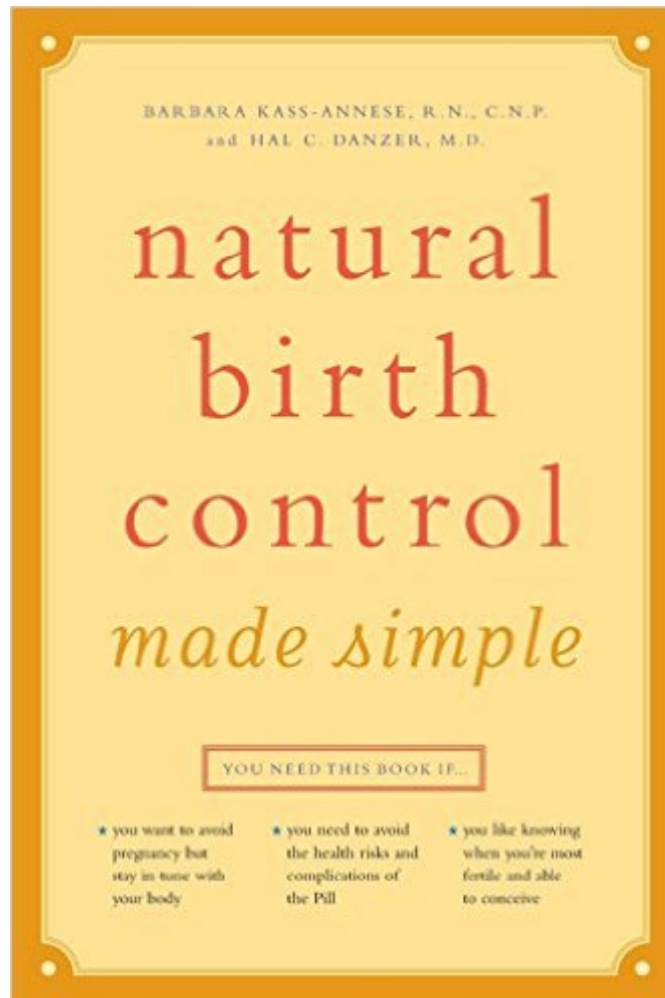


The book was found

Natural Birth Control Made Simple



Synopsis

This book gives specific instruction on the use of two methods of family planning: Natural Family Planning and Fertility Awareness Method. These methods give couples natural choices: 1. To avoid pregnancy, you can determine when you are infertile and have sexual intercourse without conceiving. 2. To become pregnant, you can track the days of the month when you are most fertile and have intercourse when you are most likely to conceive. 3. These safe non-invasive techniques can be used by themselves or combined with other contraception methods. 4. The techniques are noninvasive, have no side effects and carry no danger of toxic infection or cancer. The authors, experts in fertility awareness, have completely revised and updated this newly titled edition of the book. The new material includes several new examples of natural birth control and the fertility awareness method, with illustrations. The book contains 40 charts for readers to use. The book is written in an accessible style and contains edifying case studies.

Book Information

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Customer Reviews

If you're looking for a good place to start - this book is not it. While I think the author gives good descriptions of your fertility signs, I don't think this book is a good idea for people new to NFP. My biggest beef with this book is how the 'rules' are presented. What you need to know is that there are basically two forms of NFP: STM and OM. STM (Sympto-Thermal Method) uses your basal body temperature, cervical mucus observations and changes in your cervix to determine when you are fertile and when you are not. OM (Ovulation Method or Billings Ovulation Method) relies on cervical

