Unplanned pregnancy has the power to alarm - it means dropping out of school, falling out with loved ones, abortion and overpopulation... You are holding a conveniently short book, the ONLY one on the market, that will give you ALL you need to know about avoiding unplanned pregnancy.

Without contraceptive drugs, at nocost or toxicside-effects, everywhere, everytime, knowledge that doctors are NOT WILLING to talk about. The methods described are quick, easy and simple to APPLY right NOW and for the rest of your fertile life - there's no use-by-date on it - and the knowledge should be passed down to generations.

"I support Pett Corby in her efforts to reduce population."

"Doug Wead - Presidential historian and New York Times Best-selling author, an advisor to two American presidents, served in the White House as special assistant to the president under George Herbert Walker Bush.

"Required reading for everyone in reproductive age - especially those who have stopped or don't want to take contraceptive drugs."

Alan B. Dansky, CH
Neuro-Vision Video Hypnosis & NLP CD's

"Knowledge is not power without APPLICATION. Pett understands this principle and easily transmits it. Unlike starchy text-book of theories/paradigms, her educational approach is delicate yet straightforward, non-judgmental and self-aware, conscious - asking the reader to perform inner-work before outer actions. Pett's own practice of the methods presented showcases her energy of self-authenticity.

Reader will not only learn how to avoid unplanned pregnancy and by contrast how to become pregnant, but also how to discover and express oneself."

Kira Washington, Owner, Breakout Betty

"In today's overpopulated world is particularly important to know that there is a CHOICE of natural and effective methods for avoiding unplanned pregnancy."

Dr. Gerry Patnode Ed.D. - Professor of Leadership and Management York College of Pennsylvania (USA)

In our time of overpopulation and global warming Pett Corby has the immense task to make the knowledge in the book known and APPLIED by people all over the world - living in the 11th hour, every person's effort counts... As we engage in love making and APPLY the simple knowledge we can rid our lives of unplanned pregnancy and help our planet overcome a disaster.

How To Avoid Unplanned Pregnancy Every Time You Have Sex Without Using Contraceptive Drugs

Pett Corby
How to Avoid Unplanned Pregnancy Every Time You Have Sex
Without Using Contraceptive Drugs

Pett Corby

Natural and some common sense methods for avoiding Unplanned Pregnancy without suffering toxic side effects every time. The method that is 100% reliable still remains the same - abstinence.

Published by Pett Corby, 2007-2017
How to Avoid Unplanned Pregnancy Every Time You Have Sex -
Without Using Contraceptive Drugs

Pett Corby

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Book Interior Design and Cover by Pett Corby

www.bestpreference.com

Illustrations, drawings and book cover: Irina Shkapuna and Diana Dutchak

Editor: Janis Rodgers
I want to thank those of you who helped me realize the need for this book that set off the Global Awareness Campaign – Avoid Unplanned Pregnancy Without Contraceptive Drugs – You Choose When to Become A Parent:

Shem Bulgin, a personal friend, who talked me into writing this book.

My editor, Janis Rodgers, who helped me organize my thoughts

The Health Specialists who allowed me to quote their work here.

Theodore Robert Jenkinson, a music artist and a passionate supporter of the Global Awareness Campaign You Choose When, who donated one of his greatest tracks, Theopolis, to it.

Special thanks go to all music artists who donated their music to the Campaign and became the founders of the Virtual Gigs band: Lee Mitchell, who wrote the official song of the Campaign, Chris Fournier, Aysha Webb, a fascinating jazz singer, TaNeal, she wrote a
catchy song inspired by the Campaign; Pat Mastelotto, a drummer achieved a successful career, working with some of the greatest names in the music industry; Anthony Mitchell, Jake Riley, Peter Hepworth, Aaron English’s band, Jan Lundberg’s band Depavers, Joao Diniz, Artist’s name Pterodata.

I want to Thank all readers who sent me their feedback that helped me to improve the book. One of the being a representative of the Catholic Church had thought, together with his wife, hundreds of couples the Sympto-Thermal method – a Catholic Church's teaching on Natural Family Planning for over 30 years.

Finally I want to thank the thousands of supporters from all over the worlds.

Thank you all!
What Others Say About the Book

Required reading for everyone in reproductive age wo(men) - especially those who have stopped or don’t want to take contraceptive drugs.

Alan B. Densky, CH Neuro
VISION Video Hypnosis & NLP CDB, USA

* * *
Awareness is key in preventing unwanted pregnancy as well as living a thriving life. Taking good self-care is a choice for wholeness. I applaud your energizing this empowerment movement of women and men worldwide.
"I support Pett Corby in her efforts to promote drug-free methods for preventing unplanned pregnancy."

Doug Wead, A presidential historian, philanthropist, public speaker, and author of the Bestseller, Raising of a President ongoing trilogy on the first families.

