

9

NATURAL BIRTH CONTROL METHODS

1

MALE CONDOMS

At around a 98% effectiveness rate when used correctly, they are nearly as effective as taking the pill



2



FEMALE CONDOMS

About 95% effective and are less likely to tear than male condoms

3



CALENDAR METHOD

Practicing abstinence from sex during the week the woman is ovulating

4

NATURAL FAMILY PLANNING/FERTILITY AWARENESS

Helps track natural cycle, identify times of fertility, treat premenstrual symptoms and evaluate the effects of stress on hormones/menstrual cycle

5



TEMPERATURE METHOD

Take your basal body temperature each morning with an accurate "basal" thermometer, noting the rise in temperature that occurs after ovulation takes place

6



LADY COMP

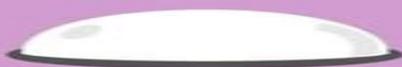
"A next-generation fertility monitor that learns, analyses and indicates ovulation, fertile and non-fertile days with 99.3% premium accuracy, which is free of invasive hormones and side effects"

7

MUCUS METHOD

Can work very well (around 90% effectively) when used by women with regular cycles, however it's not a good match for those who have irregular periods, frequent vaginal infections or irregular mucus, who have recently given birth, or who have taken emergency contraceptives recently

8



DIAPHRAGMS

About 88%–94% effective at preventing pregnancy

9



CERVICAL CAP

A 85%–91% effectiveness rate depending on how carefully it's used

The Natural Birth Control

Kathleen Armour



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