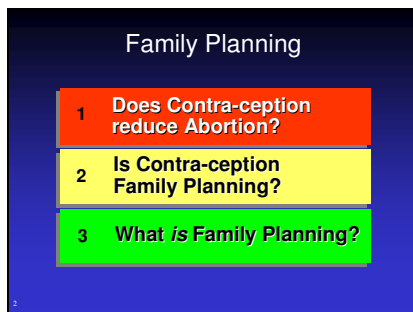


Slide 1



NATURAL FAMILY PLANNING and THE CULTURE OF LOVE & LIFE

Slide 2



FAMILY PLANNING

Does Contraception reduce Abortion?

Is Contraception Family Planning?

What is Family Planning?

Now that you've heard and seen what abortion really is, you may be thinking that family planning would reduce the number of unwanted babies and abortion would then decline. Is this True or False?

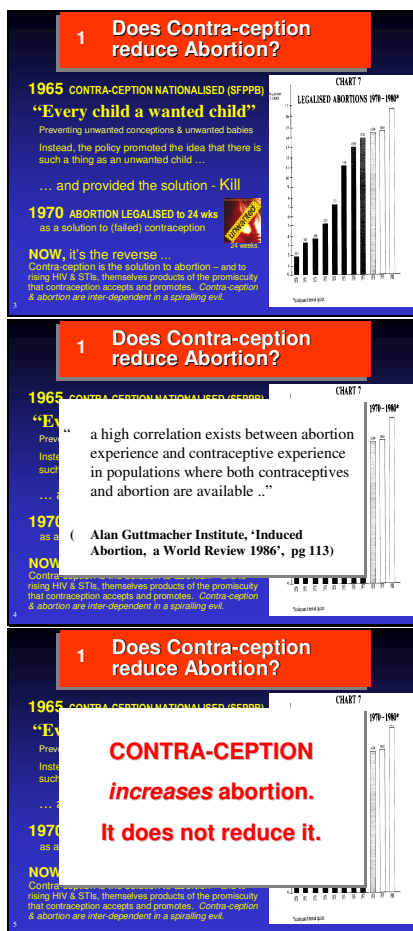
Well it depends on what you mean by family planning.

Specifically, does contraception reduce abortion?

Then again, is Contraception family planning?

If not, what is Family Planning?

Slide 3



DOES CONTRACEPTION REDUCE ABORTION?

1965 CONTRA-CEPTION NATIONALISED (SFPPB)

"Every child a wanted child." Preventing unwanted conceptions & unwanted babies

Instead, the policy promoted the idea that there is such a thing as an unwanted child .. and provided the solution – Kill

1970 ABORTION LEGALISED to 24 wks... as a solution to (failed) contraception

So abortion was legalised to 24 weeks in 1970 to get rid of unwanted babies who were already conceived. This early annual report shows what happened in the 10 years after that.

NOW, it's the reverse: Contra-ception is the solution to abortion - and to rising HIV & STIs, themselves products of the promiscuity that contraception accepts and promotes. Contra-ception & abortion are inter-dependent in a spiralling evil.

"a high correlation exists between abortion experience and contraceptive experience in populations where both contraceptives and abortion are available .." Alan Guttmacher Institute, 'Induced Abortion, a World Review 1986', pg 113

Contraception increases abortion. It does not reduce it.

Notes
An unwanted child is like an unwanted wife or unwanted husband. Unwanted conceptions became unwanted babies.

"There is overwhelming evidence that, contrary to what you might expect, the availability of contraception leads to an increase in the abortion rate." Malcolm Potts, former General Secretary of the IPPF, 1973 Judith Bury, Brook Advisory Service, 1981

In 1974 there was abortion on Demand. From anti-conception to anti-baby to anti-birth.

Over the last 35 years, half a million babies have been killed by the family planning programme. If you deny life at its beginning you get death. You cannot contain evil

Slide 4

2 Is Contra-ception Family Planning?

It's "NO FAMILY" Planning	It's "SEX Planning"	It's "PERVERSION"
You never use contra-ceptives to get pregnant. The word itself means ANTI-BABY. It's "safe sex", a way to protect yourself against children.	It blocks the unwanted effects of SEX - the baby. When a person goes to Batam with a condom in his pocket, he is not thinking of Family Planning.	"We .. describe a sexual activity as perverse if it has given up the aim of reproduction and pursues .. pleasure as an aim independent of it." Sigmund Freud (1856-1939), Introductory Lectures on Psychoanalysis, Center for History and New Media at George Mason University, LECTURE XX: THE SEXUAL LIFE OF HUMAN BEINGS http://chnm.gmu.edu/courses/honors130/freud3.html If sexual development is arrested in infancy or in the teens, perversions may result and the notion that sex is for babies may be impaired. Being 'adult' is not just about age or performance.

2 Is Contra-ception Family Planning?

CONTRA-CEPTION IS NOT FAMILY PLANNING

IS CONTRA-CEPTION FAMILY PLANNING?

No. It's "NO FAMILY" planning. You never use contra-ceptives to get pregnant. The word itself means ANTI-BABY. It's "safe sex", a way to protect yourself against children. No. It's "SEX PLANNING" because it has more to do with sex than family. It removes the unwanted effects of Sex - the baby. When a person goes to Batam with a condom in his pocket, he is not thinking of family planning.

No. It's "PERVERSION" "We .. describe a sexual activity as perverse if it has given up the aim of reproduction and pursues .. pleasure as an aim independent of it." Sigmund Freud (1856-1939), Introductory Lectures on Psychoanalysis, Center for History and New Media at George Mason University, LECTURE XX: THE SEXUAL LIFE OF HUMAN BEINGS <http://chnm.gmu.edu/courses/honors130/freud3.html>

If sexual development is arrested in infancy or in the teens, perversions may result and the notion that sex is for babies may be impaired. Being 'adult' is not just about age or performance.

Notes

It is anti-conception, anti-baby and anti-birth, a way of getting rid of your baby, one way or another. "it is a characteristic common to all the perversions that in them reproduction as an aim is put aside." Freud was an expert on sexual perversions.

Slide 5

4 What is Family Planning?

- Family Planning is *planning a family* in marriage, with love that's total, fruitful, human and faithful & exclusive.
- Total means love without conditions, recognizing your spouse's inner beauty, gazing at each other with wonder and admiration at the different ways you think and act.
- Fruitful means for procreation, Marriage is invalid & irrelevant if you don't want children.
- Human means not animal or angel, but masculine and feminine, with built-in child spacing (Adam&Eve practised child spacing). Natural Family Planning adds insight and skills to help mature adults become good parents.
- Contraception dehumanises us, overwriting fertility, disfiguring sexuality, impairing sexual maturation and obstructing the self-giving of true love.