* * *
Barbara J. Semple
Self-Healing Advocate at healingtouchquicksteps.com and BeTheHarmony.com and a Best Selling Author
USA

Dear Pett,

Your E-book is very informative and easy readable. A really nice collection of facts and conclusions on this matter! I recommend it to everybody. As a scientific, realistic person I recommend also to research many sources when making important decisions in life. I recommend yours as ONE of them.

I recommend this to my daughter. She can learn in very easy way many things. I recommend it also to boys to learn more about their responsibility. Even some older people can learn from it. A clear YES from me!
Knowledge is not power without APPLICATION. Pett understands this principle and easily transmits it. Unlike stanch text-book of theories/paradigms, her educational approach is delicate yet straight-forward, non-judgemental and self-aware, conscious - asking the reader to perform inner-work before outer actions. Pett's own practice of the methods presented showcases her energy of self-authenticity. Reader will not only learn how to avoid unplanned pregnancy and by contrast how to become pregnant, but also how to discover and express oneself.

Kira Washington, Owner, Breakout Betty, USA
I'm amazed at the simplicity of knowledge your book promotes about avoiding unwanted pregnancy without contraceptive drugs! Thanks for sharing it.

Thank you for contributing to the cause of human dignity!

Dan Callahan
MSW
Director, Happy Recovery, South Florida

In today’s overpopulated world, where many children are left without the right attention, it is particularly important to know that there is a CHOICE of natural and effective methods for avoiding unplanned pregnancy.
Informative, Educational, Inspiring and Empowering are all words that describe Pett Corby's Book 'How to avoid unplanned pregnancy without using contraceptive drugs.' The book is for all women to apply this valuable information and pass the knowledge on to others. Knowledge is Power - So EMPOWER yourself with this information. Buy the book NOW!
I support Pett and her writings 1000%!!

Great job!!

Your book is informative and right on the money. Teenagers, if properly educated and not pressured into falsities, tend to make good decisions and can be trusted more than what is believed. They should not be made to feel ashamed of their sexuality and therefore repress. Abstinence is best until the youths understand sexuality properly, lovingly. When they are ready to explore, then
knowledge of how to properly protect themselves is necessary.

My girls are a perfect example. I set them straight in a loving, knowledgeable way and both don't do drugs or sex. Sara (soon 20) waited until she was exactly 18 but is careful not to compromise her future (in college with 2 jobs). Emily is 16 and sex is totally out of the question until she is ready (her choice).

Proper education deals with honesty, proper knowledge and being real in a world that is filling fast with uneducated children. Let's truly give them a chance at a good life by educating them properly and most of all, truly loving them and understanding them.

We are all humans being, and we were teens once too!

Theodore Jenkinson, Music Artist
QettSevOn, USA
Dear Pett,

At long last someone has taken the control of sex, unwanted pregnancy, and birth control out of the hands of institutions and put it where it belongs - in the hands of the person who should be responsible - the girl or woman who will become pregnant. I am part way through the book and already impressed at what a practical and simple guide this is. This has the potential of becoming the information needed to substantially reduce the number of legal and illegal abortions performed each year on young women, leaving many of them physically and psychologically scarred.

I work with a charity that works with indigenous people living in the rain forests of Costa Rica where there is an inordinately high percentage of teen pregnancies and double the infant mortality rate of the rest of the country. Doctors had tried and failed to get these young women to understand and use birth control pills, condoms, and other ‘modern’ methods. I will be forwarding a copy of your book to the head of the charity and would be interested in knowing where the Spanish-language version can be obtained.

Thank you for a practical, common sense approach to preventing unwanted pregnancies. I cannot commend you strongly enough.

Best Regards,

Susan
From: Kurt Lykke Lindved
To: Pett Corby
Date: 29 Jan 2010, 7:01 pm
Subject: Re^2: Giving My Book Away for Free

Hi Pett,

Thank you for your informative mail - and I think you have a good mission in front of you especially in those countries where it is needed due to non-informative practise or habits.

Well, Denmark is quite open minded and sex is today part of the education during the school time why the entire population knows quite a lot related to pregnancy and how to avoid it as

X
long as it is not wanted. Anyone in the world ought to know that insofar our planet is overcrowded already now and too many are in difficulties due to lack of food and much more to come.

I wish you all the best,
Kurt,

Kurt Lykke Lindved
Owner and founder of The Sonata Production & Agency Corp.

Denmark

* * *

I have only begun to read it so far, but must say it is compelling. Looking forward to digesting it all! Thanks again, I have also shared it with some of my team members who have children at the age where this is very informative.

On 02/17/10 3:33 PM, LinkedIn
Fortunately, new kids come along and replace the fading veterans, while the general population further outnumbers the activists with each global-warming birth." How about a slogan - Every shag is a drag if beggars are preggers?
We need your help too. Keep up the good work.
Jan Lundberg

Eco Activist, Musician and the driving force behind

Culture Change.org

USA

***

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hi Pett,

I read ur book and I really feel it helps me to understand a lot about my wrong beliefs about relationship and sex! and i love the method you have taught in the book! thanks a lot and wish u great success coming to your way in every walk of ur life!

