

Do you want to manage your fertility naturally?

Do you have reproductive issues?

NATURAL FERTILITY SERVICES ...offer a combination of science and medicine to assist women and men manage their fertility.

A couple's fertility is a great gift and can be managed effectively through knowledge rather than controlled by artificial hormones or devices.

Single women with reproductive issues may also wish to track and treat their fertility in this way.

We offer 3 models of learning to couples, assisting them to achieve or avoid pregnancy: Billings Method; Sympto-thermal method; and the Creighton Model FertilityCare System. Additionally, women are empowered to monitor the health of their fertility and seek treatment where needed.

- Free of artificial hormones
- Free of chemicals
- Free of devices
- Non-abortifacient
- 99.5% method effective
- Using restorative medicine for infertility and reproductive issues

The benefits of NATURAL FERTILITY METHODS:

- No artificial drugs or side effects
- Empowers women with knowledge
- Couples share responsibility of fertility
- Non abortifacient
- Increased couple communication
- 99.5% method effective
- No increased risk of cancer or stroke



"This is information I wish I was taught at school. I would have made different choices..."

If you would like further information or support, please contact us for a confidential and obligation free chat:

Natural Fertility Services

Diocese of Broken Bay, Pennant Hills
 Email: nfs@dbb.org.au Ph: 9847 0486
www.dbb.org.au/family



Diocese of Broken Bay
 PARISH SUPPORT UNIT



It's
YOUR BODY,

It's
YOUR CHOICE

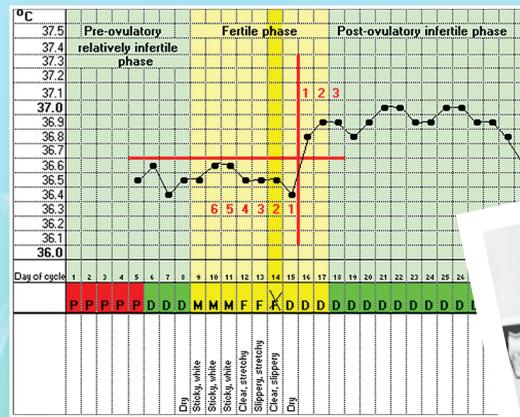


Who can use NATURAL FERTILITY METHODS?

- Couples wanting to learn about their fertility and plan their families (to achieve or space pregnancy)
- Single women wanting to track their fertility or to treat reproductive problems
- Engaged couples seeking fertility awareness in preparation for their marriage.
- Breastfeeding mothers
- Peri-menopausal women

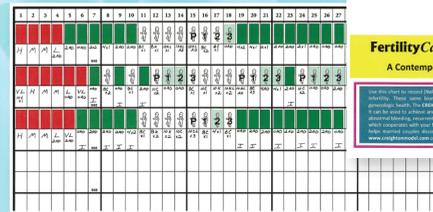
3 methods YOUR CHOICE!

The 3 models offered to couples effectively identify the fertile and infertile phases of the woman's reproductive cycle, assisting them to achieve or avoid pregnancy.



2. SYMPTO-THERMAL METHOD

- Face-to-face teaching 4-6 sessions
 - Subjective daily observations of cervical mucus
 - Additional daily temperature readings to identify ovulation
- www.acnfp.com.au



CREIGHTON MODEL FertilityCare™ System

AN AUTHENTIC LANGUAGE OF A WOMAN'S HEALTH AND FERTILITY™

Fertility Appreciation
Creighton Model NaProTECHNOLOGY

FertilityCare™ & NaProTECHNOLOGY®
A Contemporary Approach to Women's Health Care

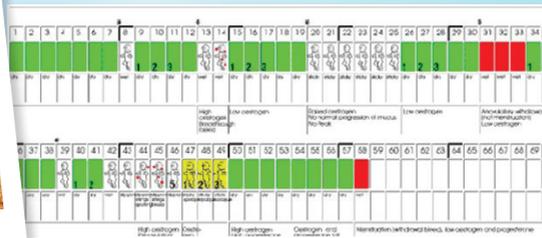
Use the chart to record (NaProTECHNOLOGY™) the biomarkers of the naturally occurring phases of your fertility and identify, track and observe and plan about day to monitor and maintain your reproductive and pregnancy health. The CREIGHTON MODEL System is a monthly record, accurate, and precise, and effective, and used to learn one's own fertility cycle and the natural variations of fertility. Learning to recognize and identify, monitor and control fertility cycle signs, symptoms and problems, etc. is done all of a day, and is done in a way that is safe, effective, and healthy. It is a natural and healthy way to learn about one's own fertility and health. For more information, visit www.fertilitycare.com or www.naprotechnology.com.

3. CREIGHTON MODEL FERTILITYCARE SYSTEM

- Face-to-face teaching of 8 sessions with a health professional in the first year
 - Standardised terms to record daily observations of mucus
 - Integrated approach of family planning and treatment of subfertility and reproductive disorders through collaboration with NaProTechnology doctors.
- www.fertilitycare.com.au

1. BILLINGS METHOD

- Self-taught with a manual
 - Face-to-face teaching option 3-6 sessions
 - Subjective daily observations of cervical mucus
- www.billings-ovulation-method.org.au



What is NaProTECHNOLOGY?

NaProTECHNOLOGY or Natural Procreation Technology, is an emerging medical science provided by GPs who work to investigate and restore a woman's reproductive health.

NaProTECHNOLOGY works in conjunction with Creighton Model FertilityCare system of charting. It takes information from a woman's personal cycle while applying effective treatment to restore it. In doing so it does not suppress or hyperstimulate the body but cooperates with the individual's reproductive cycle.

NaProTECHNOLOGY can be used in different situations

- Comparable success rate to IVF for infertility, including male fertility difficulties
- Miscarriages
- Ectopic pregnancies
- Polycystic ovarian syndrome
- Endometriosis
- PMS
- Ovarian cysts
- Irregular bleeding
- Chronic cervical discharges
- Post-natal depression

