

Myths of NFP

Primary Myth: Unreliability

A 2011 study³ on Fertility Awareness-Based Methods conflated data from effective methods and ineffective “rhythm methods,” resulting in a 24% claim of unintended pregnancy among women using FABM. *The same study reported 99.6% efficacy when correctly practicing the sympto-thermal method.*

NFP is based on guess work

The methods are based on the science of fertility developed from researching fertility indicators and menstrual cycles.

NFP requires a regular cycle

Certain methods are specifically and effectively equipped to serve women with irregular cycles.

NFP is the same as contraception

Where chemical contraception suppresses fertility and barriers place an impediment between spouses, NFP works with a woman’s natural cycle, empowering the couple to discern when to abstain or engage in intercourse.

Couples who use NFP have less sex

Frequency of intercourse depends on a couple’s intention and desire. Research² shows that couples using NFP have as much sex as others.

Resources

Couple to Couple League International
ccli.org

FEMM
femmhealth.org

Billings Ovulation Method
boma-usa.org

Creighton Model Systems
fertilitycare.org
creightonmodel.org
naprotechnology.com

Marquette University Method
marquettetmethod.com

Citations

1. Frank Herrmann P, et al. “Natural Family Planning with and without barrier method use in the fertile phase: efficacy in relation to sexual behavior: a German prospective long-term study.” *Advances in Contraception* 13 (1997):179-189.
2. Fehring RJ, Manhart MD. Natural Family Planning and Marital Chastity: The Effects of Periodic Abstinence on Marital Relationships. *Linacre Q.* 2021 Feb;88(1):42-55.
3. Trussell, J. (2011) Contraceptive failure in the United States, *Contraception.* 2011 May; 83(5): 397–404.

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7800 Carousel Lane, Richmond, VA 23294
evangelizerichmond.org

Natural Family Planning using Fertility Awareness Based Methods



Benefits of NFP

Natural

There are no drugs, synthetic hormones, carcinogens, surgical procedures, or side effects in NFP. This allows women to know their bodies and physicians to address medical issues that hormonal birth control may mask.

Effective

Studies^{1,3} show NFP can be as effective at avoiding pregnancy as contraception when couples follow the instructions correctly and consistently.

Lower Divorce & Separation Rate

A 2021 study² of 2,550 women revealed couples using NFP exhibited 58% lower divorce and separation rates than couples using other birth control.

Communication & Equality

NFP requires spouses to communicate with each other and share equal responsibility in discerning whether to abstain or engage in intercourse.

Renews Your Vows

With NFP, the vows of the wedding - to fully, faithfully, and fruitfully give yourself to your spouse - are reaffirmed with every act of physical intimacy. Nothing is held back from your spouse.

How NFP Works

Natural Family Planning (NFP) is an umbrella term for an array of medically proven Fertility Awareness-Based Methods (FABM) that enable couples to track fertility through biological markers including basal body temperature, presence and characteristics of cervical mucus, the position of the cervix, and/or hormone levels. With this information, couples can monitor their shared fertility and discern the best time to achieve or postpone pregnancy. Experts, including doctors, nurses, or family planning counselors should work with you when you start one of these methods.

Recommended Methods

SymptoThermal Methods

Championed by the **Couple to Couple League** and **FEMM**, these methods are best for those on a fixed sleep schedule. SymptoThermal methods identify times of fertility through observations of cervical mucus, body temperature, and cervical position/softness.

SymptoHormonal Methods

Found in the **Marquette University Model**, these methods are best for those willing to invest in test strips and a fertility monitor to track hormone levels in urine. SymptoHormonal methods are recommended for women with irregular cycles, those who are breastfeeding, or perimenopausal.

Cervical Mucus Methods

Popularized through the **Billings Ovulation Method** as well as the **Creighton Model for Fertility Care**, these models are best for those on a variable sleep schedule or wanting to treat other health issues (infertility, chronic discharge, endometriosis, polycystic ovarian syndrome, etc.) without using birth control pills. The Creighton Model also offers advanced medical and corrective/restorative surgical care through **NaPro Technology**.

