

9

**FACTS ABOUT
NAPRO**
FOR THOSE STRUGGLING
WITH INFERTILITY



Freda McMahon, CFCP
Natural Fertility Matters



1

NAPROTECHNOLOGY (NAPRO) FIXES WHAT'S WRONG

NaPro is a scientific approach to healing your body to create an ideal environment for a baby. It works with your body's natural cycle to restore health and fertility.

2

NAPRO TAKES A FEW MINUTES OF WORK EACH DAY

NaPro users take an active role in their healthcare instead of just being a recipient of medical care. You'll receive detailed instruction from a FertilityCare practitioner about what to do.

3

NAPRO IS GREAT FOR WOMEN OR COUPLES WHO

- Want to get pregnant but have been struggling with infertility or miscarriage
- Are sick of the side-effects of contraception
- Want ethical and morally acceptable healthcare
- Want to correct health problems that may put you at risk for preterm delivery and miscarriage
- Want to prevent infertility
- Want to know what's causing your infertility or health problems
- Have irregular cycles
- Struggle with painful periods, cysts, or other painful gynecological problems
- Suspect that headaches, or emotional highs and lows may be cycle-related
- Want to learn about your body
- Want to track your health
- Heard IVF is your best or only option but you don't want to do it

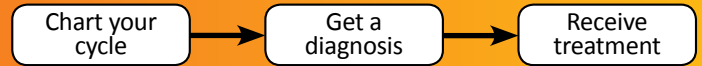
4

NAPRO ADDRESSES HEALTH PROBLEMS SUCH AS

- Female infertility and male infertility (see naproformen.com for more info on male infertility)
- Premature birth prevention
- Menstrual cramps
- Endometriosis
- PMS
- Ovarian cysts
- Irregular or abnormal bleeding
- PCOS
- Repeat miscarriages
- Postpartum depression
- Dysfunctional ovulation
- Low progesterone
- Chronic discharges
- and more...

5

WHAT'S INVOLVED IN NAPRO-TECHNOLOGY



Each day you will make simple observations about your body. These observations track your gynecological health during your cycles. This is usually referred to as charting or charting your cycle.

A NaPro provider will read your chart and recommend treatments for your unique cycle.

Treatments can include:

- bio-identical hormone therapy (which supplement and correct your natural hormones)
- prescription medications
- or sometimes surgical procedures

6

THE TREATMENTS YOU MIGHT RECEIVE WITH NAPRO

| Problem | Common NaPro Treatments |
|--------------------------------|---|
| Infertility | Medical or surgical treatments to create an ideal environment for a baby to survive. |
| Menstrual cramps | Remove the cause of your pain using bio-identical hormone therapy. Sometimes involves removing endometriosis by excision. |
| PMS | You may receive bio-identical hormone therapy to correct hormonal imbalances indicated by your chart. |
| Ovarian cysts | You may receive bio-identical hormone therapy to correct hormonal imbalances indicated by your chart. |
| Irregular or abnormal bleeding | You may receive bio-identical hormone therapy to correct hormonal imbalances indicated by your chart. |
| PCOS | You may receive prescription medications. Sometimes involves correction by ovarian wedge resection. |
| Miscarriage | You may receive an extensive diagnostic workup to identify cause and treatment. |
| Postpartum depression | You may receive bio-identical progesterone therapy. This can improve postpartum depression symptoms within 24 hours. |
| Dysfunctional ovulation | A series of ultrasounds to diagnose the cause and identify the appropriate treatment. |
| Low progesterone | You may receive bio-identical progesterone therapy before and during pregnancy to prevent miscarriage and preterm birth. |
| Chronic discharges | Diagnose and treat the cause. |



7

HOW NAPRO TREATMENTS COMPARE TO IVF

- NaPro corrects the cause of infertility. IVF doesn't usually correct the underlying infertility cause. For example, NaPro performs ultrasounds to diagnose ovulation defects. IVF doesn't diagnose ovulation defects.
- NaPro will tailor a treatment plan unique to your needs. IVF will put you on a generic treatment plan. For example, NaPro uses your chart to tailor hormone tests specific to your cycle. IVF goes by "Day 15 of your cycle".
- NaPro treatments are ethical and morally acceptable to all religions. IVF raises many ethical issues and is expressly forbidden by several religions.

8

NAPRO EFFECTIVENESS COMPARED TO IVF

SUCCESS RATES (%)

NaProTechnology

Endometriosis



PCOS



Tubal occlusion



In Vitro Fertilization

Endometriosis

PCOS

Tubal occlusion

Source: <http://www.popepaulvi.com/PDF/NaPro-vs-ART.pdf>

9

HOW LONG DOES NAPRO TAKE?

It depends. Your timeline to see results varies because NaPro isn't a cookie cutter approach. Your treatment plan will be tailor made to your cycle and your symptoms. But the sooner you start charting your cycle the sooner you could start treatments.



READY TO GET STARTED WITH NAPRO?

Visit naturalfertilitymatters.com to connect with a NaPro provider near you.