

Do you know....?



...how HIS Fertility Works?



2

...that sperm production begins at puberty and continues through to old age?



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...that men produce about 50,000 sperm per minute?



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...that it takes about 3 months for sperm to mature?

(from production to ejaculation)



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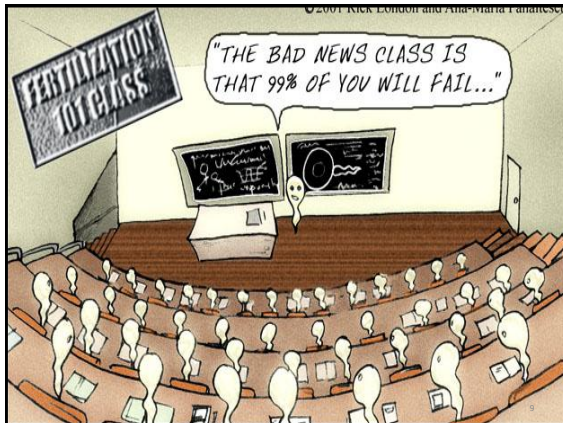
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...that 1 ejaculation  
contains 300 to 500  
million sperm?

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...but only one sperm  
fertilises the egg?

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...and it is a  
chromosome from the  
male that determines  
the sex of the baby?

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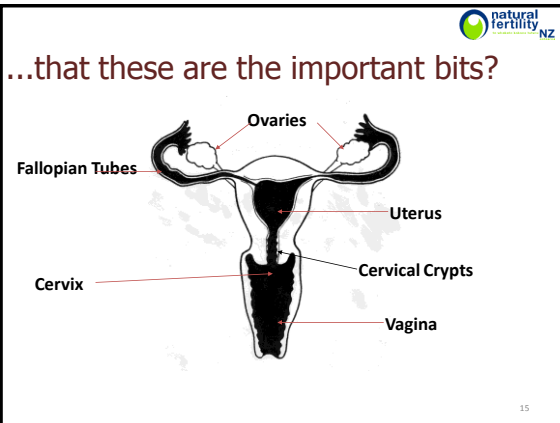
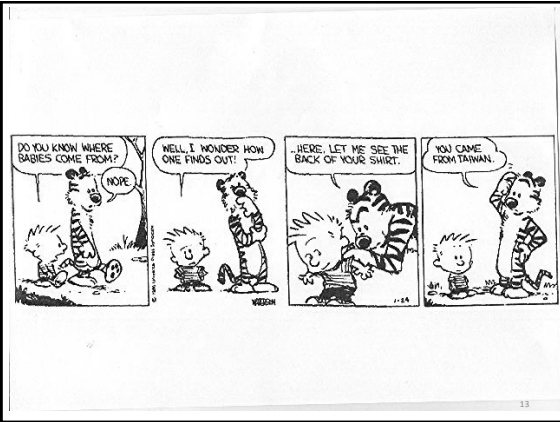
Do you know....?

...how YOUR Fertility Works?

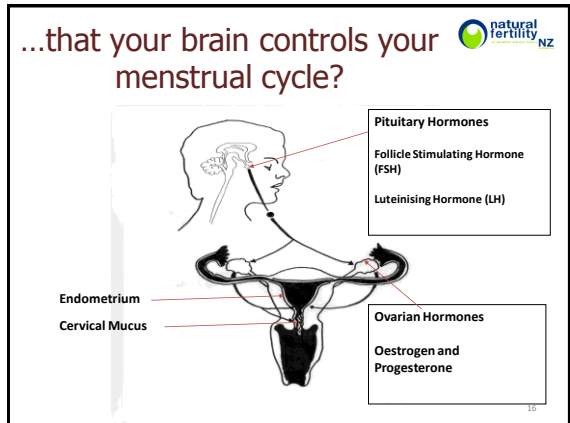


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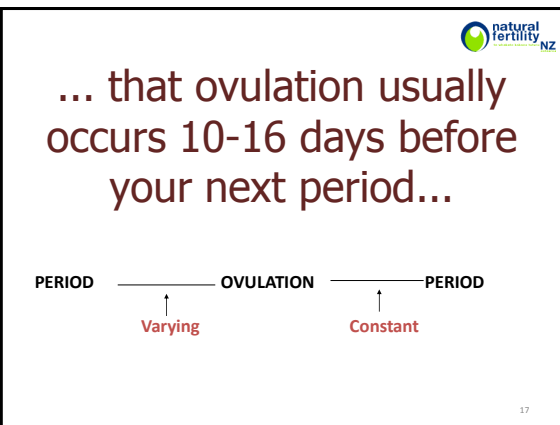
...that girls are born with all their egg cells?  
(40,000 microscopic egg cells)