Chris

* * *

Pett,

I love your book... would you send me the Spanish version? I want to email it to some friends in Mexico, Colombia and Dominican Republic.

Thank you,
Scott

* * *
Hi Pett,

We would like to support you for this campaign. It is exactly what we have been trying to do for the last 10 years. When do you launch this campaign?

The best "weapon" against de pharma industry is sympto, accessible around the globe with women supporting women directly during the learning phase. It is important that you have a closer look at it by opening an account and trying it. Then you can better see how we might be useful to you.

Kind Regards,

Harri

Dr. Harri Wettstein
Secretary of SymptoTherm Foundation
Switzerland

* * *
Dear Pett

Greetings

I am so honored to finally find a woman who is willing to bring the reality of a "disease" that has spread all over the world as for the "unrespectful bahavior of the animal fantasy of men".

Being intimate is one of the most beautiful gift but people need to learn respect, especially men who, thinking of their own glory, are using a woman, not thinking that she is the mother of yesterday, today and tomorrow. Were you able to bring this "foundation" in your book?

Please let me know and continue to stand for the values of women. I will help you.

Lovely one, I am just here to be a servant, a person who is available to take a hand who is looking for warmth through love and compassion.

You are our honor since you also are: The mother of yesterday, the mother of today, the mother of tomorrow...

By grace

Bernard
Here are some remarks provided by a recent respondent in support of our campaign. My thanks to that lady, who didn’t sign her name, for her contribution, which is:

I would prefer that they can be educated by sex training, and sex education. I really don’t care how they are being educated by sex; the bottom line, they know what is up, and what to do about it.
Back in the days, some parents didn’t know how to explain sex to teenagers; when you ask, some might say, “child, get out of my face”, or act as if they don’t know what you’re talking about. My experience was that either I learned from books, friends, the streets, and experience first hand.”

We are all wired to have sex, well most are, so we need to prepare the next generation as to the pitfalls associated with premature activity that can lead to so many complications including disease and unwanted pregnancy, and even death.

During school, children are taught some sexual information, but in my opinion, the parents should have already been preparing their child for the realities that seems to face our youth at a younger and younger age.

When I think of training in regard to this subject matter, I would image learning methods to grow more intimate with your partner and learn to heighten and help each other achieve the ultimate experience. Obviously this would be for older, more mature individuals.

While this is a sensitive topic – the bottom line is – people have sex, so if they learn from the medical facts and/or experiences of others help them to make the correct decisions as they proceed through life, I am all for it.”

I am a mom of six…blended family and I believe my greatest passion in life is to be a great mom and mentor!

Four of our children are in teen (one is 21) and we speak openly to our children about being in Loving Relationships!

Thanks again for Standing out in a Crowd!”

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In the case of sex education, I would prefer my teenaged daughter to be properly informed about the risks involved in having sex and all that goes with being sexually active. Unfortunately, I did not have parents who felt comfortable enough to properly discuss sex with me. As a result, I learned by experimenting as most teenagers do. Thank God I was fortunate enough not to become pregnant. That was purely by the grace of God.

More importantly, I believe it’s important to educate parents in order that training begins at home. When these topics are presented in school, social settings, T.V., etc., they become either confirmation of the truth of consequences.”

Posted on the http://youchoosewhen.wordpress.com/

22 June 2009
Foreword

Beyond The Rhythm Method

With Unplanned Pregnancy, especially among U.S. teens, ranking the highest in the developed world, the launch of my new book How to Avoid Unplanned Pregnancy Every Time You Have Sex Without Using Contraceptive Drugs has never been more appropriate. The same should be said about the world as a whole with population coming to peak that threatens the balance of our planet. Now readers can attain straight-forward, practical advice in the privacy of their own home, with no need to stand in line or face sales clerks.

An astounding 750,000 teen girls get pregnant every year, according to the U.S. National Campaign to Prevent Teen Pregnancy. In fact, 31 present of all young women become pregnant at least once before they reach the age of 20\(^1\), with four-fifths of these unplanned\(^2\). Often times, contraceptives are too expensive, risky or inconvenient. As a result, Unplanned Pregnancies can lead to poverty, lost opportunities, social and cultural stigma.
How to Avoid Unplanned Pregnancy Every Time You Have Sex - Without Using Contraceptive Drugs is now available online and in bookshops in English and Spanish. It aims to reduce this statistic by educating women and men about safe, holistic non-contraceptive prevention techniques. I presented the book in an understanding and conversational tone, assisting readers of all ages, from young adults to pre-menopausal women, in other words - women and men in reproductive age. Avoid Unplanned Pregnancy explores both the physical and emotional sides to intimacy, ways to assess a relationship and its longevity potential, actions that can sabotage a relationship and techniques you can use to help prevent unplanned pregnancy safely and naturally.

There are countless healthy ways women can enjoy sex while preventing Unplanned Pregnancy. I’m proof positive! I have never once experiencing an Unplanned Pregnancy, never spending any amount of money on contraceptive drugs, never suffering from a single health issue related to my reproductive organs and in general.