WHAT IS FAMILY PLANNING?

Family Planning is planning a family in marriage, with love that's total, fruitful, human and faithful & exclusive.

Total means love without conditions, gazing at each other with wonder and admiration at the different ways you think and act and recognizing your spouse's inner beauty.

Fruitful means for procreation. Marriage is invalid & irrelevant if you don't want children.

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Contraception dehumanises us, overwriting fertility, disfiguring sexuality, impairing sexual maturation and obstructing the self-giving of true love.

Notes

Marriage is not a private limited company, a term contract with equity for partners, balance sheets and a product that is subject to quotas & quality control. There is no such thing as an unwanted child that you can choose and get rid of. To keep our integrity, we must always follow the instructions in the designer's manual whether it's in having sex, doing surgery or flying a plane.

Slide 6

1 What is family planning?

- ver1 - Fertility Rejection & Suppression
- ver2 - Fertility Awareness & Appreciation

2 Natural Family Planning

- a - Postponing pregnancy
- b - Achieving pregnancy

3 The Culture of Love & Life

What is family planning

ver1 - Fertility Rejection & Suppression

ver2 - Fertility Awareness & Appreciation

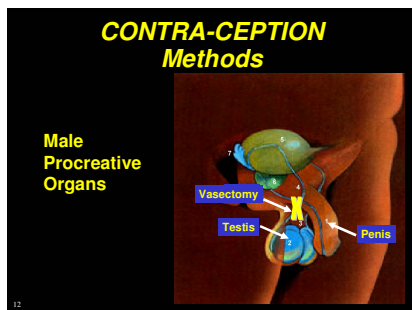
Slide 7



What is family planning

ver1 - Fertility rejection and suppression

Slide 8



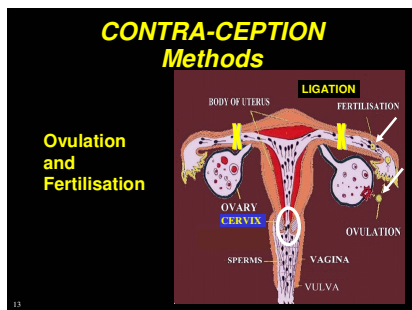
PROCREATIVE ORGANS - MALE

These are the male organs, the cause of all the trouble. This is the penis. Behind is the scrotum and testes, which manufacture the sperm.

Behind these are the tubes, where the sperm are stored. At intercourse, the sperm travel up the tubes and out the penis, which becomes stiff and able to enter the wife's vagina.

Males are sterilised by tying and cutting the tubes here, so that sperms are prevented from escaping. This is called vasectomy. But usually men will say, "Don't touch my tubes. My wife also has tubes - take hers."

Slide 9



CONCEPTION

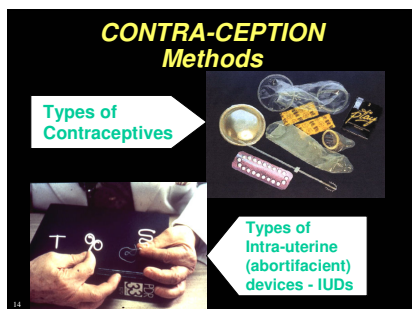
Every month or so, one of the ovaries releases an egg or ovum. This is called ovulation.

Sperms deposited in the vagina during intercourse move up in the cervical mucus discharge and pass through the narrow cervical canal if it is open and one unites with the ovum in the tube to begin the development of the new baby.

LIGATION

This is prevented by tubal ligation usually after delivery. A cut is made below the navel and an instrument is pushed through. The tubes are looped, tied, cut and burned. Everything but jumped and danced upon. After that the woman hobbles home a prisoner of her husband - except that she is not handcuffed, but tube-cuffed. It's the modern way.

Slide 10



CONTRACEPTION METHODS CONTRACEPTIVES

These are some common contraceptives used. You can see the packet of pills, the condom, the female condom. Others are a spermicidal cream, a patch and the Implanon implant.

IUDs

These are different kinds of IUD. Some have silver or copper windings. You can use them as earrings. But use them only above the belt. They are very dangerous otherwise. Robins company went bankrupt after queues of women sued it because of the damage the IUD had done to them.

Slide 11

CONTRA-CEPTION Methods

BARRIER METHODS

Condom, female condom, & withdrawal (Onanism) Gen 38.9

Failure rates 3-15%
http://www.who.int/reproductive-health/publications/gpr/gpr_effectiveness_method.htm

Contraceptives *promote* unwantedness

Many Chinese-made condoms fail strength tests

CONTRA-CEPTION Methods

BARRIER METHODS

Condom, female condom, & withdrawal (Onanism*) Gen 38.9

Failure rates 3-15%
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Contraceptives *promote* unwantedness

Woman sues condom maker after giving birth

Slide 12

CONTRA-CEPTION Methods

THE PILL

Simple to use but hazardous to your health :

Strokes, migraine, diabetes, depression, weight disorders, cancer and damaged fertility ...

Thromboembolism associated with the new contraceptive Yasmin BMJ 2003;326:1571-1 February 1
http://dx.doi.org/10.1136/bmj.326.7427.1571

- A 27 year old woman suddenly collapsed and died after taking the contraceptive for six months. Autopsy showed that she had had a massive pulmonary embolism. No obvious risk factors for thrombo-embolism, such as smoking, a period of long immobilisation, an flight, or oral-contraceptive medication, were evident.
- A 38 year old woman changed her oral contraceptive from one brand to another. She had been taking the old brand for several years. Four months later she had thromboses in one leg.
- Another patient, a 48 year old woman, had deep vein thromboses in one leg after taking oral-contraceptives with drospirenone for two months, as did a 58 year old woman who took the contraceptive for three months. A 58 year old woman had pulmonary thromboses 11 days after she started taking the contraceptive. She had given birth four months earlier.

CONTRA-CEPTION Methods

THE PILL

Simple to use but hazardous to your health :

Strokes, migraine, diabetes, depression, weight disorders, cancer and damaged fertility ...

Study Confirms Link Between Pill, Breast Cancer March 15, 2005
http://www.who.int/reproductive-health/press/20050315.html

London (CNNNews.com) - Women who take the contraceptive pill face an increased risk of breast cancer, according to one of the largest studies yet on the link between lifestyle and cancer.

The report, a part of an analysis of the Million Women Study, was published in the journal *British Medical Journal* on Wednesday.

