

NaPro ~ Fertility Care for Life

presented by

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on Saturday 4th October 2025

Meet the Team



St Brigid's Centre for Female Health & Fertility



Fertility Care Centres of Ireland

- Is the Umbrella organisation for FCP's practising in Ireland & NI
- Is affiliated to FCCE & FCCI (International)
- It provides continued education, updates & support
- We sign a "Code of Ethical Standards" annually
- Affiliated FCP's and NaPro MC's collaborate on the combined care of clients



Our Websites

Optimizing Your Womanhood and Wellness

Empowering women and
couples to take control of
their natural reproductive
health.



Fertility Care Centres of Ireland
www.fccirl.ie

&

NaPro Technology
www.naprobaby.ie

CrMS & NaPro ~ Fertility Care for Life

Background: Foundations in Humanae Vitae

CrMS: Standardized “Cervical Mucus Only” charting system for Family Planning & Life-Long Fertility Care

NaPro Technology:

Built on the Creighton Model Chart

&

1st Co-operative Approach to Women’s Healthcare

Humanae Vitae

In 1968, Pope Paul VI wrote an encyclical, *Humanae Vitae* which appealed to **“Men of Science”** to **“strive to elucidate more thoroughly the conditions favourable to a proper regulation of births”** in order to establish the truth that **“there can be no contradiction between two divine laws – that which governs the transmitting of life and that which governs the fostering of married love”**. (HV, P. 30)

...and to Dr's & Nurses, he requested that **“ they should regard it as an essential part of their skill to make themselves fully proficient in this difficult field of medical knowledge. For then, when married couples ask for their advice, they may be in a position to give them right counsel and to point them in the proper direction. Married couples have a right to expect this much from them.”** (HV, P. 33)

Humanae Vitae

Dr. Thomas Hilgers answered this call and he and his wife Sue dedicated their lives to the development of The Creighton Model System & NaProTECHNOLOGY.



The Co-Developers of the Creighton Model System



CREIGHTON MODEL (CrMS)

- **Is founded on Ethics, Research & Professional Educational Infrastructure**
- It allows women to unravel the mysteries of the menstrual cycle

How are Creighton Model & NaPro For-Life?

- * CrMS is **Life-Affirming Health-Care** that respects **Human Life** from the moment of conception through to natural death.
- * It's "**Life-Long**" enabling women to understand their menstrual cycles and womanhood from a young age until menopause.
- * It's a **Standardised Charting System** that supports NaProTechnology Medical Management for a **Healthy Life**
- * It is **Life-Giving** because it **enables the proper investigation** of the underlying causes of Infertility & Miscarriage and facilitates treatment.
- * NaPro **Supports Life** through monitoring & treatment of "at risk" Pregnancies

