

A PRESENTATION TO CATHOLIC MARRIAGE FORUM ON NATURAL FAMILY PLANNING: CHALLENGES AND WAY-FORWARD BY MRS. JACINTAMARIO EMEAGI

What is Natural Family Planning?

Natural Family Planning is a method that teaches you, at what time during your menstrual cycle, you can have sex without contraception, with a reduced risk of pregnancy (this is achieved by plotting the times of your cycle to know when you are fertile and when you are not).

www.nhsinform.scot/contraception

Definitions of Terms:

1. Catholic: Denoting or relating to the entire body of Christians, especially to the church before separation into the Greeks or Eastern and Latin or Western Churches.
www.dictionary.com/browse/cat
2. Marriage: The legally or formally recognized union of two people as partners in a personal relationship (historical and in some jurisdictions specifically a union between a man and a woman).
3. Marriage in the Catholic Church also known as Holy Matrimony is the covenant by which a man and woman establish between themselves a partnership of the whole of life and which is ordered by its nature.
4. Forum: a meeting or medium where ideas or views on a particular issue can be exchanged.
5. Natural: Existing in or derived from nature not made or caused by human kind.
6. Planning: Groundwork
7. Contraception: Spermicides – They kill sperm
8. Sperm: is the male reproductive cell, or gamete in anisogamous form of sexual reproduction.
9. Anisogamy: is a form of sexual reproduction that involves the union or fusion of two gametes that differ in size: smaller gamete is female, typically an egg cell.
10. Ovary: They are small, oval-shaped glands located on either side of the uterus. They produce and store female eggs (also called ovum), they make hormones that control the menstrual cycle and pregnancy. During ovulation, one of the ovaries releases an egg. They are the key part of the female reproductive system.
11. Hormone: is a class of signaling molecules in multicellular organisms that are sent to distant organs by complex biological processes to regulate physiology and behaviour.
12. Chromosomes: is a long DNA molecule with part or all the genetic material of an organism. 46 chromosomes in a normal human being, 23 from both parents each.
 - DNA: Deoxyribonucleic Acid
 - Histones: Basic Proteins found in Eukaryotic Cell Nuclei
 - Nucleosomes: Structural unit of DNA packaging.

- **Menses:** is when you shed the lining of your uterus, you start to count your menstrual cycle from the first day of the menses or period to the first day of the next follicular phase before release of egg, luteal phase and follicular or proliferative phase, luteal or secretory phase.

Phase of Menstrual Cycle:

- **Ovulation:** Release of Matured Egg or Ovum
- **Menarche:** First Menses
- **Menopause:** Last Menses
- **Anovular Cycle:** Menses without ovulation, sex, sacred, timing.

Phases of Menstrual Cycle

1. Menstrual Phase (1-5)
2. Follicular Phase (1-13)
3. Ovulation Phase (Day 14)
4. Luteal Phase (15-28)

Aims & Objective

1. To Achieve Pregnancy
 - a. To avoid pregnancy
 - b. Pre-select sex of baby (boy or girl)
 - c. Encourage sexual harmony among couples
 - d. Breast feed safely
 - e. Avoid or cope with HIV/AIDs

Physiology – Menstrual Cycle: Hormones are secreted in a negative and positive feedback manner to control the menstrual cycle. Hormone Secretion begins in the hypothalamus where gonadotrophin releasing hormone (GnRH) is secreted in an increase pulsatile fashion once puberty starts.

GnRH is then transported to the anterior pituitary where it activates its 7-transmembrane G-protein receptor. This provides a signal to the anterior pituitary to secrete stimulating follicle hormone (FSH) and Luteinizing Hormone (LH) FSH and LH provide input to ovaries, within the ovarian follicle, there are 2 cells types responsible for hormone production xtheca cells and granulosa cells.

LH Stimulates the cells to produce progesterone and androstenedione by activating the enzyme, cholesterol desmolase once androstenedione is secreted, the hormone diffuses to the nearby granulosa cells.

