

Infertility/Fertility

What Every Woman Should Know

Since 1970 the Billings Ovulation Method has been helping women manage their fertility naturally, using a simple method of proven effectiveness estimated to provide 80% of Natural Family Planning Worldwide.



Written by Billings Senior Teachers

The Authentic Billings Ovulation Method has been scientifically researched and developed since 1953, is inexpensive, universally acceptable to all cultures, simple to learn and environmentally friendly.

It can be used at every stage of reproductive life allowing couples to plan their families naturally, it gives women insight into their own reproductive health allowing them to recognise any need to seek early and appropriate medical help.

It does not depend on temperature, calendar, chemical tests or calculations. It does not need regular periods. It can be used to achieve and to avoid pregnancy.

The combined fertility of the couple is central to use of the Billings Ovulation Method. In principle the male fertility does not vary, and the female fertility is cyclical.

Most women do not ovulate on the famous day 14; and many women have minor variations in the calendar length of their cycles. Also breastfeeding, weaning, recovery of cycles after pregnancy or hormonal contraception, weight gain, weight loss, athletic training, and stress alters many women's cycles temporarily. Helps Perimenopausal women as changes occur in their cycles as they traverse through the perimenopause.

So a method that follows the signs of a women's cycles day by day will not be misled by such variations.

It covers all stages and situations during a woman's reproductive years:

- Planning pregnancy
- Postponing pregnancy
- While Breastfeeding
- Post Pill (hormonal contraception)
- Pre-Menopause
- Monitors Reproductive Health
- Can help with early diagnosis of
- Endometriosis/Polycystic Ovaries

The Billings Ovulation Method started by studying every indication of fertility/infertility, but rapidly settled on the sensation at the vulva as the best reflection of hormonal changes and potential fertility. Gradually this was supported by endocrine, ultrasound and physiological research, becoming refined until the current status, where a simply used method is taught by stringently qualified teachers.

There are Four Phases of a Cycle

- Menstruation
- BIP (BASIC INFERTILE PATTERN) Determines length of cycle (part of cycle that varies by days/weeks during breastfeeding)

- Fertile Phase leading to PEAK (ovulation)
- Luteal Phase (Infertile) From ovulation to next
- Menstruation (11 – 16 days)

Pattern of FERTILITY for Achievement of Pregnancy

At some time after menstruation a fertile woman notices at the vulva a discharge of mucus which is produced by the cervix. She becomes aware of the sensation this mucus produces at the vulva as she goes about her normal daily activities. This discharge is not an abnormality. It is an indication of good health and tells the woman that now is the time when an act of intercourse may result in pregnancy. The mucus is essential for the healthy function of sperm.

Each woman is an individual and will describe her own mucus pattern. The fertile pattern is a changing developing pattern ending in a slippery sensation and followed by a definite change to no longer slippery. The vulva has a heightened sensitivity near the PEAK. The last day of this slippery sensation at the vulva is known as PEAK and is recognised the day after due to the abrupt change of no longer slippery. This is the time of maximum fertility.

Ovulation occurs usually on PEAK DAY but in some cycles, ovulation may be

Celebrating with women for over
10 years this

Menopause Day



- Immediate relief from vaginal dryness
- Each application lasts 3 days
- Contains 78.82% w/w purified water
- Non-hormonal
- Available in 3, 6 and 12 pack.
- Easy to use pre-filled applicators



delayed until day 1 or day 2 past PEAK. There is only one day of ovulation in a cycle and the ovum lives less than 24 hours.

To Achieve a pregnancy wait for the slippery sensation which occurs at PEAK close to the time of ovulation. Have intercourse then and over next couple of days for best chance to conceive.

As the lifespan of sperm is brief the mucus is essential to support, nourish and help the sperm travel through the womb and fertilise the ovum.

Pattern of INFERTILITY for Postponement of Pregnancy

Recognising the infertile pattern of the cycle which is unchanging, is key to using the Billings Ovulation Method to postpone pregnancies. The Basis Infertile Pattern (BIP) is an unchanging pattern. It is identified at the vulva: nothing felt or seen – DRY. Some women experience a slight discharge, but the key here is that it remains the same day after day with a sensation of DRYNESS. A woman is infertile from day 4 past PEAK because she has ovulated, and the egg has regressed and died because it has not been fertilised.

RULES of Method

Early Day Rules –

- Avoid intercourse on days of heavy bleeding during menstruation

- Alternate evenings available for intercourse when Basic Infertile Pattern has been established
- Avoid intercourse on any day of discharge or bleeding which interrupts BIP.

These Rules apply until PEAK recognised

PEAK RULE - From beginning of 4th day following PEAK until end of the cycle, intercourse is available every day at any time. PEAK must be identified before the PEAK Rule is applied.

An experienced teacher will help a woman to recognise these patterns and with the four simple rules, use the Billings Ovulation Method to appreciate the wonderful gift of her fertility.

HOW TO CHART

On Chart write the date of commencing the record. Each evening briefly describe the observations made during the day, then use the appropriate stamp or symbol to record. Continue charting until next menstruation which is start of next cycle.

When learning the Method and if you wish to avoid pregnancy all genital contact should be avoided for first two weeks until follow-up visit.

HOW TO LEARN METHOD

It is always advisable to avail of the assistance of an experienced Accredited Teacher.

You can always learn by phone and reading, e-mail, ZOOM or with use of our APPS – Fertility PinPoint or The Billings App. Follow up support is always available and encouraged.

NAOMI-Billings Ireland is a Health Education Charity licensed by the World Health Organisation of the Billings Ovulation Method – WOOMB International, based at the Ovulation Method Research and Reference Centre (OMR&RCA) in Melbourne, Australia.

We re-Affiliate every three years and are Licensed to teach clients and to train teachers who have to Re-Accredit every three years.

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We offer the Authentic Billings Ovulation Method with pride. The scientifically and clinically evaluated guidelines cover every stage of reproductive life allowing couples to plan their families naturally. It gives women insight into their own reproductive health allowing them to recognise any need to seek early and appropriate medical help.

The Billings Ovulation Method is simple to learn, easy to use, scientifically sound, reliable, environmentally friendly and acceptable to all cultures.

Proceive® Tailored for Fertility and Pregnancy

Proceive Conception is a specially formulated range of fertility and preconception nutritional supplements for men and women. Proceive has been developed by fertility experts using ingredients with clinical science supporting its impact on fertility parameters. Proceive provides the most comprehensive ingredients including Vitamins, Minerals, Amino Acids, CO-Q10 & Omega 3 DHA. This combination of nutrients offer added nutritional support, at a time when the body is reliant on many vital nutrients. Proceive also contains the recommended 400ug of folic acid in the L-Methylfolate format for increased absorption.

The team behind the brand recently launched their Proceive Pregnancy range, which is a range of tailored nutritional supplements for women who want to ensure they are giving themselves and their baby the best nutritional support throughout pregnancy. The range has been developed by an experienced team of medical and nutritional experts and is uniquely formulated to support the nutritional needs of both mum and baby during each trimester.

“The reason we have taken a trimester-based approach to our products is that during pregnancy your nutritional requirements increase and what’s more, these requirements actually change as the pregnancy processes and the baby develops,” said a company spokesperson.

