

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

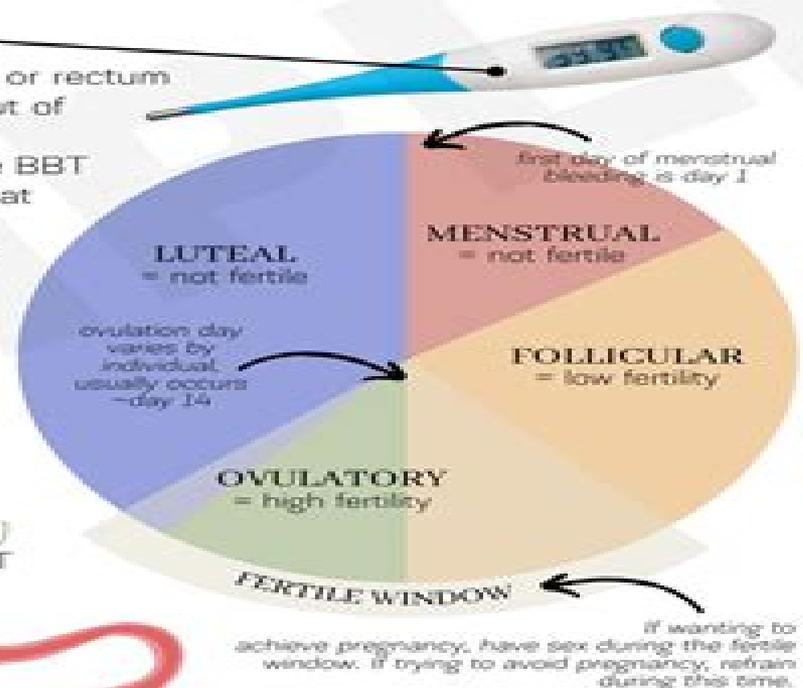
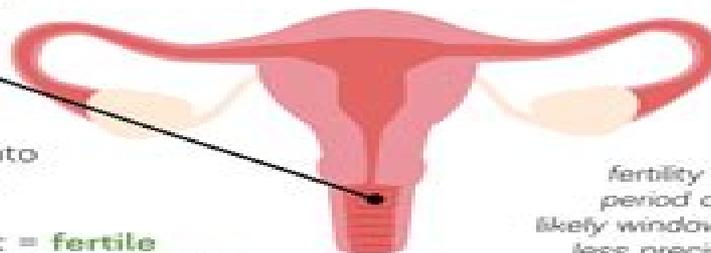
CERVICAL POSITION

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.

Fertility And Contraception

M Lipman



Fertility And Contraception:

Fertility And Contraception Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Fertility And Contraception**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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Fertility And Contraception Introduction

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