Here, FSH stimulates the granulosa cells to convert androstenedione to testosterone then 17 beta-estradiol by activating the enzyme, aromatase. As level of 17 beta estradiol or progesterone increase based on the phases of the menstrual cycle, there is negative feedback

to the anterior pituitary to lower the levels of FSH and LH being produced and subsequently, the level of 17-beta estradiol and progesterone produced.

An exception to this is during ovulation, in this case, once a critical amount 17-beta-estradiol is produced, it provides positive feedback to the anterior pituitary to produce increased amounts of FSH and LH. This feedback system is represented in figure 1. Within the feedback system, the granulosa cells produce inhibin and activin, which inhibits and stimulate FSH release from the anterior pituitary, respectively. This feedback mechanism is controlled by upregulating to increase hormone production or down regulating to decrease hormone production of the GnRH receptors on the anterior pituitary. www.ncbi.nlm.nih.gov.

Aim & Objectives

- a. To rule out abnormal vaginal discharges (infection).
- b. Ensure healthy/Godly married life embedded in nature
- c. Deeped conjugal love
- d. Ensure responsible parenthood via education and pastoral care. www.usccb.org

TYPES / INDICATIONS OF NATURAL FAMILY PLANNING AS APPROVED BY CATHOLIC BISHOP CONFERENCE

- Cervical Mucus Method (CMM)
- Sympto-thermal Methods (STM)
- Sympto-Harmonal Methods (SHM)
- Ovulation Predictor Kit

Natural Family Planning is the general title for the scientific, natural and moral methods of family planning that can help married couples either achieve or post pone pregnancy.

There are others like the calendar, beads, naprotechnology etc, while some has been outdated because of moral and research.

INTRODUCTION: Our faith as Catholics; Who made you? God made me.

Why did God made you? God made me to know him, love him and serve him in this world and to be happy with him forever in the next.

What is Sin? Sin is an offence against God by any thought, word deed or omission against the law of God. Catechism of Christian doctrine.

How is the Church Holy? The church is holy because she teaches a holy doctrine, offers to all the means of holiness and is distinguished by the eminent holiness of so many thousands of her children.

How is the Church One? All members agree in one faith, have all the same sacrifice and sacraments and are all united under one Head Agape Love. The highest form of love, charity and the love of God for man and of man for man.

Sacrificial Love

What are the theological virtues?

- Faith
- Hope
- Charity: as they relate immediately to God.

What are the cardinal virtues?

- Prudence
- Justice
- Fortitude
- Temperance: they are the hinges on which all other moral virtues turn.

God's providence works through the decisions of individuals in the various situations in which they find themselves.

Dr. John and Dr. Lyn Billings founder of Love & Life Billings Methods of Natural Family Planning first met themselves at the Medical School at the University of Melbourne Australia with love at first sight (over the cadavers). "Love looks not with the eyes but with the mind."

In 1943, they got married, later Dr. Mrs Lybn because a pediatrician and Dr. John Neurologist, Dr. Mrs. Lyn has to adjust her professional work to the domestic work because of their children upbringing.

1953, Fr. Maurice Caterinich who was appointed by Archbishop Daniel Mannix as marriage chaplain for the Archdiocese of Melbourne invited Dr. John Billings to be the consultant for the Archdiocese of Melbourne which he first declined but later accepted to do the work for three months, until a permanent appointment of another doctor could be arranged. The three months later became 47 years as a zoo.

It was at this service of God via humanity that Dr. John Billings, who has been offering the calendar Rhythm method, but due to evaluation of their service and the failure rate was further investigated on-out incorrect method of their teaching of the Calendar Rhythm Method, couples being forced to accept artificial contraception and they rejected it because they are Catholics; trusting he can help them out as he is a committed Catholic Doctor. This became a big challenge to him.

Humanae Vitae: Pope Paul VI published his Encyclical Humanae Vitae. Contraception not allowed in the Catholic Church.

