

The Creighton Model

The Creighton Model FertilityCare™ System (CrMS) is a method of cultivating fertility awareness and of planning a family naturally which relies on standardised observations and charting of physical signs that a woman has during her menstrual cycle.



These signs are indicators of fertility and once understood can allow the couple to achieve or avoid pregnancy. When recorded over time, these signs can build up a picture of a woman's individual gynaecological health thus aiding the diagnosis of any abnormalities.

A sample CrMS fertility chart. It is a grid with columns representing days of the month and rows representing different fertility signs. The signs are color-coded: red for fertile, green for infertile, and black for unknown. The chart includes sections for 'INFERTILITY', 'MISCARRIAGE', 'LOW PROGESTERONE', and 'ABNORMAL BLEEDING'. At the bottom, it says 'NAProTRACKING™ FOR A WOMAN'S HEALTH'.

NaproTechnology

NaproTechnology – a new science which monitors and maintains a woman's reproductive and gynaecological health. It provides medical and surgical treatments which identify, cooperate with and restore natural human physiology and sustain procreative potential.

Safe

Learn to become more attuned to the natural working of your body and to appreciate the gift of fertility. The CrMS is ecological, safe and free from side effects.

Simple

Under the 1-1 guidance of a qualified CrMS Practitioner you will quickly and effectively master the method.

Effective

A study published in the Journal of Reproductive Medicine involving 1,876 couples using the CrMS reported a 99.5% method effectiveness rate in avoiding pregnancy (1).

Standardized

The CrMS relies on standardised observations and charting of physical signs a woman has during her menstrual cycle. These signs can tell a couple whether they are fertile or infertile.

Benefits

So much more than 'natural contraception', the CrMS is also very effective in achieving pregnancy. Couples report increased communication and women appreciate that the method involves the couple as well as helping her to understand her body.

Treatment

The CrMS also provides the basis for NaproTechnology and the standardised charting provides a tool to identify indicators of gynaecological problems. Treatment can then be targeted to what is actually occurring in a woman's cycle.

The Basic Facts

- Regular cycles are not necessary to use the Creighton Model FertilityCare System. (CrMS)
- Women ovulate during one 24 hour period in each cycle and the egg lives for 12-24 hours if no conception occurs.
- Women will experience a very definite symptom when they ovulate and also for several days before. This is the time when the couple is fertile and pregnancy can occur. A woman is taught how to determine this biomarker and together the couple is taught how to use the system.
- By observing and tracking this biomarker, the couple can determine the beginning and end of fertility regardless of cycle regularity.
- A woman who is breastfeeding, coming off hormonal contraception, having long cycles or pre-menopausal can use the method with a very high degree of effectiveness.



For more information
or
to book an introductory session
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1. Hilgers TW, Stanford JB (1998) Creighton Model NaproEducation Technology for Avoiding Pregnancy – Use Effectiveness. Journal of Reproductive Medicine 43 (6) pp 495 – 502.



Wholly Natural Fertility

Managing Fertility Naturally