**Sympto-Thermal Method of Natural Family Planning- Amber Feldpausch**

I have been asked many times why I teach NFP, what brought Neil and I to this ministry, and specifically why do we teach the Sympto-Thermal Method (STM).  For Neil, it was simple, his brother and sister-in-law already taught it and was well practiced and supported among his family.  For myself, it has been an 18-year journey that affirms this calling from God.

I have experienced numerous set-backs with my cycle from the very first time I got it as a young teen.  This eventually led to health and reproductive issues.  Throughout the past 18 years I have done my fair share of research from doctors, speakers, blogs and studies.  I knew, 18 years ago, that the pill wasn't an option.  Practicing the Sympto-Thermal Method made it clear that I was not ovulating.  This led me through numerous doctors, tests and surgeries which eventually corrected my cycle.

Though I began my NFP journey practicing the Sympto-Thermal Method, I did switch to the Creighton Model in order to receive reproductive care through the Pope Paul VI Institute.

Neil and I have taught the Sympto-Thermal Method through the Couple to Couple League (CCL) to over 250 couples in the past 12 years.  I find this method to be the easiest to understand among "first-time" NFP couples and is less expensive than other methods.  I also love teaching couple-to-couple.  I think having Neil's experience part of our class is key to the many men we've taught.  Practicing NFP is an important decision that needs to be discussed and chosen by both the man and the woman.  Lastly, our class includes the important teachings of Pope John Paul II’s Theology of the Body. JPII’s explanation of the Catholic Church’s teaching regarding our bodies and intimacy brings the practice of NFP full circle.

Through my years of reviewing charts and speaking to women about their concerns related to both fertility and infertility I am increasingly convinced that charting is essential to reproductive health. So whether a woman uses NFP to postpone pregnancy, achieve pregnancy, or neither, the awareness of her reproductive system can be life changing.