The challenges of failed temperature and other natural family planning methods they were using and the investigation from couples especially women of cervical discharges, together with researchers of Ogino and know motivated him Fr. Catarinich having come from a Medical Family Background and Dr. John Billings having a long medical wife was able through cervical mucus discharge and confirmation of Professor James Broun

(Endocrinologist). In 1962 with research on effect of contraceptive pill on hormones and that it will later causes harm.

Hence 1963 Dr. Mrs. Lyn Billing after proofreading the husband's white up commenced the teaching in a woman to woman instruction and how ovulation can be ducted in long or short cycle, dry days.

WHO approves billing method? Yes

How does billings method work?

It is a form of natural birth control that uses ovulation method or cervical method is a form of fertility awareness method FAM.

- At ovulation, progesterone makes cervical mucus to be thick, sticky and opaque. Billing Method Basement Love 1st Cor. 13: 3 – 7.
- Sex: God created the act of sex and yet it is surrounded by fears, false beliefs, shame, selfishness and ignorance Genital & Non-Genital 1st Cor. 7:5 [www.biblestudentods](http://www.biblestudentods.com) (www.verywellhealth.com).
- G. T. P. P. P: Gentleness, Tenderness, Patience, Privacy and Play.
- Mountain Top: Natural Seductive

Factors Affecting Billing Method

- My life wont respond
- Cause of frigidity: A mistaken sense of modesty
- General lack of dialogue
- Slovenliness in her husband (careless untidy etc).
- False beliefs about intercourse
- A habit of performing – pretence
- Unkindness - roughness
- Fear from any cause
- The pill after hormone
- The coil (I.U.D.) – This cause early abortion
- Sex during breastfeeding
- Importance in Man

Ordinary Causes: Physical Exhaustion

- Worries
- Depression
- Fear of Slovenly Wife
- Fear of Conception
- Over concentration on his work
- Over sexed life
- A habit of performing

- Premature Ejaculation Genesis 38 v 9 Onanism (e.g. Natural and Death)
- Withdrawal (Coitus Interruptus) against the church that unsatisfied sex act.
- Menopause (www.nairaland.com>koitus-interru) www.sciencedirect.com>topics
- Masturbation www.christianbiblereference.org (www.catholic.com>contraception)

Key Factors in Marriage

- Dialogue – Truth & marriage
- Growth – All round growth
- Husband and Wife together
- Resolution
- A childless couple
- Breastfeeding Mother
- Teaching Others
- Study Guides
- Why the chart
- The husband and the chart
- They cycle and irregular menses 28 – 31 days can as short as 19 days.

What Causes the Menses?

- The egg dies (about 12 hours of release)
- It breaks and disappears
- The nest is next needed (crying Uterus)
- The breakdown nest leaves the body as Menses
- Menses and ovulation in Breast feeders – First Ovulation
- Conception – Human Life Begins 0 Chromosomes (7 frozen 1st week)
- Heart (5-buks beaten)
- The Sperm – 72 hours – 5 days
- The mucus sign – A reminder bell
- Slipperiness & Stretching
- Stretch test

What are the functions of ovulation mucus?

- Infertile Mucus- Barrier to ascend of sperm cells
- Fertile mucus- Aids Sperm transient
- Forms protective envelop around sperm cos vaginal environment
- It nourishes the sperm

The body signs with the corresponding chart signs

| Body | Signs | Chart Signs |
|----------------------------|-------|----------------------|
| Peak | | A double red x |
| Menses | | A red stroke down |
| Dryness | | A blue stroke down |
| Early pap | | Two red lines across |
| Egg White | | A red X |
| Sexual Intercourse | | A blue dot |
| The 3 days after the peak- | | Three red zeros |

THE THREE EARLY DAY RULES

- A- Avoid the day after intercourse
- U- Use evenings only
- E- Even one day of early pap should be followed by three red zeros

In breath feeding greater use of Dis: Double Infertile signs

Unsatisfactory Muscus or infrequent ovulations

- May be helped by Bb 200mg twice a for six weeks with multivitamins
- Unit E, Folic acid
- Treat infection go to hospital
- Provision for 10 days/Bromacryptine for 60-90 days prescribed by a qualified doctor
- A balanced diet, Avacado
- Men avoid tight nylon clothes/ui
- Don't sit on hot position of vehicle, use of cushion

Boy or Girl? Sex-preselection works

John 15:15-1 no longer call you servants, I call you friends, for everything.....

