

Natural Family Planning

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Benefits

1. Is safe medically

Since no drugs or chemicals are used, there are no physical side effects.

2. Helps to develop awareness of discharges

A valuable guide to gynecological health: knowing when a discharge is not normal, a woman can seek early medical attention.

3. Helps to develop awareness of fertile times

Knowing the time of fertility, a couple may choose to achieve or avoid a pregnancy

4. Helps to achieve a pregnancy

One in four couples have a fertility concern.

5. Is morally acceptable

The Catholic Church approves the use of NFP when a couple has a serious reason to limit their family size, the Catholic Church approves only the use of natural family planning methods to avoid a pregnancy.

6. Helps to promote romance

Romance is promoted as an essential part of a committed marriage relationship.

7. Helps to enhance couple communication

Open communication about times of fertility and infertility encourages open communication in other aspects of life.

8. Helps to appreciate fertility and children.

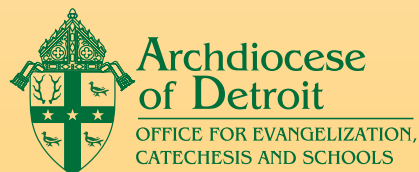
NFP encourages respect for both the man and the woman. Children are recognized as "gifts".

9. Helps to exercise responsible parenthood

Couples take into consideration physical, economic, psychological and social concerns in determining their family size.

10. Is financially advantageous

There is a one time nominal cost for the series of classes. Supplies for each method vary. Charts, and/or a thermometer may be used.



Effective and Safe

Modern natural family planning methods are based on scientific research.

Natural family planning is a way of life in which couples recognize their fertile time, and together decide to engage in or abstain from genital activity depending on whether pregnancy is to be achieved or avoided.

Natural family planning requires

- A committed relationship
- Couple cooperation
- Communication skills
- Self-control

Natural family planning is used

- For regular cycles
- For irregular cycles
- During cycle changes
- During perimenopause
- During nursing and weaning
- During stressful circumstances
- After the use of synthetic hormones



To purchase the NFP DVD

Send check or money order for \$20 to:

NFP

**305 Michigan Avenue,
Detroit, MI 48226**

Contact information

Natural Family Planning

305 Michigan Avenue
Detroit, MI 48226-2605

313-237-4679

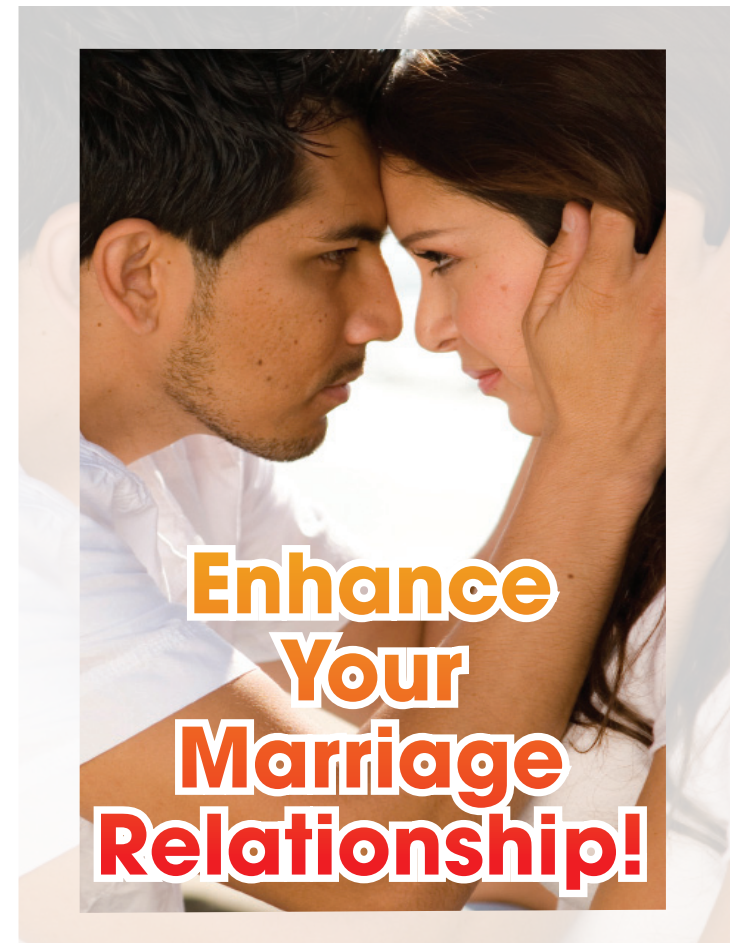
or email nfp@aod.org



Natural Family Planning classes are offered throughout the Archdiocese of Detroit.

There is a \$75 fee for the series of classes. Registration is required

Additional information may be found on our web page at: www.nfponline.org



97-99%*
Overall method effectiveness

Ovulation Method 97%

Sympto-Thermal Method 98%

Strict Temperature Method 99%

* According to the Physicians' Desk Reference



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Consider Natural Family Planning

A woman experiences three signs of fertility: cervical mucus, temperature changes, and cervical changes. Modern Natural Family Planning methods determine fertility or infertility from daily observations of one or more of these signs.

**It's not sex that gives meaning to our marriage relationship!
It's our marriage relationship that gives meaning to our sex!**



Enhance Your Marriage Relationship! DVD

Hear from an OB/GYN, Nurse Practitioner, and a parish priest along with seventeen couples as they share their professional and personal experiences with NFP on a two disk DVD addressing medical and moral aspects of NFP.



Dr. Daniel Greene,
OB/GYN



Mary Bieniasz,
M.S.N.P.



Fr. Jeffrey Day

■ Conjugal love is both love giving (unitive) and life giving (procreative).

■ Intimacy is frequent and meaningful.

■ Children are a blessing.

■ Will you accept children lovingly and bring them up according to the law of Christ and His Church?

■ Users of natural family planning control their sexual desires. Sexual desires do not control them.

■ A woman's mysteriously changing moods are understood by simply learning the natural responses of her body.



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or nfp@aod.org



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