

Natural method

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What is the natural method?

The natural method is specific for those couples who don't use any method of contraception, but are aware of their own fertility for avoiding pregnancy

The woman follows and writes down the following natural indexes, everyday during the menstrual cycle:

- Body temperature after awakening
- Secretion from the uterus
- Lasting of the menstrual cycle

Body temperature:

The body temperature rises slowly after ovulation, so the woman should measure her body temperature every morning before getting up. The period of fertility ends when the body temperature is constant for three days in a row and if it is higher than it was the previous six days.

Secretion:

The quantity and texture of the secrete changes during the menstrual cycle. If the secrete is clean, wet and flexible, then the woman is most fertile.

Lasting of the menstrual cycle:

The lasting of the cycle can help while determining the beginning of a woman's fertile period, but cannot for sure determine the end of the period.

What are the advantages?

- There is no need for chemical or physical products
 - There are no side-effects
 - It can be used for planning a family
 - An adequate method for persons who don't use other contraceptive methods because of religious reasons
- What are the disadvantages?

- They don't protect from sexually spread diseases
 - You must write down daily notes
 - A lot of factor affect the body temperature
 - It is recommendable to avoid sex during fertile periods
 - For it to be used effectively, even six months of practice would be needed
 - Spermatozoids can survive in the uterus for three days, which makes the determination of fertile days more difficult
- The level of effectiveness of the natural method is 80-98%