[www.baylor.edu>services,biblehub.com>john](http://www.baylor.edu/services/biblehub.com/john)

- XX Chromosomes- 23
- XY Chromosomes- 23

Male-XY (half of sperm has X & half Y-The husband boy sperm)

Female-xx

A BOY CHILD?

- Intercourse in the morning of the second red zero day and net before it-one cycle
- No pregnancy- have se 1st zero day (Four cycles)
- No pregnancy- have sex on what is your peak

A GIRL CHILD?

- Have sex during early pap till fourth day after peak for 2-3 cycles
- Try day of egg white for more cycles
- Then on the peak day is 50-50
- Use G.T.PPP in both sex selection.

THE CHARTS:

What is the church stand in:

1. Ivq- Intra vitro fertization, IVI, ICSI, ET
2. Tubal ligations
3. Surrogate mothers
4. Artificial family planning
5. Incents
6. Abortion, trozen embrayo, artificial common.

Begotten not made, www.uscch.org>issuesandaction

They are not accepted by over mother church and yet most ardent cathodics are next aulere.

Assisted reproductive devices 141-intrautsine sperm-virgina insemination, ICSI-Miicropipette-cater of egg.

The challenges of National Family Planning?

- It is a couple-centered process so both partners need to agree to use these methods
- They do and protect the couple agains sexually transmitted infections
- Couples require careful observation and training for accruable recording for a few months, before they can be used reliably to predict fertile days

