**Creighton Method**

 I am honored to be able to share with you about natural family planning- in particular, the Creighton method.  It’s my favorite!  I feel very passionately about it on a couple of different levels.  As a busy mother of six, I need a method that is simple and effective.  As a nurse, I want something that is scientifically based and can help the couples I am caring for be able to understand their bodies.  This method not only meet my needs, but it exceeds my expectations on a regular basis!

 What makes this method stand out from the rest?  Number one is that it is highly recommended that the COUPLE uses the method.  This means that the woman observes her fertility signs throughout the day and the husband documents her findings at the end of the day.  This allows the couple to prayerfully consider, TOGETHER, how God is calling them to enjoy the gift of fertility in their marriage.

Another amazing quality of the Creighton Method is that it is scientifically based, and the documentation is standardized.  It was developed by an OB/GYN named Dr. Thomas Hilgers.  His initial goal was to standardize the Billings Method to make it acceptable in the medical community.  Upon studying these new, standardized charts, he found that he was able to diagnose and treat certain health issues that were appearing in the charting such as low progesterone, risk for miscarriage, PCOS, endometriosis, PMS, etc.  This method is taught on a one on one basis with an instructor that has had extensive training.  This instructor- referred to as a Fertility Care Practitioner- is not only able to guide the couple in charting and observation techniques, but has been trained to detect health issues within the charting and refer the couple to a specially trained physician to work through these health issues.

The Creighton Model allows for so much more than just knowing when you can grow your family and when you can’t.  It can tell you if your body is sick.  It can help you to grow closer to your spouse.  It can help you to fully appreciate God’s creation.  It can be used at any time during a women’s reproductive life.  I would highly recommend using the Creighton Model to anyone!