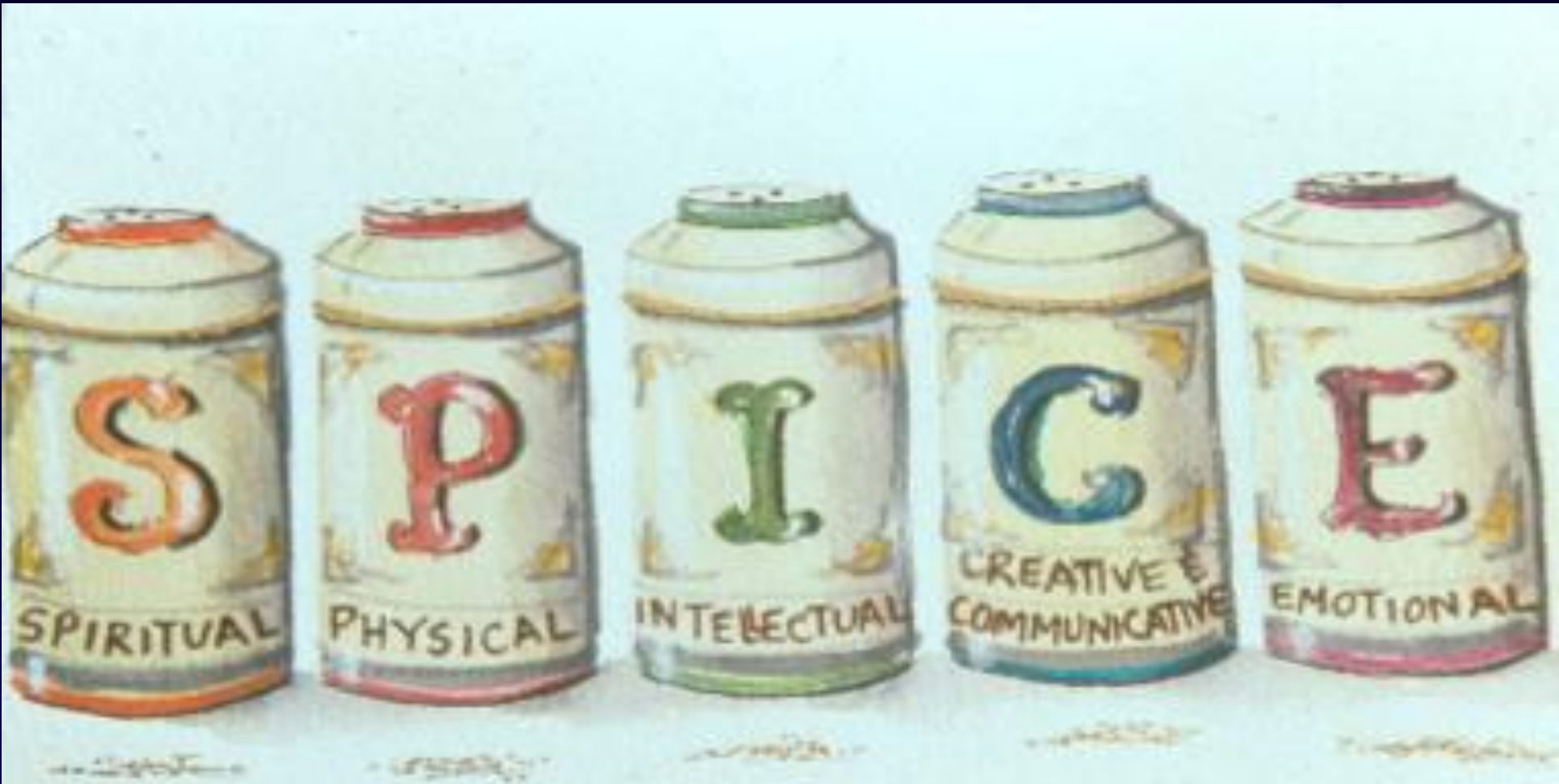
NaProTECHNOLOGY®

- Pioneered and Developed by Dr Thomas Hilgers, St Paul VI Institute, over the last 40 years.
- It's a Medical system that works cooperatively with the natural procreative cycle and The Theology of the Body.
- By recording **Biomarkers** on the CrMS Chart, we can use it to diagnose & treat the underlying women's health conditions sensitively and ethically.
- NaPro Technology Medical Consultants are trained at the St. Paul VI Institute for Study of Human Reproduction and accredited by the AAFCP

How does The CrMS help Marriage ?

- Shared system between the spouses
- Helps couples understand their individual but complementary roles as spouses & parents
- Empowers Women in their **womanhood** (as wives & mothers)and Men in their **manhood** (as husbands & fathers)
- Nurtures marital bonding with a honeymoon effect
- CrMS teaches SPICE – Spiritual, Physical, Intellectual, Creative & Communicative and Emotional Aspects of Relationship

Creighton Model – with added SPICE





Creighton Model in Practice

It's easy to learn & easy to interpret

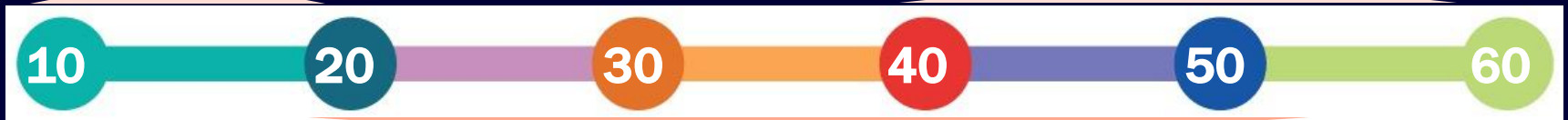
LIFE-CYCLE OF A WOMAN'S CYCLE

Menarche

~10-15 Years Old

Menopause

~37- 56 Years Old



Menstruation

~36 years

Who is The CrMS for?