[www.news medical.net](http://www.newsmedical.net)>health>N

- Time and effort must be invested

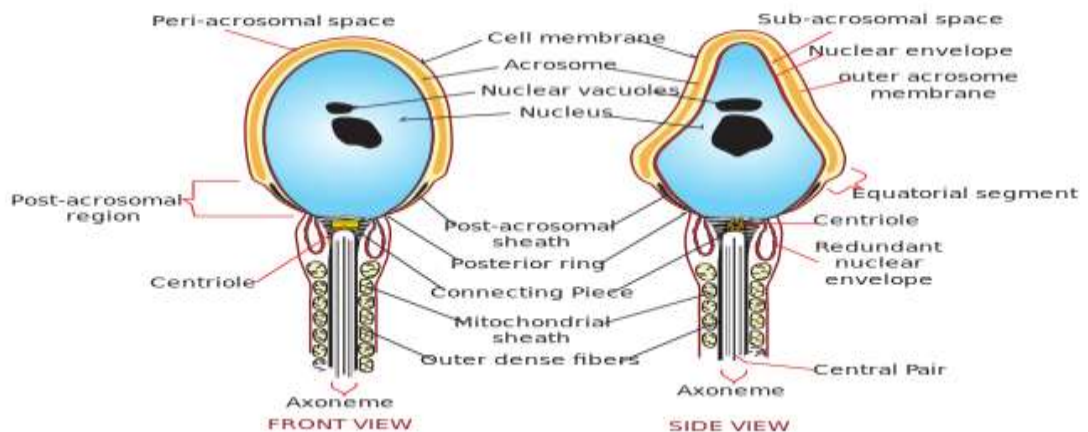
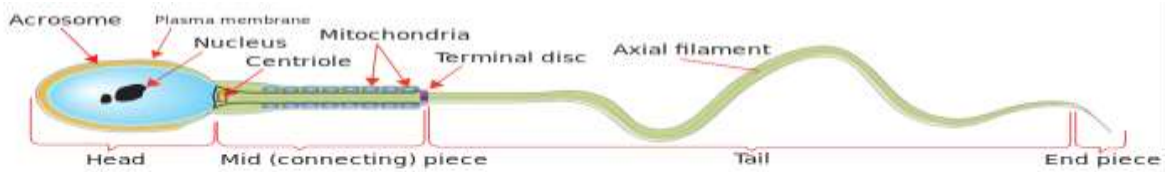
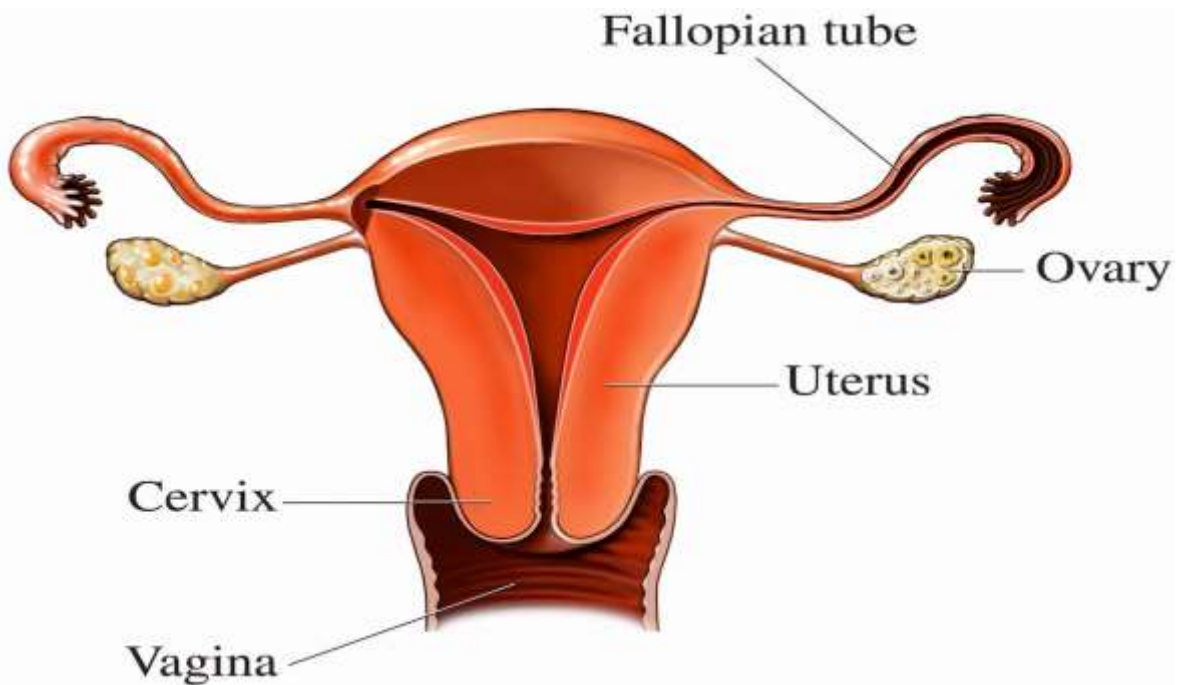
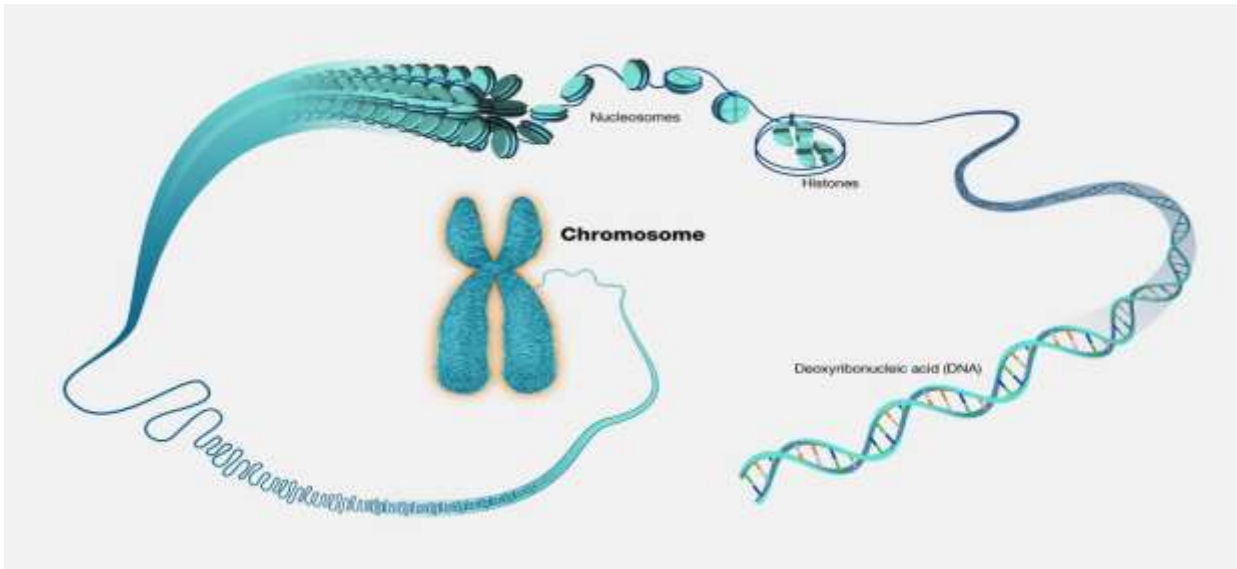
- Use of steroids
- With drawal from Artificial method (for at two weeks)
- Infection (PID) (STI)
- Thyroid or liver disease
- Medication like lithium-after cervical mucus
- Couples with multiple sexual partner (STI)

