



Natural Family Planning

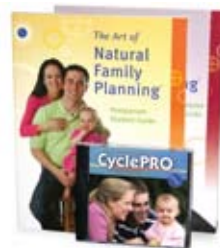
Two ways to learn

The **best way to learn** “the art of Natural Family Planning” is to attend the NFP course of the Couple to Couple League (CCL) — three classes spaced a month apart, taught by professionally-certified couples in their local communities. Use our website — www.ccli.org — to search for a Teaching Couple in your area or call 800-745-8252.



If you cannot attend classes, the **next best way to learn** is through the *CCL Home Study Course*. For more information or to order the *Home Study Course*, call 800-745-8252.

CCL also offers specialized **classes for the postpartum and premenopause transition times** (check for availability through local Teaching Couples), as well as an **electronic charting option, CyclePRO®**. (Note: CyclePRO® does not teach the Sympto-Thermal Method; for more information visit www.ccli.org/cyclepro.)



Your local CCL Chapter



The Couple to Couple League
P.O. Box 111184
Cincinnati, OH 45211-1184
ccli@ccli.org • www.ccli.org

The Couple to Couple League International, Inc. is a non-profit organization founded in 1971 to provide quality NFP services throughout the world in order to build healthy marriages through the art of Natural Family Planning.

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The Art of Natural Family Planning®



Safe, healthy and effective...
and it can change your hearts in surprising ways!



Learn Natural Family Planning

Discover a natural way to postpone or achieve pregnancy... a modern method of Natural Family Planning (NFP) **proven to be 99% effective** in postponing pregnancy... a method also

used with considerable success by couples trying to conceive — even when they’ve previously had difficulty achieving a pregnancy.

Natural Family Planning is based on an awareness of a woman’s fertility. You’ll learn how to interpret certain signs in a woman’s body that indicate her fertile and infertile times. You’ll also learn about how exclusive and continued breastfeeding can give a woman a time of extended infertility following childbirth.

As couples learn NFP, they will be making observations and charting. With the Sympto-Thermal Method, it takes just one minute each morning to take the woman’s waking temperature, plus a few moments for her to observe cervical mucus throughout the day. Once this information is recorded on a chart, couples have a **complete picture of their fertility...It’s very simple!**

The advantages of Natural Family Planning

Medically safe

Because NFP is **100% natural**, it is 100% safe and has **no health risks**. It involves no potentially harmful birth control drugs or devices.

Increased health awareness

Because NFP teaches a woman to become aware of her normal fertility pattern, changes in this pattern can alert her to possible medical problems.

Effectiveness

It’s 99% effective in postponing pregnancy — the same effectiveness range as hormonal methods and more effective than devices, creams, and other unnatural methods.

Low cost

NFP costs significantly less than other forms of birth control. After learning it, there are no continuing costs.

Helpful for achieving pregnancy

Couples just change their timing. There’s no waiting period. And there’s been no damage to the woman’s fertility — as can happen with some unnatural methods.

More satisfying marriages

Most couples report that practicing NFP has a positive effect on their marriages. They find that **periodic abstinence helps keep their relationship fresh, improves their communication, and gives them a deeper respect for each other**. Couples also like having a morally consistent message to give their children about sexuality.

Morally acceptable

All major religious bodies including the Catholic Church accept the use of NFP by married couples when there are just reasons to postpone pregnancy. The Catholic Church clearly teaches that it is wrong to use unnatural methods of birth control. (So do some Jews, Orthodox, and Protestants.) In addition, hormonal birth control can cause very early abortions by preventing new life from implanting in the mother’s uterus.





The Art of Natural Family Planning® with The Couple to Couple League

Learn how breastfeeding spaces babies naturally

The world's oldest form of birth regulation is breastfeeding, and it does space babies when it follows the norms of nature. With exclusive breastfeeding the baby stays close to his mother, and nurses frequently. This eliminates the need for pacifiers, supplemental formula, and early solids. The baby nurses without a rigid schedule. Frequent nursing produces higher levels of prolactin, which can lead to suppressed ovulation. Exclusive breastfeeding mothers can usually expect an extended time of infertility. The length of infertility is based on many factors that are addressed in a special Postpartum Class.