The Reproductive Categories we assist with are:

- ☐ Adolescents
- ☐ Engaged couples preparing for marriage
- ☐ Married couples growing their families
- ☐ Women over 40 who are preparing for Menopause
- ☐ Married couples struggling with Infertility or Miscarriage
- ☐ Any Woman with a Reproductive Health Issue

Fertility Care Practitioners

- All FCP's are trained to teach women of all ages.
- They undergo an extensive Education Program that equips them to teach their clients using a **Case Management approach**.
- Utilizing the standardized teaching tools, they are able to identify issues that need to be addressed or referred on.

The Chart

CREIGHTON MODEL **FertilityCare™ System**

AN AUTHENTIC LANGUAGE OF A WOMAN'S
HEALTH AND FERTILITY™



FertilityCare™ and NaProTECHNOLOGY®
A Contemporary Approach to Women's Health Care

Use this chart to record (NaProTRACK™) the biomarkers of the naturally occurring phases of your fertility and infertility. These same biomarkers will also allow you to monitor and maintain your reproductive and gynecologic health. The **Creighton Model System** is scientifically sound, accurate and precise and effective. It can be used to achieve or avoid pregnancy or in the further evaluation of infertility, repetitive miscarriage, abnormal bleeding, recurrent ovarian cysts, pelvic pain, premenstrual syndrome, etc. It does all of this in a way which cooperates with your fertility, respects the dignity of women and the integrity of marriage. As a bonus, it helps married couples discover the "inner soul" of their human sexuality. For more information log onto: www.creightonmodel.com or www.galaxymail.com/health/fcca.

The Creighton Model SHOULD NOT BE LEARNED without adequate instruction and follow-up from trained instructors. Make sure to come for your follow-up visits and refer any interested individuals for adequate instruction.

The Date of Your Next Appointment	1	2	3	4	5	6	7	8
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ALWAYS BRING YOUR CHART TO FOLLOW-UP

DEFINITIONS

PEAK-TYPE MUCUS = ANY MUCUS DISCHARGE THAT IS **CLEAR, STRETCHY, OR LUBRICATIVE**.
NON-PEAK TYPE MUCUS = ANY MUCUS DISCHARGE THAT IS **NOT CLEAR, STRETCHY, OR LUBRICATIVE**.
THE PEAK DAY = THE **LAST DAY** OF ANY MUCUS DISCHARGE THAT IS **CLEAR, STRETCHY, OR LUBRICATIVE**.

VAGINAL DISCHARGE RECORDING SYSTEM

H = Heavy Flow
M = Moderate Flow
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VL = Very Light Flow (spotting)
B = Brown (or Black) Bleeding



Always record the presence or absence of mucus during the light and very light days of the menstrual flow.



0 = Dry
2 = Damp **Without** Lubrication
2W = Wet **Without** Lubrication
4 = Shiny **Without** Lubrication
6 = Sticky (1/4 inch)
8 = Tacky (1/2 - 3/4 inch)
10 = Stretchy (1 inch or more)
10DL = Damp **WITH** Lubrication
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B = Brown (or Black) Bleeding
C = Cloudy (white)
C/K = Cloudy/Clear
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L = Lubricative
P = Pasty (creamy)
R = Red
Y = Yellow (even pale yellow)

In addition, record how often during the day that you see the most fertile sign of the day and record it in the following fashion:
X1 = Seen once that day **X2** = Seen twice that day **X3** = Seen three times that day **AD** = Seen All Day

INSTRUCTIONS

YOUR INSTRUCTIONS FOR USING THE SYSTEM WILL BE GIVEN TO YOU BY YOUR TEACHER, FROM THE LIST OF INSTRUCTIONS BELOW.

