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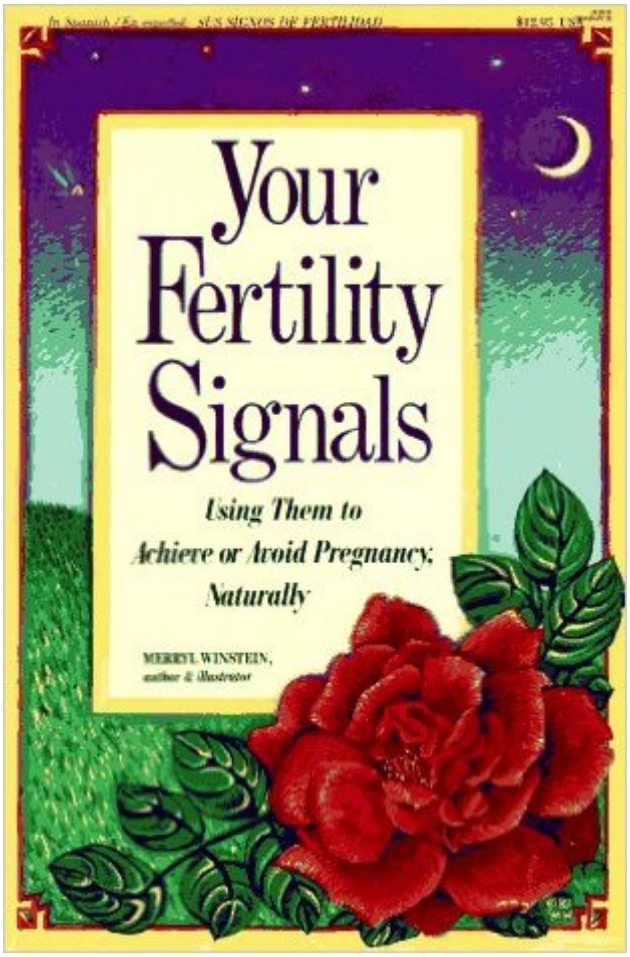
Your Fertility Signals: Using Them To Achieve Or Avoid Pregnancy Naturally



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Synopsis

Presented in question-and-answer format, one of the most straightforward self-help books on fertility aims to help couples achieve or prevent pregnancy without using contraceptives. It advocates not the outdated rhythm method, but quick, daily examinations of cervical mucus and body temperature to ascertain when the few days of fertility occur. Winstein also covers the practical aspects of sexual abstinence during the fertile period, breastfeeding's role in fertility, returning to normal cycles after using the pill, and how ovulation occurs. Assuming normal fertility, she yet includes an explanatory, alphabetical list of infertility problems. An accurate, lovingly illustrated handbook that does much to dispel the mystery and imagined difficulty centered around birth control. Further information, readings list, references, glossary, index.

Book Information

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Customer Reviews

I can tell you that I am one of the success stories from using this book. As artificial birth control is against our religion, I needed to learn, so I checked this book out of the library. I learned the method entirely from this book (I never took a single class), and consequently never spent a day of my marriage using artificial birth control. We have spent THREE YEARS successfully avoiding pregnancy, and are now applying the concepts to become pregnant.This book is written in basic language, not crammed full of medical jargon. You can pretty much read it in one sitting, and understand it. I bought this book as a reference, and still use it from time to time, if I need to check up on the guidelines.And for those who say that natural family planning results in a huge restriction

on intimacy, I will tell you that I am one of those women who has LONG fertile phases, and many annovulatory cycles. Calculating my charts over the last three years, my fertile vs non-fertile time is pretty much equal. This means a lot of abstinence, but it can be done! My husband and I both agree that it has enriched our marriage. It keeps those lines of communication open, and we know that we still love each other, even when abstaining during the fertile phase. Instead of birth control being only the woman's responsibility, it becomes the couple's. Yes, the onus is still on the woman to check her signals, but the man has to be cooperative for the method to work.The abstinence can be difficult at times, but think of it this way: you get a honeymoon to look forward to every cycle! It keeps those fires burning. All the couples that we know who are on the Pill are down to maybe once or twice a month, and that's after less years together than our three.

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