



*An Overview and
Introduction to Natural
Fertility Education*

Wise Woman Business

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Pregnancy Rates in a Mx Cycle

When 100 couples of normal fertility have just sex once:

anywhere in the woman's cycle: 2- 4%, 2-3%

Trietze,1960; James, 1963

anywhere in fertile phase: 20-30%

Fertility and Sterility, Sept. 1977

on the peak symptom of fertility: 75%, 60%

Hilgers,1991; Int. Rev. NFP,1984

anywhere outside the fertile phase: 0.004%

Fertility And Sterility, Vol. 36, No. 5, November 1981, pp. 591-8.

Natural Family Planning Methods

1930s — The Rhythm Method

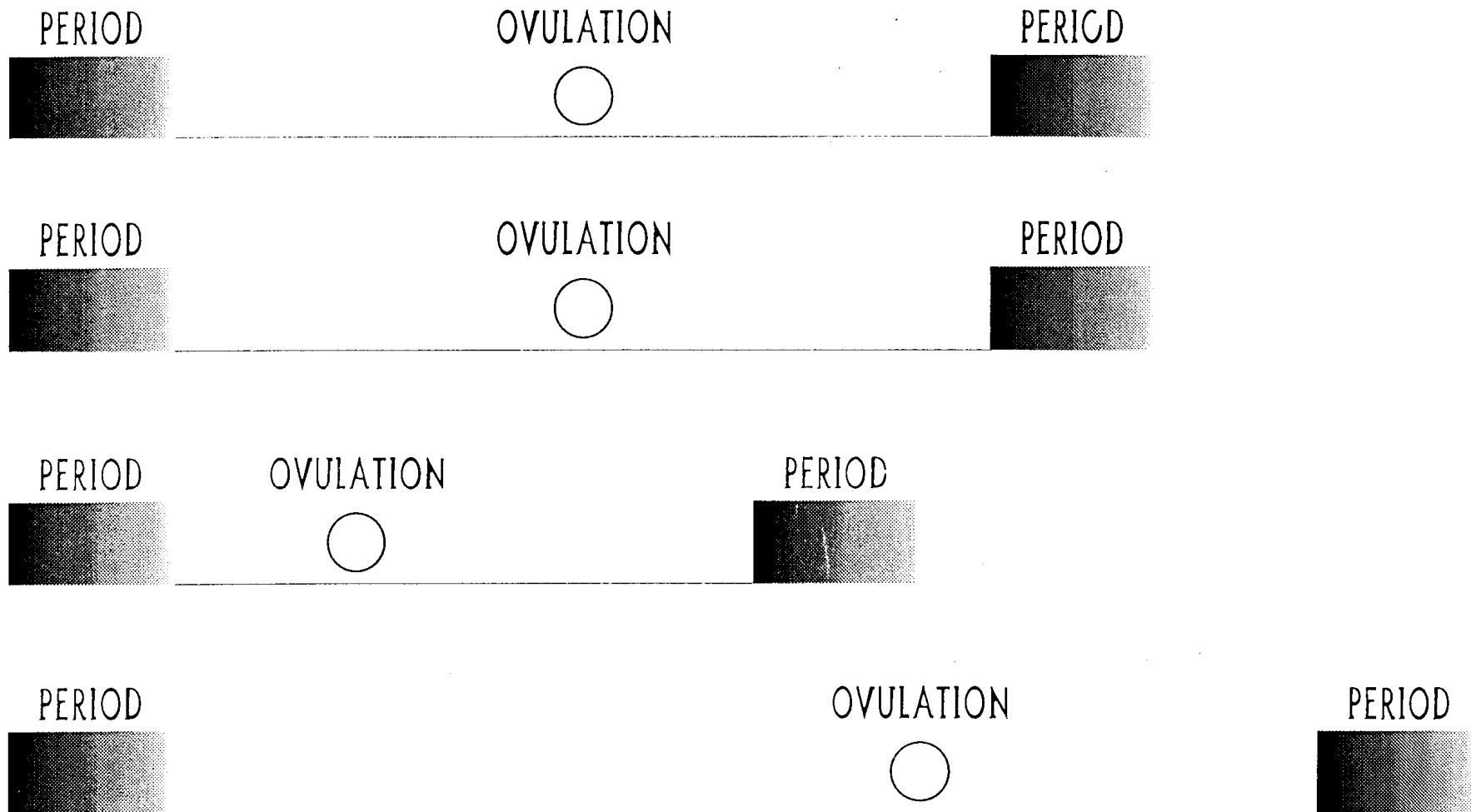
1940s — The Temperature Method

1950s — Sympto-Thermal Method

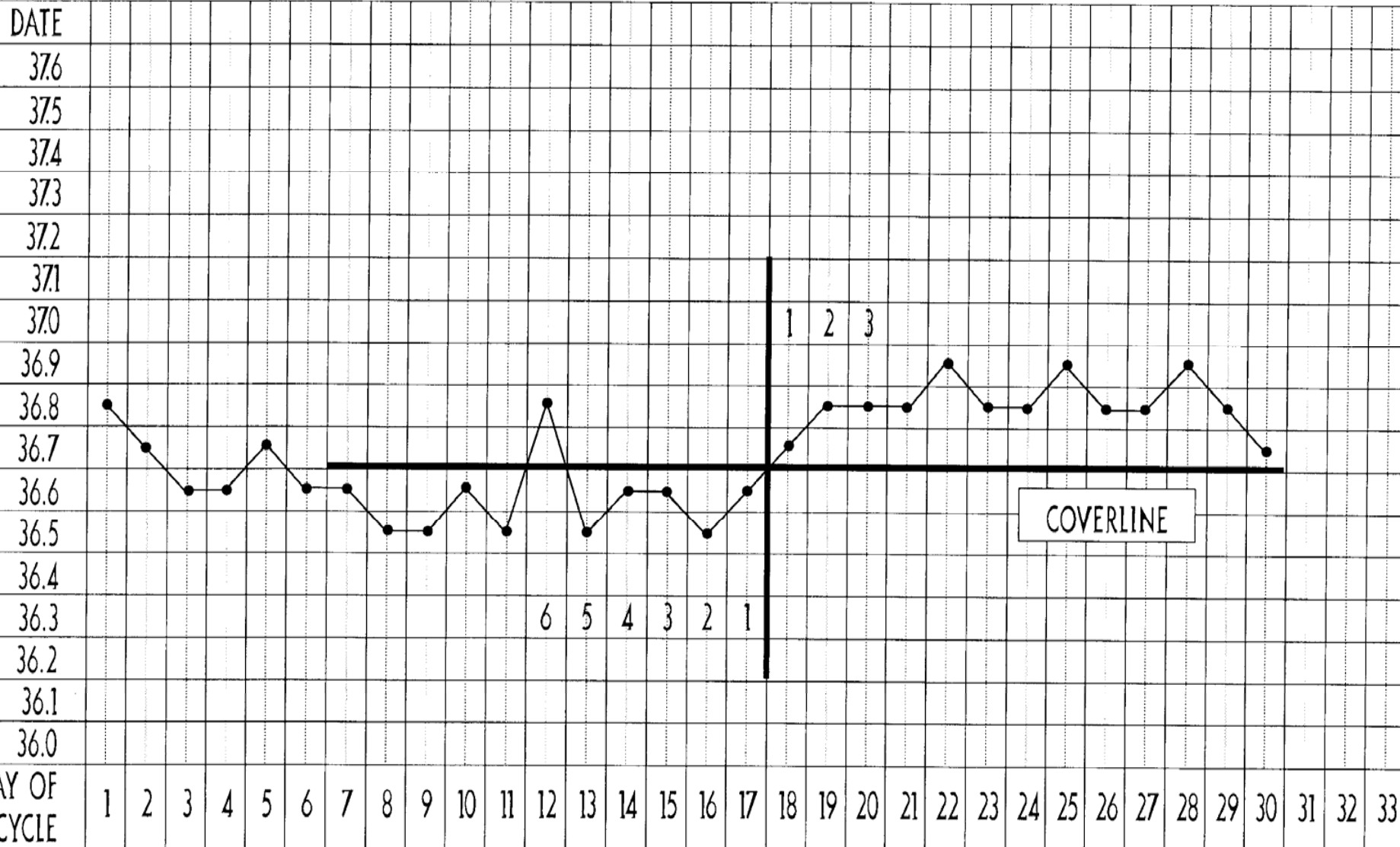
1950s — Ovulation Method-Billings (Mucus Method)