How to Avoid Unplanned Pregnancy Every Time You Have Sex - Without Using Contraceptive Drugs helps women take a more active role in their healthcare and reproductive cycle. So they’re able to avoid common and serious medication side-effects including blood
clots, stroke, heart attack, migraine headaches, high blood pressure, breast cancer, gall bladder disease and possible death. In addition to the serious risks, women can also avoid contraceptive-related weight gain, spotting, nausea and bloat. (For more information see https://bestpreference.com/wp-content/uploads/2015/01/ContraceptivesSideEffects.pdf)

This book provides step-by-step guidance so women can take control over their body and their life. The small, one-time book purchase can also save thousands of dollars in contraceptive pills and other products spent annually.


The Author
What Causes Unplanned Pregnancy? What Is the Effect On Us As A Part Of The Society?

How Do We Eliminate This Problem?

What Does The World Say About The Unplanned Pregnancy Problem?

*Research data supports teenage pregnancy as a social issue in developed countries includes affects such as lower educational levels, higher rates of poverty, and other poorer "life outcomes" in children of teenage mothers. Teenage pregnancy in developed countries is usually outside of marriage and carries a social stigma in many communities and cultures. In other countries and cultures, particularly in the developing world, teenage pregnancy is usually within marriage and does not involve a social stigma.

A report by Save the Children found that annually 13 million children are born to women under age 20 worldwide. More than 90% of these children are born in developing countries. The highest rate of teenage pregnancy in the world is in sub-Saharan Africa, where women tend to marry at an early age. In Niger, for example, 87% of women surveyed were married and 53% had given birth to a child before the age of 18.
The teenage birth rate in United States is the highest in the developed world and the teenage abortion rate is also high. However, the teenage pregnancy rate has been decreasing since the early 1990s. This decline has manifested itself across all racial groups, although teenagers of Afro-American and Hispanic descent retain a higher rate in comparison to that of European-Americans and Asian-Americans. The Guttmacher Institute attributed about 25% of the decline to abstinence and 75% to the effective use of contraceptives.

**Adolescent Sexual Behaviour**

In a Kaiser Family Foundation study, 29% of teens reported feeling pressure to have sex, 33% of sexually active teens reported "being in a relationship where they felt things were moving too fast sexually", and 24% had "done something sexual they didn’t really want to do."

**Causes Of Teenage Pregnancy**

In societies where adolescent marriage is uncommon, an early age at first intercourse and lack of contraceptive use may be factors. Most teenage pregnancies in the developed world appear to be unplanned.
Limiting Teenage Pregnancies

Many health educators have argued that comprehensive sex education would effectively reduce the number of teenage pregnancies, although opponents argue that such education encourages more and earlier sexual activity.

Impact On The Mother

Being a young mother can affect one's education. Teen mothers are more likely to drop out of high school.

A study of 100 teenage mothers in the United Kingdom found that only 11% received a salary, while the remaining 89% were unemployed. Most British teenage mothers live in poverty.

Impact On The Child

Early motherhood can affect the psychosocial development of the infant. The occurrence of development disabilities and behavioural issues is increased in children born to teen mothers. One study suggested that adolescent mothers are less likely to stimulate their infant through affectionate behaviours such as touch, smiling, and verbal communication or to be sensitive and accepting toward his or her needs.
Another found that those who had more social support were less likely to show anger toward their children or to rely upon punishment.

Poor academic performance in the children of teenage mothers has also been noted, with many of them being more likely than average to fail to graduate from secondary school, be held back a grade level, or score lower on standardized tests. Daughters born to adolescent parents are more likely to become teen mothers themselves. A son born to a young woman in her teens is three times more likely to serve time in prison.

**Teenage Fatherhood**

In some cases, the father of the child is the husband of the teenage girl. The conception may occur within wedlock or the pregnancy itself may precipitate the marriage (the so-called shotgun wedding). In countries such as India and Greece, the majority of teenage births occur within marriage.

In other countries, such as the United States and the Republic of Ireland, the majority of teenage mothers are not married to the fathers of their children. Teenage parents are frequently in a romantic relationship at the time of birth, but many adolescent fathers do not stay with the mother and this often disrupts their relationship with the child. Research has
shown that when teenage fathers are included in decision-making during pregnancy and birth, they are more likely to report increased involvement with their children in later years.

However, "teenage father" may be a misnomer in many cases. Studies by the Population Reference Bureau and the National Centre for Health Statistics found that about two-thirds of births to teenage girls in the United States are fathered by adult men age 20 or older. The Guttmacher Institute reports that over 40 percent of mothers, aged 15-17, had sexual partners three to five years older and almost one in five had partners six or more years older. A 1990 study of births to California teens reported that the younger the mother, the greater the age gap with her male partner.

*Resource: WIKIPEDIA*
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What Is Unplanned Pregnancy (UP)?

