

Dr. Kelly Lupo, ND

Your Guide to: The Fertility Awareness Method (FAM)



www.drkellylupond.com

WELCOME



Hi there!

I am Dr. Kelly Lupo, Naturopathic Doctor and hormone health expert. I love educating others on ways to optimize their overall health, hormones, and fertility naturally.

As a PCOS and Endometriosis warrior, I dedicated my medical education and practice to learn how to take back control of my hormones to have regular cycles, ovulation, and symptom-less periods.

Whether you're trying to conceive, avoid pregnancy, or just have a better understanding of your menstrual cycle and fertility, the Fertility Awareness Method (FAM) is for you!

Happy Healing,

Dr. Kelly

What is the Fertility Awareness Method (FAM)?

The Fertility Awareness Method is a natural way to track your menstrual cycle and ovulation so you know when you're in your fertile window.

The days following your ovulation are your most fertile days, therefore chances of pregnancy are the highest.

This can be helpful to know either to get pregnant or avoid pregnancy. It may take a few months to understand your cycle. It's best to use multiple FAM methods together for most effective results.



Types of FAM:

The Calendar Method

- > Track your menstrual cycle and symptoms using a period tracker app. This will help familiarize yourself with your cycles and can help predict your ovulation window and periods.
- > The first day of full bleeding (filling a pad or tampon) during your period is Day 1 of your menstrual cycle. A normal menstrual cycle ranges anywhere from 26-32 days.

The Cervical Mucus Method

- > Cervical mucus is present and changes consistency during each phase of your cycle. Here is what your cervical mucus tells you:
 - >> Dry - not ovulating
 - >> Wet and watery - leading up to ovulation
 - >> Thick, egg-white color and stretchy - ovulation (most fertile)



Types of FAM:

The Basal Body Temperature Method

- > Take and track your temperature daily on a calendar at the same time, oftentimes done in the morning before getting out of bed. Any digital thermometer with 2 decimal places is ideal.
- > Your body temp is lower in the first half of your cycle, then rises when you ovulate up to about 1-2 degrees. This can take a few cycles to understand your normal resting body temp during these phases.
- > What your temperature tells you:
 - >> Dip in temperature - prior to ovulation
 - >> Spike in temperature - ovulation just happened

Ovulation Predictor Kits

- > Urine test that looks for rising levels of LH (luteinizing hormone), which spikes directly before ovulation. High levels of LH are indicative of entering your fertile window. An egg is released about 24-36 hours post-LH peak and is only viable for 12-24 hours once released.
- > If you have underlying hormone imbalances, notably PCOS or lack of ovulation, you may have abnormal levels of LH throughout your cycle making test results inaccurate. Start OPKs once cycles are regulated.