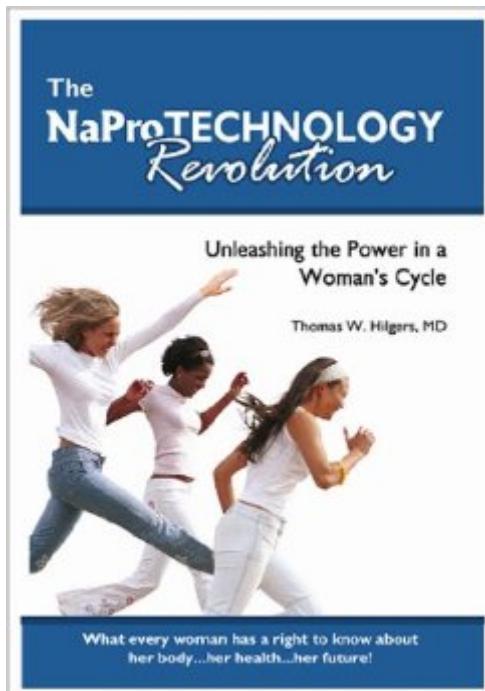


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# The NaPro Technology Revolution: Unleashing The Power In A Woman's Cycle



## **Synopsis**

Dr. Thomas W. Hilgers draws on decades of medical experience to provide educational and revolutionary insights into the world of women's health. The NaPro Technology Revolution provides real solutions to real problems such as infertility, repetitive miscarriage, menstrual cramps, postpartum depression, PMS, prematurity prevention, ovarian cysts, hormonal abnormalities, irregular/abnormal bleeding, chronic discharges, polycystic ovarian disease, and family planning. Hilgers sheds light on abnormal ovarian function, an issue that millions of women unknowingly suffer from. His methods have proven to assist infertile couples nearly three times more successfully than those who use In Vitro Fertilization, without the dangers of early abortions, frozen embryos, or high rates of multiple pregnancy. The NaProTechnology Prematurity Prevention Program cuts the rate from the national 12.7% to 7%. The NaPro Technology Revolution discusses what every woman has a right to know about her body, her health, and her future!

## **Book Information**

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## **Customer Reviews**

Dr. Thomas Hilgers maintains that "Each of...three major developments in the field of reproductive medicine - the release of the birth control pill, the legalization of abortion, and the introduction of in vitro fertilization - has had a major impact on the practice of obstetrics and gynecology and the health care of women" (p. 4). He goes on to powerfully describe the devastating impacts brought about by each of these developments. Counter-culturally, Hilgers maintains that fertility awareness can be taught for postponing or achieving pregnancy. He advocates instruction to wives and

husbands "to determine, in effect, when the biological valve is open (a time of fertility) and when it is closed (a time of infertility)....These observations are easy to do and require very little time" (p.52); his revolutionary NaPro Technology is an outgrowth of this approach. The second and third sections of The NaPro Technology Revolution provide a review of the human reproductive system and explanations of the Creighton Model charting system & NaPro Technology, respectively. The fourth section consists of chapters devoted to Effects of Stress, Recurrent Ovarian Cysts, Premenstrual Syndrome, Postpartum Depression, Infertility: What Progress Over 50 Years, NaPro Technology & Infertility, Recurrent Miscarriage, Endometriosis, Polycystic Ovarian Disease, Absence of Menstrual Periods, Male Infertility, Menstrual Cramps & Pelvic Pain, Chronic Vaginal Discharges, Unusual Bleeding, and Prevention of Preterm Birth. The closing section consists of chapters devoted to Costs & Insurance Reform and New Insights from Current Research. Don't expect to see any praise coming from the pharmaceutical industry for Hilger's magnificent work.

Dr. Hilgers has often stated publicly that there are many who have an opinion of NaProTECHNOLOGY, but none of them actually have the faintest idea what it is. With the release of this book, lack of understanding can no longer be an excuse! Within its 460 pages, this long anticipated book creates a clear, concise and comprehensive overview of the Creighton Model FertilityCare system and NaProTechnology (NPT). Written specifically for the lay person, it includes guides for the physician and other health care providers with explanations of treatment protocols and further references online. In the introductory chapter, Hilgers promises the female reader that, if she has ever been dissatisfied, frustrated or even abandoned by her health care provider, she is not alone. He then begins to outline the current approach to reproductive health care, health care he explains is neither reproductive nor healthy. From here, he launches into an explanation of this new approach to women's health care, with chapters entitled "Dissent and Discovery", "Women Healed" and "Two Approaches to Reproductive Medicine". As most women have a lack of understanding of basic reproductive functioning, Dr. Hilgers devotes the first few chapters on female anatomy, physiology and hormone cycles. He addresses the "myths, ignorance and insults" that have been placed before this work over the many years of its development and lambastes the state of modern reproductive medicine. While explaining the NaProTracking of the fertility cycle, Hilgers is careful to give a full explanation without taking away the need for instruction with a FertilityCare Practitioner.

I am a proponent the underlying concepts described in this book, which is the use of a suite of techniques to diagnose and treat a variety of women's health issues. However, I found the way this

book is written to be very frustrating for the following reasons.- There is massive over use of italics, and it is really distracting. Probably 40% of the words in this book are italicized. Sometimes it isn't at all clear why words or a paragraph even are italicized. I realized this is just a matter of style, but I would think any editor would have taken care of this.- There is also massive overuse of the term NaProTECHNOLOGY which appears in bold about 3 times per page. From reading this book, "NaProTECHNOLOGY" seems to be the body of research and treatment tools that the author has worked on over the course of his career. Most other authors would describe this as "my approach" or "this alternative set of diagnostic and treatment tools".- I find the lack of specific detail in this book to be frustrating. I think for some people the very sweeping descriptions and flowery language could be just fine. I am the type of person that likes to (at least try) to understand the pathology and treatment of any medical issues I'm facing. This book is short on details.- More broadly, I've found the general attitude of secrecy surrounding the Creighton method to be very frustrating. There is an attitude that you need to be trained by an educator to practice the method. I've done this, and the particular woman I worked with was not the sharpest tool in the shed (she accused me of lying when I said my average cycle was ~70 days long), which is why I purchased this book hoping for more detail and insight.

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