

MARQUETTE METHOD

NATURAL FAMILY PLANNING



What is Natural Family Planning?

Natural Family Planning (NFP) is a holistic approach to understanding and managing fertility without the use of artificial contraceptives. By tracking natural signs and symptoms of the menstrual cycle, couples can identify the fertile and infertile phases, allowing them to plan or avoid pregnancy effectively. NFP involves periodic abstinence and promotes awareness of the body's natural rhythms and fosters communication and cooperation between partners. It is a safe, natural, and effective method that respects the body's natural processes and is suitable for all stages of reproductive life.

Benefits of NFP

- **Empowers Women with Knowledge:**
 - NFP educates women about their bodies and menstrual cycles, empowering them to take control of their reproductive health and make informed decisions.
- **It's All Natural:**
 - NFP avoids the use of artificial hormones or devices, offering a natural and side-effect-free method of family planning.
- **Supports Overall Health Awareness:**
 - Regular monitoring of fertility signs can help detect irregularities or potential health concerns, prompting timely medical consultation and care.

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Utilizes the Clearblue Fertility Monitor for easy at-home hormone testing

98%
Effective
in Regular and
Breastfeeding
Cycles

Easy to use!
Provides objective
data!
Less days of
abstinence!

Marquette Method of NFP

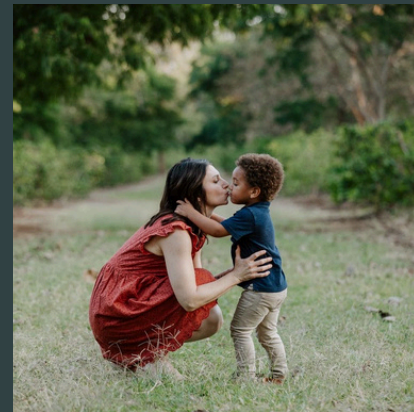
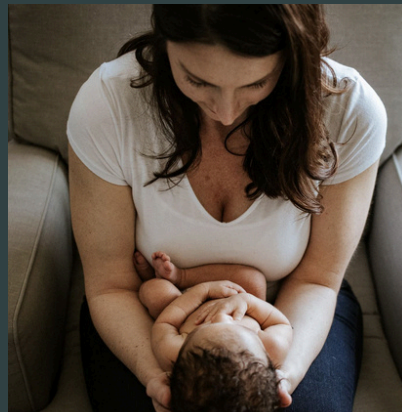
The Marquette Method (MM) of Natural Family Planning is an evidence-based approach that utilizes technology to assist couples in managing fertility naturally. This method integrates the use of the MM protocols along with the Clearblue Fertility Monitor, which detects changes in urinary hormone levels—specifically estrogen and luteinizing hormone (LH)—to identify a woman's fertile window. By providing real-time data on fertility status, the Marquette Method allows couples to effectively plan or prevent pregnancy.

Why Marquette?

- **It's effective!**
 - 98% efficacy rates when used with the guidance of a trained instructor—all rates are backed by extensive research!
- **Taught by medical professionals**
 - All instructors must have a medical background (MD or RN) and must go through the teacher training at Marquette University.
- **Easy to use!**
 - Tracking consists of testing urine once in the morning and recording your results- that's it! You're given an objective measure of your fertility.
- **Protocols for different situations**
 - Depending on what stage of life you are in: regular cycles, breastfeeding or approaching menopause, we have a unique protocol for you!

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About Me

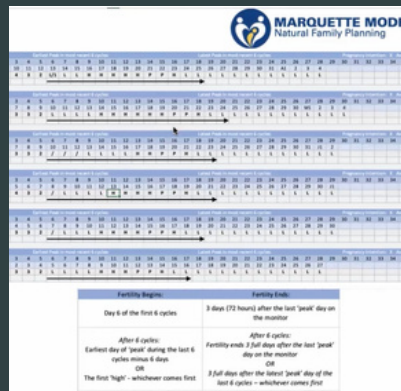
My name is Liz Mtunga and I'm a Marquette Method instructor. I'm from the USA, but I live mainly in Tanzania, Africa with my husband and son. It's a beautiful place, and we love our simple life here! I've been a nurse since 2009 and have worked in pediatrics and oncology - that's actually what brought me out here to TZ! I love being a nurse and am excited to be in a different field, sharing my passion for healthy, holistic living, especially in the world of fertility and NFP. Using the Marquette Method has given me a fuller understanding of my own body and fertility. I hope that you find many benefits to using it as well!

What I Offer

- One-on-one personalized approach to your fertility journey- all calls are done virtually via Zoom.
- Packages include initial session going over the method and your specific protocol, then 1, 3, 6 and 12month follow-ups along with access to me via email/messaging at any time. Options to renew after one year are available.
- Supplementary documents provided such as: NFP user manual, charts for tracking your cycle, and helpful reminders documents.
- Guidance and support on your fertility journey!
- Disclaimer: I am a nurse, and it is out of my scope of practice to diagnose anyone.

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Monitor Reading
Low Fertility = L
High Fertility = H
Peak Fertility = P

Getting Started

To practice the Marquette Method of natural family planning, you'll need the following supplies:

- **Clearblue Fertility Monitor:** This smart device tracks hormonal changes to identify your fertile window. This is a one-time purchase.
- **CB Test Sticks:** These are used with the monitor to detect hormone levels. Boxes come in packs of 30. This is an ongoing cost.
- **Optional Supplies:**
 - **LH Strips:** For additional hormone monitoring (recommended).
 - **Basal Body Thermometer:** For additional tracking (optional).

Who can use this method?

- Women in Regular Cycles
- Women with Irregular Cycles
- Postpartum Women (Breastfeeding or Not)
- Perimenopausal Women
- Women discontinuing birth control
- Women trying to get pregnant
- Women wanting to know their bodies/cycles better



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Packages

Regular Cycles: \$150

- For those with cycles ranging from 25-32 days or those with irregular cycles and want help navigating fertility
- Couples wanting to avoid or achieve pregnancy or engaged women wanting to learn their cycles before marriage
- Single women wanting to know their cycles better and monitor their health
- Postpartum women who are not breastfeeding, or breastfeeding but have had at least 4 cycles in the postpartum period
- Women over 40 and wanting guidance through perimenopause

Postpartum/Breastfeeding: \$180

- For women who recently had a baby, or are anywhere in the postpartum period and are currently breastfeeding but have not had a return of cycles yet
- Breastfeeding Mamas who have gotten their cycles back and have had less than 3 periods

Renew/Ongoing Consultation: \$75

- For current clients, after the year is up and want to continue to have ongoing support/guidance, chart reviews, etc.
- For past users of the Marquette Method who have had formal instruction and are looking for ongoing support, chart reviews, etc.
- Includes an initial 30-minute consultation call and unlimited follow-up for 1 year

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Contact Me!

Liz Mtunga, RN, BSN, MMT

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Because I live in Tanzania, we will have to work around the time change. I'm flexible and

I'm willing to stay up a later or wake up early to meet with you!

Email is also probably the best way to contact me. If you prefer messaging,

we can use WhatsApp.