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Natural Family Planning Made Easy In 5 Minutes A Day

Kate Evans Scott

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START NOW, IT'S SIMPLE! Become free from modern drug-oriented birth control methods, take control of your fertility now and realize the power that is already inside of you!

The ability to conceive or to avoid pregnancy altogether need not be a complicated matter. Natural Family Planning has been around for thousands of years yet many people think of this tradition within a religious context and believe it to be clouded in mysticism. While NFP is now endorsed by the Catholic Church as a morally correct way of spacing children during marriage, its supporters extend far beyond the framework of any one religious organization. NFP itself is not religious in nature, it is simply a time-honored tradition that allows women to take control of their fertility while honoring the cycles of their childbearing years.

When first considering a natural family planning route, one can begin to feel overwhelmed by all of the methods that exist and are in use today. The good news is that **NFP can be made simple** by following a few simple steps during your daily routine and by being as consistent as possible.

Yes, there are several methods of charting your fertility available, but ultimately you will only need to settle on one -- the one that best suits your goals and lifestyle. This book was written to help make that choice as easy and as smooth as possible for you.

In Natural Family Planning Made Easy' you'll find:

The most popular forms of NFP in use today

Tips for quick and easy charting

How to overcome common obstacles

Advice on how to choose the right method of NFP

How to become aware of your hormonal changes as you transition from pregnancy back to normal fertility cycles

The history of Natural Family Planning and women and fertility

Start taking charge of your fertility, scroll up to the top and grab your copy now!

About The Author

Kate Evans Scott is the author of the Amazon Bestselling cookbooks The Paleo Kid, Paleo Kid Snacks, The Paleo Kid Lunchbox and Infused: 26 Spa-Inspired Natural Vitamin Waters. Ever since she turned a new leaf in her twenties, Kate has had a passion for finding alternative health modalities to offer her family and friends while enjoying the ride of self-discovery along the way. Kate and her husband Mark live in Oregon with their two spirited children.

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