**Marquette Method – Ashly Klein**

I am Ashley Klein, RN, BSN, and parishioner of  St. Joseph Catholic Church in Pewamo. As a Natural Family Planning, Marquette Method Instructor, I bring my services to local parishes, as well as across the United States and Internationally. My husband, Justin, and I were married in May 2017. In October 2017, I was found to have a 13cm teratoma mass attached to my ovary that was causing torsion and blood supply loss to my fertility organs. An emergency surgery was performed, and the mass was removed along with 2/3 of my ovary. Every physician told us I would need to be on birth control for life to prevent future teratoma mass development or to become pregnant which would prevent ovulation. We welcomed our first child, Louis, into the world a year later. Many meetings with Father Darrell Kempf and prayer have led us to the decision to not use birth control, and to use faith and hope that another teratoma will not arise, causing infertility. We know that using a successful method of NFP will allow us to track my cycles and determine when I am most fertile throughout my reproductive years, which led us to the Marquette Method.

We started the Marquette Method after having Louis when I was postpartum breastfeeding, and were amazed by the ease of use and confidence it brought our family. Frequent night nursing does not allow for accurate basal body temperature testing, and mucous only matches underlying fertility about  ⅓ of the time when breastfeeding. With the Marquette Method, a morning urine test is used in conjunction with the Clearblue Fertility Monitor. It is so easy, so effortless, so reassuring! After falling in love with the Marquette Method, I enrolled in Marquette University to become an instructor. The program is 18 months long, but I was so passionate about the material that I was able to finish sooner. I have been actively teaching clients since 2019. Due to the personal experience with special circumstances that arise in women’s cycles, and the education from Marquette University, I have been able to flourish as an instructor. Justin and I have used the Marquette Method to prevent pregnancy, and to conceive our second child, Adelina, who was born July 2020.

Couples use the Clearblue fertility monitor to track the woman’s urinary hormone levels, estrogen and luteinizing hormone, throughout her cycle. The monitor readings are applied to the Marquette Method algorithm, which then identifies which days are fertile and infertile. The monitor does an excellent job of measuring the reproductive hormones, and because of this, the monitor-only approach is able to identify a precise fertile window. Knowing that the monitor is providing accurate information helps couples feel confident in the identification of their fertile window.

My goal is to provide married and engaged couples with the best method to achieve or prevent pregnancy, for their situation. The Marquette Method is 98.4% effective in preventing pregnancy, when used correctly by the clients. There are 3 protocols; postpartum breastfeeding, breastfeeding with cycle return, and regular cycle. The Marquette Method has special circumstance instructions for clients with Polycystic Ovarian Syndrome (PCOS), Endometriosis, irregular cycles, hormonal imbalances, fertility difficulties, medical considerations such as chemotherapy and thyroid disease, and perimenopause.

As a practicing RN for 6 years at Sparrow Hospital in Lansing, Michigan and as a Clinical Instructor for nursing students at LCC, I advocate for people of all different realms. I am trained in the Marquette Method, which is backed by evidence based, peer-reviewed research.

Typical vital signs observed by a primary care physician include blood pressure, pulse rate, respiratory rate, and temperature. Fertility is the fifth vital sign, and should be monitored by a healthcare professional to provide optimal health for the rest of your life. Wherever you are at in your fertility journey, if you would like to have the health of your cycles reviewed and start an easy, effective method of NFP, taught by doctors and nurses, contact Ashley Klein via email at ashleyklein@mmnfp.com or visit her website at [www.mmnfp.com/ashleyklein](http://www.mmnfp.com/ashleyklein)!

