

# NATURAL BIRTH CONTROL

A Guide to Contraception through  
Fertility Awareness



Katia and Jonathan Drake  
Foreword by Dr Andrew Shapway

# Natural Birth Control A Practical Guide To Fertility Awareness

**Rachel Carlton Abrams, M.D.**



## **Natural Birth Control A Practical Guide To Fertility Awareness:**

**Natural Birth Control** Katia Drake,Jonathan Drake,1984      **The Complete Guide to Fertility Awareness** Jane Knight,2016-11-03 Fertility Awareness is key to understanding sexual and reproductive health at all life stages It can be used to either plan or avoid pregnancy Fertility Awareness Methods FAMs are highly effective when motivated couples are taught by trained practitioners These methods are in demand for ecological medical cultural religious and moral reasons The ability to control fertility naturally is a lifestyle choice The Complete Guide to Fertility Awareness provides the science and methodology suitable for health professionals and a general audience It covers reproductive physiology and the fertility indicators temperature cervical secretions and cycle length calculations It explores ways to optimise conception and to manage conception delays Case studies and self assessment exercises are included throughout The book addresses the scientific credibility of new technologies including fertility apps home test kits monitors and devices The Complete Guide to Fertility Awareness offers evidence based information for general practitioners practice nurses school nurses midwives sexual health doctors and nurses a unique perspective on subfertility for gynaecologists and fertility nurses an authoritative source of reference for medical nursing and midwifery students a straightforward and practical reference for new and experienced FAM users the core text for the FertilityUK Advanced Skills Course in Fertility Awareness      **Natural Fertility Awareness** John Davidson,Lucie Davidson,1986 Necessary information whether the object is to achieve or avoid conception

*Natural Birth Control Made Simple* Barbara Kass-Annese,Hal Danzer,2003 This book gives specific instruction on the use of two methods of family planning Natural Family Planning and Fertility Awareness Method These methods give couples natural choices 1 To avoid pregnancy you can determine when you are infertile and have sexual intercourse without conceiving 2 To become pregnant you can track the days of the month when you are most fertile and have intercourse when you are most likely to conceive 3 These safe non invasive techniques can be used by themselves or combined with other contraception methods 4 The techniques are noninvasive have no side effects and carry no danger of toxic infection or cancer The authors experts in fertility awareness have completely revised and updated this newly titled edition of the book The new material includes several new examples of natural birth control and the fertility awareness method with illustrations The book contains 40 charts for readers to use The book is written in an accessible style and contains edifying case studies

**Speroff & Darney's Clinical Guide to Contraception** Jeffrey Jensen,Mitchell Creinin,2019-11-04 Practical authoritative and up to date Speroff Darney s Clinical Guide to Contraception 6th Edition provides concise coverage of all of today s available contraceptive options Under the leadership of new editors Jeffrey T Jensen MD MPH and Mitchell Creinin MD this well regarded clinical reference remains a thorough evidence based and readable resource for OB GYNs family planning specialists primary care providers and other healthcare providers      *It's Your Body: The Young Woman's Guide to Empowered Sexual Health* Dena Moes,2024-08-13 Detailed information on birth control STIs emergency contraception and

more a guide to what today's young women need to know about their bodies from a compassionate experienced practitioner Access to reproductive healthcare is no longer guaranteed and information on the internet is increasingly unreliable so it is more crucial than ever to be armed with the knowledge to make informed decisions about reproductive health In *It's Your Body* Dena Moes provides a compassionate and informative roadmap to the complex landscape of reproductive health She explores topics ranging from birth control methods emergency contraception and STIs to consent and safe abortion access Helpful graphs and diagrams make information easy to digest while thoughtful journal prompts encourage readers to reflect on newfound knowledge feelings about a changing body and self care Combining medical information with a focus on empowerment and autonomy this guide is a trusted companion supporting young women in taking control of their sexual health and advocating for the care and respect they deserve

*The Handbook of Contraception* Donna Shoupe, 2007-11-07 I opened my series editor manuscript of *The Handbook of Contraception A Guide for Practical Management* edited by Drs Donna Shoupe and Siri Kjos on a tiny plane on the way to giving a lecture in Albany NY I expected to peruse the manuscript and found that I could not put it down *The Handbook of Contraception A Guide for Practical Management* is an incredibly informative and enjoyable read In keeping with the objective of this series for primary care clinicians there is a quality in this title that is uncommon among medical textbooks The chapters of this book are written with extraordinary intelligence and understanding and with attention to practical considerations in the selection and management of contraceptive options The authors have reviewed the science behind contraception including the chemical structure and effects of hormonal contraception physiology of contraception efficacy rates and side effects as well as the practical considerations that are relevant in helping patients choose between different contraceptive options They do this with a clarity of language and intent that lets the book cover with sufficient detail the full range of questions that any primary care clinician will have regarding any of the traditional or new contraceptive options Also included in each chapter is a section on counseling tips which explicitly answers many of the questions that clinicians and their patients often have when discussing contraceptive options For a book so useful and well done the editors and authors deserve our thanks

