

The Billings Ovulation Method of Natural Family Planning:

- Is based on proven scientific research.
- Enables pregnancies to be planned.
- Is NOT the Rhythm Method.
- Can assist many couples with low fertility to achieve pregnancy.
- Can be used during special circumstances such as breastfeeding, after childbirth, throughout menopause and after discontinuing contraceptive medication.
- Is natural and harmless.
- Does not require pill-taking or devices of any kind, therefore has no medical side effects.
- Is morally acceptable to all cultures.
- Helps to establish and maintain harmony in relationships.
- Can be used by any couple motivated to learn the Billings Ovulation Method.

Billings Group London
911- 45 Pond Mills Road

London, ON N5Z 4W5

For information or to find a teacher in Southwestern Ontario please contact:

London - for appt/information, call Nancy, 519-686-8543 or email: billings@londonnfp.com

Sarnia - for appt/information, call Marg, 519-344-3434 or Nancy, 519-542-3577 or email: mvicm9@hotmail.com

Wallaceburg - Call Leah, 519-627-8508 or email: leahmcarthur@sympatico.ca

Watford - Call Mary Lou at 519-849-5880

Windsor – Hotel-Dieu Grace Hospital Learning Centre, Theresa or Julie Ann, 519-973-4444 or email: windsor@naturalfamilyplanning.ca

Websites:

www.londonnfp.com

www.naturalfamilyplanning.ca

Other affiliated websites:

WOOMB International:
www.woomb.org

WOOMB Canada: www.woomb.ca

World Organization Ovulation Method
Billings

Natural Family Planning Billings Ovulation Method



A Natural Method of
Achieving or Avoiding Pregnancy
that is HARMLESS RELIABLE
MORALLY ACCEPTABLE

What is the Billings Ovulation Method?

The Billings Ovulation Method of natural fertility regulation is a modern scientific and natural means of postponing, avoiding or achieving pregnancy. It requires no drugs, devices or surgical procedures of any kind. It is educated awareness of the woman's natural cycle and takes advantage of the fact that women are infertile more often than fertile throughout their reproductive years. This knowledge can be used to achieve or avoid pregnancy.

The Billings Ovulation Method was developed more than 50 years ago by Drs. John and Evelyn Billings of Melbourne, Australia. World Health Organization studies (and other international studies) have shown the Billings Ovulation Method to be 99+% effective in avoiding pregnancy when couples are properly taught and the method is correctly applied.

For couples who experienced difficulty conceiving, the Billings Ovulation Method has a proven success rate of 78%.

Who can use the Billings Ovulation Method?

Because the Billings Ovulation Method is based on each woman's unique and individual cycles, any woman can use it. Whether a woman has discontinued contraceptive medication, is breastfeeding or approaching menopause, has irregular cycles, or just wants a healthy awareness of fertility, the Billings Ovulation Method can be used successfully.

What does using the Billings Ovulation Method do for the couple?

Couples have found that using the Billings Ovulation Method has enriched their relationships. It has made them more aware of their combined fertility and opened new avenues of communication.

How do I learn the Billings Ovulation Method?

To properly learn the Billings Ovulation Method, the woman must be instructed by an accredited Billings Method teacher.

It begins with a group or private presentation, where the science of the Billings Method is presented and the woman learns to chart her signs of fertility and infertility. Confidential follow-up consultations and/or chart reviews allow each woman to gain confidence in the Method and the assurance of its success.

Is there a Billings Method teacher near me?

Please see the listings on the back of this brochure for a teacher in your area.

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Medical Journal Studies Include:

Jiangsu Family Health Institute, Chinese Medical Journal, 1998.

Indian Council of Medical Research Task Force on NFP. Contraception. 1996; 53:69-74.

World Health Organization, Fertility and Sterility. 1981; 36: 152-58.

Weissmann MC, Foliaki L. et al. The Lancet. 1972; 2: 813-16.

Australian Doctor, How to Treat, Natural Fertility Regulation – The Billings Ovulation Method, December 19, 2008.
http://www.australiandoctor.com.au/httpdf/AD_HTT_DEC19_08.pdf