<https://www.hhs.gov/opa/pregnancy-prevention/non-hormonal-familyplanning/index.htm/> methods/natural

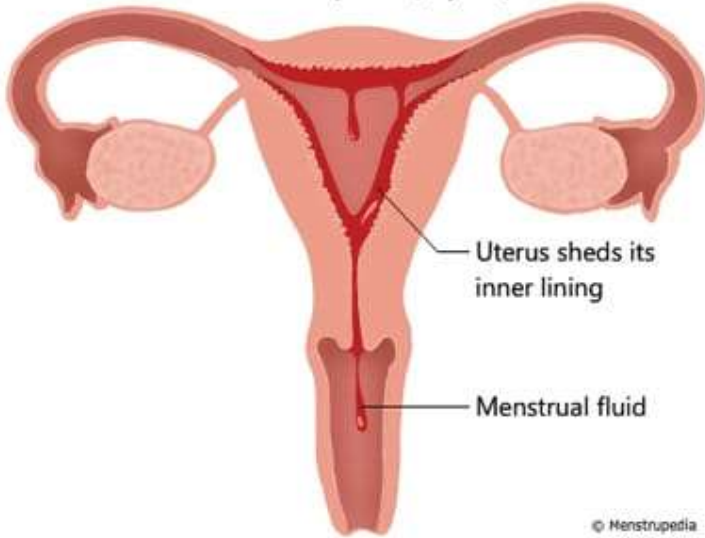
- Easily accessible instructors-committed and dedicated
- Language barrier
- Availability of tracing aids most times