Researchers of the study, reported in the journal, reviewed data from 108,000 women who had taken the pill for an average of 10 years between 1995 and 2002. The researchers found that women who had taken the pill for 10 years or more had a 26% higher risk of breast cancer than women who had not taken the pill.

The researchers also found that the risk of breast cancer was higher for women who had taken the pill for 10 years or more and who had also taken hormone therapy. The researchers also found that the risk of breast cancer was higher for women who had taken the pill for 10 years or more and who had also taken hormone therapy.

CONTRA-CEPTION Methods

THE PILL

Simple to use but hazardous to your health :

Strokes, migraine, diabetes, depression, weight disorders, cancer and damaged fertility ...

WHO International Agency for Research on Cancer

PRESS RELEASE
N° 167

29 July 2005

Combined estrogen-progestogen contraceptives and menopausal therapy are carcinogenic to humans
www.iarc.fr/ENGL/Press_Releases/pr167a.html

CONTRACEPTION METHODS

BARRIER METHODS

The barrier methods include the condom, the female condom and withdrawal (Onanism) (Gn 38,9)

Their failure rates are 3-15% average (WHO) Especially if you get it from China.

But the worst thing about the condom, like all other contraceptives, is that it promotes unwantedness.

Here is a report that shows both FAILURE and UNWANTEDNES.

CONTRACEPTION Methods

THE PILL

The dangers of the pill are well known. Such as strokes and migraine, diabetes, depression and weight disorders. And cancer and damaged fertility. You can read about it from the insert that comes with every packet.

Yasmin

This is a report about the latest contraceptive Yasmin. Such a nice name but it's a killer. A 17-year old woman suddenly collapsed and died after taking the contraceptive for 6 months. Autopsy showed that she had a massive pulmonary embolism. A 28-year old woman, a 45-year old woman, a 50-year old woman, a 35-year old woman. Unsafe at any age.

Cancer

This is a report of the pill and breast cancer in a prospective study of 100,000 women over 10 years

In 1995, WHO discussed whether it protected against cancer or caused it in a published paper entitled "Combined estrogen-progestogen contraceptives and menopausal therapy are carcinogenic to humans."

Breast Cancer is now the top cancer killer among women in Singapore. The causes are -

8% Hereditary

No children or 1st child > 30 years

Chinese

Oral Contraceptives, abortion

Abortion

The worst thing about the contraceptive pill is that it is not just preventive - it directly kills babies. "... the concept of ovulation suppression should be replaced by this broader concept - creating an oestrogen-progesterone imbalance" (Drs Rudel & Martinez-Manautou, Population council)

(They have 3 actions - they prevent ovulation about 50-90% of the time, prevent sperm entry and prevent the new baby from attaching to the uterus.)

Examples of medical abortifacients (contra-gestation) are the pill, the minipill, the progesterone implants and the morning-after pill that aborts a baby a few hours to a few days old.

Notes

CONTRA-CEPTION Methods

THE PILL
Simple to use but hazardous to your health :

Strokes, migraine, diabetes, depression, weight disorders, cancer and damaged fertility ...

Breast cancer is now top cancer—killer in Singapore
CHANNEL NEWSASIA
(AMONG WOMEN)

8% Hereditary
No children or 1st child-30years
Chinese
Oral Contraceptive, abortion
(Is our water safe?)

CONTRA-CEPTION Methods

THE PILL
Simple to use but hazardous to your health :

Strokes, migraine, diabetes, depression, weight disorders, cancer and damaged fertility ...

Abortion

The contraceptive pill is not just preventive - it is also an **abortifacient and kills babies**
".. by creating an oestrogen-progesterone imbalance"
Dr. Ruedi & Marlene Mariani, Population Council

Some abortifacients:
The "pill", "minipill" and progestogenic implants, the "morning after" pill.

Slide 13

The Culture of anti-Baby Sex Side 1: The Culture of Death

FALLING FERTILITY
"WE ARE FACING A CRISIS. A CULTURE THAT REFUSES TO HAVE CHILDREN HAS CHILDREN WHO LOOKS AFTER THEM PROPERLY CANNOT SURVIVE."
September 27 is World Contraception Day
Channel NewsAsia

A growing attack on human life
Contra-ception solves problems by blaming babies, blocking them with contraceptives and aborting them.
.. followed by 'research' on them and artificial reproduction

SHOULD WE SOLVE PROBLEMS BY ATTACKING BABIES?

Abortion Industry
Merciless killing
Manufacturing babies
Cloning & embryo experimentation
Child Abuse
Punchbags baby dies
Starbuck
Sexual abuse
Child abuse

The Culture of anti-Baby Sex Side 1: The Culture of Death

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A growing attack on human life
"There is now a culture of death that is well established in our societies.
It is expanding and has reached broad sectors of public opinion, a real network of complicity that reaches out to include international institutions, foundations and associations."

Pope John Paul II, Evangelium Vitae, 25 Mar 1995

Abortion Industry
Merciless killing
Manufacturing babies
Cloning & embryo experimentation
Child Abuse
Punchbags baby dies
Starbuck
Sexual abuse
Child abuse

Slide 14

The Culture of anti-Baby Sex Side 2: The Culture of Lust

sex can become addictive
Pornography addiction
Young Canada's sexual revolution
Man charged for illegal porn links
FORGE BEST DAYS

Protect yourself!
Eyehealth
A teen sex worker in Jakarta
Sex liberation
Sex marriage

Premarital Sex is part of this culture
"Most often, premarital relations exclude the possibility of children. What is represented to be conjugal love is not able, as it absolutely should be, to develop into paternal and maternal love."
Declaration on Sexual Ethics Dec 29th, 1975
".. the more premarital/sex, the more extramarital/sex."
Dr. Philip Ney
<http://www.messengers2.com>

Some may argue that the pill protects against ovarian cancer. We should remember that 4 times more women get breast cancer than ovarian cancer. Breast Cancer incidence in Singapore increased from 20.2 / 100,000 women in 1968 to 54.9 / 100000 in 2002 (av rise 3.6% /Year). It is the highest in Asia and the highest cancer incidence in women in Singapore. (Only the men can still argue about it - they don't have to take the pill. About 5% of women take the pill in Singapore compared to about 30% in Western Europe. In Japan, until August 1999, the Pill was not officially used - not because they are good Catholics but because of the side effects.)

The Culture of anti-Baby Sex. Contraception

There are 2 sides to this culture – anti-Baby and Sex
There is a growing attack on human life
Contra-ception solves problems by blaming babies, blocking them with contraceptives and aborting them.

.. followed by 'research' on them and artificial reproduction
Should we solve problems by attacking babies? Side1: THE CULTURE OF DEATH

"There is now a culture of death that is well established in our societies.
It is expanding and has reached broad sectors of public opinion, a real network of complicity that reaches out to include international institutions, foundations and associations."

