

**MARRIAGE PREP:**

**Fertility Awareness  
and  
Natural Family Planning**

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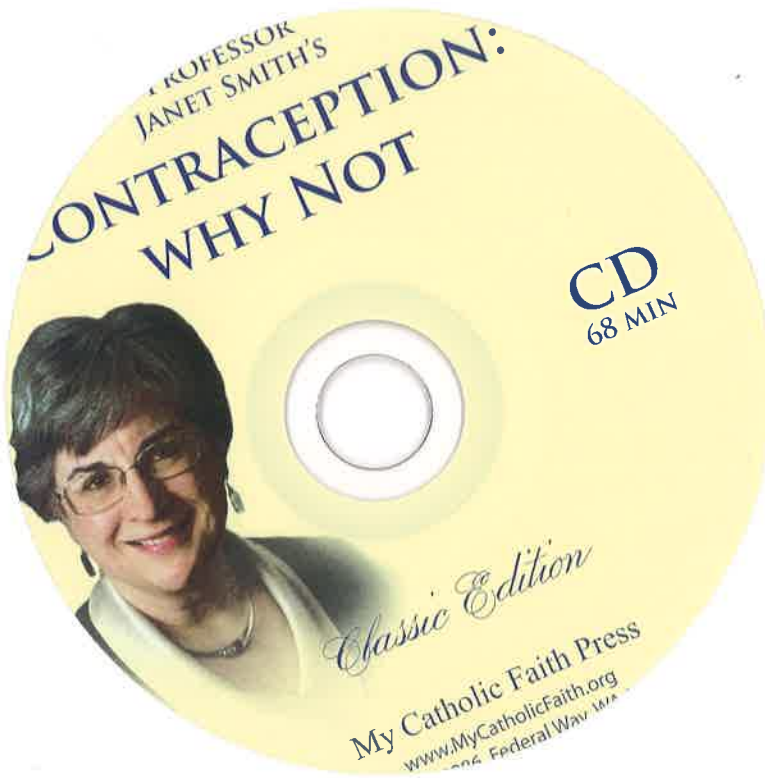
## FERTILITY AWARENESS APPS:

1. Kindara
2. Fertility Friend
3. SymptoPro (\$12.00)



Contraception

# Hormonal Contraceptives



PROFESSOR  
JANET SMITH'S  
**CONTRACEPTION:  
WHY NOT**

**CD**  
68 MIN

*Classic Edition*

My Catholic Faith Press  
[www.MyCatholicFaith.org](http://www.MyCatholicFaith.org)  
2006 Federal Way, WA



An Introduction to  
**Natural Family Planning**

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An Introduction to

# Natural Family Planning

NFP

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Mary Shivanandan, STD*

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*Theresa Notare, PhD, Editor*

## About Natural Womanhood

Natural Womanhood's mission is to encourage women to understand their individual fertility cycles by charting them, not just for pregnancy prevention, but for health benefits, for women's empowerment, and for family planning.

We exist to change the common belief that contraceptives are the only way to avoid pregnancy or to treat certain women's health disorders. Based in San Antonio, Texas, Natural Womanhood helps young women and couples, regardless of their income, ethnicity, or religion, find the best way to learn about their bodies, charting, and avoiding or achieving pregnancy.

Visit us at [naturalwomanhood.org](http://naturalwomanhood.org)

- Find out how you can learn fertility charting
- Learn how Natural Birth Control works
- Learn ways to uncover the root causes of dysfunctions like PMS, cysts, infertility, miscarriages, post-partum depression, and discover more effective treatments.

For more information, you can also contact us at [info@naturalwomanhood.org](mailto:info@naturalwomanhood.org).



natural  
womanhood  
KNOW YOUR BODY

# WHAT'S REVOLUTIONARY IN WOMEN'S HEALTHCARE?



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KNOW YOUR BODY





SET YOUR ALARM,  
TAKE YOUR TEMPERATURE  
AND GO... OR KEEP DREAMING.

wink  
by KINDARA

## Wink by Kindara: How Does it Work?

*"Kindara is a great user friendly app which covers all of a woman's fertility charting needs and then some.... The fact that Wink is now going to be introduced will just enhance the Kindara experience. It has a sleek and innovative design that takes charting your temperatures to a whole new and advanced level!" –*

If you haven't yet heard, recently we announced the launch of our first connected device - [Wink](#), a discreet wireless oral basal body temperature (BBT) thermometer that syncs your [basal temperatures](#) directly to the Kindara fertility app.

So, how does Wink work?

