

Natural Fertility Regulation

Conjugal love between a man and a woman within marriage is a great blessing and gift from God by which the spouses most fully express their spiritual, emotional and physical unity and cooperate with the author of life through procreation.

Married couples are called to be generous in welcoming new life as a gift from God but also prudent within their unique circumstances. Couples, for good reason, may wish to space the births of their children and yet are called to respect the essential nature of sexual intercourse as procreative. Since artificial methods of contraception fail in that respect by a wilful disabling of the good of fertility, the Church has always and consistently taught that such methods are wrong.

However, in exercising their freedom before God to pursue responsible parenthood and make legitimate decisions about when to have children, couples may have recourse to “*methods of birth regulation based on self- observation and the use of infertile periods, [which are] in conformity with the objective criteria of morality. These methods respect the bodies of the spouses, encourage tenderness between them, and favour the education of an authentic freedom.*” (Catechism of the Catholic Church, 2370).

There are several such natural methods available to couples. Below is some information about one method, the Billings Ovulation Method, which is promoted and taught in our Archdiocese by Fertility Care Scotland (<https://fertilitycare.org.uk/>).

The Billings Ovulation Method® – The Healthy Alternative.

The Billings Ovulation Method® of Natural Fertility Regulation is a healthy lifestyle choice if you are seeking a Natural and Effective alternative to chemical or mechanical methods of family planning.

Knowledge about the Billings Ovulation Method® brings with it the confidence and freedom to regulate your fertility without drugs or devices. It teaches you to recognise healthy fertility and alerts you if any problem arises so that you are in control. The understanding it provides empowers you as a couple to manage your fertility effectively.

The Billings Ovulation Method® is important knowledge for all women from adolescence to the menopause, educating you to understand your body.

If you would like more information about the Billings Ovulation Method®, please click this link and watch this short video:

[Animation: the menstrual cycle and your body’s natural signal of fertility – cervical mucus \(billings.life\)](#)

and email us at info@fertilitycare.org.uk to arrange an online Billings Teacher.