

*Natural Family Planning is  
Proven Healthy for Marriages!*

*Natural Family Planning  
is a Skill for Life!*

*Natural Family Planning*



### *It's Natural*

- No Drugs
- No Devices
- No Surgeries
- No Side Effects

### *99% Effective*

~ when practiced correctly

### *Scientifically Sound*

~ Based on medical research

### *Good For Marriages*

- Couples report greater marital satisfaction
- Couples report more sexual intimacy
- 0.3-2% Divorce rate,  
(Compared to the national average of 50%)
- Couples report greater respect for self and spouse

### *Minimal Expense*

~ Saves you money

### *Natural Family Planning helps couples:*

- Live a healthy lifestyle
- Improve self-knowledge
- Become empowered through autonomy in family planning
- Conceive a child
- Delay pregnancy for a time or indefinitely
- Find solutions for menstrual cycle abnormalities
- Grow in respect for self and one another
- Address infertility issues
- Increase marital intimacy

*Learn more about NFP from:*

[nfp@elizabethministry.com](mailto:nfp@elizabethministry.com)  
[www.elizabethministry.com](http://www.elizabethministry.com)

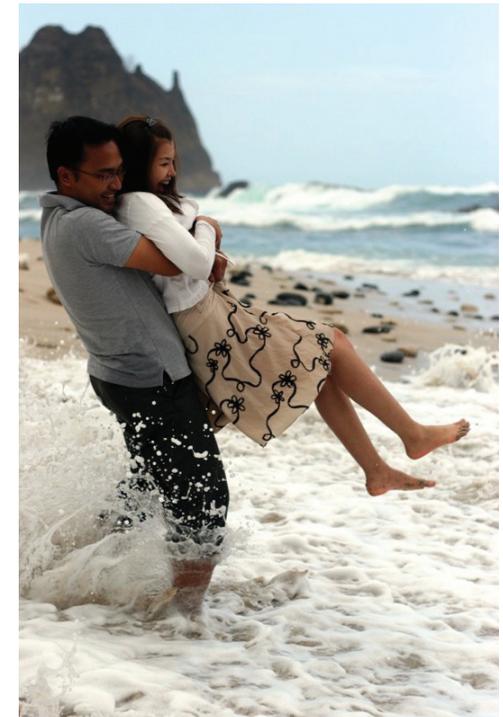
*Elizabeth Ministry  
International*

*Chapter Headquarters ~ Retreat & Resource Center  
Life & Loss Institute ~ KinCommunity Association*



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*Front panel photography by Danumurthi Mahendra*



*Natural Family Planning  
99% Effective.  
100% Natural.*

## *What is Natural Family Planning?*

*Natural Family Planning refers to various natural methods couples can use to achieve or avoid pregnancy based on an awareness of the naturally occurring signs that signal fertility or infertility.*

*Artificial contraceptives can have dangerous side effects and can even cause infertility. The most common form of contraception, the pill, is classified as a Group I Carcinogen by the World Health Organization, placing it in the same league as asbestos and cigarettes. A woman today now has a 1 in 8 chance of getting breast cancer in her lifetime, due in part to the high rate of contraceptive use.*

*NFP is 98-99% effective. It can be used throughout a couple's reproductive life, including during breastfeeding, premenopause, and post-contraceptive use. It can be used if a woman has regular or irregular cycles. It is much cheaper than contraceptives, as effective as the most effective artificial methods, and has NO side effects.*

*"NFP class was the best money we ever spent!"*

*- Couple from Appleton WI*

*"Through NFP, I also learned more about what it means to be a woman. Now I see my body as a gift and treasure and I can respect my fertility in a way that cooperates with God's plan."*

*- Mary Beth, Sherwood WI*

*"Fertility is not just a woman thing; it's a couple's thing. If you can talk about this together, you can talk about anything!"*

*- Mark from Appleton WI*



## *NFP Respects the Body's Natural Functioning.*

*NFP is unique because it enables couples to work with the body rather than against it. NFP does not impair the body's healthy and normal functioning in any way.*

*NFP encourages couples to respect all the phases of a woman's cycle. NFP makes it possible for couples to live out responsible parenthood while still respecting the total gift of one another.*

### *Where to Learn NFP*

*It is important to learn NFP from an instructor. Your instructor will help you accurately interpret your unique signs of fertility. This is help you cannot get from a book or the internet alone.*

*Elizabeth Ministry International offers NFP instruction at various locations.*

*Visit us online at [www.elizabethministry.com](http://www.elizabethministry.com) call (920)766-9380 or email [nfp@elizabethministry.com](mailto:nfp@elizabethministry.com) for NFP class information.*