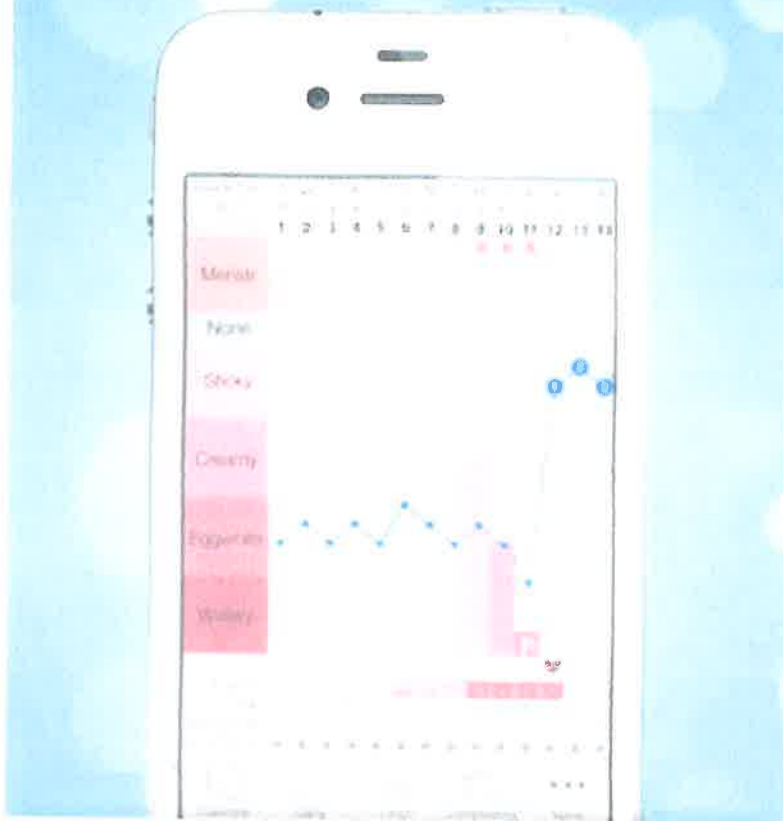
[Wink](#) is outfitted with highly sensitive sensors to record the most accurate temperature reading possible and displays temperatures precisely to the tenth or hundredth degree (your choice) in Celsius or Fahrenheit (again, your choice). Because Wink is designed using the latest technology available, Wink can record your temperature up to 4x faster than other BBT thermometers.

Once you take your temperature, you can go back to sleep or get up and go about your day - Wink will automatically record your temperature in the Kindara app on your phone or other handheld device. Wink also saves and records the time your temperature was taken. Though Wink automatically syncs your data to the Kindara app, up to six months' worth of data can be stored in the device itself, allowing for a great deal of flexibility when syncing Wink with your app.

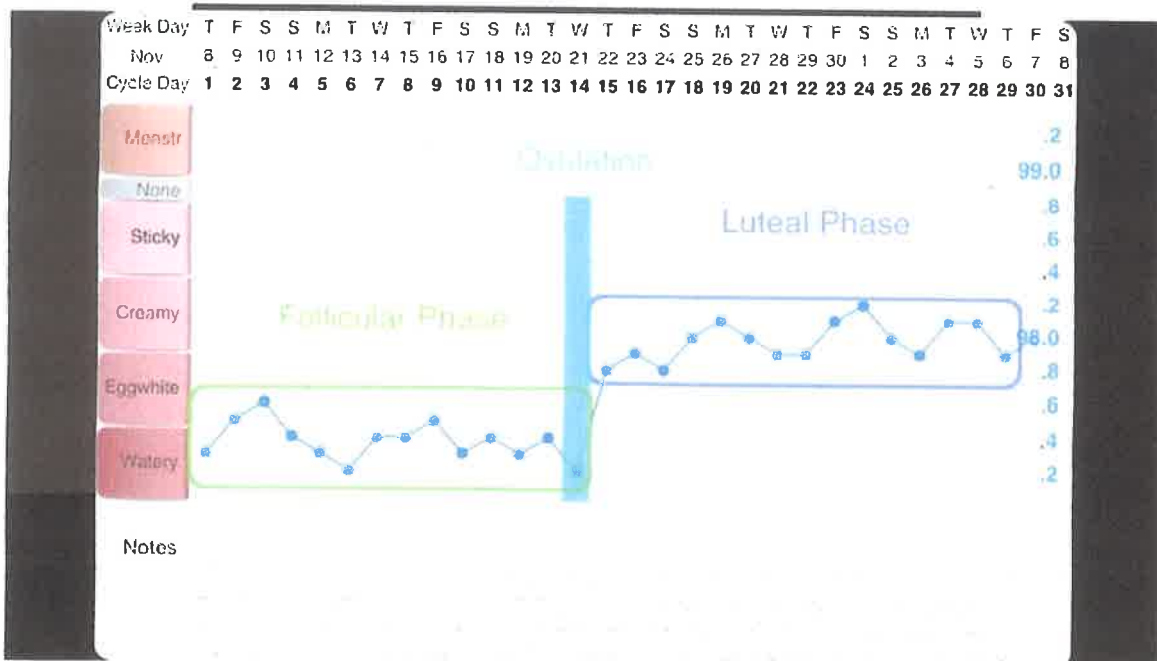
Because Wink is a low-energy device, you only need to charge your Wink once per month with the micro-USB cable that comes with your purchase. One less thing to do each day!