- Always keep to the observational routine.
- Chart at the end of your day, every day, and record the most fertile sign of the day.
- Avoid genital contact.
- Days of fertility (use to achieve pregnancy)
 - The menstrual flow
 - From beginning of mucus until 3 full days past the **PEAK**
 - 1 or 2 days of **non-peak** mucus **pre-peak**
 - 3 or more days of **non-peak** mucus **pre-peak** - plus count 3
 - Any single day of **peak** mucus - plus count 3
 - Any unusual bleeding - plus count 3
- Days of infertility (use to avoid pregnancy)
 - Dry days **pre-peak** - end of the day, alternate days
 - Dry days **pre-peak** - end of the day, every day
 - 4th day **post-peak** - **always** end of the day
 - Dry days **post-peak** (after 4th day) - end of the day, alternate days
 - Dry days **post-peak** (after 4th day) - end of the day, every day
 - Dry days **post-peak** (after 4th day) - anytime of the day
 - Dry days on L, VL or B days of bleeding at end of menstrual flow - end of the day
- Seminal Fluid Instruction (see manual)
- "Double" Peak
 - On P + 3 ask "double" peak questions
 - If post-peak phase is greater than 16 days in duration and system is used properly to avoid pregnancy, anticipate "missed" period form of "double" peak
 - When anticipating "double" peak, keep to the end of the infertile days and continue good observations
- Special Fertility Instructions
 - Avoid genital contact until good mucus is present (subfertility patients only)
 - Use days of greatest quantity and quality and first two days afterward
 - Record the amount of stretch of the mucus (1", 2", 3" etc.) (subfertility patients only)
 - Record abdominal pain (**AP**), right abdominal pain (**RAP**), and left abdominal pain (**LAP**). (subfertility patients only)
- Essential sameness question - "Is today essentially the same as yesterday?" - yes or no
- Yellow Stamp Instructions
 - Pre-peak** - end of the day, alternate days
 - Post-peak** (after 4th day) - end of the day, alternate days
 - Post-peak** (after 4th day) - end of the day, every day
 - Post-peak** (after 4th day) - anytime of the day (**Predominant Pattern Dry**)
 - Discontinue use when period starts (BF)
 - Discontinue pre-peak Y.S. in regular cycles when mucus cycle < 9 days
- If totally breastfeeding, first 56 days after the birth of baby are infertile.
- End of day instructions apply through the first normal menstrual cycle.
- Other (e.g. seminal fluid test, second wipe test, BBT, etc.)
- Continue charting for the duration of the pregnancy.

NAME, ADDRESS AND TELEPHONE NUMBER OF
FertilityCare™ Centre

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**CHART AT THE END OF YOUR DAY
THE MOST FERTILE SIGN OF THE DAY
STAMPS + DESCRIPTION**

REMINDER: ORDER NEW CHART, STAMPS AND MAKE APPOINTMENT FOR FOLLOW-UP

NAProTRACKING® THE PROCREATIVE CYCLE

USE THESE SIGNS: P - PEAK • 1,2,3 - FERTILE DAYS FOLLOWING PEAK • I - INTERCOURSE

STAMPS



BLEEDING



DRYNESS



MUCUS



PEAK

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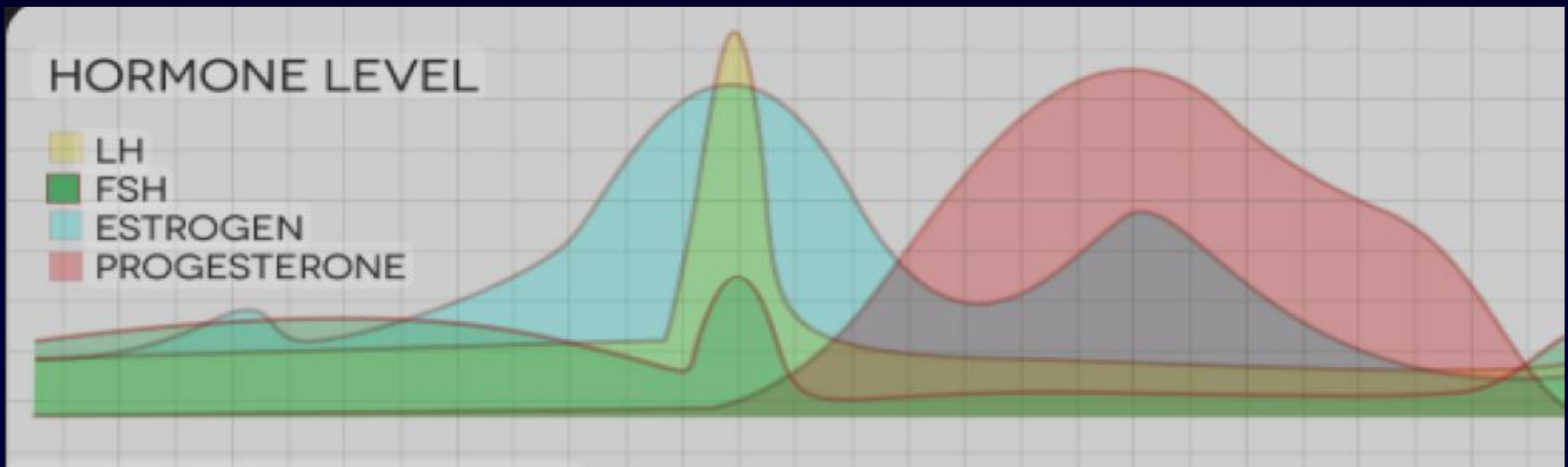
COUNT THREE



