

Natural Family Planning Quick Reference Guide Diocese of Bismarck

"I knew my husband loved me, but NFP helped me realize how much he cherishes me!"

Some Practical Benefits of NFP:

The following are true of all modern Natural Family Planning methods offered through the Diocese:

- NFP has no harmful side effects. It is healthy, organically sound and environmentally friendly! Since NFP is 100% natural, there are no chemicals produced or waste products created.
- NFP is safe and has been clinically proven to be 98-99% effective at avoiding pregnancy when used properly. It is also very effective in helping couples achieve pregnancy. Modern methods of NFP are not to be confused with the older "rhythm method" which was less effective because it depended upon the regularity of a woman's cycle.
- Any woman regardless of the regularity or irregularity of her cycles can use NFP effectively. Modern methods of NFP are based on the readily observable signs of fertility present in each cycle (primarily cervical mucus, but also temperature, changes in the cervix, and other signs).
- NFP is in no way contraceptive. It does not work against God's creative design for sexual intercourse, but works in complete accord with it.
- Because NFP fosters authentic marital love, respect, honesty, and communication, surveys indicate that couples who practice NFP have a practically non-existent divorce rate. NFP is marriage insurance!

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Creighton Model FertilityCare System, Bismarck

*For all inquiries regarding the Creighton Model, contact Jana at jheen@cathedralparish.com or call the Cathedral of the Holy Spirit, (701) 223-1033."

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