# KINDARA



Own your Fertility.



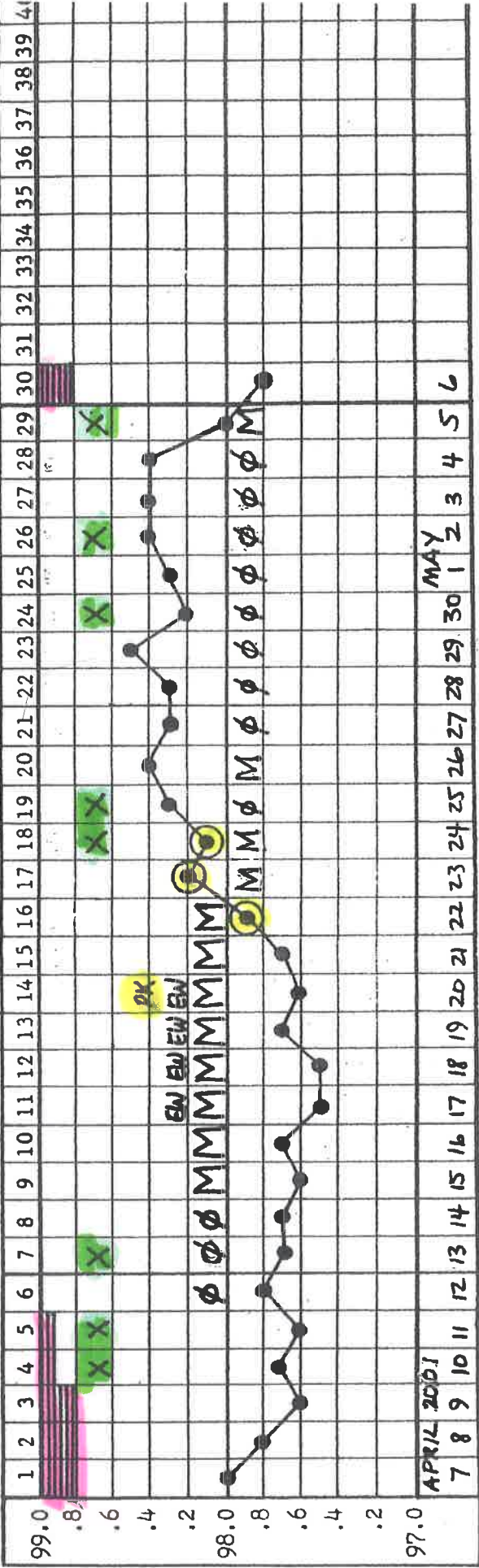
## Web References for Fertility Awareness Online Classes

1. [www.symptopro.org](http://www.symptopro.org)  
Northwest Family Services (\$110)
2. [www.ccli.org](http://www.ccli.org)  
Couple to Couple League (\$171)
3. [nfp.marquette.edu](http://nfp.marquette.edu)  
Marquette Univ. education via Skype  
(private) taught by nurse  
(\$60 + purchase of electronic hormone  
monitor by ClearView)



File: SAMPLE CHART Birthdate: 1993 Gyn. Age: 13 Note: 27-36 Cycle Nr. 18

Children: M 1 F 2 MC 2 Temp: 6:30 am ORAL Cycle Range: 27-36 days



← Relatively Infertile Time →  
 ← Possibly Fertile Time →  
 ← Completely Infertile Time →

Mucus Symbols:

- phi = dry
- M = thick, pasty, white
- EW = transparent, stretchy (like raw egg white)

X denotes intercourse  
 PK is last day of most fertile mucus

## **SYMPTOPRO FERTILITY EDUCATION**

SymptoPro Fertility Education is a highly effective, scientifically based method of natural family planning that can be used throughout a woman's entire reproductive life to either postpone or achieve pregnancy. Regular cycles are NOT required. SymptoPro is a Sympto-Thermal Method of education based on changes in cervical fluid, waking body temperature, and changes in the cervix. After charting these observations, the couple interprets the chart and makes decisions on their family planning intention. Online class with personal follow-up is \$110. SymptoPro charting app is \$12. To register, go to: [www.symptopro.org](http://www.symptopro.org)

**For charting assistance, please contact:**

KerryAnn Caswell: 949-854-7645 or [kac16@cox.net](mailto:kac16@cox.net)

or

Debi Hoppe: 949 854-8770 or [debihoppe@gmail.com](mailto:debihoppe@gmail.com)



**ROMAN CATHOLIC DIOCESE of ORANGE**

For further class info on all methods of Fertility Awareness (including Billings, Creighton, and Couple to Couple League) please visit diocesan website:

[www.rcbo.org](http://www.rcbo.org)

ministries...service...natural family planning