DRYNESS

+ DESCRIPTION

And all because.....
The Lady has HORMONES



Which Reveal **Bio-markers**.

We cannot chart the ebbs & flows of the Hormones, but we can chart the **Biological markers** they are responsible for.

What are Normal Biomarkers?

The Period

- 3 to 7 days
- Crescendo – decrescendo pattern – H, M, L, VL
- No brown bleeding

Cervical Mucus Cycle – Biological valve – Window of Fertility

- Average 5.6 days – no longer than 8 days

The Peak day – The last day of good quality cervical mucus (10, K, or L)

- Ovulation occurs around the Peak Day - between Peak -3 and Peak + 3

Length of the Menstrual Cycle

- * Short < 21 days
- * Regular 21 – 38 days
- * Long 38+

Length of the Post Peak Phase

9 to 17 days

Why are Biomarkers important?

- Biomarkers indicate times of Fertility & Infertility
- They indicate where you are in the monthly cycle
- They Reveal Abnormalities in a Woman's Health

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**STAMPS
+
DESCRIPTION**

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NAPROTRACKING® THE PROCREATIVE CYCLE

Standardized VDRS

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DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	
DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	
DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	
tacky cloudy	tacky clear	clear tacky LUB	clear smooth LUB	sticky cloudy	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	DRY	H	M																	

BREAST FEEDING

(PERIOD)

At St Brigid's Centre

Teen Creighton

CrMS & NaProTechnology

Menopause Support



St. Brigid's Centre
for
Female Health & Education

Presents

An Introduction to
"Periods and Hormones"
for Teens
(13 -15 years)



If you would like to book a
"Mother & Daughter" session
for you and your daughter,

Please contact:
Kay O'Dwyer, RGN, CFCE, CFCP
085 1280118

 familyfirstfcc@gmail.com

Mother & Daughter Tea Sessions

Fertility Care for Teens & College Students



St. Brigid's Centre
for
Female Health & Education

"Mapping My Cycles"

understand what's going on with
you & your hormones.



Classes for Teens, College Students
and Women who like to use an App.