Pope John Paul II,
Evangelium Vitae,
25 Mar 1995

Notes

- Contra-ception ("family planning")
- Legalised abortion ("choice")
- Artificial reproduction (a child is a cure for infertility)
- Embryo destruction ("research")
- Euthanasia ("the right to die")

The Culture of anti-Baby Sex. Side 2: THE CULTURE OF LUST

The culture of lust is expanding. There is sex addiction, pornography addiction. In Canada 87% of youth have sex over the net. On 10 Dec 2008, Australia arrested 19 men for child porn in 70 countries, victims being 12 months to adolescent age. Ezyhealth magazine urges you to protect yourself against babies. Sex has lost its meaning. So Marriage has lost its meaning. It's not faithful & exclusive, not 2 in 1 but many in 1 or 1 in many

Pre-marital sex is a part of this culture.

"Most often, in fact, premarital relations exclude the possibility of children. What is represented to be conjugal love is not able, as it absolutely should be, to develop into paternal and maternal love. " Declaration on Sexual Ethics, Dec 29th, 1975.
"Statistics indicate that the more premarital sex the more extramarital sex. " Dr. Philip Ney;
<http://www.messengers2.com>

Notes

When sex is disconnected from life at the beginning, sex and marriage lose their meaning. Sex is a procreative act in cooperation with God and must not be trivialized as a mere bodily function. Premarital sex is a symptom of a wider disorder that replaces marriage and family with recreational sex, homosexuality, cohabitation and trial marriage. Legal marriage itself may suffer from this deviation and degenerate into a term contract for sex with contraception, childlessness and abortion

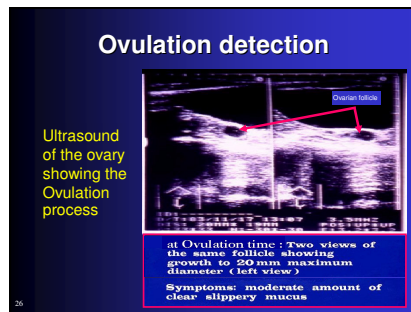
Slide 15



What is family planning?

Ver2 - Fertility Awareness and Acceptance

Slide 16



OVULATION DETECTION.

Ovulation can be detected by hormonal tests (LH, pregnandiol), serial bimanual palpation, ovarian echography and clinical tests (menses, BBT, cervical mucus, inguinal lymphnode)

For example, daily ultrasound of the ovaries can detect the growing follicle.

If the woman charts her symptoms at the same time, she will notice a clear slippery mucus discharge from the vagina when the follicle is largest (about 20mm)

Follicle disappearance means ovulation has happened.

Slide 17



The Ovulation Symptoms

Ovulation is revealed by the vaginal mucus discharge produced by the Cervix. A woman may recognize a vaginal mucus discharge like this one - or this.

The discharge comes from the cervix which is opening up as oestrogen levels rise due to the developing ovum.

First there is stickiness due to L type mucus, then strings and channels due to S type mucus which transports sperm into the Cervix. Like our MRT.

Then from the upper cervix P6 mucus with its 6 sided crystals giving a feeling of lubrication or slipping out like the period and is followed by ovulation.

The Ovulation Symptoms

Ovulation is revealed by the vaginal mucus discharge produced by the Cervix

CERVIX
VAGINA
S mucus in the Cervix & Vagina
After Erik Odeblad

The Ovulation Symptoms

Lubricative feeling or 'Something slipping out'

CERVIX
VAGINA
P6 mucus in the Cervix & Vagina
After Erik Odeblad

The Ovulation Symptoms

Abrupt feeling of dryness after ovulation (Progesterone change)

CERVIX
VAGINA
G plug at the Cervix
After Erik Odeblad

Slide 18

The Ovulation Symptoms

When ovulation happens, the mucus from the lower cervix forms the G plug which blocks the canal, like a net stopping sperm from getting through. This causes a sudden change to a feeling of dryness called the progesterone change.

Slide 19

- 1 What is family planning?
ver1 - Fertility Rejection & Suppression
ver2 - Fertility Awareness & Appreciation
- 2 **Natural Family Planning**
a - Postponing pregnancy
b - Achieving pregnancy
- 3 The Culture of Love & Life

NATURAL FAMILY PLANNING

Postponing pregnancy
Achieving pregnancy

Slide 20

INTRODUCTION TO THE
BILLINGS OVULATION METHOD
of
NATURAL FAMILY PLANNING (NFP)

Drs John & Evelyn Billings

(<http://www.woomb.org>)

INTRODUCTION TO THE BILLINGS OVULATION METHOD of NFP

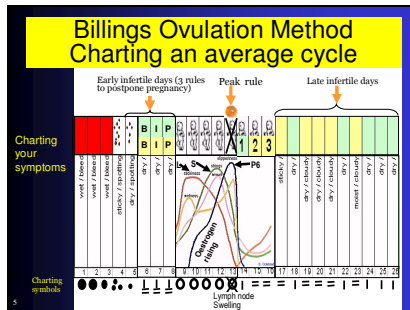
To make use of your observations, you need Billings Ovulation Method which we have been teaching for the last 30 years. Dr John and Dr Evelyn Billings are the pioneers of the method of postponing and achieving pregnancy that now bears their names. The method is backed up by the scientific study of the mucus pattern of fertility and infertility with 50 years of clinical research and laboratory confirmation and at least 19 field trials worldwide.

Slide 21

POSTPONING PREGNANCY

POSTPONING PREGNANCY

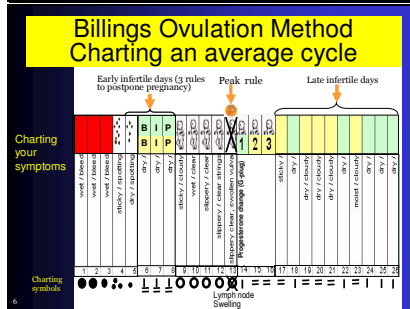
Slide 22



BILLINGS OVULATION METHOD

Charting an average cycle

During the period, she feels sticky and wet. Then dry for some days. These dry days are called the Basic Infertile Pattern or BIP. As the oestrogen rises it stimulates the cervix to produce a mucus discharge causing a changing symptom from sticky wetness due to the L type mucus to strings of mucus due to the S type mucus and slipperiness due to the P6 mucus. The last day of the slipperiness is called the Peak of fertility when ovulation usually occurs. You may have other ovulation symptoms eg the inguinal lymph node in 70%, and the swollen vulva in 10%.

