

Justisse Method

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Justisse Method

The Justisse Charting App is a web 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.

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

Chloe Skerlak is a a Justisse Holistic Reproductive Health Practitioner and certified with the Association of Fertility Awareness Professionals. I teach a secular, sympto-thermal (mucus, temperature, and cervical position) method of fertility awareness for people trying to avoid, trying to achieve, and to better understand themselves and their health.

Fertility awareness - Wikipedia

Today we're answering a question we're often asked: what exactly is the Justisse Method? How does it work? How effective is it? What are some common misconceptions about this method of birth control?

Justisse Charting App - a fertility management virtual guide

"Ever since I started using the Justisse method, I've felt freer and healthier. It works well for me and I was amazed at how simple it really is to use and understand. I feel like I finally have control over my body." more stories » See All Stories »

What Is The Justisse Method? - Blue Poppy Health

Why the Justisse Method is beneficial to every woman of reproductive age, regardless of whether she is sexually active or plans to rely on it for birth

control Between us, we've had over 15 years experience with hormonal contraceptives and we can tell you from personal experience that ditching the pill was one of the best things we ever did.

Talk:Symptothermal method - Wikipedia

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.

Justisse Method of Fertility Awareness | How We Flourish

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 starts on day 6...

What is the Justisse Method of Fertility Management? | Natural Birth Control & Fertility

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

What is the Justisse Method of Fertility Management? — Red ...

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) The Justisse Method User's Guide is a primer for body literacy, and a guide for instructing women how to observe, chart and interpret their menstrual cycle events.

Justisse Instructors - Fertility Awareness Method

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Justisse Healthworks For Women

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Justisse Charting App - a fertility management virtual guide

Fertility awareness. Jump to navigation Jump to search. Fertility awareness (FA) refers to a set of practices used to determine the fertile and infertile phases of a woman's menstrual cycle. Fertility awareness methods may be used to avoid pregnancy, to achieve pregnancy, or as a way to monitor gynecological health.

Student and HRHP Login - Justisse

A Virtual Guide To Fertility Management & Body Literacy LOG IN. Log in. Forgot your password? Feedback. Tell us what's on your mind. Submit Cancel. About Justisse. About. Contact Us. Train To Teach. Justisse Training College. Advice. FAQ. Find an HRHP. Coming Off The Pill. Books. Justisse Method Guidebook.

Justisse Charting App - a fertility management virtual guide

"Ever since I started using the Justisse method, I've felt freer and healthier. It works well for me and I was amazed at how simple it really is to use and understand. I feel like I finally have control over my body." more stories » See All Stories »

Justisse Healthworks For Women

The Best of Both Worlds. 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 exact same mucus charting methods as the Creighton model, right down to the same abbreviations.

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

The symptothermal method is a distinct method of contraception which is proven to be highly effective. However, the Fertility awareness article describes the history and development of different methods of fertility awareness but not the modern symptothermal method.

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