WAYS FORWARD

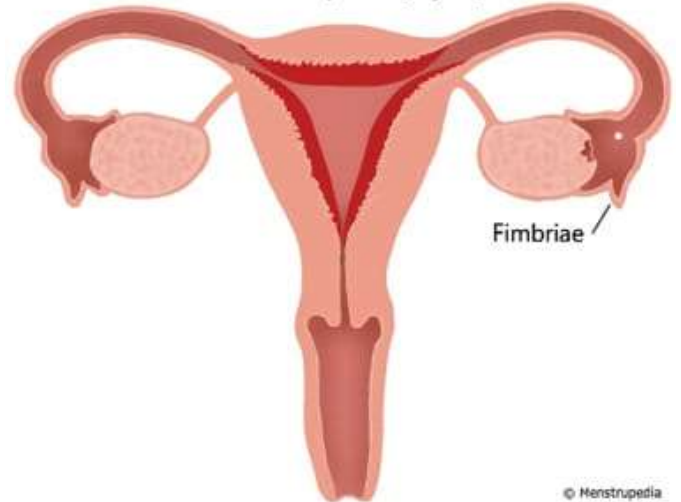
1. Catch then young-Good Catholic foundational upbringing of catholic children
2. Proactive sex education among youths at all level
3. Establishment of policy to hence team work and more research updates
4. Wide publicity via churches, communities, schools, markets, radio, tv, social media etc, general out reach
5. Annual statistic reports of Assessments and evaluation
6. Motivations of all NFP by parishes, dioceses etc dedicated to sensitized non-chalent couples
7. Period/general health education,/medical challenge
8. Ensure lifestyle patient modification
9. Ensure healthy/personal hygiene
10. Ensure it is proactive in all educational/health institutions owned by the church
11. One should not be multiple instructor-remain focused
12. NUC/WHO has approved it, so the mother church show ensure its spread to grass root cutting across the word.



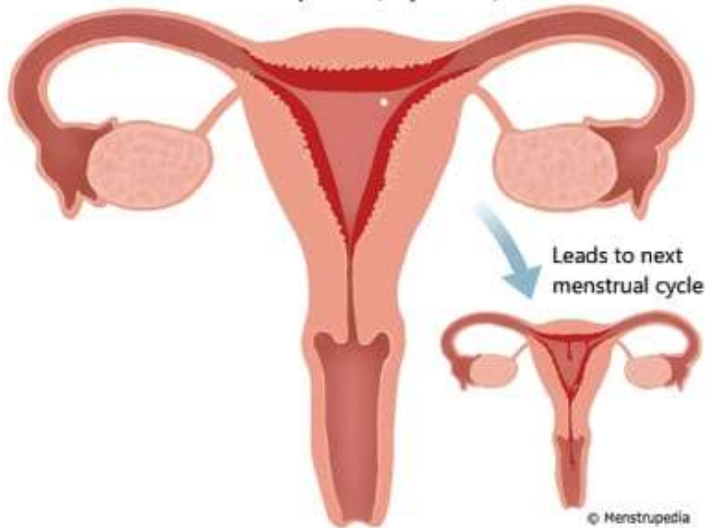
Menstrual phase (day 1-5)



