

Benefits of the Billings Ovulation Method™

By Dr. John J. Billings

The BOM is a co-operative method involving a sharing of the responsibility between the husband and the wife. The BOM exercises an improvement in the relationship which the couples soon recognize and for this reason it is particularly applicable **even if the relationship is disturbed**. The couple recognizes that the knowledge that they now have at their disposal allows them, independent of drugs and devices to determine together the decisions necessary to achieve the family size that they judge appropriate to all their responsibilities, not only to each other but to the children already born, and to society. This is one of the reasons why it can truly be described as a universal method acceptable to everyone, when they understand it and begin to live their married lives in this way.

Most modern technological methods impose the responsibility almost totally on the husband or the wife, usually the wife. Both the husband and wife recognize that this is unfair, and the woman may feel particularly resentful.

The general idea of the BOM must always be explained to the husband so that he will understand that his wife will be able to inform him about the cycle, whether she is currently in a state of infertility or possible fertility. There is immediately a growth in the marriage promoted by the communication and deeper understanding involved, thus husbands quickly coming to understand that the physiological structure of his wife's reproductive system is both remarkable and beautiful. It must be made clear to them that the guidelines of the Method mean what they say and they must follow these guidelines correctly if they are to achieve the result that they really want. This means that they will both accept the gentle discipline of the Method which, for the avoidance of pregnancy requires that there be a rest from intercourse over the days of possible fertility. Each will generously accept this time of waiting for the love of the other person and for the welfare of the whole family thereby demonstrating their love for each other and their children and as a result causing that love to grow stronger day by day.