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BIRTH CONTROL | Fertility

Awareness + How I Track My Cycle

Charting Basics | Understanding Your

Cycle ~~Side Effect FREE~~

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Why Isn't the Fertility Awareness Method More Popular? | ~~Forced Myself To Read A Book By A Pickup Artist~~ | ~~Dominic Noble~~ Justisse Method

The Justisse Method (1987) is a

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standardized system for learning fertility awareness in a way that allows for self-management of reproductive health and birth control needs. The Justisse Method is best learned from our comprehensively trained Justisse Practitioners, who are committed to holistic sexual and reproductive care

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and reproductive justice, that is they serve the client without prejudice for their sexual, social, or spiritual beliefs or choices.

Justisse Method - Justisse For Women

The Justisse Charting App is a web application that teaches you how to

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observe, chart and interpret your menstrual cycle events and monitor menstrual health. You will know each day based on real time data (not predictions) whether or not you are fertile.

Justisse Healthworks For Women

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Justisse can be used as a mucus-only method, if preferred (compared to others that require temperature readings to be accurate) The fertile phase of your cycle starts when you see mucus, so you are considered infertile up to the last dry day (compared to others that say fertility

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starts on day 6 of the cycle)

What Is The Justisse Method? - Blue Poppy Health

The Justisse Method supports all ways of achieving maximum effectiveness including abstaining from intercourse, alternative forms of sexual expression

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or the use of barrier methods during the fertile period or on days where doubt of fertility exists.

Effectiveness - Justisse For Women

Justisse can be used as a mucus-only method, if preferred (compared to others that require temperature

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readings to be accurate) The fertile phase of your cycle starts when you see mucus, so you are considered infertile up to the last dry day (compared to others that say fertility starts on day 6 of the cycle)

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Lisa is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner trained in the Justisse Method. She teaches women to chart their menstrual cycles for natural birth control, conception, and

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monitoring overall health. Lisa has a wealth of experience and has been teaching women to chart their cycles for nearly 20 years.

Justisse Instructors - Fertility Awareness Method

The Justisse Charting App is a web

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application that teaches you how to observe, chart and interpret your menstrual cycle events and monitor menstrual health. You will know each day based on real time data (not predictions) whether or not you are fertile. The Justisse Charting App is like your own virtual private teacher

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and there is no other fertility awareness app like it currently on the market.

[Justisse Charting App - a fertility management virtual guide](#)

Best of all -- Learn from a Justisse Practitioner Change how you want to

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use the Justisse Method. For example, from achieving pregnancy to avoiding pregnancy. Enter a different reproductive situation. For example, pre-menopause, breast feeding, post-abortion, post-partum (after... Decide to become ...

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Learn To Chart - Justisse For Women

Find a Justisse Holistic Reproductive Health Practitioner. Alaina Stango Justisse BLA. Pennsylvania, USA. Allison Macbeth HRHP. Amy Hollon HRHP. Amy Murray HRHP Intern. Amy Sedgwick HRHP Educator.

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Justisse Healthworks For Women

The Justisse Charting App uses the Justisse Method (1987) designed by Geraldine Matus in response to women's expressed desire for fertility awareness and natural birth control education that gives information and support needed to self-manage

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menstrual cycle health (5th vital sign of health), as well as respects sexual and reproductive health choices.

[Justisse Charting App - a fertility management virtual guide](#)

THE JUSTISSE METHOD. In 1987 the Justisse Method of Fertility Awareness

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was established by Geraldine Matus PhD. It is a mucus and sympto-thermal method of fertility awareness, relying on daily observations of one or more naturally occurring biomarkers specific to the female reproductive cycle.

Holistic Reproductive Healthcare

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Practitioner, Fertility ...

The Justisse Method (JM) is a highly effective secular method for fertility awareness. The information contained in this guide may be used for 1) body literacy, 2) birth control, 3) pregnancy achievement, or 4) monitoring menstrual cycle health and well-being.

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Justisse Method: Fertility Awareness and Body Literacy A ...

The reason that the Justisse Method is my favorite method of Natural Family Planning/Fertility Awareness is that it combines everything I love about the Creighton Model and STM. It uses the

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exact same mucus charting methods as the Creighton model, right down to the same abbreviations. Except that it gets even more specific!

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