Each woman’s body with its delicate balance of hormones is unique and fascinating. By learning a method of fertility awareness, a woman is empowered when she learns how to observe the natural signs her own body provides.

No matter her age or cycle length, a woman can monitor her reproductive health.

Within marriage, during each cycle, a couple can determine fertile and infertile days in order to achieve or delay pregnancy.

Methods of Fertility Awareness

Contact Information

**Billings Method**  
Dolores Shipe  
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**Creighton Model**  
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**Couple to Couple League**  
Brian and Laura Hall  
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**FEMM**  
Maria Phelps  
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**Marquette**  
Dr. Kirsten Lin  
familymattersdpc.com

Class dates and registration can be found at modernfertilitycare.org

Fertility Awareness

...at any age

...natural

...chemical-free

...effective to achieve or postpone pregnancy

...no side effects
**Fertility Awareness** is a natural, effective and personal methodology for a woman to learn about her body and the observable signs of fertility she experiences with every cycle.

There are several methods that fall under the general term of “fertility awareness,” teaching a woman of any age how to observe and determine the observable signs of her body. Each method has been developed and researched by doctors and scientists all over the world. They are highly effective and can be used whether a woman is trying to achieve or postpone pregnancy, with up to 98-99% accuracy.

When a woman charts her cycle, she gets to know her own body, realizing the uniqueness and beauty of how she has been created. Her cycle is as individual as she is and she is empowered with the knowledge of her own cycle. By charting her cycle, she can monitor her own reproductive health and discuss any issues arise with her doctor.

The Billings Method, developed by Drs. John and Evelyn Billings, teaches a woman how to observe and record her cervical mucus. The primary observation of sensation as well as observed cervical fluid is noted. There are four simple rules that are applied within the woman’s cycle based on the intent to achieve or postpone pregnancy. To learn more about the Billings Method, visit [www.boma-usa.com](http://www.boma-usa.com)

The Creighton FertilityCare System is a standardized, medical model of natural fertility regulation. It is a modification of the Billings Method and involves tracking specific biomarkers.

The introductory session covers basic anatomy, research studies, effectiveness, and an introduction to charting. The actual course is comprised of eight private follow up counseling sessions that occur at specific intervals and are extremely important for successful use of the system. To learn more about the Creighton FertilityCare System, visit [www.creightonmodel.com](http://www.creightonmodel.com)

Couple to Couple League (CCL) uses the Sympto-Thermal Method, based on changes in a woman’s cervical fluid and basal body temperature, both of which change in response to the hormones of the menstrual cycle. With this method, a woman takes her temperature at the same time in the morning every day as well as observes her cervical fluid throughout the day. The information is recorded and cross-referenced.

The course consists of the three sequential, monthly classes as well as personal charting and follow up. To learn more about the Could to Couple League, visit [www.ccli.org](http://www.ccli.org)

FEMM – Fertility Education and Medical Management – is a comprehensive women’s health program. FEMM teaches women how to monitor hormonal and other signs of health and fertility in their monthly cycles.

FEMM also offers a teen program for young women to learn about their bodies, how to chart and recognize potential issues that need to be addressed. To learn more about FEMM, visit [www.femmhealth.org](http://www.femmhealth.org)

The Marquette Model is a Hormonal Fertility Monitoring method that uses a combination of ovulation test strips and an electronic fertility monitor, such as the ClearBlue Easy Fertility Monitor, in addition to observing cervical mucus. To learn more about the Marquette Model, visit [https://www.marquette.edu/nursing/natural-family-planning-model.php](https://www.marquette.edu/nursing/natural-family-planning-model.php)