For a FREE
Introductory Session

Contact:
Kay O'Dwyer, RGN, CFCE, CFCP
085 1280118

 familyfirstfcc@gmail.com

Teen Creighton

for

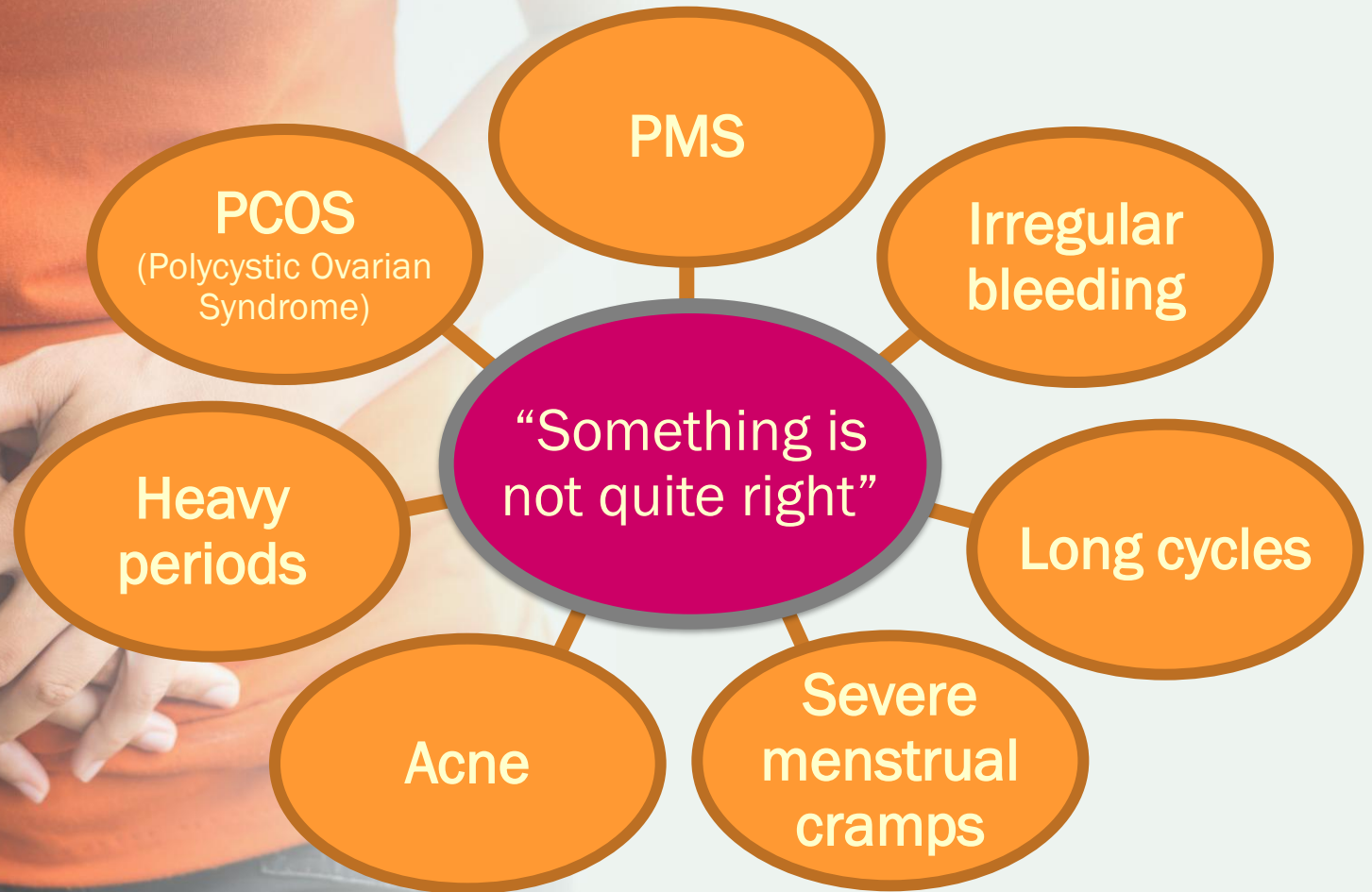
Education

- Excellent Knowledge of Cycles
- Accurate Knowledge of Body
- Introduces “Theology of the Body”
- Introduces SPICE

Improved Health Advocacy

- Fosters a Healthy Self–Respect
- Promotes Chastity and Faithfulness to God’s Design

Improved Health Advocacy



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
STAMP																																			
Date																																			
DESCRIPTION	M	M	M	M	L	VL																													
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
STAMP																																			
Date																																			
DESCRIPTION	H	H	M	L	VL	VL																													
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
STAMP																																			
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DESCRIPTION	M	H	H	M	L	VL																													
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
					o	o	o	o	x1	o	o	x1	o	o	8K	x1	x1	o	o	o	o	o	o	o	o	o	o	o							
STAMP																																			
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DESCRIPTION	H	M	L	VL	VL	VL	VL	VL	VL	VL	VL	VL	VL																						
					o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o	o							
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STAMP																																			
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DESCRIPTION																																			
STAMP																																			
Date																																			
DESCRIPTION																																			

NAProTRACKING® FOR A WOMAN'S HEALTH

USE THESE SIGNS: P = PEAK • 1,2,3 = FERTILE DAYS FOLLOWING PEAK • I = INTERCOURSE

Chart Number 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
STAMP																	
Date	3/12	05/12	07/12	09/12	11/12	13/12	15/12	17/12	19/12	21/12	23/12	25/12	27/12	29/12	31/12	01/01	03/01
DESCRIPTION	VL OAD	M	M	L OAD	VL OAD	4x2	4x3	4x2	4x3	4x1	2x3	4x1	4x1	OAD	OAD	OAD	OAD

STAMP																	
Date	04/01	05/01	06/01														
DESCRIPTION	10C x1	4x3	4x3														

Cycle Length = 38 days : Mucus cycle length = 6 days : Peak Day on 36 : Post-peak phase = 2 days