**UP** is one of the biggest and most real problems on Earth. It has the power to alarm, overwhelm, and ruin lives and dreams. It means different things to different people:

1. For some it means splitting with loved ones, abortion, dropping out of school to look after the fruit-of-love often as single parents.
2. For the **unwanted**-fruit-of-love it can mean the persistent feeling of guilt for living, the reality of being *one-too-many* or being subjected to abortion or for luckier ones adoption.
3. For either of them it can also mean hunger.

Keep in your heart that abandoned, abused, neglected or turning bad children are often the result of UP.
MATURE ATTITUDE

Mature Attitude toward Sex As A Method For Preventing Unplanned Pregnancy

*Weakness of attitude becomes weakness of character.*

Albert Einstein

Since there is no way we can stop people from having sex and being interested in sex, I strongly believe that good sex information (I'm not saying education since the skill required is instinctive and hardly anyone minds to practice it.) is vitally important for preventing unplanned pregnancy.

**The Way We Think About Sex - Our Overall Attitude Towards it Dictates Our Behaviour For Better Or Worse**

The first and most important thing we should learn is to care for one another and be responsible for our actions. Only after developing basic relationship skills should we start to explore the wonders of adult life equipped with the simplest, most natural, and easiest ways for preventing unplanned pregnancy every time. They are laid out here in this document.
Formula For A Happier Society

Mature & Responsible Attitude towards Sex
Best Natural Knowledge for Preventing Unplanned Pregnancy
Fewer Problems in Our Society
ATTITUDE

It does not matter how old you are, when you are psychologically ready to have sex chances are you are going to regardless of what your parents or other people are telling you. However, do not be pressured by your friends to have sex if you do not want to or you are not ready for it. Do not let anybody influence your decision either way. Only you and you alone know when is the best time to start having sex. Listen to yourself. When you are ready, you will know it!

Know that there is plenty of time in life to experience the curious action people perform not only for reproduction purposes.

When you start to have sex, the most important thing to remember is to be responsible. Be responsible to both your partner and you. It is within your control to prevent unplanned pregnancy and sexually transmitted disease*.

* [http://www.cdc.gov/condomeffectiveness/brief.html](http://www.cdc.gov/condomeffectiveness/brief.html)

“Consistent and correct use of the male latex condom reduces the risk of sexually transmitted disease (STD) and human immunodeficiency virus (HIV) transmission. However, condom use cannot provide absolute protection against any STD. The most reliable ways to avoid transmission of STDs are to
abstain from sexual activity, or to be in a long-term mutually monogamous relationship with an uninfected partner.”

A couple should discuss the following first:

- What should we do if she get pregnant?
- What should we we contract a sexually transmitted disease?

It is a common perception that life is too short. However, life offers plenty of opportunities to learn and experience all there is to be learned and experimented regarding the pleasure of sex. Do not try to grab the first chance that comes along. Do not shorten your time for experimenting by acting without thinking about the consequences first.

Control your sexual urge until you have mastered...
RESPONSIBILITY!

What do I mean by that? The following questions will give you the answer.

Is it true if I say that both of you are “there” to have a good time.

Is it true if I say that both of you would like to be treated with respect.

Is it true if I say that neither one of you wants to contract sexually transmitted diseases.

Is it true if I say that neither one of you wants to have children at this point of your life.

STOP! CAUTION GIRLS!
Remember! When you are ovulating – this is the time of the month when you can become pregnant - you are most likely to want to have sex. This is the time to avoid!

To be responsible means that both of you go on a date prepared, one-way or another (more about this in a few moments), and expect the best! If this is your first date, you should already know whether you want to have sex with the person you meet or not.

The first date is not always about sex. Spend some time with the person of your desires. Talk! Find common ground. You may realize that you are drawn to him/her even more so after a long conversation or you may find that you are no longer attracted to them.
Long-Term vs. One-Night-Stand Relationship

A one-night-stand relationship is mainly associated with the urge for sex under the influence of infatuation and some sort of intoxication. You do not necessarily have to trust this person to have sex with him/her or you may completely trust them from the start.

Either way, the thing to remember in such situations is to use a condom for preventing both sexually transmitted disease and unplanned pregnancy. However strong the urge for sex in a one-night-stand relationship might be, it will never give you the ultimate satisfaction that a long-term relationship can offer. There is simply not enough time (even if you have the entire night to yourselves) to experience and experiment everything one would want to do that is worth doing.

There is so much more you can do in a long-term relationship. When both of you want to be in a committed relationship, you are in the most harmonious environment where you care, love, and are prepared to do anything for one another. In a long-term relationship, you are intellectually stimulated and that in return gives you fulfilling physical contact. You have the time and opportunity to grow personally together and build your own paradise to experience and experiment to your heart’s desire.
In Search Of The Right Partner

The first and most important feature to look for in your future partner is—CHARACTER! Without underestimating his or her looks the CHARACTER is what you are left with after the flame of physical love has gone down and the natural beauty has faded away.

This is sooooooooooooooooooooooooooooooo important! It's worth repeating it again.