***The Whole Truth About Contraception*** Suzanne Wymelenberg, Beverly Winikoff, 1997-09-27 What birth control method is most reliable Can contraceptives protect me from AIDS How can I choose the method that's best for me Finding the answers to these and other questions about birth control can be tough On the one hand today's sexually active person has many contraceptive options On the other hand each option has pluses and minuses that must be weighed For teenagers especially asking questions about birth control can be awkward and difficult Yet teenagers may be in greatest need of the facts While there is no right method for everyone *The Whole Truth About Contraception* is the right book for anyone making decisions about contraception men and women from teenagers to middle aged It illustrates male and female anatomy and explains how conception occurs The book carefully describes the birth control methods available today barrier such as condoms and diaphragms hormonal the Pill and Norplant

intrauterine devices surgical sterilization and other approaches such as the rhythm method and breastfeeding as a contraceptive For each method the authors discuss how well it prevents pregnancy its potential effects on the user s health and common problems Illustrated how to sections are provided and the authors comment on how each method typically affects sexual experience The book also discusses how birth control products can be obtained and their cost Precautions tips on usage and other features throughout the book will help each reader decide what type of contraception is best for his or her age personal preferences and situation in life The Whole Truth About Contraception gives up to date information on new products such as the female condom and the nonlatex male condom The book provides details about contraception and sexually transmitted diseases with an emphasis on AIDS Also offered is an expanded discussion of emergency contraception designed for use after unprotected sex The book includes a full and factual discussion of abortion Contraception may be the most important and deeply personal choice anyone has to make This book provides the straight facts that will make the decision easier and the results better for everyone      *Encyclopedia of Sex and Sexuality* Heather L. Armstrong,2021-03-01

Providing a comprehensive framework for the broad subject of human sexuality this two volume set offers a context of historical development scientific discovery and sociopolitical and sociocultural movements The broad topic of sex encompassing subjects as varied as sexuality sexual and gender identity abortion and such crimes as sexual assault is one of the most controversial in American society today This two volume encyclopedic set provides readers with more than 450 entries on the subject offering a comprehensive overview of major sexuality issues in American and global culture Themes that run throughout the volumes include sexual health and reproduction sexual identity and orientation sexual behaviors and expression the history of sex and sexology and sex and society Entries cover a breadth of subjects such as the major contributors to the field of sexology the biological psychological and cultural dimensions of sex and sexuality and how the modern day political climate and the government play a major role in determining attitudes and beliefs about sex Written in clear jargon free language this set is ideal for students as well as general readers      **Books in Print Supplement** ,1985

*Maternal Child Nursing Care in Canada - E-Book* Lisa Keenan-Lindsay,Cheryl Sams,Constance L. O'Connor,Shannon E. Perry,Marilyn J. Hockenberry,Deitra Leonard Lowdermilk,David Wilson,2016-10-11 Featuring the most accurate current and clinically relevant information available Maternal Child Nursing Care in Canada 2nd Edition combines essential maternity and pediatric nursing information in one text The promotion of wellness and the care for women experiencing common health concerns throughout the lifespan care in childbearing as well as the health care of children and child development in the context of the family Health problems including physiological dysfunctions and children with special needs and illnesses are also featured This text provides a family centred care approach that recognizes the importance of collaboration with families when providing care Atraumatic Care boxes in the pediatric unit teach you how to provide competent and effective care to pediatric patients with the least amount of physical or psychological stress Nursing Alerts point students to critical

information that must be considered in providing care Community Focus boxes emphasize community issues supply resources and guidance and illustrate nursing care in a variety of settings Critical thinking case studies offer opportunities to test and develop analytical skills and apply knowledge in various settings Emergency boxes guide you through step by step emergency procedures Family Centred Teaching boxes highlight the needs or concerns of families that you should consider to provide family centred care NEW Content updates throughout the text give you the latest information on topics such as perinatal standards mental health issues during pregnancy developmental and neurological issues in pediatrics new guidelines including SOGC and CAPWHN NEW Increased coverage on health care in the LGBTQ community and First Nations Metis and Inuit population NEW Medication Alerts stress medication safety concerns for better therapeutic management NEW Safety Alerts highlighted and integrated within the content draw attention to developing competencies related to safe nursing practice

