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Book Summary of The Mystery
Method So, You've Discovered FAM,
Now What? Using Apps vs. the
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~~Why Isn't the Fertility Awareness
Method More Popular? | Forced
Myself To Read A Book By A Pickup
Artist ~ Dominic Noble Justisse
Method~~

The Justisse Method (1987) is a standardized system for learning fertility awareness in a way that allows for self-management of reproductive health and birth control needs. The Justisse Method is best learned from our comprehensively trained Justisse Practitioners, who are

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committed to holistic sexual and reproductive care and reproductive justice, that is they serve the client without prejudice for their sexual, social, or spiritual beliefs or choices.

Justisse Method - Justisse For Women

The Justisse Charting App is a web application that teaches you how to observe, chart and interpret your menstrual cycle events and monitor menstrual health. You will know each day based on real time data (not predictions) whether or not you are fertile.

Justisse Healthworks For Women

Justisse can be used as a mucus-only method, if preferred (compared to others that require temperature readings to be accurate) The fertile phase of your cycle starts when you

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see mucus, so you are considered infertile up to the last dry day (compared to others that say fertility starts on day 6 of the cycle)

What Is The Justisse Method? - Blue Poppy Health

The Justisse Method supports all ways of achieving maximum effectiveness including abstaining from intercourse, alternative forms of sexual expression or the use of barrier methods during the fertile period or on days where doubt of fertility exists.

Effectiveness - Justisse For Women

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What Is The Justisse Method? - Blue Poppy Health

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Lisa is a certified Fertility Awareness
Educator and Holistic Reproductive
Health Practitioner trained in the
Justisse Method. She teaches women
to chart their menstrual cycles for
natural birth control, conception, and
monitoring overall health. Lisa has a

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wealth of experience and has been teaching women to chart their cycles for nearly 20 years.

Justisse Instructors - Fertility Awareness Method

The Justisse Charting App is a web application that teaches you how to observe, chart and interpret your menstrual cycle events and monitor menstrual health. You will know each day based on real time data (not predictions) whether or not you are fertile. The Justisse Charting App is like your own virtual private teacher and there is no other fertility awareness app like it currently on the market.

Justisse Charting App - a fertility management virtual guide

Best of all -- Learn from a Justisse

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Practitioner Change how you want to use the Justisse Method. For example, from achieving pregnancy to avoiding pregnancy. Enter a different reproductive situation. For example, pre-menopause, breast feeding, post-abortion, post-partum (after... Decide to become ...

Learn To Chart - Justisse For Women

Find a Justisse Holistic Reproductive Health Practitioner. Alaina Stango Justisse BLA. Pennsylvania, USA. Allison Macbeth HRHP. Amy Hollon HRHP. Amy Murray HRHP Intern. Amy Sedgwick HRHP Educator.

Justisse Healthworks For Women

The Justisse Charting App uses the Justisse Method (1987) designed by Geraldine Matus in response to women's expressed desire for fertility

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awareness and natural birth control education that gives information and support needed to self-manage menstrual cycle health (5th vital sign of health), as well as respects sexual and reproductive health choices.

[Justisse Charting App - a fertility management virtual guide](#)

THE JUSTISSE METHOD. In 1987 the Justisse Method of Fertility Awareness was established by Geraldine Matus PhD. It is a mucus and sympto-thermal method of fertility awareness, relying on daily observations of one or more naturally occurring biomarkers specific to the female reproductive cycle.

[Holistic Reproductive Healthcare Practitioner, Fertility ...](#)

The Justisse Method (JM) is a highly

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effective secular method for fertility awareness. The information contained in this guide may be used for 1) body literacy, 2) birth control, 3) pregnancy achievement, or 4) monitoring menstrual cycle health and well-being.

Justisse Method: Fertility Awareness and Body Literacy A ...

The reason that the Justisse Method is my favorite method of Natural Family Planning/Fertility Awareness is that it combines everything I love about the Creighton Model and STM. It uses the exact same mucus charting methods as the Creighton model, right down to the same abbreviations. Except that it gets even more specific!