The first and most important feature to look for in your future partner is his/her CHARACTER!

Personal or business relationships always break at the weakest point, in other words, at the weaker character. In the midst of a difficult situation the weak character will not do the necessary and will most probably give a profound excuse for it.

Families, deadlines or businesses get broken due to the weaker link in the union. Cultivating a strong character, personal values and useful habits should be your primary goal in the early years of your life, which will be your main support later on in life.

Excuses are always the sign of a weak character. While the person of a strong character will always find a way to do what is needed within the right time.
Your Future Partner Must-Have Futures

The same **values**!

**What are values?**

**Values** are important and enduring beliefs or ideals shared by the members of a culture about what is good or desirable and what is not. **Values** exert major influence on the behaviour of an individual and serve as broad guidelines in all situations.

Similar drive and direction in life.

The more common values you have the more understood and valued you will be and the more support you will receive from your partner.

Follow a simple philosophy all through your entire life:

**Do what you like so long you don't impose it on anyone else!**
Long-Term Happy Relationship Checklist:

Self-ownership

Assume ownership of your feelings and behaviour.

Responsibility

Responsibility is pointing the finger of responsibility back to yourself and away from others when you are discussing the consequences of your actions.

Good listening skills

It allows you to soak up information and keep the communication open - especially with sustained eye contact.

Talk and share feelings and information

It helps you to get out of the gap that you have fallen into, and see your problem from inside out. It gives you a chance to be understood as well.

Work through conflict

Start with yourself. Good conflict management requires that you start with yourself. What is the
problem from my point of view? Are my values or beliefs being threatened? What do I really need out of this situation to restore my sense of well-being?

**What does the other person want?** Unless the person with whom you are in conflict is truly a bully, try to examine the problem from their point of view. What do you think they need out of the situation to restore their sense of well-being? Is it possible that the other person’s values or beliefs are being threatened?

Listen like you’ve never listened before. Ask the person to tell you their point of view on the situation and listen to them. Don’t interrupt*, and don’t contradict. Just clarify and summarize what you have understood. After you have finished speaking, ask the other person to listen to you.

(* Keeping notes will help you remember your point and eliminate the need to interrupt for fear of forgetting what you were going to say.)

**Stay in the present moment**

Present moments build your future. Give your entire attention to whatever you are doing at that moment. **Do your best now!**

**Needs negotiation**

This is another way to communicate with one another. Accept that as individuals you have different needs.
Discuss each other's needs and do your best to meet them.

**Be friends**

**Laugh**

**Understand your partner’s feelings**

When your partner shares feelings and ideas, our responsibility is to listen attentively, respectfully, and accepting. It is not enough only to hear your partner’s words. Focus as well on non-verbal clues, such as tone of voice and gestures.

**Forgive the little things**

Things one does or does not do like: why the lid of the toilet is not down, who is going to through the rubbish, wash the dishes or who gets control over the remote control. They are not worth your attention.

**Do not react - Respond**

Animals react. You have the intellectual faculty to estimate the level of your response. Reacting to a situation would only mean that you have no control over it. However, the truth is that you have a total control. It is your choice to apply it.
Tolerate differences

Accept different points of view.

Apologies

Admit you might be wrong.

Golden silence

Golden Silence should prevail when words and facts will cause the partner to suffer. Use it as well to prevent upward spiralling of conflict. Silence, however, should never be used as a weapon of chilly anger, withdrawal, or rejection.

Appreciate the small gestures

Be spontaneous

Spend time apart

Surprise

Good surprise that is. It gives a spark to the relationship.
Do not give ultimatums

Provide emotional support

Why? - Because she/he is important to you.

Provide intellectual stimuli

Small talk is never going to charge you to do great things in life. Even if we talk only about one’s sexual life, providing intellectual stimuli is important. It is particularly important to women, since a woman’s sexual organ is in her head not in her underwear, while with men it is usually the other way round.

Be gentle and courteous towards one another

This most probably is not a complete list. Please feel free to add to it…
12 Ways To Kill A Loving Relationship:

1. Insufficiently shared information creates a relationship vacuum and promotes guessing, projection, and suspicion.

2. Incomplete pre-relationship work creates a flood of unfinished business.

3. Fear of closeness creates distance and isolation.

4. Resentment invites wounding and sniping.

5. Unwillingness to take behavioural ownership creates scapegoats and destroys a partnership.

6. Too much past baggage creates relationship cynicism and distorts the present moment.

7. Mockery and devaluation of your partner kills love.

8. Addictive behaviour creates damage, mistrust, and pain in a relationship.
9. Hypersensitivity, and emotional binging create a lack of control in a relationship.

10. Poor needs negotiation creates conflict.

11. Reactivity creates run-away fighting, and arguing.

12. Litigious behaviour changes the relationship into a courtroom.

13. This list is not complete either, but don’t bother completing it.
NDCS Methods For Avoiding UP
(NDCS: Non-Drug Common Sense)

Everyone who does not have a medical condition can avoid Unplanned Pregnancy (UP) today, and for the rest of their fertile life, and never worry about it or subdue their bodies to intoxication or “castration”.