**The Happy Hormone Guide** Shannon Leparski, 2019-09-10 In The Happy Hormone Guide certified hormone specialist Shannon Leparski presents a comprehensive plant based lifestyle program to help women balance their hormones increase energy and reduce PMS symptoms The Happy Hormone Guide includes comprehensive phase specific menstrual follicular ovulatory and luteal guidance including Changes in fertility libido and basal body temperature Beneficial foods micronutrients and supplements Phase specific recipes to support hormone balance Common changes to mood and energy levels Exercise tips suitable to different times of the month Facial recipes hair masks and essential oil blends Modern culture expects women to keep up with the same demanding daily routine but women's cycles are anything but consistent The Happy Hormone Guide explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life This book is perfect for women living with PCOS endometriosis or any other form of hormonal imbalance

**Balance Your Hormones, Balance Your Life** Claudia Welch, 2024-09-24 A comprehensive overview of Oriental Medicine The advice is sound A welcome eastern addition to the women's health discussion Publishers Weekly Internationally renowned Doctor of Oriental Medicine Claudia Welch breaks through the secrets behind hormonal health using the principles of Ayurveda and a holistic sensibility Balance Your Hormones Balance Your Life gives women the essential tools to achieve the perfect balance between their yin sex hormones and yang stress hormones and between the body and the mind You'll find the information you need to restore your body's natural harmony including Tips to help heal your most pressing concerns from menstrual pain infertility and menopause to breast and heart health The best foods to eat for optimal health and wellness Natural sleep secrets What to do when you are just feeling crummy How stress sabotages hormonal balance Practical easy to adopt stress management techniques A thought provoking look into the ways our bodies are driven and often run into the ground you will find the beginnings of simple holistic and lasting relief San Francisco Book Review Dr Welch brings a clear voice to the often confusing and conflicting body of information surrounding hormones and

women's health a user friendly guide that skillfully blends Eastern therapies with Western health concerns Yoga International

*A Guide to Mastery in Clinical Nursing* Joyce J. Fitzpatrick, Celeste M. Alfes, Ronald Hickman, 2017-12-28 Designed for both new registered nurses and nurses transitioning to a new clinical area this extensive clinical reference is the only resource to provide essential information on more than 300 topics from 11 specialty areas Concise and practical entries provide fundamental coverage of the most common clinical problems and issues encountered in nursing practice today Key leaders in clinical content areas authored content on emergency and critical care geriatric nursing health systems and health promotion medical surgical nursing neonatal nursing nurse anesthesia obstetrics and women's health palliative care perioperative nursing pediatric nursing and psychiatric mental health nursing Alphabetized for easy access each entry includes a definition and description of the clinical problem etiology nursing assessment related problems interventions nursing management and evaluation and safety considerations The Considerations section of each topic focuses on the role of the nurse throughout the treatment process and discusses the role of other health care providers with a focus on multidisciplinary treatment Intended primarily for university and hospital libraries *A Guide to Mastery in Clinical Nursing* will also be of value to nursing faculty undergraduate and graduate level nurses and nursing students at all levels Key Features Provides essential information on over 300 clinical topics from 11 specialty areas Offers key knowledge for nurses new to practice or working in an unfamiliar nursing area Presented in a consistent format for ease of use Includes an overview of each specialty area Focuses on the role of the nurse throughout the treatment process Written and edited by expert clinicians and educators in each clinical area

**Female Biology** Jennifer A. Dever, 2025-01-09 This is an open access textbook for those majoring in Biology that emphasizes research associated with femaleness and the important role science plays in women's health This female centered text whenever possible highlights women scientists past and present The types of questions examined here tackle what it means to be female framed by evolutionary science

**Sex- and Gender-Based Women's Health** Sarah A. Tilstra, Deborah Kwolek, Julie L. Mitchell, Brigid M. Dolan, Michael P. Carson, 2021-01-19 This book provides primary care clinicians researchers and educators with a guide that helps facilitate comprehensive evidenced based healthcare of women and gender diverse populations Many primary care training programs in the United States lack formalized training in women's health or if they do the allotted time for teaching is sparse This book addresses this learning gap with a solid framework for any program or individual interested in learning about or teaching women's health It can serve as a quick in the clinic reference between patients or be used to steer curricular efforts in medical training programs particularly tailored to internal medicine family medicine gynecology nursing and advanced practice provider programs Organized to cover essential topics in women's health and gender based care this text is divided into eight sections Foundations of Women's Health and Gender Based Medicine Gynecologic Health and Disease Breast Health and Disease Common Medical Conditions Chronic Pain Disorders Mental Health and Trauma Care of Selected

