

The Justisse Method

Fertility Awareness Method Overview



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Justisse Method

Holy Grigg-Spall



Justisse Method:

Justisse Method Geraldine Matus, Geraldine Matus Hrhph, Thomas Dannenberg, 2012-06-11 The Justisse Method JM is the most effective secular standardized method for fertility awareness Quite simply this book is the best available on the market in how it describes a solidly effective methodology in a straightforward manner that is useful for all women regardless of their menstrual cycle health or history The author s more than thirty years of experience in the field of fertility awareness and body literacy education shows through in the simple elegant and effective way in which she has designed this user s guide for the reader s benefit *The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility* Lisa Hendrickson-Jack, 2019-01-21 MENSTRUATION ISN T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign just like your pulse temperature respiration rate and blood pressure And it provides you with essential information about your health The Fifth Vital Sign Master Your Cycles and Optimize Your Fertility brings together over 1 000 meticulously researched scientific references in a textbook quality guide to understanding your menstrual cycle In this book you ll learn What a normal cycle looks like The best way to chart your cycle and increase your fertility awareness How best to manage critical aspects of your health including better sleep exercise and a healthier diet Natural methods for managing period pain and PMS How to successfully avoid pregnancy without the pill and How to plan ahead if you do want to get pregnant The Fifth Vital Sign aims to better connect women with their menstrual cycles to break the myth that ovulation is only important when you re ready to have a baby READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not your health matters Start learning more now and take control of your health ABOUT THE AUTHOR Lisa Hendrickson Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner She teaches women to chart their menstrual cycles for natural birth control conception and overall health monitoring In her work Lisa draws heavily from the current scientific literature and presents an evidence based approach to fertility awareness and menstrual cycle optimization **Sweetening the Pill** Holy Grigg-Spall, 2013-10-07 Millions of healthy women take a powerful medication every day from their mid teens to menopause the Pill but few know how this drug works or the potential side effects Contrary to cultural myth the birth control pill impacts on every organ and function of the body and yet most women do not even think of it as a drug Depression anxiety paranoia rage panic attacks just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes When the Pill was released it was thought that women would not submit to taking a medication each day when they were not sick Now the Pill is making women sick However there are a growing number of women looking for non hormonal alternatives for preventing pregnancy In a bid to spark the backlash against hormonal contraceptives this book asks Why can t we criticize the Pill *Green Mama-to-Be* Manda Aufochs Gillespie, 2017-09-16 Sweeping away the clutter of iffy parenting advice the Green Mama speaks to scientists researchers and moms to give expecting and current parents the best guide to

health issues affecting our children Filled with humour good advice and helpful resources Green Mama to Be is the essential book for today's expectant parent

The Fertility Sourcebook M. Sara Rosenthal,1998 At last This hard to find information presented sensitively and accurately One out of every five North American couples experiences difficulty in conceiving and finding the source of infertility can be a frustrating and time consuming process If you are grappling with the complexity of this situation The Fertility Sourcebook will be a welcome source of information and comfort This thoroughly updated edition includes hard to find information on fertility planning for same sex couples and a foreword by Masood A Khatamee M D F A C O G

Lesbian Parenting Katherine Arnup,1995 Lesbian Parenting is an indispensable collection of articles examining the multi faceted experience of being a lesbian parent It offers information inspiration and support to lesbians considering parenthood to women involved with lesbian mothers and to lesbians with children

The Complete Natural Medicine Guide to Breast Cancer Sat Dharam Kaur,2003 Despite the risk of developing breast cancer many women still have a limited knowledge of its causes and prevention The Complete Natural Medicine Guide to Breast Cancer uses the most recent research studies and clinical evidence to explain the causes of breast cancer and techniques for its prevention Some of the topics covered are Comprehensive explanations for the causes of breast cancer hereditary hormonal environmental Identifiable environmental risks Self help detoxification programs diet plans and herbal recommendations Natural medicine strategies which complement conventional medical treatments and promote recovery Psychological support Protective factors are highlighted and valuable exercises and worksheets for breast care are included such as The Breast Health Balance Sheet an extensive questionnaire that helps to determine risk factors Written in an empathetic and accessible style The Complete Natural Medicine Guide to Breast Cancer is an excellent resource for women seeking breast cancer information

Women's Health Journal ,1987 **Women's Studies Index** ,1993 **Take Charge of Your Body** Carolyn DeMarco,1995 **The Justisse Method for Fertility Management** Geraldine Matus,1988 Trade-marks Journal ,1989 **Body Literacy** ,2018 **A systematic method for the oboe** François-Joseph Garnier,1986 *Base de datos mujer* ,1992 **Coming Off the Pill, the Patch, the Shot and Other Hormonal Contraceptives** Phd Geraldine Matus Hrhpe,Geraldine Matus,Megan Lalonde,2014-11-28 Healthy menstrual cycles are the 5th vital sign of a woman's health If a woman's menstrual cycle is not healthy she is not healthy Her health depends on regular ovulation and true menstruation Stopping the use of hormonal contraceptives and making the necessary changes to return to regular ovulation and healthy menstrual cycling is one of the most important things a woman can do for her health short term and long term This concise clinical based guide teaches women and their care providers how to restore menstrual cycle health fertility and endocrine balance after stopping the use of hormonal contraceptives Included are holistic and nutritional suggestions to support menstrual cycle health including non pharmaceutical approaches to managing difficult periods and restoring nutritional status Included are narratives of various women's experiences women when they stop using hormonal contraceptives This is

a companion book to Justisse Method Fertility Awareness and Body Literacy A User s Guide Why A Book About Coming Off the Pill The fertility awareness educators whom I mentor and myself see women every day in our clinics that experience reproductive health problems while on and after discontinuing the birth control pill or other forms of hormonal contraception They report nding few if any resources to help them deal with the physiological upheaval these drugs create in their bodies Many women also report using hormonal contraception to deal with very dif cult periods or other hormonal disorders They report nding little support on or information for using non hormonal forms of birth control or ways to deal with hormonal disorders without the use of drugs The intention of this book is to share with women some of those hard to nd bits of information information that we use in our clinical practices every day

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