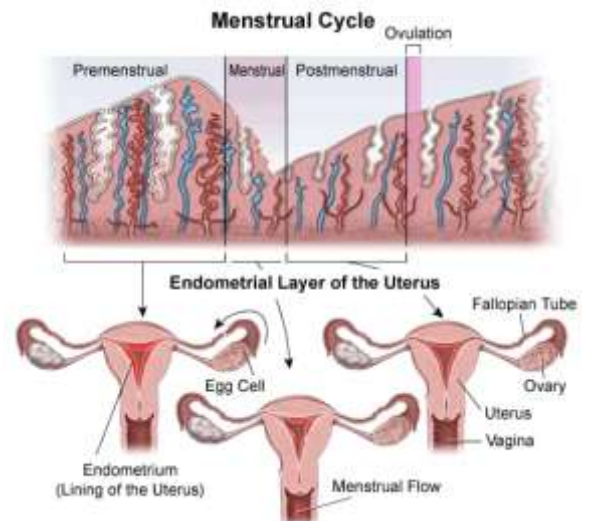
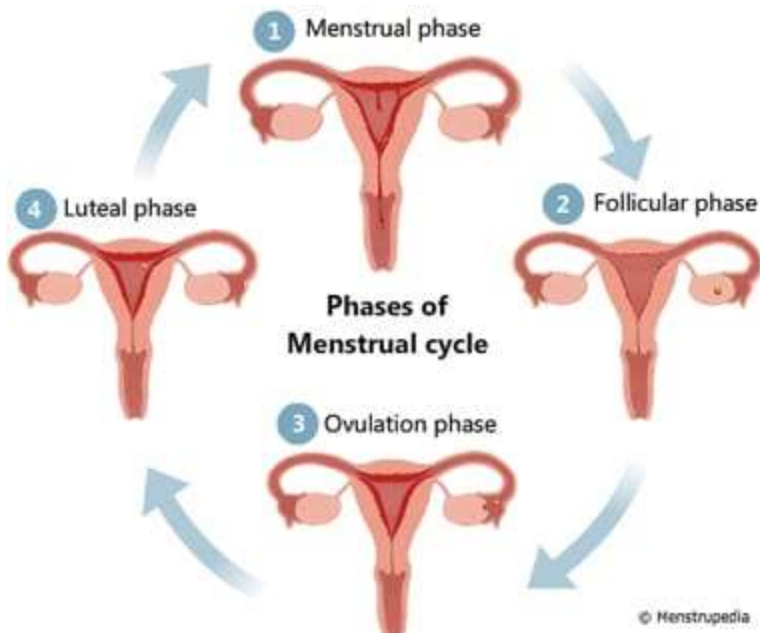
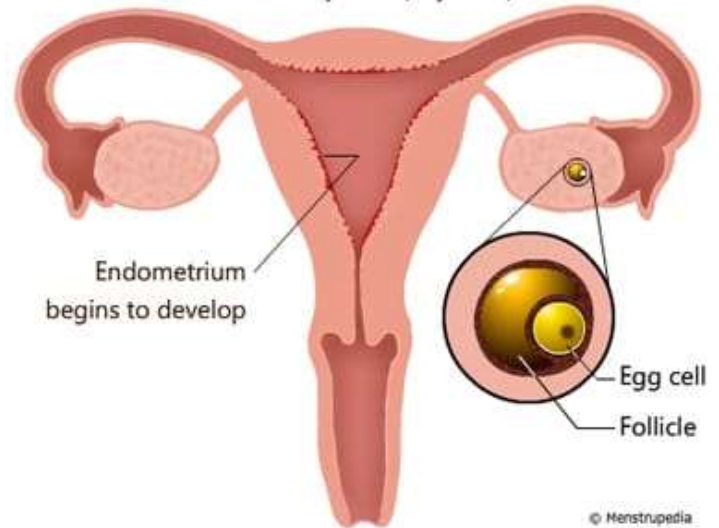
Ovulation phase (day 14)



Luteal phase (day 15-28)



Follicular phase (day 1-13)



CONCLUSION: What is natural can be highly scientific. Natural family planning is highly natural and the clerical Mucus vary scientific

- It is easy, simple and convenient
- It is has lesser cost
- It has not side effect/complication

It enhances happy married life and responsible parenthood, it should be spread-hitch free

- It increases couple's interaction and confidence in sexual relationship, religions acceptability, and low cos, besides the absences of any other medications device.

www.news.medical.net>health

COMMENDATIONS

We commend our paper, promotion our dear proper though the humane vitae approved artificial family planning for all catholic couples.

We commend Catholic Bishop for working round the check to ensure all parishes ensure the teaching of Natural Family Planning.

We also appreciates our heroic founders of different types of natural family planning especially those approved by the Catholic Church and all the researchers on these.

To all the dedicated and committed devotees of our mother church at all levers especially our father founder of the Catholic Marriage Forum – FR. Thadacus Chukuldi Op all his crews and all who believe and promote NFP. Pray God to revealed us with abundant fruits here and thereafter Amen.

RECOMMENDATION

The mother church should come up with a policy to ensure NFP are thoroughly taught at marriage class with mini NFP clinic in every parish for easily consultation.

- In citation should be embarrassed
- Communication skills/self-development
- Regular health check up
- Ensure Team work spirit as Catholic (Doctors Scientist etc all hands on deck
- To embrace totally the church originally missionary/educational missions.
- Regulatory bodies at all levels for: assessment, implementation, evaluation and auditing.
- Regular Research updectement
- Above all the foundation of our faith catechism, canon law should never be neglected.
- Planning: if you fail to plan, you plan to fail.