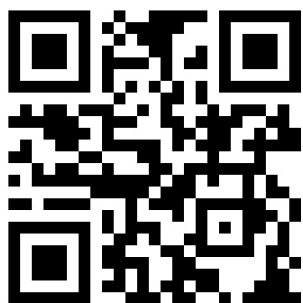


You might think you know all you need to know about Natural Family Planning....

- Did you know?* Modern Natural Family Planning (NFP) is NOT the Rhythm Method, and is based on sound scientific research.
- Did you know?* NFP is 97-99% effective to avoid a pregnancy.
- Did you know?* NFP does not depend on regular cycles, and is just as effective during breastfeeding, premenopause, and post pill.
- Did you know?* NFP is the only true method of family planning, in that it can be used to achieve a pregnancy or to avoid a pregnancy.
- Did you know?* Charting the cycle is crucial for the diagnosis and cooperative treatment of many infertility and gynecological problems.
- Did you know?* Most infertility tests are only as accurate as their timing.
- Did you know?* The days of fertility and optimal days to conceive can be identified with precision using NFP.
- Did you know?* Until the 1930's *all* Christian religions were united in rejecting contraception.
- Did you now?* The Catholic Church still teaches, and always has, that NFP is the only moral means of family planning.
- Did you know?* Mutual respect and communication, inherent in NFP, and the practice of periodic abstinence help build a marriage.
- Did you know?* The divorce rate among NFP users is reported to be only 5%.
- Did you know?* **CANFP promotes ALL natural methods of NFP!**

CANFP is here with resources to support YOU on your NFP journey!



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