The Justisse Method (JM) is the most

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effective secular standardized method for fertility awareness. Quite simply, this book is the best available on the market in how it describes a solidly effective methodology in a straightforward manner that is useful for all women regardless of their menstrual cycle health or history. The author's more than thirty years of experience in the field of fertility awareness and body literacy education shows through in the simple, elegant and effective way in which she has designed this user's guide for the reader's benefit.

Healthy menstrual cycles are the 5th vital sign of a woman's health. If a

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woman's menstrual cycle is not healthy she is not healthy. Her health depends on regular ovulation and true menstruation. Stopping the use of hormonal contraceptives and making the necessary changes to return to regular ovulation and healthy menstrual cycling, is one of the most important things a woman can do for her health, short term and long term. This concise, clinical-based guide teaches women and their care providers how to restore menstrual cycle health (fertility) and endocrine balance after stopping the use of hormonal contraceptives. Included are holistic and nutritional suggestions to support menstrual cycle health, including non-pharmaceutical approaches to managing difficult periods and restoring nutritional status. Included are narratives of

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various women's experiences women when they stop using hormonal contraceptives. This is a companion book to "Justisse Method Fertility Awareness and Body Literacy: A User's Guide" Why A Book About Coming Off the Pill? WE SEE WOMEN every day in our clinic that experience reproductive and other health problems while on and after discontinuing the birth control pill or other forms of hormonal contraception. They report finding few, if any, resources to help them deal with the physiological upheaval these drugs create in their bodies. Many women also report using hormonal contraception to deal with very difficult periods or other hormonal disorders. They report finding little support or information for using non-hormonal forms of birth

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control or ways to deal with hormonal disorders without the use of drugs. The intention of this book is to share with women some of those hard to nd bits of information; information that we use in our clinical practices every day.

MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. **The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility** brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you ' ll learn:
–What a normal cycle looks like;

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- The best way to chart your cycle and increase your fertility awareness;
- How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet;
- Natural methods for managing period pain and PMS;
- How to successfully avoid pregnancy without the pill; and
- How to plan ahead if you do want to get pregnant.

The Fifth Vital Sign aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a

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certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

Millions of healthy women take a powerful medication every day from their mid-teens to menopause - the Pill - but few know how this drug works or the potential side effects. Contrary to cultural myth, the birth-control pill impacts on every organ and function of the body, and yet most women do not even think of it as a drug. Depression, anxiety, paranoia,

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rage, panic attacks - just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes. When the Pill was released, it was thought that women would not submit to taking a medication each day when they were not sick. Now the Pill is making women sick. However, there are a growing number of women looking for non-hormonal alternatives for preventing pregnancy. In a bid to spark the backlash against hormonal contraceptives, this book asks: Why can't we criticize the Pill?

“ I wish I ’ d known that when I was pregnant! ” It ’ s a feeling all parents know: wanting to keep our children safe and thriving in an ever-changing world. What happens during pregnancy sets the stage for the rest

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of a child ' s life, so the Green Mama is here to help make this period healthier, happier, and safer for both mother-to-be and baby. Swollen ankles? Difficult birth? Postpartum depression? Most expectant parents think, It won ' t happen to me! But from conception through to birth, families today aren ' t getting what they expect — or expecting what they get. The Green Mama explores a variety of sources, from the latest scientific and medical research and advice to traditional wisdom, to find out what issues, decisions, and avoidable dangers have the greatest impact on our children ' s health. She brings together this combined wisdom to demystify epigenetics, the microbiome, a healthy pregnancy diet, toxin-free living, pregnancy exercises, herbal remedies, natural birth, healthy

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postpartum care, and many of the other mysteries of modern birth and parenting. Through gentle guidance, humour, and a trove of specific advice from dependable sources, Green Mama-to-Be is the essential guide for today ' s mothers- and fathers-to-be.