I am sure you know one of the simplest and most effective, NDCS methods for avoiding UP commonly used by our male readers. If you have not guessed the ancient method yet I will tell you later...

We need a male and a female involved in a sexual interaction in order for an UP to occur! Yeah, I know. This is not a revelation, however, it isn’t a common sense yet for both male and female to get involved in avoiding UP, but they should!

Still, it is very difficult for an UP to occur if only one of them uses at least one NDCS method.

There’s just NO WAY for an UP to occur, even during the most fertile days, if both – male and female use a method each.
Meeting Somebody You Like
For The First Time

Have you ever been in a situation when you are fancied by somebody, but after a conversation, a date or two you have found that they weren’t really the One you have been looking for after all?

Looking for the right character, in your future partner, more than for their looks, will surely save you a ton of negative experiences in the months or years to come. I know this from a first-hand experience.

And here is one very simple NDCS method for avoiding UP. It’s called, “Talking” (T).
“Talking” As A Method For Preventing UP

The most popular past time at least for the male half of the earth's population is engaging in some sort of sexual activities or having the thought about it.

I would like to direct your attention towards “talking” as a mean of preventing UP or sexually transmitted disease, and “talking” as a mean of finding information. Information is is knowing. Applied knowledge has the power to solve (any) problems!

Finding information about your (possible future) loved one can help you avoid huge mistakes later on. You will probably ask them about their likes and dislikes, hobbies, what do they do for living, do they have children, are they involved with someone else or have they ever had a sexually transmitted disease, and so on the usual stuff. However, make sure you ask them one very important PERSONAL question. (Girls, pay attention here.) “Do you get semi-ejaculations?” or “Do you get SE?” Because, the semi-ejaculation may become the culprit - the cause of UP!

(For those of you who do not know semi-ejaculation or (SE) is a premature ejaculation or (PE). It is the release of a small amount of semen just before or way before the climax. Premature ejaculation is usually caused by overproduction of the stress hormone
Adrenaline and finding ways for dealing with it early will be priceless later.)

By knowing about SE/PE and its cause you can do something about it. Relax and be comfortable. Talk about things that are important to both of you. Take your time. This is also a good way to build trust, and “prepare the ground” for a special experience.

Talk to your loved one how you want to be touched. Listen to what he/she loves best. Learn how to care and please one another. Nobody else will be able to tell you this, so listen...
Little-Known Secrets For Preventing Unplanned Pregnancy

by Washing
Method 1

Wash With Clean Running Water

By the time, you finish reading this document you will have learned everything about preventing unplanned pregnancy that I know.

**NOTE:** I would like to stress that the Little Known Secrets Method 1 and 2, below, are really only for those situations when a young woman has been caught out and has not been able to make use of alternative prophylactics.

Did you guess what the ancient, one of the simplest method for avoiding UP was? That’s right - withdrawal *(W)* or pull out *(PO)*. So, what can you do when withdrawal did not happen or if a SE has occurred? You **Wash** and you wash *Immediately Internally (WI)!*

The truth is you can prevent UP by washing internally *(WI)* with clean running water – tap water from washbasin, shower head, or a water bottle. (Do not point the shower-head to douche internally. It is **possible** that the water jets assist a fast swimmer to reach its goal. However, it is not 100% certain.) Washing with water is by far the most natural, and “user-friendly” way for preventing UP.
I really, really, really mean that you need to get out of bed right away and wash internally, and externally with clean, running water if you really, really, really do not want to become pregnant!

The most important thing to remember is to wash within a minute after an intercourse or a suspicion of semi-ejaculation (SE)*. Since no one can tell exactly how long it will take for an individual to become pregnant, make sure you wash as soon as possible, because you may be in the most fertile time of the month. Do not rely on the mercy of chance and hope that you are not going to become pregnant after your first intercourse. Get up and wash!

(*When a woman is in the fertile phase of her cycle the sperm can live 3 – 5 days in fertile mucus. This fertile mucus is generated and stored in her cervical crypts. These are a labyrinth of “caves” where sperm can “hide” during washing.)
Have you seen the film *The Big Lebowski*?

Do you remember the eccentric female artist who wanted to become pregnant by the Dude (Lebowski), Jeff Bridges’ character in the film? She turned on her back, embraced her knees, and rocked herself after having sex with him. The Dude was curious about what was she doing and she simply explained that she was increasing her chances of becoming pregnant.

Therefore if you are not trying to get pregnant:

- **Do not keep on lying in bed, get up immediately**

- **Wash internally within a minute or so after intercourse.**

- **Your male partner should have a wee (to make sure there isn’t semen left), and wash as well, if you are going to repeat the experience.**
How To Wash?