mucus observations to determine your fertility. While both can be effective - they use different rules. The author presents both STM and OM - but she mixes up the rules! The result is a mish-mash of fertility rules that I think will lead to lower effectiveness rates. If you want to use NFP effectively, you need to pick one method and follow the rules for that method. An example of this mix up involves the rules before ovulation. The author lists one of the STM rules (page 114) as abstaining during menstrual bleeding. This is not an STM rule - this is an OM Rule. There is no reason, if you are using STM that you need to abstain during the menstrual bleeding - but you MUST abstain during any bleeding if you are using the Ovulation Method. With STM, you use your Basal Body Temperature rise to know when you are experiencing true menstrual bleeding - and not breakthrough bleeding, which is very fertile. With the Ovulation Method - there is no way of knowing (since you don't take your temperature) if bleeding is true menstruation - so with the OM, you must abstain during any bleeding. Then on page 117, the author discusses the Cervical Mucus Method (aka Billings Ovulation Method) and suggests that you should abstain during your menstrual bleeding - or - you can have intercourse during the first five days of your cycle. Well - which is it? With the OM - you must abstain during any bleeding. The first five days option is a rule from STM. If you're new to Natural Family Planning or Fertility Awareness - these may not seem like big differences. But take it from someone who has studied both methods - it is important to follow the rules. You can't take a little from this method and a little from that method and hope to get an effective method of postponing pregnancy. The author will say that there are some rules that are more conservative - and others that are less - but doesn't always clearly identify which is which. For a beginner to NFP - this is trouble. If you're looking to learn more about Natural Family Planning, pick a better book. Try "The Art of Natural Family Planning" - while it's a bigger book - you'll get clear instruction on the rules, along with the effectiveness of each rule so you can make informed decisions. I gave this book two stars (instead of one) because I think the author does do a good job describing fertility signs and how to observe them. That aside - choose another book to start learning about NFP - this one mixes up too many rules to be a good beginner book. If you are serious about using NFP effectively - don't choose this book.

This was the first book I got when I began learning about natural fertility methods. I'm glad I picked it up because it explained the method in a way that didn't seem daunting. It was good at explaining something so complicated as fertility in a clear, concise manner. I would recommend this as a book to get you started on learning about the natural fertility methods but I recommend even more highly, "Taking Charge of Your Fertility."

Using mucus readings, your basal body temperature and simply following your period, you can lay aside "the Pill" and embrace the intelligence of your fertile body. My favorite discovery from the book is knowledge about reading your vaginal discharge. Before, I had no idea that this discharge was linked to fertility and infertility. I let my partner read it as well to help him get involved in our natural birth control method. This book is for naturally planning and avoiding a pregnancy. The details are clear, concise and easy to follow. You'll want a copy of this on your bookshelf for future reference. I would recommend a copy for teenagers as well since birth control is usually thrown upon sexually active minors. This book will encourage a young lady, whether on the pill or not, to understand and appreciate the fertility signals coming from her body.

This book clearly and accurately describes the natural changes that a woman's body goes through during her fertility cycle. In language that is easy to understand, the author (who is a nurse) describes each phase and its corresponding symptoms in clear, plain English. While there is a lot of information, it is a thin book that is easily read in one sitting. I refer to it often and find more things explained to me each time I read it. I have no doubt that after reading this book, I can confidently and accurately track my fertility, and I'm sure anyone else can, too. I bought this when I went off the pill, and no other book compares. It is a must-have for any woman of child-bearing years. I wish I would have known about this book before I messed up my body by being on the pill . . . it took MONTHS to get back on track. But this book was a Godsend in helping me to understand my body, which is the most important thing.

This book was a fantastic read! Not only did it describe and show you how to chart your signs of fertility it also went into great detail on how both the female and male reproduction system works, therefore making your own fertility signs make sense to you, rather than just charting and guessing on signs. This book addressed the Natural Family Planning method as well as the Fertility Awareness Method. It was written from a strictly informational point of view and doesn't try to shove any religious motive on you for trying the NFP method. Also, they include many examples to help you learn how to use the charting system and also include a blank chart for you to copy and use. I would highly recommend this book to anyone either considering using NFP or FAM or even to just become more aware of the way their body works! Excellent, excellent book.

On the front of the book it says, "You need this book if...You want to avoid pregnancy but stay in

tune with your body You need to avoid the health risks and complications of the Pill You like knowing when you're most fertile and able to conceive." So from those three statements you can determine if this book might be in the least interesting to you. Basically it's all about natural birth control and learning about the reproductive cycle (of both men and women) in order to learn the signs your body has for showing you when you are most fertile or infertile. If you don't want to use any other form of birth control, this is another option. I found this book incredibly simple (hence the title) and easy to read and understand. When I first flipped through it I was overwhelmed by all the graphs and charts, but once I started reading, it flowed and made sense. So this would be a good starting book.

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