



Organic Sex Methods

Couples who practice organic sex have a 95% success rate in marriage and report to have better sex, intimacy, communication and health.

Couple to Couple League Sympto-Thermal Method

Sympto-Thermal Method is based on three key signs of fertility: cervical mucus, basal body temperature and changes in the cervix. By observing and recording these signs you and your spouse will be able to identify Phase I, II and III and therefore know if you're in a time of fertility or infertility.

Teaching Couple: *Dave and Maria Phelps*
mariapphelps@gmail.com
412-680-5540

Billings's Ovulation Method

The Billings Ovulation Method® is a natural method of fertility management. It teaches you to recognize your body's natural signal of fertility - cervical mucus. Through accurate observations and charting, you will be able to determine your fertile and infertile days with confidence.

Billings's Instructor: *Dolores Shipe*
dolores@renewtheido.org
412-760-3177

Creighton Fertility Care

With this method, a woman observes her cervical fluid throughout the day and records this information on her chart at the end of each day. The Creighton Model also features NaProTECHNOLOGY, which is a new women's health science. Both the Creighton Model System and NaProTECHNOLOGY provide a medical framework to evaluate and treat a variety of conditions from which women of reproductive age suffer. This method is highly recommended for women with gynecological problems (such as PMS, ovarian cysts, irregular cycles, PCOS, or endometriosis) or infertility.

Certified Fertility Care Practitioner: *Susan Loughane*
creightonSusan@comcast.net

Marquette Method

The Marquette Method is a fertility awareness method (FABM) or form of natural family planning (NFP) that teaches women to identify their fertile window and their periods of infertility by using an electronic hormonal fertility monitor and their cervical mucus.

Dr. Kirsten Lin- Family Matters Direct Primary Care [\(412\) 685-3373](tel:4126853373)
Fr. Jim Holland- jholland@diopitt.org or fatherjames1@me.com

Renew the 'I do' works closely with all of these approved methods and instructors in Pittsburgh.
For research and articles on *Organic Married Health* go to: renewtheido.org