

## Chemical Crisis

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### *Medical Findings on the Pill*

***How it works:*** The Pill consists of a combination of two types of artificial hormones called estrogens and progestins. It works three ways: by inhibiting ovulation, inhibiting sperm transport and by changing the lining of the uterus (called the endometrium) so that if the woman does conceive it will cause an early abortion.

***Side Effects:*** Besides being an abortifacient, the Pill increases the risk of breast cancer by over 40% if it is taken before she delivers her first baby.<sup>1</sup> The risk increases to 70% if the Pill is used for four or more years before the first child is born.<sup>2</sup> Other side effects include high blood pressure, blood clots, stroke, heart attack, depression, weight gain, migraines, dark spots on the skin and difficulty with breastfeeding. Diabetics who take oral contraceptives may note increased sugar levels. Although the Pill decreases ovarian and some uterine cancers, it increases breast, liver and cervical cancer.<sup>1</sup> The cost of using the Pill for five years is over \$1000.

*(This section taken from "What a Woman Should Know About Contraceptives," published by One More Soul.)*

[www.omsoul.com](http://www.omsoul.com)

<sup>1</sup>Kahlenborn C. "Breast Cancer & the Pill." *Breast Cancer, Its link to Abortion and the Birth Control Pill*. Dayton, OH: One More Soul; 2000; 29-42, 149-180.

<sup>2</sup>Romieu I, Berlin J et al. Oral Contraceptives & Breast Cancer(1990). Review and meta-Analysis. *Cancer*.66:2253-2263.



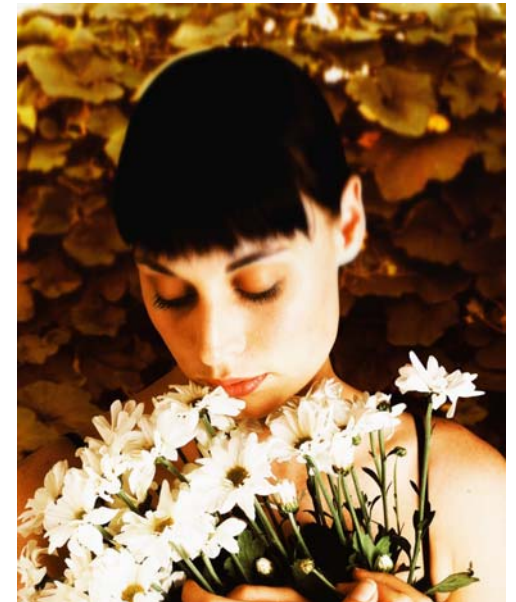
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# Go Organic



**Natural Family Planning**  
**Real Love.**  
**Real Natural.**

# Pure & Natural Reasons for Switching to Natural Family Planning

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## Just Imagine

**Close your eyes and imagine what makes you feel most in love and the most intimate.**

If you could step into any love story, any romantic landscape, what would you find yourself surrounded by and who would be there? Ask a hundred women that same question, and the answer would be strikingly similar. No one ever says “I’d like to be alone,” “I like being an object instead of a person,” or “I’d like to be depressed, gain weight, more irritable and increase my risk for cancer.” No. They imagine being with someone, feeling loved and being healthy. They imagine candles, lovely music, genuine embraces, honest words and laughter.

**The love and need for intimacy without barriers is deeply rooted in us all.**

Our bodies are made beautifully. We are living masterpieces, kaleidoscopic perpetual miracles on our own, without anything extra. That’s the way we were made to live and to love—without barriers, without chemicals, or additives. Imagine a

wide open landscape of love. Imagine holding nothing back. Natural Family Planning (NFP) is 100% organic, based in fertility awareness and appreciation. Your fertility is a gift, not a disease, and NFP is the all natural way to embrace it.

Best of all, NFP is cooperative. Women don’t bear the burden and the side effects alone. No, the only side effects are increased communication, greater mutual self-knowledge and respect, self resolve and poise, healthy body, more romance and greater intimacy.

Welcome to NFP.

## Family Planning...Naturally

### How does NFP work?

Women are relatively infertile creatures. While men are fertile all the time, women ovulate once a month for twelve to twenty four hours, and can typically only conceive five to ten days a month. A couple can pinpoint a woman’s fertile time by biological indicators—body temperature, cervical mucus and cervical shape.

A couple learns how to observe and chart a woman’s cycle by taking classes or by meeting for one-on-ones with an NFP teacher, and off they go! The great thing about NFP is that you can use it to either achieve or postpone a pregnancy. In fact, when some couples run into infertility struggles, NFP often helps them where other fertility treatments fail.

## Effectiveness

**Forget what you’ve heard.**

Use effectiveness of NFP overall is as high or higher than any artificial contraception systems—97-99%!

No, really. It’s THAT good.

Plus, the continuation rate of NFP (people who love it and keep loving it) is around 93%. The rate for contraception ranges from 43% to 72%.

Did we mention the divorce rate for NFP Couples is between one and five per cent? Hmm...there’s something to this.

## Next Step

**Still wondering or want to sign up for a class?**

Call 608-821-3134 or check our web

**Web Page:**

[madisondiocese.org/nfp](http://madisondiocese.org/nfp)

**Blog:**

[nfpworks.wordpress.com](http://nfpworks.wordpress.com)