

## How do I start?

If you wish to learn more about *FertilityCare* for family planning and gynaecologic health you can attend your local Teacher-Practitioner for an Introductory Session. This is a one hour long slide presentation during which you have an opportunity to ask questions regarding your own Fertility and how the system works. It is usually an open group session, but a private presentation can be arranged upon request.

If you decide to enter the programme, individual follow up appointments will be made for each couple as follows;

Follow up 1.....2 weeks

Follow up 2.....4 weeks

Follow up 3.....6 weeks

Follow up 4.....8 weeks

Follow up 5.....12 weeks

Subsequent Follow ups .....3-6 month intervals

The first follow up lasts 90 minutes and subsequent sessions last about 60 minutes.

The cost of follow up sessions is approximately 30 Euro for family planning and Gynaecologic health, and 40 – 50 Euro for infertility reviews.

To contact a *FertilityCare*  
Practitioner near you;

## Benefits

- Highly Effective system of Family Planning
- Free from any side effects
- Eco-friendly
- Understand your cycle
- Interpret your “Fertility Potential”
- Maintain Gynaecologic Health
- Prevent miscarriage
- Treat infertility
- Build self esteem
- Men get actively involved
- Enhance couple communication
- Reduce divorce risk



### References:

1. [www.naprotechnology.com](http://www.naprotechnology.com)
2. Human Fertilisation and Embryology Authority (HFEA) UK
3. CrM Use effectiveness study J Reprod Med 1998;43:495-502
4. Contraceptive failure rates. Fam Plann Perspect. 1999 Mar-Apr;31(2):56-63. Fu H, Darroch JE, Haas T, Ranjit N. Alan Guttmacher Institute (AGI), New York, USA.

# FertilityCare™

## Family Planning for the 21<sup>st</sup> Century



[www.fertilitycare.co.uk](http://www.fertilitycare.co.uk)

[www.fertilitycare.net](http://www.fertilitycare.net)

## FertilityCare

FertilityCare is an exciting new concept in reproductive health care.

It is a holistic approach that empowers couples to make healthy reproductive choices regarding their fertility.

FertilityCare sees fertility as a normal healthy condition that ought not be suppressed or tampered with if it is functioning normally.

## Gynaecologic Health

If a woman has long irregular cycles, recurrent ovarian cysts, abnormal bleeding or PMS, these can all be evaluated and treated using FertilityCare in co-operation with the newly emerging science of NaProTECHNOLOGY<sup>1</sup>. Treating abnormal gynaecologic health, especially PMS can have a direct and dramatic impact on improving women's health and a couple's relationship.

## Infertility

If a couple use FertilityCare from the beginning of their sexual relationship they have tremendous insight into their fertility potential BEFORE they ever try to conceive. This is extremely beneficial in a society where one couple in 6 will experience some difficulty conceiving<sup>2</sup>. The earlier problems are identified and treated, the greater the likelihood of a successful outcome.

## Miscarriage

Furthermore, couples that are at increased risk of miscarriage can usually be identified and treated even before they have their first pregnancy loss. This is highly advanced thinking in a profession that does not investigate or attempt to treat miscarriage until you have had three!

## Any Type of Cycle

FertilityCare is effective for every kind of cycle ...long, short, irregular, post hormonal contraception, peri-menopause or during breastfeeding.

## Effective Family Planning

	Perfect Use	Actual Use
FertilityCare <sup>3</sup>	99.5%	96.8%
Contraceptive Pill <sup>4</sup>	99.0%	92.0%
Condoms	94.0%	86.0%

It is important to accept that every system of family planning does have a "pregnancy rate". There is no such thing as a 100% guarantee that conception will not occur if you engage in sexual activity. Many couples are surprised at this information, especially regarding the "actual use" pregnancy rates associated with the contraceptive pill and condoms.

Couples who have unplanned pregnancies are more prepared for that outcome when using FertilityCare as they are frequently reminded of this possibility by their Teacher-Practitioner.

## Men and FertilityCare

Men in fact are very willing participants in the FertilityCare System. The woman observes her biological markers of fertility throughout each day, but it is the man's responsibility to record this information in a precise fashion.

The process allows men to gain further insight into the menstrual cycle and so discover more about "The Mystery" of woman.

Communication is improved and couples frequently discuss intimate issues surrounding fertility and sex. This has obvious positive implications for the relationship and helps to build the foundation for a lasting marriage.

The process of "Selective Intercourse" whereby couples choose which time of the cycle they wish to use varies according to their intentions at the time. If a couple wish to conceive they target intercourse during the fertile days, otherwise they select the infertile days if they would prefer to avoid pregnancy.

Men can be confident that they are making a sensible choice for their spouse's health and can improve communication in marriage by using the FertilityCare System.