Billings Ovulation Method™

- Developed by doctors[1]
- Taught by accredited teachers
- Effective for *all* stages of life from menarche to menopause, breastfeeding, irregular cycles, stress cycles, and coming off the Pill or other contraceptives
- Acceptable to all cultures
- In 140+ countries

[1] Drs. John & Evelyn Billings, Melbourne, Australia

Billings Life

...to monitor reproductive health

NFP Association (Alberta)
1-866-796-3722
info@billingslife.ca
www.billingslife.ca

Every woman needs...

A totally natural way...

- To understand your fertility
- Safeguard reproductive health
- No drugs / devices / surgery
- No side-effects
- Affordable

- 99+% effective[1]
- Strengthens relationships
- Uses periodic abstinence
- Trusted by millions of couples

[1] According to studies done by the World Health Organization when couples are properly taught and the method is used correctly

...to postpone pregnancy.

Medical studies include

Jiangsu Family Health Institute. *Chinese Medical Journal*, 1998.

Indian Council of Medical Research Task Force on NFP. *Contraception*. 1996; 53:69-74

World Health Organization, *Fertility and Sterility*. 1981; 36:152, 591.

Weissmann MC, Foliaki L. et al. *The Lancet*. 1972; 300: 813-816.