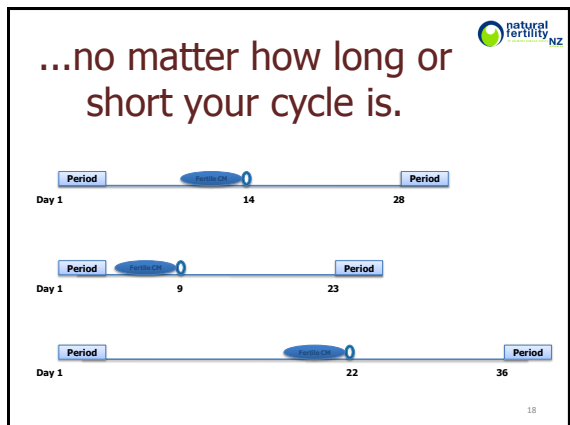
...that these are the important bits?



...that your brain controls your menstrual cycle?



... that ovulation usually occurs 10-16 days before your next period...



...no matter how long or short your cycle is.

...the egg (ovum) survives a maximum of 24 hours, the average is 18 hours?

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...but sperm can survive at least 5 days and up to 7 days in favourable conditions?

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...so fertilisation of the egg can occur days after intercourse?

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...that the presence of any cervical mucus prior to ovulation has the potential to keep sperm alive?

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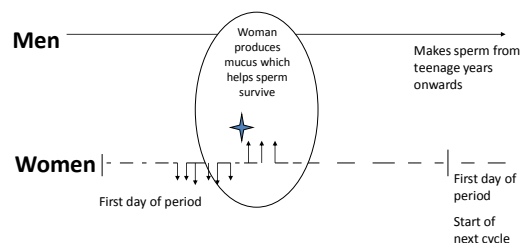
**Sperm survival +  
Ovum survival**

**=**

**A couple's  
combined fertility**

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...we can draw that like this?



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...and this information can be used to either plan or avoid a pregnancy?



## The Sympto-Thermal Method



- Cervical mucus changes
- Temperature rise
- Changes in the cervix (optional)

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The Sympto-Thermal Method  
**98% method effectiveness**

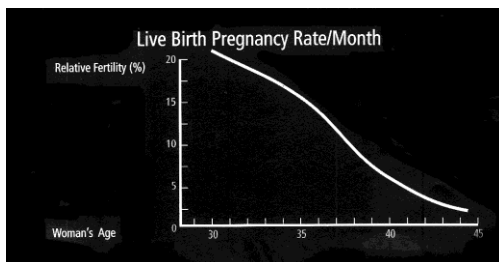
provided it is taught by an accredited Educator and the double Check guidelines are adhered to

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## Did you know....?



...fertility declines with age?



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...A couple in their 20's has on average, a 20% chance of conceiving in a cycle?

**BUT...**

...A woman is half as fertile at 37 years as she was at 27 years?

**Therefore .....**

It takes twice as long to conceive 'naturally' at 37 as at 27

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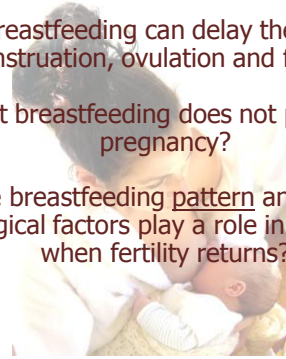
## Did your mother tell you....?



...that breastfeeding can delay the return of menstruation, ovulation and fertility?

...that breastfeeding does not prevent pregnancy?

...that the breastfeeding pattern and individual physiological factors play a role in determining when fertility returns?



## Two Approaches of Natural Fertility Management while Breastfeeding

### 1. Lactational Amenorrhoea Method (LAM)

This is recommended for parents of fully breastfed babies, under certain conditions.

### 2. Breastfeeding Charting Method

This is suitable for all situations whether or not you are fully breastfeeding.

## Did you know....?



## You can manage your fertility naturally

- Drug free family planning
- Planning your pregnancy
- During breast-feeding
- Approaching menopause
- Learn a skill for life
- Knowledge is power

(Supported by Research and Scientific Advisory Board.)

...what this information means to a relationship?



...what this information means to a relationship?

- understanding of your own fertility
- valuing of fertility and associated flow-on effects
- increased couple communication
- viable, safe alternatives that health professionals recommend
- WOW factor

*"I wish I knew about this ages ago"*

*"This information should be taught in schools"*

[www.naturalfertility.co.nz](http://www.naturalfertility.co.nz)

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**For Further Information**

call **0800 178 637**

or click [www.naturalfertility.co.nz](http://www.naturalfertility.co.nz)

**Distance Service Educator**

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[www.naturalfertility.co.nz](http://www.naturalfertility.co.nz)

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