STAMP																	
Date	02/02	04/02	06/02	08/02	10/02	12/02	14/02	16/02	18/02	20/02	22/02	24/02	26/02	28/02	01/03	03/03	05/03
DESCRIPTION	VL 4x2	M	M	L OAD	L OAD	VL OAD	4x2	4x1	4x2	4x1	4x1	10C x1	4x3	4x2	4x1	4x1	OAD

STAMP																	
Date	04/03	06/03	08/03	10/03	12/03	14/03	16/03	18/03	20/03	22/03	24/03	26/03	28/03	30/03	01/04	03/04	05/04
DESCRIPTION	4x2	4x1	4x3	4x1	4AD	4AD	4x2	4x1	OAD	OAD	4x1	OAD	OAD	4x1	4x2	4x1	

STAMP																	
Date	06/04	08/04	10/04	12/04	14/04	16/04	18/04	20/04	22/04	24/04							
DESCRIPTION	4AD	10C x2	10C x2	10C x1	5CG x1	5C x1	5C x1	PPP = 3									

STAMP																	
Date	05/04	07/04	09/04	11/04	13/04	15/04	17/04	19/04	21/04	23/04	25/04	27/04	29/04	01/05	03/05	05/05	07/05
DESCRIPTION	VL OAD	L OAD	M	L OAD	L OAD	4x1	4x2	4x1	4x1	4x2	4x3	4x2	4x1	4x3	10C x2		

STAMP																	
Date	05/04	07/04	09/04	11/04	13/04	15/04	17/04	19/04	21/04	23/04	25/04	27/04	29/04	01/05	03/05	05/05	07/05
DESCRIPTION	VL OAD	L OAD	M	L OAD	L OAD	4x1	4x2	4x1	4x1	4x2	4x3	4x2	4x1	4x3	10C x2		

18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
13/01	14/01	15/01	16/01	17/01	18/01	19/01	20/01	21/01	22/01	23/01	24/01	25/01	26/01	27/01	28/01	29/01	30/01
6C x1	4x1	6C x1	6C x1	OAD	OAD	OAD	OAD	OAD	4x1	4x1	4x2	4x2	10C x2	10C x2	10C x2	10C x1	10C AD

04/02	05/02	06/02	07/02	08/02	09/02	10/02	11/02	12/02	13/02	14/02	15/02	16/02	17/02	18/02	19/02	20/02	21/02
OAD	10C x1	4x2	6C x1	4x3	4x2	4x3	4x2	4x3	4x2	10C x1	4x2	4x3	10C x1	4x3	4x2	4x1	OAD

04/03	05/03	06/03	07/03	08/03	09/03	10/03	11/03	12/03	13/03	14/03	15/03	16/03	17/03	18/03	19/03	20/03	21/03
4x1	4x2	4x1	4x2	10C x1	4x2	4x3	10C x1	OAD	4x2	4x3	4x2	4x3	10C x1	4x2	4x3	4x1	OAD

04/04	05/04	06/04	07/04	08/04	09/04	10/04	11/04	12/04	13/04	14/04	15/04	16/04	17/04	18/04	19/04	20/04	21/04
4x1	4x2	4x1	4x2	10C x1	4x2	4x3	10C x1	OAD	4x2	4x3	10C x1	4x2	4x3	10C x1	4x2	4x3	10C x1

04/05	05/05	06/05	07/05	08/05	09/05	10/05	11/05	12/05	13/05	14/05	15/05	16/05	17/05	18/05	19/05	20/05	21/05
4x2	4x3	4x1	4x3	4x2	4x3	4AD	10C x1	10C x1	10C x2	10C x1	10C x1	10C x1	10C x1	10C x1	10C x1	10C x1	10C x1

04/05	05/05	06/05	07/05	08/05	09/05	10/05	11/05	12/05	13/05	14/05	15/05	16/05	17/05	18/05	19/05	20/05	21/05
4x2	4x3	4x1	4x3	4x2	4x3	4AD	10C x1	10C x1	10C x2	10C x1	10C x1	10C x1	10C x1	10C x1	10C x1	10C x1	10C x1

Cycle Length = 30 : Mucus Cycle length = 2 days : Peak Day = Day 28 : PPP = 2 days

USE THESE SIGNS: P = PEAK

BSE= BREAST SELF-EXAM

1, 2, 3, 4 = FERTILE DAYS FOLLOWING PEAK

T = INTERCOURSE



The Restorative Approach To Natural Fertility!

