

Fertility Awareness METHODS

Fertility awareness methods (FAM) are used to track female fertility signs throughout the month. This allows you to identify phases of your cycle, confirms ovulation (or lack of), provides insights into hormonal patterns (and possible imbalances), and offers a natural, non-invasive alternative to artificial contraception.

These methods can be used individually, in combination, or along with hormone testing.

BASAL BODY TEMPERATURE

METHOD: measure temperature in mouth, vagina, or rectum immediately on waking before drinking or getting out of bed; record (or use automatic armband)

INSIGHTS: identify ovulation as the day before the BBT spike (usually a 0.5–1 degree increase, followed by at least 2 more consecutive increases)

NOTES: if no spike is observed, ovulation may not be occurring

CERVICAL MUCUS

METHOD: sample mucus with clean fingers or swipe of toilet paper before urinating

INSIGHTS:

dry = **not fertile** (luteal)

creamy, white, thick = **low fertility** (follicular)

clear, slippery, sticky = **high fertility** (fertile window)

NOTES: indicates start of fertile window before BBT can detect ovulation

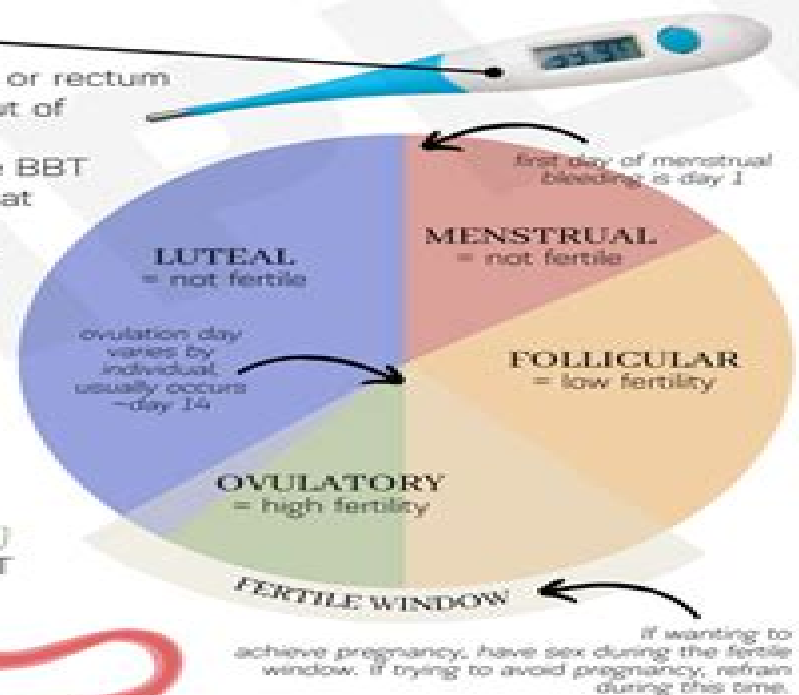
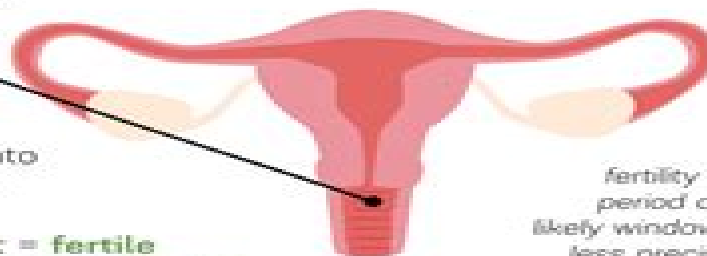
CERVICAL POSITION

METHOD: squat & insert clean finger into vagina to feel cervix

INSIGHTS:

soft, high, open, wet = **fertile**

firm, low, closed, dry = **not fertile**



Can I just track my period?

The "calendar" or "rhythm" method of fertility tracking involves recording your menstrual period over several months to calculate your most likely window of ovulation. While simple, this method is less precise and does not give insight into hormonal patterns throughout the month.

Natural Fertility Awareness

RS Peters



Natural Fertility Awareness:

This book delves into Natural Fertility Awareness. Natural Fertility Awareness is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Natural Fertility Awareness, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Natural Fertility Awareness
- Chapter 2: Essential Elements of Natural Fertility Awareness
- Chapter 3: Natural Fertility Awareness in Everyday Life
- Chapter 4: Natural Fertility Awareness in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Natural Fertility Awareness. The first chapter will explore what Natural Fertility Awareness is, why Natural Fertility Awareness is vital, and how to effectively learn about Natural Fertility Awareness.

3. In chapter 2, the author will delve into the foundational concepts of Natural Fertility Awareness. This chapter will elucidate the essential principles that need to be understood to grasp Natural Fertility Awareness in its entirety.

4. In chapter 3, this book will examine the practical applications of Natural Fertility Awareness in daily life. The third chapter will showcase real-world examples of how Natural Fertility Awareness can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Natural Fertility Awareness in specific contexts. The fourth chapter will explore how Natural Fertility Awareness is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Natural Fertility Awareness. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Natural Fertility Awareness.

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