



Natural Family Planning International

Symptothermal Method
Plus Eco-Breastfeeding

Why choose NFP International?

- ♥ Take the NFPI HOME STUDY COURSE at your home and at your pace.
- ♥ Very economical.
- ♥ Learn to use the common signs of fertility in a cross-checking way.
- ♥ The covenant theology of sexuality leaves you saying, "That makes sense, why didn't I hear that before?"
- ♥ Eco-breastfeeding maximizes all the benefits of breastfeeding for mother and baby, plus abstinence-free natural spacing of babies.
- ♥ The NFP manual's Q&A format makes it easy to understand.
- ♥ Receive a certificate upon completion of the course.

The cost is an \$80 donation, which provides instruction, free charts and a downloadable manual. Couples can start the NFPI Home Study Course immediately.

There is also free follow-up for any questions, concerns, or chart reviews.

- * Couples learn all the fertility signs (mucus, temperature and cervix) plus the natural spacing of births with ecological breastfeeding.
- * The cross-checking method is highly effective for postponing pregnancy and can be an aid for achieving pregnancy.
- * The NFPI 3-meeting classroom course is available in select areas. Contact us at nfpandmore@nfpandmore.org for details.

For more information go to:

www.NFPandmore.org



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