CONTENTS

Welcome!

How to use this Guide

STAGE ONE: INTRODUCTION

- The Natural Fertility Management (NFM) approach to optimum conception
 - A healthy body is a fertile body
 - Parenting starts before conception
 - Charting the menstrual cycle
- What's involved in the NFM approach to optimum conception?

Step 2 Why Preconception Health Care?.....15

- The importance of preconception health care
 - Not a new idea just common sense
 - Why four months of preconception health care?
 - Fathers too! The important role of prospective fathers
 - 'Older' parents
 - After conception
 - Your very healthy baby ... and beyond
 - Epigenetics
- Let's review the benefits of this approach

STAGE TWO: PREPARING FOR CONCEPTION

Step 3 The Timing Methods You'll be Using......21

- Assessing fertility
- Some advantages of the mucus method
- Some advantages of the temperature method
- How the mucus and temperature methods will help you to know when you're fertile

- Managing your fertility during preconception
 - General guidelines for contraception during this transition period

- If you're currently using hormonal contraception
- Recovery from hormonal contraception
- Irregularity and miscarriage
- Back-up contraception

Step 5 Using the Mucus and Temperature Methods......26

- Let's review the mucus method
 - How to check your mucus
- Let's review the temperature method
 - How to check your temperature
- Other useful observations

- The pre-ovulatory phase
- The post-ovulatory phase

- Starting to chart
- Charting cervix changes and other observations
 - Assessing your observations
 - Making decisions about unprotected intercourse
 - While charting your first cycle

- Revising the methods, rules and charting
- Charting other observations
- Assessing your observations
- Recognizing the patterns of your cycle
- Stress management
- Making decisions about unprotected intercourse
- While charting your second and subsequent cycles

• Review and complete your preconception preparation

STAGE THREE: TIMING YOUR CONCEPTION ATTEMPTS

Step 1	<u>0</u> Preparing	Your Conception	<i>Plan</i>
--------	--------------------	-----------------	-------------

- The romance of the egg and the sperm
- Timing is crucial
- Planning your conception attempt

- Setting the scene for your optimum conception
- Timing your conception attempt
- Continuing your conception attempts

STAGE FOUR: NOW YOU ARE PREGNANT

Step 12 Staying Healthy for an Optimal Pregnancy and Birth......46

- Nutrition and health during pregnancy
 - Nutrients that require additional attention
 - Other remedies, medicines and tests
- Stress management during pregnancy
- Preparing to give birth
 - Your best possible birth
 - Midwives, doulas and other support people

STAGE FIVE: AFTER THE BIRTH OF YOUR BABY

Advantages of breastfeeding

- Tips for successful breastfeeding
- Recovery after birth
 - Postnatal Depression

- The advantages of spacing your pregnancies
- Breastfeeding is nature's way of spacing your children
- How to practice contraception during breastfeeding

- When your cycle resumes a regular pattern
- Making decisions about unprotected intercourse
- Charts
- Times of change
- If you want to conceive again

INTRODUCTION TO MODULES

MODULE ONE: PRECONCEPTION HEALTH CARE AND LIFESTYLE.......62

- M1.1 Preconception Health Care
- M1.2 How to Avoid Toxic Minerals
- M1.3 How to Reduce and Manage Your Stress
- M1.4 Fertility Fitness
- M1.5 Diet Guidelines for Optimal Reproductive Health
- M1.6 The Glycemic Index
- M1.7 Tips for Healthy Food Choices
- M1.8 Water
- M1.9 Nutrients and Other Supplements
- M1.10 Endocine Disruptors
- M1.11 Personal Care Products

MODULE TWO: REPRODUCTIVE HEALTH AND FERTILITY......144

- M2.1 Irregular Cycles
- M2.2 Fertility Problems:
 - Introduction
 - Infertility
 - Diagnostic tests and procedures for infertility
 - Ongoing infertility
 - Factors that affect male reproductive health
 - Factors that affect female reproductive health
 - Painful or heavy menstruation

- Premenstrual syndrome (PMS)
- Irregularity
- Amenorrhea
- Polycystic ovarian syndrome (PCOS)
- Ovarian cysts
- Uterine fibroids
- Endometriosis
- Hostile or inadequate mucus
- Cervical damage
- Anti-sperm antibodies
- Thrush, discharge and candida
- Thyroid problems
- Blocked fallopian tubes
- Premature menopause / ovarian resistance
- For both men and women
 - Estrogen dominance
 - Insulin resistance / glucose intolerance
 - Weight
 - Stress
 - GUIs (genito-urinary infections) and other infections
 - Age
 - IVF and other assisted reproductive technologies (ART)
 - Natural treatments for infertility

M2.3 Miscarriage

M2.4 Useful Medical Tests

M2.5 Success Rates

MODULE THREE: UNDERSTANDING WHEN YOU ARE FERTILE......212

- M3.1 Your Bodies
- M3.2 The Mucus Method
- M3.3 The Temperature Method
- *M3.4 Other Observations*
- M3.5 The Lunar Biorhythm and Your Fertility
- M3.6 Gadgets

M4.1 Charts for One Cycle
M4.2 Cycle Chart Reports
M4.3 Timing Plans for Optimum Conception
M4.4 Preconception Checklist
M4.5 Diet Checklist
M4.6 Radiation Checklist
M4.7 Diet and Lifestyle Questionnaire

M5.1 The Effects of Contraception on Fertility and Health M5.2 Contraception Choices

M6.1 About the Authors M6.2 Services Offered at the Jocelyn Centre M6.3 Products and Options M6.4 Ongoing Support

AUDIO: Relaxation and Suggestions for a Healthy Conception free from www.fertility.com.au/resources

MyNFM web application for charting is **free from** www.fertility.com.au/resources