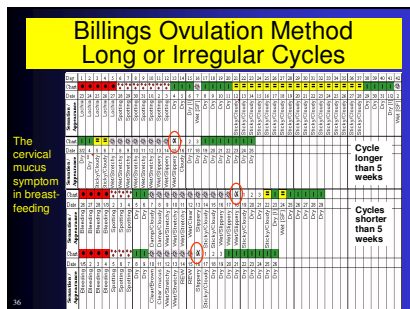


These findings are recorded with 2 words - what you see and what you feel - and the symbols below.

The last slippery day is noted the next day with the abrupt progesterone change as the G-plug forms, after which fertility declines over the 3 days following the Peak. This is the Peak rule for postponing pregnancy.

From the 4th day after Peak are the late infertile days. There are early infertile days, the dry days of the BIP before the mucus begins. Some women have a BIP of unchanging mucus instead of dryness. You need to learn 3 early days rules to postpone pregnancy.

Slide 23



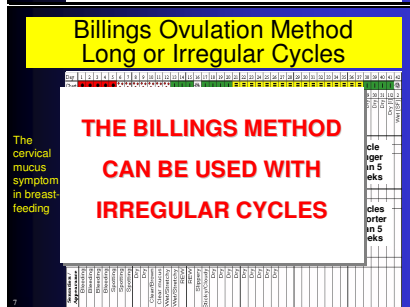
BILLINGS OVULATION METHOD

Long and Irregular Cycles (eg Breast feeding)

This is the breast-feeding cycle showing the Peak, which is followed nearly 2 weeks later by the menstrual period. 2 normal cycles of varying lengths follows the breast-feeding cycle. They are shorter than 5 weeks and are normal ovulatory cycles. Generally, cycles longer than 5 weeks may be abnormal.

THE BILLINGS METHOD CAN BE USED WITH IRREGULAR CYCLES

The Billings method can be used in all conditions whether your cycles are regular or irregular or even if you have no cycles at all such as when you are breast-feeding



Slide 24

Billings Ovulation Method (BOM)

Effectiveness Studies for postponing pregnancy

<http://www.woomb.org>

Study	Country	Date	Method	Effectiveness
1 Billings, I	Australia	1972	0	0.0
2 Chakrabarti	India	1972	0.0	0.0
3 Billings, EL	Australia	1972	0	0.0
4 Shi, Chao	M.P.A.	1974	0.0	0.0
5 Gao, H	Australia	1976	0.0	0.0
6 Pao, Sen-Chi	Korea/China	1976	1.61	1.00
7 Hoop, Family	China	1977-0	1.4	1.4
8 Oosterhuis, Oudejans	France	1977-0	2.0	2.0
9 Macfarlane, M	India	1978	0.06	0.06
10 Clark, L	M.P.A.	1979	1.1	1.1
11 Yang, Fuli	China	1979-0	0	0
12 Chao, Pinal	India	1979-0	0.27	0.27
13 Kuan, M et al	M.P.A.	1979	1.47	1.47
14 Kuan, H	M.P.A.	1981	0	0
15 K. Qian	China	1985	0	0
16 Ho, J. Chang CW	China	1990-0	1.10	1.10
17 Hsu, J. Chang CW	China	1990-0	1.1	1.1
18 Qian, Zhen-Qian	China	2000	0.0	0.0

Billings Ovulation Method (BOM)

Effectiveness Studies for postponing pregnancy

<http://www.woomb.org>

A WORD OF CAUTION
From Shao-Zhen Qian (Principal Investigator, Evaluation of the Effectiveness of a Natural Fertility Regulation Programme in China.)

... most failure cases had a relatively high cultural level (two university graduates and two lecturers).

... they had paid less attention to the teaching course and had not strictly followed the rules.

... the illiterate women were generally very attentive to BOM teaching and rigidly stuck to the rules, and failures were very rare."

BILLINGS OVULATION METHOD

Effectiveness Studies For Postponing Pregnancy

These are some of the field trials from 1972 to 2000 for postponing pregnancy in various countries. They show a method effectiveness of about 98% and pregnancy rates between 0 and 2.8 %.

The last two studies are a very large trial in India carried out by the National Research Task Force on NFP and a trial in China. As you can see, the failure rate was 1.1 and 0.5 in these 2 huge countries.

No method, whether natural or artificial, is 100% effective. There are no short cuts. (The Billings method does not damage fertility and is as effective as the pill without its harmful effects.)

A WORD OF CAUTION by S.Z. QIAN (Evaluation of the Effectiveness of a Natural Fertility Regulation Programme in China.)

"most failure cases had a relatively high cultural level (two university graduates and two lecturers). they had paid less attention to the teaching course and had not strictly followed the rules. the illiterate women were generally very attentive to BOM teaching and rigidly stuck to the rules, and failures were very rare." So it all depends on how clever you are.

Slide 25

ACHIEVING PREGNANCY

ACHIEVING PREGNANCY

Slide 26

Achieving Pregnancy Sexual timing

Timing of intercourse changes chance of pregnancy.

If your fertility is normal -

- During **early mucus days**, pregnancy rate is 10% per cycle (24 cycles for 90%).
- At the **mucus Peak**, pregnancy rate is 70% per cycle (2 cycles for 90%).

After James Brown MD, DSc

ACHIEVING PREGNANCY

Sexual timing

Timing of intercourse changes rate of pregnancy. If your fertility is normal - During early mucus days, the pregnancy rate is 10% per cycle (90% take 24 cycles). At the mucus Peak, the pregnancy rate is 70% per cycle (90% take 2 cycles).

Slide 27

Achieving Pregnancy Ageing, the Cervix and the Pill

Age (years)	13-22	23-37	38-47
Mean Number of possibly fertile days	7.5	6	3.5
Age (years)	15	35	
Mean Number of slippery mucus days	6	2	

- Ageing changes S crypts to L crypts and L crypts to G crypts. (The crypts produce the mucus)
- The Pill accelerates ageing by 1 year for each year (After 15 years, a 33 yr-old has a 45 yr-old cervix)

After Erik Odeblad

ACHIEVING PREGNANCY

Ageing, The Cervix And The Pill

Erik Odeblad has shown that increasing age from the 20s to the 40s causes a decline of fertile mucus days from 7.5 days to 3.5 days average

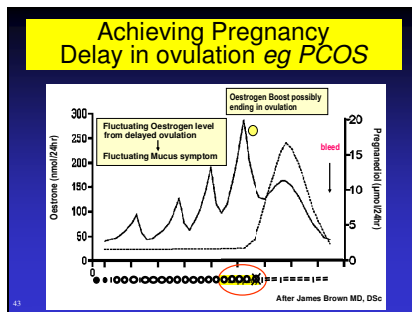
For slippery mucus days, the average is 6 days at 15 years and 2 days at 35 years. Average of 2 days you know means some will have 0 days while others may have 4 days.

