



My husband and I got married in our late 30's and hoped for children. We both have mild health issues- hemochromatosis & hypothyroidism- that could have limited our fertility. While we were still dating we talked about wanting to learn the Creighton method of Natural Family Planning. Our Creighton consultant really encouraged me to talk with an NFP-friendly doctor about my untreated hypothyroidism, how it appeared to affect my cycle and the problems it might cause when trying to achieve and maintain a healthy pregnancy.

Our family doctor was super supportive and I was able to start treatment shortly before our wedding. We used what we learned through the Creighton method to recognize optimal times to conceive- and happily welcomed our little girl shortly before our first wedding anniversary.

We know that every couple engages Natural Family Planning for different reasons- and God's timing and blessings can be mysterious. We are grateful that NFP gave us an increased awareness of our health as we started our family!