



What is Natural Family Planning?

Natural Family Planning (NFP) is a means of avoiding or achieving pregnancy, without the use of hormones or barriers. Couples using NFP will be able to identify their “fertile window”, the time in their cycle when it is possible to conceive. Couples who are using NFP to avoid pregnancy would abstain during the fertile time in their cycle, and couples who are using NFP to achieve pregnancy would engage in intercourse during the fertile time in their cycle.

Traditional methods of NFP work by teaching women how to track and interpret their cervical mucus and/or basal body temperature each day. Many women, especially those with busy lives and/or kids in tow, can be confident with Marquette.

The Marquette Method is different.

It’s high-tech NFP. The Marquette Method uses a fertility monitor with daily disposable urine tests to measure the woman’s hormone levels directly. There’s no need to track cervical mucus or body temperature – the fertility monitor does the work for you. An easy-to-use-algorithm then determines where the fertile window lands in each cycle. The result is a highly effective, user-friendly form of NFP that works for people’s busy lives!

Why choose the Marquette Method?

- *It’s effective.* When used correctly and under the advice of a trained Marquette Method instructor, the Marquette Method is 98-99% effective at avoiding pregnancies. It’s as effective as the birth control pill, even if you’re breastfeeding or approaching menopause.
- *It’s User-Friendly.* The fertility monitor takes the guesswork out. Many couples report reduced anxiety, allowing them to be confident in their practice of NFP.
- *It’s 100% Natural.* The Marquette Method is all natural – there’s no need to suppress your natural fertility with medication. Say goodbye to the side-effects of hormonal birth control!
- *Enjoy More Date Nights.* By measuring hormone levels directly, the Marquette Method can identify a shorter, more precise fertile window, allowing for more days available for intimacy in each cycle.

Have questions? We’d love to chat.

[Click here](#) to book a free consultation with a Marquette Method Instructor!