



Conversations about Fertility

Charting Toward Intimacy

[HTTPS://OAKDIOCESE.ORG/RESOURCES-NFP](https://oakdiocese.org/resources-nfp)

Podcast host Ellen Holloway's topics range from interviews with couples and individuals using NFP to theological discussions.

Guiding Star Project

[HTTPS://GUIDINGSTARPROJECT.COM/BLOG/](https://guidingstarproject.com/blog/)

A blog affirming Natural Law and wholistic feminism which supports a whole-person approach to fertility, childbearing, and family life.

Hormone Genius

[HTTPS://WWW.HORMONEGENIUS.COM/](https://www.hormonegenius.com/)

A podcast series developed by two FertilityCare leaders to empower women to "become the genius of their hormones" and proud owners of their "feminine design."

Natural Womanhood

[HTTPS://NATURALWOMANHOOD.ORG/](https://naturalwomanhood.org/)

A secular national NFP education organization which offers engaging articles and other useful resources.

Off the Charts

[HTTPS://WWW.OFFTHECHARTSNFP.COM/](https://www.offthechartsnfp.com/)

An online NFP support, education, and subscription community in conformity with Catholic teaching; it offers support to a variety of NFP method users.

You, Me, and NFP

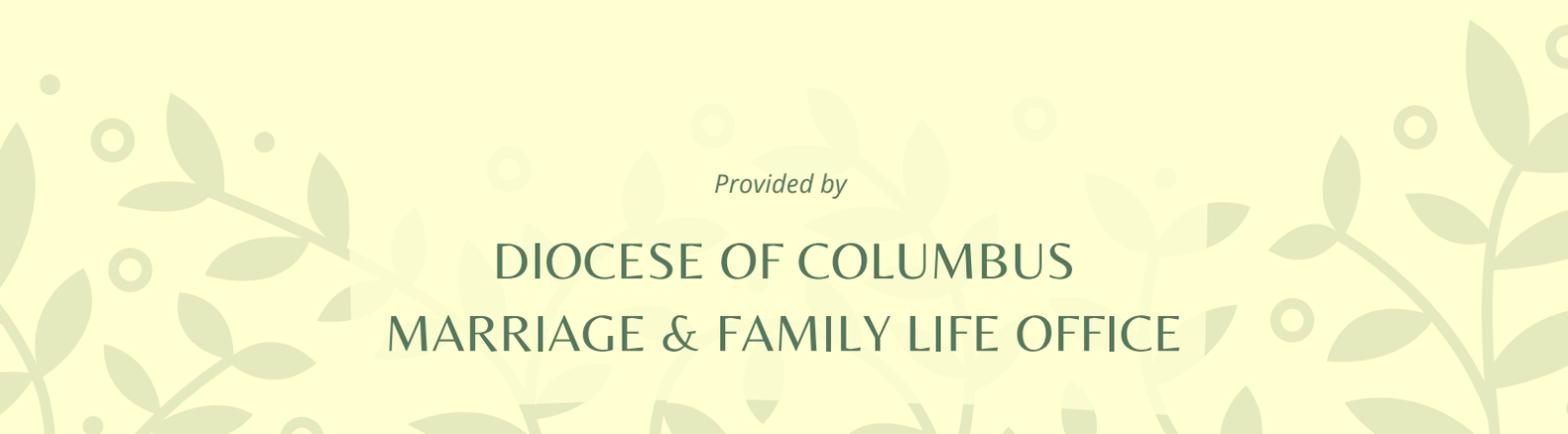
[HTTPS://WWW.YOUMEANDNFP.COM/](https://www.youmeandnfp.com/)

A website developed by a Marquette Method teacher and her friends. The site provides an engaging and simple overview of NFP methods and Catholic teaching.

Provided by

DIOCESE OF COLUMBUS
MARRIAGE & FAMILY LIFE OFFICE

<https://columbuscatholic.org/natural-family-planning>



FERTILITY TECH

WEARABLE DEVICES

TempDrop and iFertracker

Device is worn overnight under the arm and collects continuous temps during sleep. Uses an algorithm to define the lowest BBT of the night.

Duo Fertility

Armband sensor worn overnight captures temperatures, then syncs with companion app to determine estimated date of ovulation based on an algorithm.

Ava Bracelet

Worn overnight on the wrist; it records skin temp, resting pulse, heart rate variability, perfusion (the rate at which blood is delivered to tissues), and breathing rate.

AT-HOME HORMONE TESTS

Clearblue Fertility Monitor

Morning urine test that measures urinary metabolites of estrogen and LH. Provides "low" and "high" readings for estrogen and a "peak" reading when LH surges.

MIRA

Analyzer reads a morning urine sample and syncs with an app; it provides a quantitative measure of LH (how much, not just whether present or not).

PROOV

Urine test strips that measure PdG, a metabolite of progesterone, which confirms ovulation.

Wondfo One Step

Urine test that measures LH metabolites to detect days nearest ovulation.

There are many devices available to help with your practice of fertility awareness. Be informed about what might work for you and whether it does what it claims to do. Find detailed comparison charts of wearable devices and at-home hormone tests at

[HTTPS://LIVETHELOVE.ORG/FEMTECH](https://livethelove.org/femtech)