Navigate the highs and lows of menstruation with confidence Feel your best at any time of the month! This science-backed menstruation book is full of good advice and friendly tips to give you the tools to reframe your thinking and learn to love your cycle. Be period positive! Inside the pages of this modern-day menstruation guide, you'll discover: - A practical, science-backed guide to your period with infographics and anatomical diagrams. - Answers to all your period-related questions,

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exploring topics like the functions and effects of hormones, when periods are "normal" or "abnormal," hormonal birth control, sex, fertility and pregnancy. - Explanations of common female health conditions such as PCOS and endometriosis. Light or heavy, early or late, painful or painfully bad timing - periods can be a nightmare. With its beautiful visuals and question-and-answer format, Be Period Positive provides practical advice on managing the common symptoms most women have during their period - from easing cramps to using a menstrual cup, coming off the pill and managing PMS. Find answers to the common period myths like whether your menstrual cycle is linked to the moon, or if period synchronization is a thing. Explore how periods evolved and what is

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going on in your body to deepen your understanding of your cycle. This period positive book includes sections that will help you "hack your period." Learn how adapting your diet, exercise and other strategies can help you manage hormonal fluctuations' physical and emotional effects. Learn how to recognize when you're at your most receptive, creative and vulnerable so that you can get the best out of every stage of your cycle.

Blessed Events explores how women who give birth at home use religion to make sense of their births and in turn draw on their birthing experiences to bring meaning to their lives and families. Pamela Klassen introduces a surprisingly diverse group of women, in their own words, while also setting their birth stories within wider social,

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political, and economic contexts. In doing so, she emerges with a study that disrupts conventional views of both childbirth and religion by blurring assumed divisions between conservative and feminist women and by taking childbirth seriously as a religious act. Most American women who have a choice give birth in a hospital and request pain medication. Yet enough women choose and advocate unmedicated home birth--and do so for carefully articulated reasons, social resistance among them--to constitute a movement. Klassen investigates why women whose religious affiliations range from Old Order Amish to Reform Judaism to goddess-centered spirituality defy majority opinion, the medical establishment, and sometimes the law to have their babies at home.

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In considering their interpretations--including their critiques of the dominant medical model of childbirth and their views on labor pain--she examines the kinds of agency afforded to or denied women as they derive religious meanings from childbirth. Throughout, she identifies tensions and affinities between feminist and traditionalist appraisals of the symbolic meaning of birth and the power of women. What does home birth--a woman-centered movement working to return birth to women's control--mean in practice for women's gender and religious identities? Is this supreme valuing of procreation and motherhood constraining, or does it open up new realms of cultural and social power for women? By asking these questions while remaining cognizant of

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religion's significance, Blessed Events challenges both feminist and traditionalist accounts of childbearing while broadening our understanding of how religion is "lived" in contemporary America.

"The menstrual cycle is a vital and vitalizing system in the female body and yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle. They are encouraged to ignore it and cope with menstruation as best they can without missing a beat, rather than seeing the cycle as an integral part of their health and wellbeing and, even more excitingly, as a potential guide to emotional and spiritual literacy. Wild Power is a book about feminine power the power of the

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menstrual cycle. An embodied consciousness that opens a woman to a unique force that can heal, restore love, guide her home to herself, and support the manifestation of her dreams, ambitions, and life calling.

This book reveals the inner architecture of a woman and the path to power that is encoded in her body, which takes her on an initiatory journey from menarche to menopause. This unique force tutors us in the sacred tasks of each phase of this journey, the perils and the pitfalls, as we grow into our authority and eldership as creators and leaders in the world. In this book, the authors explore the three maps of the menstrual cycle that guide women through their inner landscape to meet themselves, get to know their own nature and develop the psychological

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muscle to channel the creative and spiritual forces within them. Written in an engaging style, with humor, tenderness, and practicality, and packed with women s stories and quotes throughout, Wild Power is an invitation to a new consciousness born out of an awareness of and fidelity to the menstrual cycle, restoring women to wholeness and reinstating the full majesty and grace of the Feminine."--

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