Ageing changes S crypts to L crypts and L crypts to G crypts. (The crypts produce the mucus)

The Pill accelerates ageing by 1 year for each year (After 15 years, a 33 yr-old has a 45 yr-old cervix)

Pregnancy reverses this ageing by 2-3 years

Slide 28

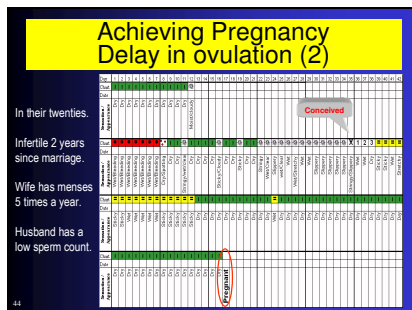


ACHIEVING PREGNANCY Delay in Ovulation eg PCOS

If the FSH from the brain is impeded for any reason, the ovarian follicle is poorly and irregularly stimulated, producing delayed or fluctuating levels of oestrogen and a fluctuating mucus symptom.

If ovulation does occur the slippery sensation detects it together with the sudden progesterone change as the corpus luteum forms

Slide 29



ACHIEVING PREGNANCY Delay in Ovulation (2)

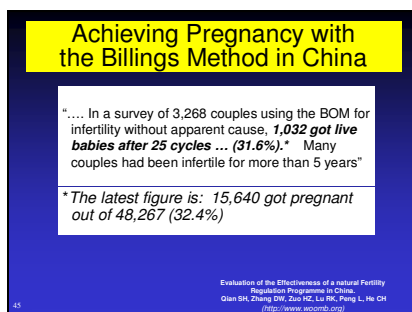
Here is a couple in their 20s who have been trying to get pregnant for two years since marriage. She has menses only 5 times a year ie she ovulates at most 5 times a year. The husband has a low sperm count.

We taught her how to identify her fertile symptoms and she finally got pregnant

She took a while to discover she was pregnant, since delayed menstrual periods are nothing unusual to her

She delivered 5 days after the EDD calculated from the likely date on which she conceived.

Slide 30



Achieving Pregnancy with The Billings Method In China

"In a survey of 3,268 couples using the BOM for infertility without apparent cause, 1,032 got live babies after 25 cycles, the live baby rate being 31.6% *

Many couples had been infertile for more than 5 years"

* The latest figure is 15,640 got pregnant out of 48,267 (32.4%)

Slide 31

Natural Family Planning in Summary

NFP is a code of love

to build your family

It respects human life as a gift and cultivates and enriches intimacy

The BOM is safe, healthy and up to 98% effective provided you learn it well and keep the rules

NATURAL FAMILY PLANNING in Summary

NFP is a code of love for you

to build your family

It respects human life as a gift and cultivates and enriches intimacy

The BOM is safe, healthy and 98% effective provided you learn it well and keep the rules.

The BOM can also be used to achieve pregnancy if you have difficulty.

Natural Family Planning in Summary

NFP is a code of love

to build your family

It respects human life as a gift and cultivates and enriches intimacy

The BOM can also be used to achieve pregnancy if you have difficulty.

Slide 32

- 1 What is family planning?
 - ver1 - Fertility Rejection & Suppression
 - ver2 - Fertility Awareness & Appreciation
- 2 Natural Family Planning
 - a - Postponing pregnancy
 - b - Achieving pregnancy
- 3 The Culture of Love & Life

The Culture of Love & Life

Slide 33


CHOICE

Contra-ception	Natural Family Planning
<ul style="list-style-type: none"> ♥ Marriage is a contract - "I will do my part if you do yours." Till divorce do us part. ♥ Language of deception - changing meanings for "love", "marriage", "family planning", "adult", "rights", "choice". ♥ Changing norms - Sex disconnected from marriage. More sex without babies, more babies without sex. Mantras are "prevention" and "safe sex". ♥ Changing culture - narcissistic & liberal. Mother's love is conditional. Father's protection turns to killing. Children are property, unwanted or manufactured. ♥ Changing law - conscience is damaged; no insight and unable to make moral choices; crimes & perversions become rights. No U-turn. 	<ul style="list-style-type: none"> ♥ Unconditional Love means - "I will do my part even if you don't do yours." For better or for worse, till death do us part. ♥ Speak the language of the body - Being faithful to God's design of Procreative Love makes you beautiful. ♥ Understanding & co-operation - are necessary for NFP to work, but also for relationships to work. ♥ So use NFP to practise regard, respect & self respect and response ability in love without sex - a caressing touch, a tender glance, a private joke. ♥ And use NFP to choose love for people over things, where children have more value than the things they replace.


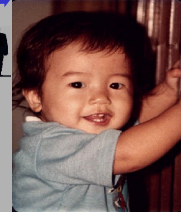
CHOICE

Re-Production	Pro-Creation
<ul style="list-style-type: none"> ♥ Marriage is a contract - "I will do my part if you do yours." Till divorce do us part. ♥ Language of deception - changing meanings for "love", "marriage", "family planning", "adult", "rights", "choice". ♥ Changing norms - Sex disconnected from marriage. More sex without babies, more babies without sex. Mantras are "prevention" and "safe sex". ♥ Changing culture - narcissistic & liberal. Mother's love is conditional. Father's protection turns to killing. Children are property, unwanted or manufactured. ♥ Changing law - conscience is damaged; no insight and unable to make moral choices; crimes & perversions become rights. No U-turn. 	<ul style="list-style-type: none"> ♥ Unconditional Love means - "I will do my part even if you don't do yours." For better or for worse, till death do us part. ♥ Speak the language of the body - Being faithful to God's design of Procreative Love makes you beautiful. ♥ Understanding & co-operation - are necessary for NFP to work, but also for relationships to work. ♥ So use NFP to practise regard, respect & self respect and response ability in love without sex - a caressing touch, a tender glance, a private joke. ♥ And use NFP to choose love for people over things, where children have more value than the things they replace.

CHOICE

Secular humanism	Collaboration with God
	<ul style="list-style-type: none"> ♥ Unconditional Love means - "I will do my part even if you don't do yours." For better or for worse, till death do us part. ♥ Speak the language of the body - Being faithful to God's design of Procreative Love makes you beautiful. ♥ Understanding & co-operation - are necessary for NFP to work, but also for relationships to work. ♥ So use NFP to practise regard, respect & self respect and response ability in love without sex - a caressing touch, a tender glance, a private joke. ♥ And use NFP to choose love for people over things, where children have more value than the things they replace.