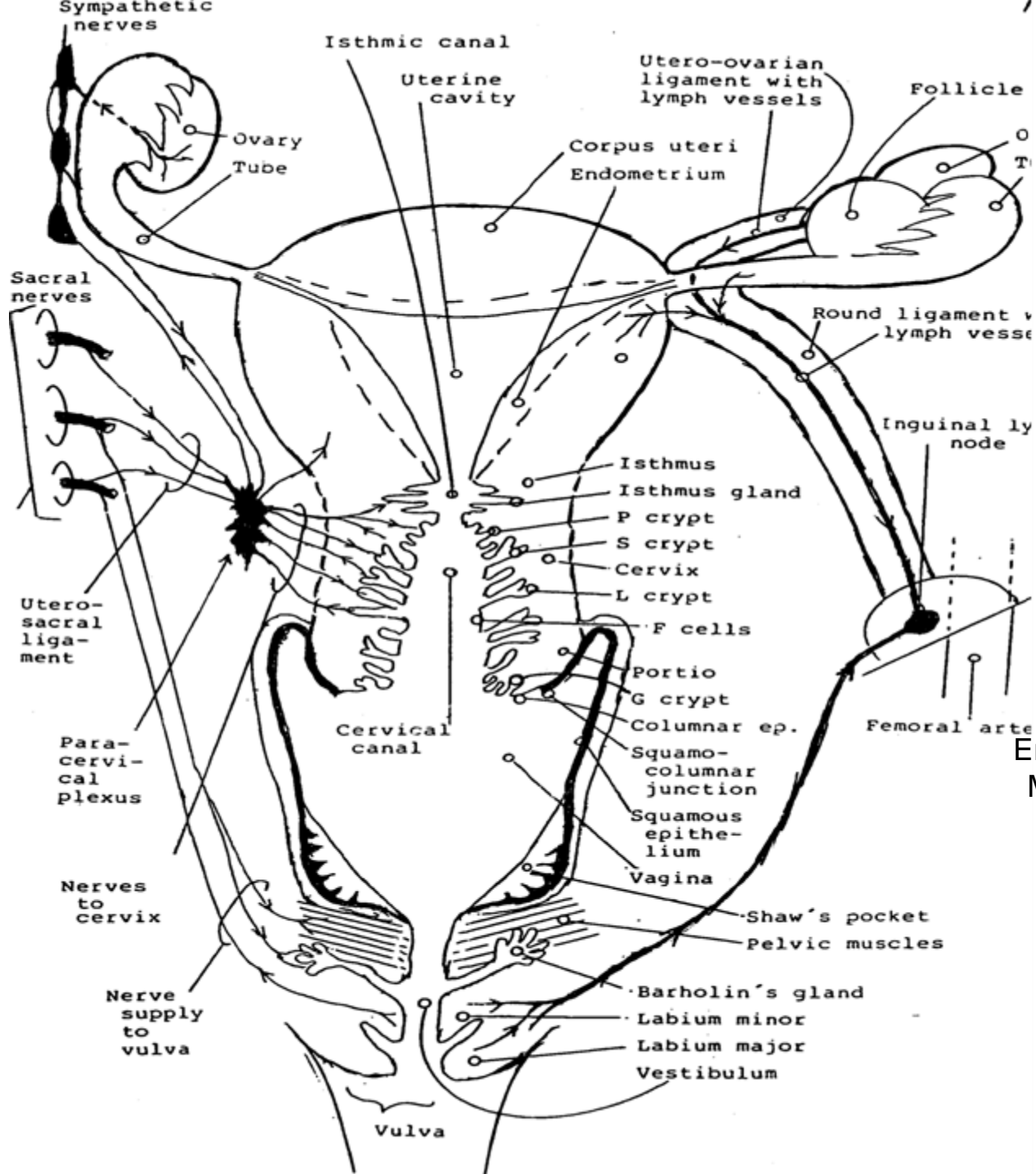
1960s — Cervix Changes

The Rhythm Method



Biphasic BBT Pattern Indicating Ov.



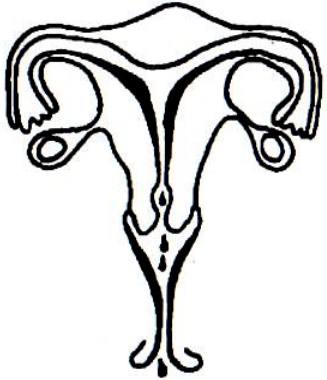


The Secretory System of the Cervix

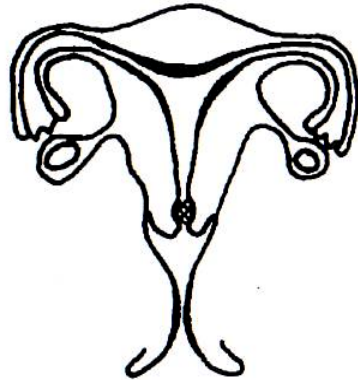
Erik Odeblad. Emeritus Professor of
 Medical Bio-Physics, University of
 Umea, Sweden
 Bulletin of the
 OMRRCA, Vol. 21, No.3, March
 1994

The Four Phases of the Monthly MxC

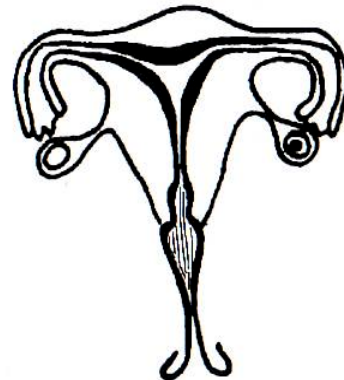
Menstruation



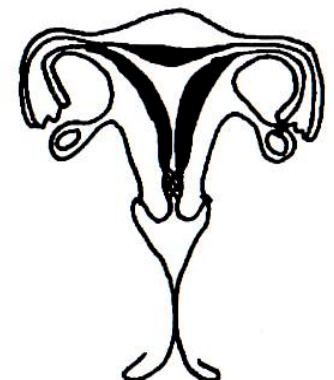
Pre-Ov.NFP



Fertile Phase



Post-Ov.NFP



1	light bleeding	U	
2	heavy bleeding	U	
3	heavy bleeding	U	
4	heavy bleeding	U	
5	light/spotting	U	
6	spotting/dry	I	
7	dry	I	
8	dry	I	
9	moist	F	
10	moist	F	
11	wet	F	
12	wet	F	
13	wet	F	
14	wet/slippery	Fx	
15	dry	Fx1	
16	dry	Fx2	
17	dry	Fx3	
18	dry	I	
19	dry	I	
20	dry	I	
21	dry	I	
22	dry	I	
23	dry	I	
24	dry	I	
25	dry	I	
26	moist	I	
27	moist	I	

Example Chart:

