

## A way of life based on love!

### Natural Family Planning

- Achieve or postpone pregnancy naturally
- Reliable and effective
- Free
- Promotes wellness
- Protects new life
- Lasts for a lifetime
- Promotes a lifestyle of love
- Enriches marriage

The Johns Hopkins Institute called Natural Family Planning the best method of birth control, saying it is 99% effective (as effective as oral contraceptives) and 100% safe.

Keeps the "honeymoon feeling" going!

NFP is 100% safe and has no unpleasant side effects unlike all other methods of birth control

### LIFE CHOICES, INC

Women's Health Center  
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## Natural Family Planning



The only

family planning method that is truly

Pro-Woman!

Call for info:  
908-387-0020



## How does NFP work?

This all natural methods based on a woman's pattern of fertility. She learns to observe and record her own natural symptoms of fertility as the time of ovulation approaches. She also learns to recognize when she is no longer fertile in each cycle.

Simply put: When a couple recognizes when they are fertile they know what to do if they want to have a baby and what not to do if they need to postpone pregnancy.

## Is NFP reliable and effective?

Yes! NFP is used as effectively as artificial methods to postpone pregnancy. More effective than most methods. It can be used successfully during regular or irregular cycles, after coming off the pill or other chemical birth control methods, after childbirth, during breast-feeding and nearing menopause. NFP can be used throughout a woman's life!

Free!

Easy to learn!

**NFP promotes openness to life and the gift of children**

**NFP promotes romance and communication between Husband and wife**

**NFP is a way of life based on love that respects the dignity of the total person!**

It helps couples develop self-mastery and unselfishness.

NFP helps to deepen a couple's intimacy and strengthen their marriage relationship!

## How does NFP promote wellness?

NFP is a healthy lifestyle in harmony with nature. The couple is free from all the risks of contraception. There are no drugs, devices or chemicals or surgeries to alter their reproductive systems and cause unwanted and dangerous side effects.

## How does NFP protect new life?

Nothing lingers in the woman's body. There is nothing to destroy new life. Nothing that could be harmful to a baby's prenatal development is ever present!

## How can we learn more?

**Call Life Choices, Inc's Women's Health Center**

**At 908-387-0020**