

# Natural Fertility Matters

Natural family planning

A wholesome approach to women's health

Sensitive, cooperative infertility treatment

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Here at Natural Fertility Matters we help you understand and monitor your reproductive health. We use the Creighton Model, a university-developed scientific framework for tracking a couple's fertility, diagnosing and treating infertility in a natural and cooperative fashion.

### **Natural Family Planning**

The model we teach can support you throughout your reproductive life and is effective for all types of cycles: regular, short, long, irregular, breastfeeding, coming off the pill and nearing menopause.

#### **AVOIDING PREGNANCY**

Our model can be used to avoid pregnancy naturally. A major study demonstrated it to be as effective or better than any other contraceptive measure, hormone or device on the market.

#### **ACHIEVING PREGNANCY**

By helping you to identify your days of fertility and to improve your condition for conception, the model gives you control and confidence in achieving pregnancy. Studies have shown the model is highly effective in helping couples with normal fertility to conceive more quickly.

### **Women's Health**

The model promotes fertility awareness and appreciation. With a good understanding of the reproductive system women are empowered to identify what is normal or abnormal in their fertility.

Cooperative medical treatment is available for a variety of conditions, including premenstrual syndrome and postnatal depression.

### **Infertility**

The model uses a cooperative approach to the couple's combined fertility and is sensitive to the couple's relationship. With a thorough diagnosis "unexplained infertility" is very rare.

#### **FERTILITY TREATMENT FOR:**

- Unexplained infertility
- Miscarriages and recurring miscarriages
- Infertility due to endometriosis, polycystic ovaries, pelvic adhesions and blocked tube
- Irregular cycles and unusual bleeding
- Failure to ovulate
- Male infertility factor
- Women over 40 or nearing menopause
- Failed IVF or artificial insemination

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