A Monthly Mx Cycle

1	spot bleeding	U	
2	bleeding	U	
3	spotting	U	
4	spotting	U	
5	nothing, dry	I	
6	no mstr, dry	I	
7	nothing dry	I	
8	moist	F	
9	moist	F	
10	moist	F	
11	moist	F	
12	moist	F	
13	watery	F	
14	sticky, wet	F	
15	shaky, wet	F	
16	shaky, wet	F	
17	shaky, wet	F	
18	sticky, wet	F	
19	sticky, wet	F	
20	slippery	F	
21	trickle	F	
22	trickle	F	
23	creamy, moist	F	
24	creamy, moist	F	
25	creamy, moist	F	
26	creamy, moist	F	
27	creamy, moist	F	
28	creamy, moist	F	
29	creamier	F	
30	creamier	F	
31	slippery	F	
32	slippery	Fx	
33	nothing	Fx1	
34	nothing	Fx2	
35	nothing	Fx3	
36	nothing	I	
37	creamy, dry	I	
38	creamy, dry	I	
39	creamy, dry	I	
40	sticky, dry	I	

1	nothing	I	
2	nothing	I	
3	nothing	I	
4	nothing	I	
5	nothing	I	
6	nothing	I	
7	nothing	I	
8	nothing	I	
9	nothing	I	
10	nothing	I	
11	nothing	I	
12	nothing	I	
13	nothing	I	
14	nothing	I	
15			
16			
17	Positive PT		
18			
19			
20			
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40			

Case Study One:
 34 yo.
Unexplained
infertility for 14/12
 following an
 abortion for severe
 fetal abnormality.
 Exercise induced
 late Ov.

1	moist	F	
2	moist	F	
3	moist	F	
4	moist	F	
5	moist	F	
6	spot bleeding	F	
7	spot bleeding	F	
8	heavy bleeding	F	
9	heavy bleeding	F	
10	heavy bleeding	F	
11	light bleeding	F	
12	spot bleeding	F	
13	spot bleeding	F	
14	wet in PM only	Fx	
15	dry	F1	
16	dry	F2	
17	dry	F3	
18	dry		
19	dry		
20	dry		
21	dry		
22	dry		
23	dry		
24	dry		
25	dry		
26	dry		
27	very light spotting		
28	very light spotting		
29	very light spotting		
30	very light spotting		
31	dry		
32	dry		
33	dry		
34	slightly moist		
35	slightly moist		
36	slightly moist		
37	slightly moist		
38	PT- positive		
39			

Case study 5.

36 yo.

Infertility for 30/12

Dx with EMx.

FSH 96mIU/L.

Conceived in chart 1.

