Which would you prefer?

- Your partner is tuned in to her own body, free from artificial chemicals and drugs, respectful of the environment, and physically and emotionally close to you.

OR

- Your partner takes drugs to suppress the healthy, normal processes of her body. She suffers from the side effects of those drugs. She worries about the effectiveness of the drugs and wonders how long it may take for her natural fertility to return when you are ready to start a family. She may even struggle to experience intimacy with you.

Is she really OK?

Frequent side effects of hormonal birth control:
- Low interest in sex
- Irregular bleeding
- Weight gain
- Moodiness

Long-term risks:
- Increased risks of breast cancer and cervical cancer
- Increased risk of deadly blood clots
- Possible harm to her fertility

Fertility Awareness is a win-win for you as a couple:
- Highly effective in achieving OR avoiding pregnancy
- Women avoid the side effects and health risks of contraceptives
- Promotes better relationships, understanding and respect

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
- Find out how you can learn fertility charting
- 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.
How Fertility Awareness works

A woman is fertile only a few days during her cycle. She releases one egg each cycle, which is viable for 12 - 24 hours. Because the man’s sperm is viable for up to five days, the typical window of fertility is six to seven days. Charting is a method of keeping track of the natural biomarkers of the woman’s cycle. With trained observation and charting of the natural signs of her body, a woman can know every day exactly where she is in her cycle: whether she could get pregnant or not. By knowing where she is in her cycle, you as her partner can also understand how changes in her body may affect her. Fertility Awareness uses charting to either avoid or to achieve pregnancy. It’s not the old-fashioned, ineffective rhythm method anymore, but a highly developed method that has helped millions of couples all over the world accurately plan their families. It even works for women with irregular cycles, because the signs don’t lie when you know how to read them. No chemicals, no hormones, no side effects.

What about my needs as a man?

Couples who practice Fertility Awareness have intercourse as frequently as the average couple. The timing is more deliberate, but choosing when apparently doesn’t make it any less romantic. On the contrary. Many of these couples report greater sexual satisfaction using Fertility Awareness. Discussing and planning these moments can make them more special, intimate and emotionally and physically rewarding. Times of abstinence are opportunities to engage in the non-sexual closeness that women really love. Couples who practice Fertility Awareness report becoming more in tune emotionally.

How can you support your wife?

Fertility Awareness is a shared responsibility. Couples learn to discuss sexuality and family planning issues openly. You know when there is a risk, and you can decide as a couple whether you’re open to pregnancy or want to wait.

We recommend taking a class from with a specialized trainer: it will help eliminate all doubts and reduce the time of abstinence to the minimum.

Is it worth it?

It’s up to you and your partner! Some of the benefits include:

- Free for life once you are trained
- No hormones, medical procedures or devices
- Greater sexual satisfaction
- Highly effective: comparable to contraceptives
- Reduced rate of divorce
- Better communication and closer relationships
- Environmentally friendly, all natural

Couples learn to discuss sexuality and family planning issues openly.

COUPLES LEARN TO DISCUSS SEXUALITY AND FAMILY PLANNING ISSUES OPENLY.