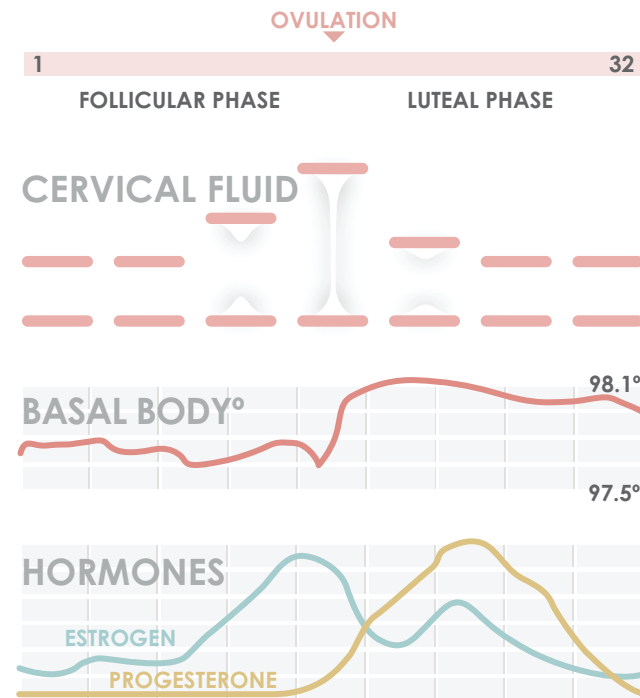
Over the past 50 years, scientific research has proven, that typical use of **fertility awareness based methods is between 86% and 98% effective** in helping couples avoid a pregnancy, **and perfect use up to 99.6% effective.**

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 or fertility awareness based methods (FABMs) 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 is the fertile cervical fluid, which is different from 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 happens.

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 of the first release.
- Because a man's sperm can live up to 5 days, a woman can become pregnant between just 3-6 days each cycle – this is known as the **fertile window**.