Platformin x 2

	U (Wet)	AM - night to moci	S
10/12/1	U (Wet)	Medium - Bright Red	12/12/1
"	U	light dark blood	13/12/1
"	U (Wet)	light to Nothing ^{Dark blood}	14/12/1
"	U	light dark blood	15/12/1
"	U (Wet)	light to nothing	16/12/1
	OF (Wet)	NET	17/12/1
S	F	Wet	18/12/1
S	I	Dry	19/12/1
	I	Dry	20/12/1
	I	Dry	21/12/1
	F	Dry Moist	22/12/1
	F	Wet	23/12/1
	F	Wet	24/12/1
	F	Moist	25/12/1
	I	Dry	26/12/1
	I	Dry	27/12/1
	I	Dry	28/12/1
	I	Dry	29/12/1
S	F	Moist	30/12/1
	I	Dry	31/12/1
	I	Dry	1/1/2
	I	Dry	2/1/2
	F	Wet	3/1/2
S	F	Moist	4/1/2
S	F	moist	5/1/2
	F	Dry/Moist	6/1/2
	F	Wet	7/1/2
	F	Wet	8/1/2
S	F	Wet	9/1/2
	F	Wet	10/1/2
	F	Wet	11/1/2
S	F	Wet	12/1/2
	I F1	Dry	13/1/2
S	I F2	Dry	14/1/2
	I F3	Dry	15/1/2
	I	Dry/Moist	16/1/2
	I	Dry/Moist	17/1/2
	I	Dry/Moist	18/1/2
	F	Wet	19/1/2
	F	Slipped up	20/1/2
	F	Wet	21/1/2
	F	Wet	22/1/2
	F	Wet	23/1/2
	F	Wet	24/1/2
	F	Wet	25/1/2
	F	Wet	26/1/2
	F	Wet	27/1/2
	F	Wet	28/1/2
	F	Wet	29/1/2
	F	Wet	30/1/2
	F	Wet	31/1/2
	F	Wet	1/2
	F	Wet	2/2
	F	Wet	3/2
	F	Wet	4/2
	F	Wet	5/2
	F	Wet	6/2
	F	Wet	7/2
	F	Wet	8/2
	F	Wet	9/2
	F	Wet	10/2
	F	Wet	11/2
	F	Wet	12/2
	F	Wet	13/2
	F	Wet	14/2
	F	Wet	15/2
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	F	Wet	29/2
	F	Wet	30/2
	F	Wet	31/2
	F	Wet	1/3
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	F	Wet	25/3
	F	Wet	26/3
	F	Wet	27/3
	F	Wet	28/3
	F	Wet	29/3
	F	Wet	30/3
	F	Wet	31/3

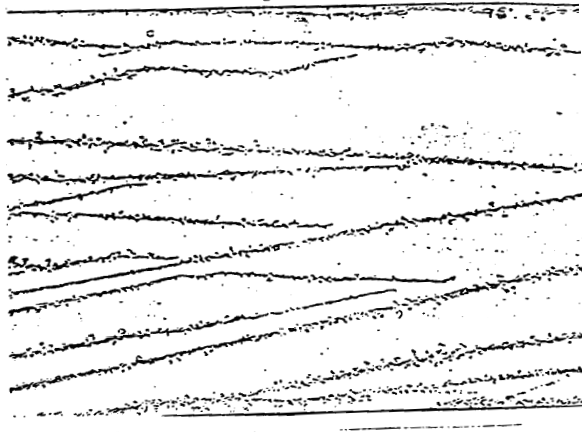
F - MOIST
 F - MOIST
 PT POSITIVE

Case Study Four:
 33 yo.
 Infertility for 36/12.
 Dx with PCOS and Endo.