Populations care of female veterans and gender diverse patients and Obstetric Medicine Using the Maintenance of Certification MOC and American Board of Internal Medicine blueprints for examination development authors provide evidence based reviews with several challenge questions and annotated answers at the end of each chapter The epidemiology pathophysiology evaluation diagnosis treatment and prognosis of all disease processes are detailed in each chapter Learning objectives summary points certain exam techniques clinical pearls diagrams and images are added to enhance reader s engagement and understanding of the material Written by experts in the field Sex and Gender Based Women s Health is designed to guide all providers regardless of training discipline or seniority through comprehensive outpatient women s health and gender diverse care

**The New Chinese Medicine Handbook** Misha Ruth Cohen, 2015-10-15 The New Chinese Medicine Handbook is an essential guide to achieving total health in body mind and spirit Explore the powerful benefits of Chinese medicine particularly acupuncture massage nutrition meditation and herbs along with other Eastern healing arts This practical guide to traditional Chinese medicine can help you take control of your healing process and maintain or restore wholeness and harmony in all aspects of your life Dr Misha Ruth Cohen an internationally recognized practitioner lecturer leader and mentor in the field of Chinese medicine offers comprehensive healing plans for a wide range of ailments including digestive problems stress anxiety depression cancer support liver health gynecological problems PMS fertility menopause and more This comprehensive guidebook combines Chinese dietary guidelines with Western medicine plus various other Eastern and Western healing therapies including Basics of Chinese medicine Acupuncture and moxibustion Qi Gong Chinese exercise and meditation Dietary practices Chinese herbal therapy The New Chinese Medicine Handbook keeps esoteric information to need to know basics and shows you how to use Chinese medicine for different conditions from pain to infertility to various illnesses like cancer and diabetes Take the first steps to natural healing remedies and a longer healthier life

[A Student Guide to Health](#) Yvette Malamud Ozer, 2012-09-07 This comprehensive five volume reference set is aligned with the National Health Education Standards containing up to date scientifically based information on a variety of health and wellness topics relevant to high school students A Student Guide to Health Understanding the Facts Trends and Challenges provides straightforward factual and accessible information about a multitude of health issues It is an essential reference set that provides high school students teachers and administrators with a comprehensive health and wellness education resource that aligns with National Health Education Standards and common health curriculum This expansive five volume set is ideal for students research projects highly useful as a resource for community college and public library patrons librarians teens and parents and is a suitable supplement to any health education curriculum Each chapter includes up to date evidence based information that provokes further examination and encourages critical thinking to evaluate the validity of information encountered about health and wellness topics Each chapter provides an abundance of references and lists of resources for further information including books articles websites organizations and hotlines Special



attention is paid to social trends that affect youth health and wellness such as bullying eating disorders steroid abuse sexting and the peer pressure associated with drug use and abuse      *Primary Care Procedures in Women's Health* Cathryn B. Heath, Sandra M. Sulik, 2019-12-13 This book provides primary care physicians and their medical teams with the detailed information they need to offer a full range of women's health procedures to their patients Many primary care providers offer women's health procedures in an office setting for a variety of reasons from the value placed on continuity of care to the lack of access to specialty care that patients may experience in rural areas Each chapter in this book is written by a primary care physician and outlines one women's health procedure and its background information indications contraindications complications equipment procedure steps an office note patient instructions and a patient handout Tricks helpful hints key points discussion questions algorithms and a wealth of illustrations are included through the book This second edition is fully updated with the latest procedures and guidelines ICD 10 coding information and three new chapters on population health contraceptive choice and insertable contraceptive removal *Primary Care Procedures in Women's Health Second Edition* is an ideal reference for all providers including family physicians general internists residents nurse practitioners nurse midwives and physicians assistants to be competent and comfortable performing a spectrum of office based women's health procedures

**Obstetrics and Gynecology: Maintenance of Knowledge, An Issue of Obstetrics and Gynecology Clinics** Janice L. Bacon, Paul G. Tomich, 2017-05-23 The acquisition and implementation of new findings for clinical care in obstetrics and gynecology is at a more rapid pace than ever before More understanding of the pathophysiology of disease coupled with improved screening technology and genetic information requires physicians to constantly update their knowledge base and familiarize themselves with guidelines and advances in techniques as well as question old euphemisms Medical specialties including obstetrics and gynecology have moved from board certification as a solitary achievement to maintaining current knowledge a continuous lifelong learning process This issue of *Obstetrics and Gynecology Clinics* is dedicated to clinical care for patients with evidence based recommendations state of the art advice and updates Articles are specifically devoted to Contraception menarche to menopause Vaginitis beyond symptoms Abnormal uterine bleeding Recognition and therapeutic options for malignancy of the cervix and uterus Gestational diabetes Diagnosis classification and clinical care Hypertensive disorders in pregnancy Obstetric emergencies Shoulder dystocia and postpartum hemorrhage Prenatal diagnosis tools and tests for screening Clinical recognition and screening for common breast disorders and malignancy and Recognizing and managing common urogynecologic disorders

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