



# Natural Family Planning Association

**Billings  
Ovulation  
Method**



**A Way of Life.  
A Way of Love.**



Billings Group London

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# What is Billings Ovulation Method ?



A natural way to:

- Achieve pregnancy
- Postpone pregnancy
- Monitor Reproductive Health



Takes advantage of the biological fact that women are infertile more often than fertile throughout their reproductive years.



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# Couple Fertility

## Male Fertility

- Sperm production begins at puberty & continues throughout life.

## Female Fertility

- Begins from puberty. Cyclic – potentially fertile for approx 5 – 7 days.
- Finishes at menopause.



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## Billings Ovulation Method



- Is based on sound scientific knowledge.
- With *proper instruction and motivation*, the Billings Ovulation Method has a user effectiveness rate of 99.6%.

(Dr. Catherine Bernard, Ob. Gyn., Family Life Centre, India)

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## Origins of BOM



- Drs. John & Evelyn Billings in Australia in 1953
- Used reliably for over 50 years
- 100% natural
- Adapted to cultures in more than 120 countries worldwide



## Basics of BOM

Natural  
and  
Healthier



- Not the rhythm method
- Easy to learn
- Simple to use
- No drugs or devices
- No side effects
- Reliable
- Morally acceptable to all cultures



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## Appropriate for All Life Phases



No matter how irregular the cycle, once learned, the Method can be applied to all variations throughout a woman's life.



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## Appropriate for All Life Phases



These include: regular, irregular and anovular cycles, after childbirth, during lactation (breast feeding), & approaching menopause or low fertility.



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## A couple's fertility depends on:

- Normal ovulation
- Healthy sperm
- Healthy cervix producing satisfactory mucus
- Healthy endometrium (lining of the womb)
- Healthy fallopian tubes
- Harmonious relationship between the couple



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## Philosophy of BOM



- Helps to establish physical and mental harmony in marriage.
- Couples are encouraged to take joint responsibility for family planning.



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## Philosophy of BOM cont.



- Successful use encourages loving cooperation.
- Contributes to growth in communication, understanding and respect.





## Top Ten Reasons to use BOM

2. Encourages spiritual development and gives peace of mind
3. Promotes self awareness
4. Enhances marriage by encouraging equality and shared decision making
5. Easy to use
6. Easy to learn





## Top Ten continued...

2. Allows for spontaneity
  3. No pills, no devices; it is side-effect free
  4. 99%+ effective
  5. Completely reversible
- And the number one reason is:
7. It is completely natural and healthy



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To learn about the Billings Method in London or Southwestern Ontario please contact:

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