P2 200X

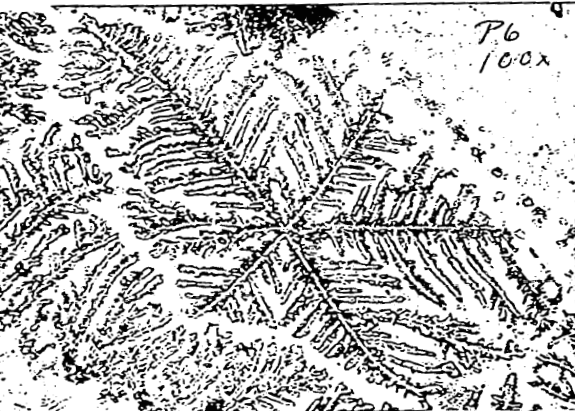


S 200X

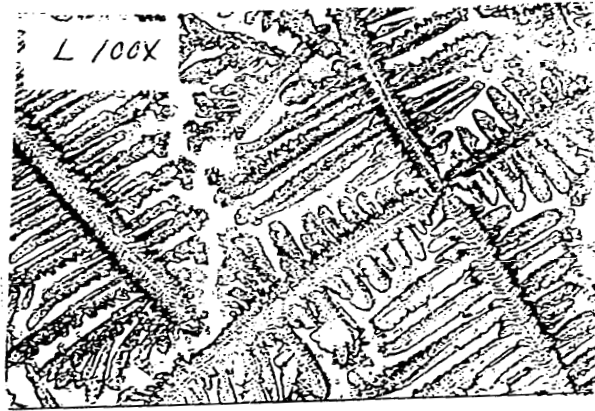


Different cervical mucus types under high powered microscope

P6
100X

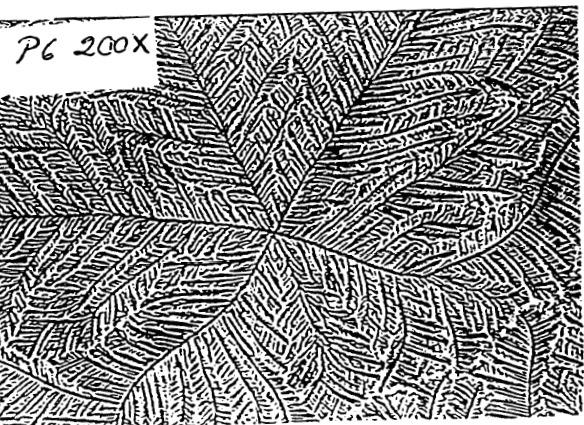


L 100X

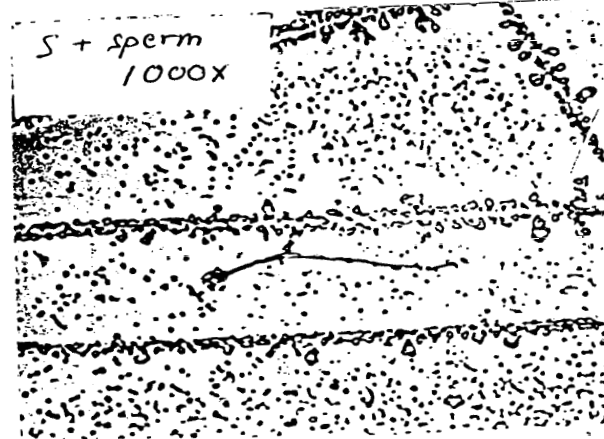


Erik Odeblad. Emeritus Professor of Medical Bio-Physics, University of Umea, Sweden. Bulletin of the OMRRCA, Vol. 21, No.3, March 1994