CHOOSE LIFE

Lust & Death	Love & Life
	

CHOICE

To summarise, you are now at this T-junction and these are your choices.

IF YOU TURN LEFT -

Marriage is a contract - "I will do my part if you do yours."

Till divorce do us part.

Language of deception – changing meanings for "marriage", "family planning", "adult", "rights", "choice", "gender"

Changing norms – Sex disconnected from marriage.

More sex without babies, more babies without sex. Mantras are "prevention" and "safe sex".

Changing culture – narcissistic & liberal. Father's protection turns to killing. Mother's love is conditional.

Children are property, unwanted or manufactured.

Changing law – conscience is damaged; no insight

and unable to make moral choices; crimes & perversions

become rights. No map or moral strength to U-turn.

To turn left is to speed downhill from birth control to no birth and no control.

TURN RIGHT INSTEAD

Unconditional Love means, "I will do my part even if you don't do yours." For better or for worse, till death do us part.

Speak the language of the body - being faithful to God's design of Procreative Love makes you beautiful.

Understanding & cooperation are necessary for NFP to work but also for relationships to work.

So use NFP to practise regard, respect & self respect and 'response ability' in love without sex – like a caressing touch, a tender glance, a private joke. (These are the same qualities you need to make your marriage itself a success.)

And use NFP to choose love for people over things, where children have more value than the things they replace

These are your choices - Lust&Death vs Life&Love. They are

one-way streets. If you have already turned left, U-turn. We

can help you. We want to. That's why we are here. If you


cannot turn right, then U-turn now. Save yourself. Choose Life.

Notes:

Some of you may feel that I'm a raving old fool, exaggerating, one-sided, unrealistic. Consider this - if you're less than 50, you were born into this toxic contraceptive environment and you may have no other reference point. Better get your head out of the sand before it's too late for you and for your children.

Slide 34

**The Culture of Love & Life
Marriage and Procreation**



And choose love - lose yourself to your beloved.

"... I will go where you go and stay where you stay. Your people will be my people and your God my God." Ruth 1,16

Having a child makes a good marriage better - and a bad marriage worse.

Love your children with kindness & patience.

The Culture of Love & Life

Marriage and Procreation

And choose love - lose yourself to your beloved
In the book of Ruth, "... I will go where you go and stay where you stay. Your people will be my people and your God my God." Ruth 1,16

The question of who's boss does arise. Husband and wife are life the brain and the heart. Who's boss? Both. Neither. It depends. Unless you support each other, the marriage dies. Having a child makes a good marriage better - and a bad marriage worse. Love your children with kindness & patience. "God is not finished with me yet"


Notes:

Dr Ee Peng Liang was my teacher when I got married and he said, "The husband is boss outside the house; the wife is boss inside the house." That might work.

Beauty and contentedness lie in what you are, not what you have. Love helps us to recognize beauty. The husband who discerns the inner beauty of his wife is the fortunate one. In a sense, he is seeing God.

Slide 35

**The Culture of Love & Life
Marriage and Procreation**



**But don't overplan.
God is the Creator and the Planner
and Life is a Miracle.**

**Your child has an eternal destiny to see God
And he has your face!**

**The Culture of Love & Life
Marriage and Procreation**

BUT DON'T OVERPLAN.

God is the creator and the planner and Life is a Miracle. So if the moon is bright and you look into each other's eyes and think, "Wah La. Better than Brad Pitt" or "...Angelina Jolie." It's all a trick of the light but love is blind anyway. And you go ahead.

9 months later you have your baby and look at each other again, "What have we done?" Well what have you done? Something fantastic! You have created a human being whose eternal destiny is to see God. And he has your face! That's not a mistake. It's an achievement - not everyone can do it.

You'll never regret it. For the rest of your life, you will be able to say, "This is my son" or "This is my daughter" "Chip off the old block." No one will miss the pride in your voice.

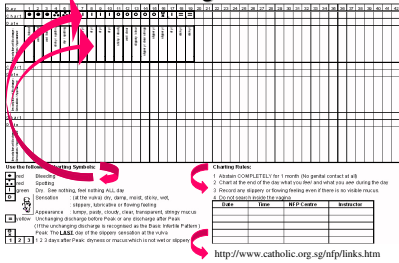
Slide 36

Starting your Chart

Starting Your Chart

Slide 37

Charting Form



Charting Form

Charting Instructions:

1. Observe and record the signs of ovulation.
2. Chart the signs of ovulation.
3. Record the signs of ovulation.
4. Record the signs of ovulation.

Charting Symbols:

Symbol	Meaning
□	Observed
○	Charted
●	Recorded
○	Observed
○	Charted
○	Recorded

<http://www.catholic.org.sg/bfp/links.htm>

Charting Form

You will find this charting form in your couple pack. These are the symbols and descriptions you need to chart. Chart the symbols here and the descriptions here. This is a close up. You can see the Peak. There are 4 guidelines to learn charting and if you lose the form or mess it up, just download another

Charting Form

The Basic Infertile Pattern (BIP)
 1. Dry: Some drying, feel nothing all day
 2. Slippery: At the end of the day, some moist, sticky, wet
 3. Stringy: Sticky, slippery or fertility
 4. Lumpy: Lumpy, sticky, moist
 5. Pasty: Lumpy, sticky, moist
 6. Stringy: Sticky, slippery or fertility
 7. Slippery: At the end of the day, some moist, sticky, wet
 8. Dry: Some drying, feel nothing all day
 9. Dry: Some drying, feel nothing all day
 10. Dry: Some drying, feel nothing all day
 11. Dry: Some drying, feel nothing all day
 12. Dry: Some drying, feel nothing all day
 13. Dry: Some drying, feel nothing all day
 14. Dry: Some drying, feel nothing all day
 15. Dry: Some drying, feel nothing all day
 16. Dry: Some drying, feel nothing all day
 17. Dry: Some drying, feel nothing all day
 18. Dry: Some drying, feel nothing all day
 19. Dry: Some drying, feel nothing all day
 20. Dry: Some drying, feel nothing all day
 21. Dry: Some drying, feel nothing all day
 22. Dry: Some drying, feel nothing all day
 23. Dry: Some drying, feel nothing all day
 24. Dry: Some drying, feel nothing all day
 25. Dry: Some drying, feel nothing all day
 26. Dry: Some drying, feel nothing all day
 27. Dry: Some drying, feel nothing all day
 28. Dry: Some drying, feel nothing all day
 29. Dry: Some drying, feel nothing all day
 30. Dry: Some drying, feel nothing all day