Not the Rhythm Method

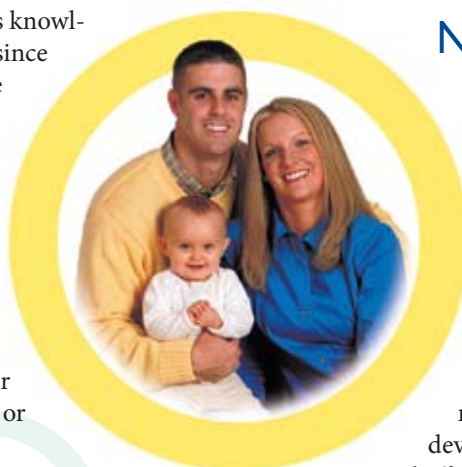
Modern NFP is not the Rhythm Method. The Calendar Rhythm Method was developed in the 1930s and was based on average cycle lengths, but it did not work well for women who had irregular cycles. Tremendous knowledge about the fertility cycle has been gained since then, and modern NFP relies on current-cycle fertility observations.

Works with irregular cycles

Modern NFP can still be used effectively by women with irregular cycles because, in general, if the fertile time comes earlier or later than usual, the fertility signs will come earlier or later as well.

NFP can help less-fertile couples achieve pregnancy

After learning NFP couples become aware of the most fertile days in the cycle, allowing them to maximize their mutual fertility. In addition, charted cycles may reveal certain patterns that can reduce fertility and that can sometimes be corrected simply by better health practices. NFP helps many low-fertility couples to achieve pregnancy. If a couple does need medical assistance, NFP charts can provide valuable information to a knowledgeable physician.



NFP helps build better marriages

While many couples are not looking into NFP out of a desire to improve their marital relationship, those who practice NFP often find that they learn to communicate more fully and creatively with each other. They learn not to ignore each other during the times when they choose to forego marital relations. Rather, couples often develop other ways of expressing their love and affection.

Many couples have experienced that NFP helps them control their sexual drives (instead of being driven by them), which has a positive effect on their marriages. They discover that periodic abstinence helps keep their sexual relationship fresh, improves communication, and allows them to give of themselves more fully and freely during marital relations. Many couples report that the practice of NFP helped restore a mutual respect for each other as persons to be loved and gifts to be appreciated.

NFP puts God in the picture

NFP teaches couples to come to know themselves and each other more deeply through knowledge about the sexual powers. This touches on the mystery of God because these powers reveal love, which is *the* most human act and *the* act

of God. NFP couples often find their new knowledge allows them to experience an awe and wonder of themselves, their spouses, and God. Thus, NFP can lead precisely to the knowledge that encourages us to treasure each other and God.

What Couples are Saying



“We are absolutely thrilled with the Sympto-Thermal Method! We finally found peace in planning our family, and I was shocked to find out how much I enjoy not being on the Pill any more. I’m just disappointed that it took so long for us to find that there is an alternative to artificial birth control methods.” — S.P., CA

“We both really appreciate knowing what my body is up to.” — K.S., WV

“I want to thank you for what you have brought into my life. I was on the Pill, and while I was happy with its effectiveness, something was missing. I now feel so much healthier — physically and spiritually.” — K., VA

“My husband attended a convention last year and learned about CCL and NFP. Imagine my surprise when he returned home and lovingly ‘ordered’ me off the Pill! We welcomed the classes with open arms. I learned so much about my body in that first class that I vowed never to go back to the Pill. I was so amazed to learn about all of the signs that my body would display through my cycle...things that no doctor, no health class or even my mother ever told me.” — K.E., NJ

“The CCL Home Study Course has been my best investment in the past several months. I feel very comfortable with the program, not to mention how proud and empowered I feel about learning so much about my body and its cycles. What a wonderful feeling!” — C.O., FL