TREATMENT FOR

- 1 - Infertility
- 2 - Recurrent miscarriage
- 3 - Male Factor Infertility
- 4 - Female Infertility:

- Endometriosis
- Polycystic ovaries
- Ovulatory problems
- Hormone problems
- Reduced Ovarian Reserve

- ✓ Revolution in treatment of Infertility
- ✓ Getting to the root causes and treating them
- ✓ Clinics across Europe
- ✓ Comparable to success rates of IVF world-wide

"After 2 failed IVFs, we discovered NaPro. NaPro identified and treated several problems – including sperm deficiencies – and we now have a beautiful baby girl!"

Joanne & D

www.naprobaby.ie

CREIGHTON MODEL SYSTEM



"A Realistic Alternative to Contraception"

- More reliable than the pill
- Understand your fertility
- Use to achieve pregnancy later
- Taught by professional teacher practitioners

"I tried every contraceptive method recommended by my GP but none of them agreed with me. They either made me very moody, I put up lots of weight or I was bleeding all the time. Since I learn The Creighton Model System 3 years ago, I'm finally happy with my Family Planning method and as a bonus my husband says he found again the woman he fell in love with and married".

Karen & D

www.fccirl.ie

WOMEN'S HEALTH



- Painful Periods
- PMS
- Polycystic Ovaries
- Endometriosis
- Irregular Cycles



Real Solutions to Real Problems

"Because of painful periods, I was put on 'The Pill' but each time I tried to discontinue the pill, the symptoms would come back! NaPro found and treated the underlying cause, I have no more symptoms and my future fertility is protected".

Clíodhna, 24

www.naprobaby.ie

Menopause

CrMS, the Key to a happy (life) ever after

- **Embrace “The Change”...**
In Peri-Menopause – Preparation is key - know what to expect.
- **CrMS charting & education is priceless....**
NaPro TECHNOLOGY available if desired or required.
- **Monitor symptoms and manage them individually as they arise...**
Lifestyle modifications – Diet, Exercise & Supplements may help.
- **Prevent Disease** – Education on Osteoporosis, Heart Disease, etc

Premenopause

[illegible]

7. 10. 1944 mē/cid

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Questions
?



CrMS & NaPro Fertility Care for Life

We believe that God is the sole giver of **Life**

We respect **Life** from conception to natural death

We support **Life** – No use of contraceptives or abortifacients

We disapprove of artificial technologies & destruction of embryos

We educate for **Life** with all it's ups and downs

We are 100% **PRO-LIFE**



Fertility
Care
Centres
of Ireland

Creighton Model Fertility Care Services

The Natural Procreative Choice!

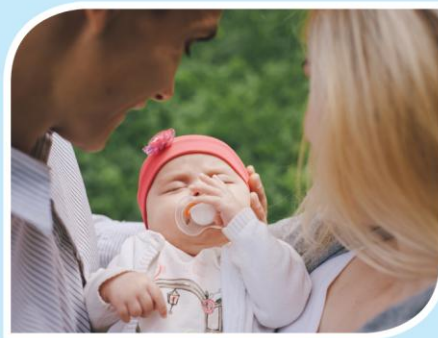
The Only Standardised System to Naturally
Manage your Fertility...

The Creighton Model FertilityCare™ System!

- Is Highly Effective & Reliable
- Preserves your Natural Fertility
- Helps Build Stronger Marriages

"There was no way I was going to use hormonal contraception – if only for health reasons. But with the Creighton Model, we learnt together how my body works and we were able to space our pregnancies as desired. And the bond between us increased so much!"

Sharon & Tom



There is Hope!

Do you suffer:

- The Pain of INFERTILITY?
- The Heartache of MISCARRIAGE?
- With Women's Health Issues?

NaProTECHNOLOGY® can help!

- A Scientific Medical & Surgical Restorative Reproductive Medicine
- Morally Acceptable

"After 2 failed IVFs, we discovered NaPro. NaPro identified and treated several problems – including sperm deficiencies – and we now have a beautiful baby girl!"

Joanne & Paul

Visit www.naprobaby.ie and contact a FertilityCare Teacher-Practitioner in your area to arrange an Introductory Session

*And all because the
Lady has....*

Hormones