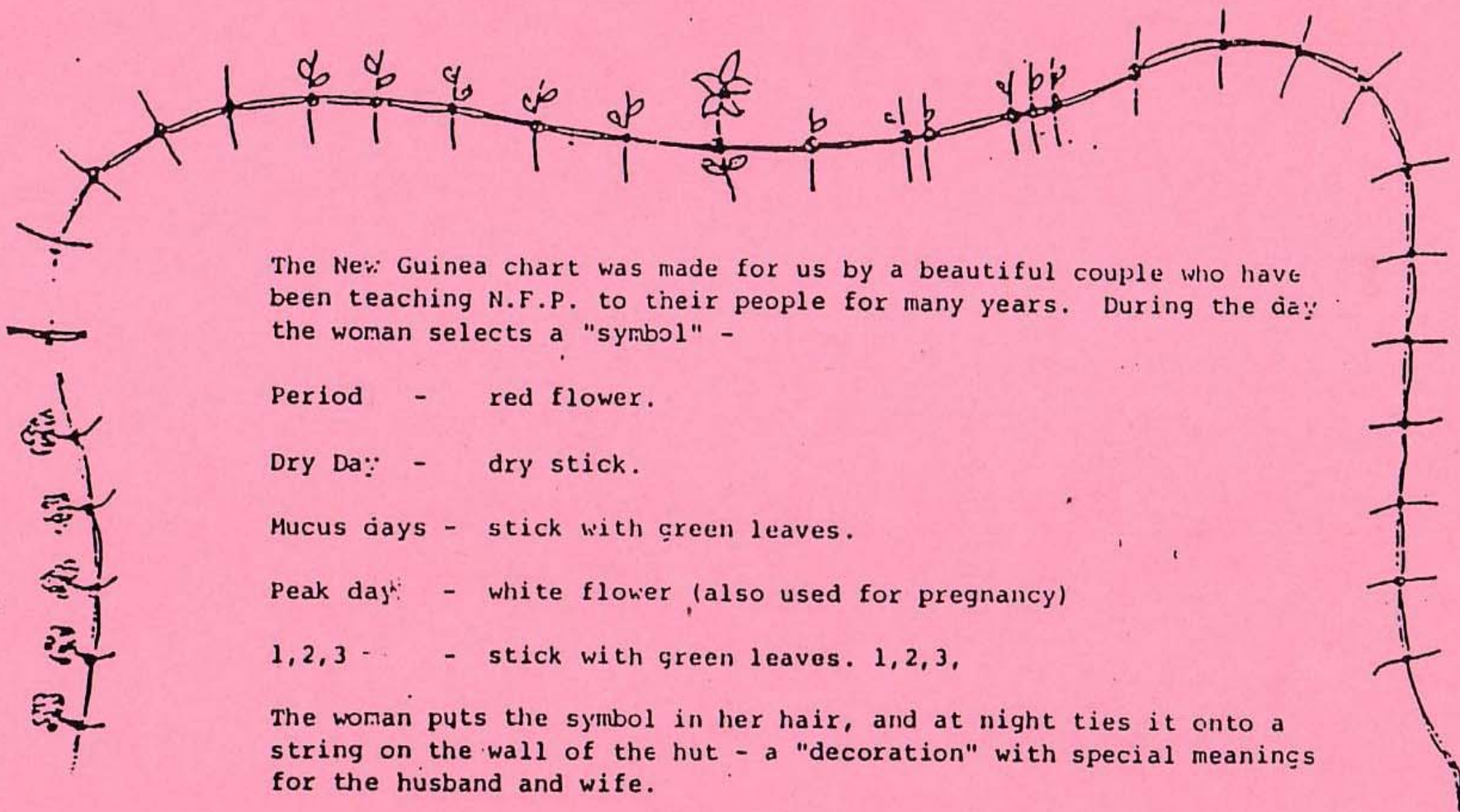
P6 200X



S + sperm
1000X



The New Guinea Chart.





likely to result in pregnancy. The next four beads are green followed by another three blue ones signifying days when intercourse is likely to result in

pregnancy. The last nine beads are a neutral color again indicating days when pregnancy is less likely to occur. A woman can keep track of her cycle by moving an earring or other small hooked object to the next colored bead each morning.

Trainers relate that charts and diagrams sometimes create difficulty in educating the marginally literate or those who are unfamiliar with formal timekeeping methods. ICA's experience has shown that after 10 minutes of explanation of the necklace by the trainer "smiles of comprehension begin to break out." Due to the necklaces affordability, participants are encouraged to take one home to

and testified on their conditions during hearings for what later became the Statute of the Child and of the Adolescent. These events by themselves have not resolved the fundamental inequalities of poverty and gender discrimination but they do point to possibilities. There is still much work to be done by activists — and young women themselves. With the right tools in hand we can change their realities. (This article was written by Seble Dawit, Consultant in International Human Rights, with assistance by ICAF staff, and with reference to: United Nations General Assembly resolution the Convention on the Rights of the Child, "The Girl Child: An Investment in the Future," UNICEF, New York, 1990, "Restavek: Child Domestic Labor in Haiti," August 1990, Minnesota Lawyers International Human Rights Committee, Minneapolis, CHILDHOPE and PANAMOR in Costa Rica.)

Passages

is published quarterly in Washington, DC, by the International Center on Adolescent Fertility (ICAF), a project of the Center for Population Options. CPO works to reduce unintended teenage pregnancy and the spread of HIV/AIDS among adolescents by supporting programs worldwide to enhance decision-making in key areas of their lives; to promote family planning; and to improve access to health care. *Passages* is available in French and in Spanish editions,