Charting Instructions
 1. Chart COMPLETELY for 1 month (this period is not at all)
 2. Chart at the end of the day what you feel and what you see during the day
 3. Do not use any symbols or drawings until you are comfortable

Charting Legend

Symbol	Meaning	Symbol	Meaning
I	Dry	O	Slippery
S	Stringy	L	Lumpy
P	Pasty		

<http://www.catholic.org.sg/fbf/finks.htm>

Slide 38

How do you Chart? (1)

- Chart what you see and what the vulva feels as you go about your normal daily activities.
- During the day, you may detect different kinds of mucus discharge or sensations
 - The **sensation** experienced by the vulva is more important than the **quantity** or **appearance** of the discharge.
 - So if you have a **slippery** or **flowing feeling** at the vulva any time, record this, **even if there is no visible mucus**.
- Remember, you want to identify the Basic Infertile Pattern (BIP), the slippery Peak and the abrupt progesterone change.

How do you Chart? (1)

Chart what you see and what the vulva feels. Observations are made as you go about your normal daily activities. During the day, you may detect different kinds of mucus discharge or sensations.

The **sensation** experienced by the vulva is more important than the **quantity** or **appearance** of the discharge. So if you have a **slippery** or **flowing feeling** at the vulva any time during the day, remember to record this, **even if there is no visible mucus**.

You want to identify the days of the Basic Infertile Pattern (BIP), the slippery Peak and the abrupt progesterone change.

Slide 39

How do you Chart? (2)

- Some examples

Symptom	Symbol
if you see nothing and feel nothing the whole day, chart it as a <u>dry</u> day	I
if you see "lumpy" mucus in the morning, see "pasty" mucus in the afternoon, and see "stringy" mucus in the evening, chart <u>stringy</u> for that day. (Stringy or clear, transparent mucus are intermediate signs in the development of ovulation and fertility)	S
if you feel dry in the morning, feel slippery in the afternoon, and feel sticky in the evening, chart <u>slippery</u> for that day	O

How do you Chart? (2)

Some examples :

if you *feel* nothing and *see* nothing the whole day, chart it as a dry day

if you *see* "lumpy" mucus in the morning, *see* "pasty" mucus in the afternoon and *see* "stringy" mucus in the evening, chart stringy for that day. (Stringy or clear, transparent mucus are intermediate signs in the development of ovulation and fertility)

if you *feel* dry in the morning, *feel slippery* in the afternoon and *feel sticky* in the evening, chart slippery for that day.

Slide 40

When do you Chart?

- At the end of the day or before going to bed

When do you Chart?

At the end of the day or before going to bed

Slide 41

If you find difficulty ...

- Your clothes may be causing problems (eg panty-liners, panty-hose, G-strings, thongs, jeans)
- You may be sub-fertile (eg PCOS)
- You are not abstaining
- You may have medical problems

If you find difficulty ...

Your clothes may be causing problems (eg panty-liners, panty-hose, G-strings, thongs, jeans)

You may be sub-fertile (eg PCOS)

You are not abstaining

You may have medical problems

Slide 42

How long do you Need to Learn?

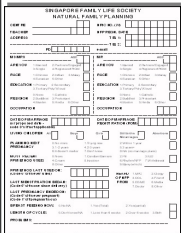
- It takes 3 cycles on average to learn charting
- But ideally come to the NFP centre at least 6 months before your wedding
- Sessions are one-to-one
- The first may take 30-45 mins and we may see you 2-3 weeks between sessions

How long do you Need to Learn?

It takes 3 cycles on average to learn charting
 But ideally come to the NFP centre at least 6 months before your wedding
 Sessions are one-to-one and the first may take 30-45 mins
 We see you 2-3 weeks between sessions

Slide 43

When will we meet you?



We will contact you within a couple of weeks to fix an appointment.
 Please give us your registration form, so that we can do so


But if for any reason you don't hear from us, please call the centre head of your choice. We really want to meet you.

The list of NFP centres with the instructors' contacts is in your MPC couple pack

When will we meet you?

We will contact you within a couple of weeks to fix an appointment. (Please give us your registration form)
But if for any reason you don't hear from us, please don't hesitate to call the centre head. We really want to meet you.
 The list of NFP centres with the instructors' contacts is in your MPC couple pack. The email and the website can be used to communicate with your instructor and to download forms.

When will we meet you?



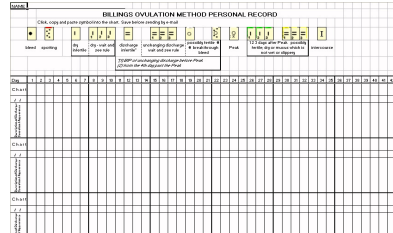
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But if for any reason you don't hear from us, please call the centre head of your choice. We really want to meet you.

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Slide 44

e-mail Charting Form



e-mail Charting form

You can download this e-mail charting form and record your symptoms by copying and pasting the symbols in an electronic record which you could discuss with your instructor if suitable.

Slide 45

Some aids in your couple pack



In your couple pack

The narrated BOM method
 The difference between NFP and Contraception
 These 2 items are in your couple pack and I hope you will have a look at them and give some feedback.

Slide 46



INVITATION

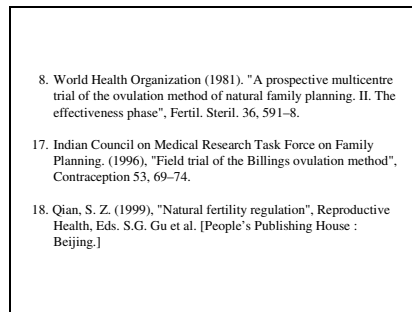
**It may take three cycles (months) to learn
Please come early**

Notes

As instructors, you have to explain to your couples how to go about keeping an accurate record of her observations. A helpful question for the woman is to ask her how she knows when her menstruation begins. She will admit that she feels and sees the bleeding as it arrives at the vulva. The daily chart is important in reminding a woman to pay attention to the mucus sign every day. It is also an important tool for the husband to recognize the couple's fertility without continually having to ask his wife. This will help the couple to understand how to read her cycle and use it to either achieve pregnancy or postpone pregnancy. The chart also gives valuable information to the husband so that he and his wife can discuss the possibilities and together decide when they will bring their first or next baby into the world. It provides opportunity for communication and decisions. In this way a powerful and loving communication is set up between them and the baby is welcomed and loved.

Why no genital contact while observations are made?
Because she may be confused by any secretions due to intercourse or contact

Slide 47



Some references