

- *I have been amazed by how easy it has been to observe my fertility cycles. I can't imagine how I never noticed before! It has made such a difference to my confidence and our sex life. Contraception was meant to be easy.*

M.G. - Brisbane

- *I congratulate you on the beautiful, simple and yet powerful methods of natural fertility management. As I embark on using these methods I have a great sense of enjoyment and adventure. It has put another important piece of life's jigsaw together. Thank you.*

M.S. - Adelaide

- *The rewards of using this method have extended well beyond feeling confident about contraception. It has opened up a whole new understanding of my body, and given me great peace of mind.*

B.A. - Melbourne

- *We have been using your methods for conception for three months now, and have just conceived. What a wonderful help natural fertility management has been! I wouldn't be without it now and will use the methods for contraception after the birth of my child. I recommend it to all my friends and clients.*

A.B. - Shepparton

- *I have been using natural fertility management for over a year now very successfully, and, I may add, with much pleasure. I have learned to understand and enjoy all the aspects of my cycle. I feel more in touch with my body, more confident and empowered around my sexuality and fertility as I now know exactly when I can conceive and when I can't. I can't thank you enough.*

G.M. - London

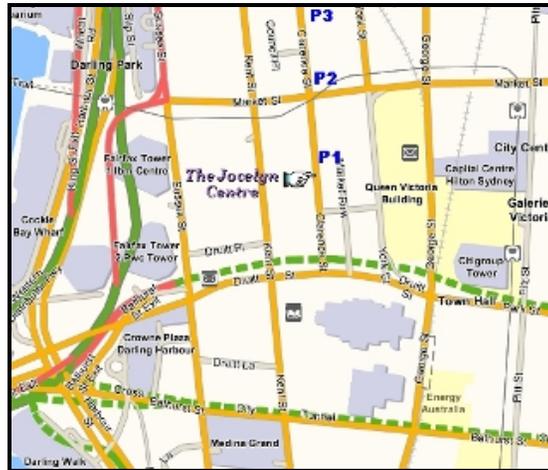
- *I knew there had to be a better way!*

M.V. - California

FEES

For a guide to prices please see the handout **Fees and Consultation Procedures** available from reception or our website.

For more information refer to our website www.fertility.com.au



Additional Costs

In some cases where there are menstrual, nutritional or hormonal irregularities, we will provide treatment with nutritional supplements, dietary and lifestyle advice, and herbal medicine. This will also be the case for those women coming off the oral contraceptive pill. The cost of these supplements will be additional to the fees above, and will vary in each case. Please see the accompanying handout **Fees and Consultation Procedures** for a full explanation of fees and costs, and what to bring to your first consultation.

We also have a range of books and products related to reproductive health on sale at reception.

N.B. Cancellation fees will be charged unless 24 hours notice is given.



The Natural Fertility Management

Contraception Program

Your Healthy Contraception Choice
Your body gives you wonderful and unmistakable signs of fertility. You can learn to observe and interpret these signs in order to assist you to avoid unwanted conceptions

Natural Fertility Management
"Reproductive Health Care for Every Stage Of Your Life"

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The Natural Fertility Management

contraception program teaches you to understand and cooperate with your fertility cycles, through observing body signs such as cervical mucus and basal body temperature, and combining this knowledge with your personal bio-rhythmic lunar cycle. You can then choose what to do for the few days each month that you are fertile.

Natural methods of contraception have a 97-99.5% success rate compared to the pill at 97-99.5%, the condom at 95-99% and the diaphragm (with spermicide) at 92-98%. (Statistics taken from a number of different studies).

Natural methods of contraception can be used by all women, whether or not their cycles are regular, and at any stage of their fertile life. All that is required is motivation and a healthy curiosity about their own body.

These methods have been combined and refined by Francesca Naish, a naturopath, herbalist and hypnotherapist, since 1975. Francesca first devised this approach as an answer to her own contraception needs. Since then, she and her associates have assisted many thousands of women and couples with their fertility management, and her methods are used by increasing numbers of health professionals in Australia, New Zealand, Malaysia, USA and UK. The Natural Fertility Management programs and treatments have expanded to include;

- preconception health care for a healthy conception, pregnancy, birth and baby
- natural treatments for fertility problems (male and female)
- natural treatments for the common complaints of pregnancy and breastfeeding, and all aspects of reproductive health.

The Natural Fertility Management Contraception Program consists of:

Personal consultations (preferably for both partners where appropriate), and an NFM contraception kit, which contains a copy of 'Natural Fertility' by Francesca Naish and a workbook, and will cover the following topics.

- Instruction in the identification of fertility at mid-cycle through observation of body symptoms, and monthly cycle charts to record observations.
- Instruction in the use of the bio-rhythmic lunar cycle, with your individual computer-calculated charts showing these potentially fertile times for the next five years.
- Instruction in how to combine these methods to tell when you need to abstain or use protection. Counselling on contraception techniques for use at fertile times and their compatibility with fertility awareness observations.
- Relaxation / suggestion CD for synchronisation of lunar and healthy, regular hormonal cycles, confidence and motivation.
- Naturopathic treatment for regular cycles and menstrual, hormonal, reproductive and nutritional health.
- Your 'kit' also includes moon calendars for the next five years, a fertility thermometer and a time zone calculator, and comes in an attractive presentation case.

***Please Note:
No guarantee can be made that
contraception will be effective in
individual cases.***

We strongly recommend a full check-up consultation after 3 charted cycles for interpretation and feedback – or, if you are receiving treatment or require additional help, consultations can be arranged at any time.

Natural Methods of Contraception are appropriate for all women or couples, whatever their previous contraception program. For those coming off the Oral Contraceptive Pill (OCP), there will be a period of adjustment, assisted with treatment by natural therapies, as your body returns to a natural cycle. In most cases this adjustment will be achieved within the first three months, which is also an average amount of time taken to learn how to use the methods. After this initial period, most women and couples will feel confident in their use of the methods, though support is always available.

At the Jocelyn Centre for Natural Fertility Management and Holistic Medicine we have an experienced team of medical doctors and natural health practitioners who can attend to all your reproductive and general health needs.

With Natural Fertility Management the satisfaction of getting to know the signs and rhythms of your own body will increase month by month, along with the peace of mind that comes through using a healthy method of contraception.

Natural Fertility Management methods can be used either to avoid or achieve conception. If at any stage your needs change you can adapt the methods to help you consciously conceive a healthy baby.

Natural Fertility Management provides women and their partners with the means to manage their fertility, from puberty through to menopause and adapt to the different needs at various times in their lives, without recourse to devices or drugs.