1. Wash your hands with soap, as you would do normally.
2. Then run your index finger inside the vaginal cavity making a circular motion around your cervix. (What you are doing is scooping semen out.)
3. Wash your finger, and hand under the stream of running tap water, in the shower, or with a water bottle.
4. **Repeat** the same actions (point 2, 3) several times until it becomes difficult for your finger to move inside the cavity. (This means there is no more suspicious liquid inside you!)

Do not use any soap to wash internally, regardless of whether it is fragrant or not.

You may wash in the sea - if you have no choice. The sea water is a good option under the circumstances, for it contains salt, which is deadly to spermatozoa. However, remember you run a risk of getting an infection.
Little-Known Secrets For Prevent Unplanned Pregnancy

by Washing Method 2

Wash Internally With Salt, Vinegar, Or Lemon Juice Solution*

Please note that a large number of spermatozoa die immediately in the acidic environment of the vagina!

Consider Method 2 only if you are not (or going to be) anywhere near a source of clean water.

You need to prepare the solution in advance, for the occasion is time sensitive. Wash internally after intercourse as described in Method 1.

How To Prepare The Solutions

1. Salt Solution: For every pint of water stir a big spoon of salt until it dissolves completely.
2. Vinegar Solution: For every pint of water, stir three big spoons of vinegar.
2. Lemon Juice Solutions: For every pint of water, stir in the juice of a (small) lemon.

Caution!

Things you should not do…

- Do not be tempted to make the solution too strong or you risk burning the gentle skin of the vaginal walls.
- Do not use this method after each time you have sex. Use it only if you do not have another choice.
- Never wash internally with any kind of soap.

A study published by the *American Journal of Public Health* says that, “Douching may reduce a woman's chance of becoming pregnant by approximately thirty percent.” The quote is taken from an online article, “Vaginal Douching - To Douche or Not to Douche - The Douche Debate Continues”. http://womenshealth.about.com/cs/azhealthtopics/a/vagdouching.htm

Use the Method 1 technique, as opposed to douching, for hygiene. Do not try to completely clean out the vaginal secretions, as you would do normally after
intercourse. Wash approximately every other day.

Keep in mind that you can experience irritation during or after intercourse that will be exaggerated if you attempt to wash with soap or if you do not wash at all.

**The renowned Bulgarian healer Petar Dimkov recommends:**

**Prevent Pregnancy**

For the intercourse to remain fruitless the sperm should not enter the uterus.

- Among the many common mechanical and chemical means the harmless, and most simple is the lavage done immediately after the act. For this purpose the woman should squat and insert the tip of the irrigator pretty deep into the vagina, and then release the water to penetrate inside. The water expands the walls of the vagina, and comes out with power flushing the sperm. This is repeated until all water from the full irrigator is gone. Lavages can be made with warm, 37 °C or room temperature water, 28-30°C, but it is preferable to add 2-3 spoonfuls of vinegar in a liter of water or citric acid 2-5g per a liter of water, or a solution of alum (1%).

- Besides the lavages other mean is the use of male condom.

The quoted information is found on the following website.

When Is Your Fertile Period?

The answer to this question will help you prevent UP as well as help you become pregnant.

By nature’s design this is when you are most likely to want to have sex. Period

Common sense goes out the window and playing the game is all you want to do. “Just Say No!” would not have much power over you because you are not thinking - you are feeling. The desire for a physical touch is known to have inspired the creation of music or literature or the conquest of mountains to get into the arms of a loved one.

What shall we do then? Avoid falling in love, in order to avoid UP, or we’d rather know what to do when to do it?
Determine Your Fertile Days
Using A Few Natural Methods

It is not easy to become pregnant. Remember that the vaginal acid environment is not a cosy place for the spermatozoa. They start to die the minute they find themselves there.

Please note that you cannot conceive on every day of the month. Do you know when are your most fertile days? You have only a few days in which you can conceive, but they are not the same in every given month for the same woman. Since most women do not know when their most fertile days are you will want to get in the habit of washing immediately after intercourse.

You can easily avoid UP. Read on…
According to the American Pregnancy Association a woman is most fertile during ovulation and on the 2-3 days prior to ovulation. (However, your likelihood of becoming pregnant increases and decreases depending on where you are in your menstrual cycle.) Still, recent studies done by Sympto.Org Switzerland state that the fertile period can last between 6-8 days in a month.

The first day of your period is the day 1 of your menstrual cycle. The average menstrual cycle is 28 days, but it can vary between 23 and 35 days for some women. Around days 7 to 11, your body gets ready for an egg to be fertilized.

Ovulation takes place 12 to 16 days from your next period. It is likely to get pregnant if you have sex during this time period. The menstrual cycle begins with the first day your period starts and ends the day before your next period starts. If you do not know the number of days in your menstrual cycle, use 28 days, which is the average length of a menstrual cycle.

You are most likely to get pregnant during the 6 to 8 days before ovulation. If you have a 28- to 32-day menstrual cycle, ovulation can occur between days 11
Menstrual cycles vary from one woman to another and even from one cycle to the next in the same woman.
Identifying your fertile period can be challenging! However, you will find that there are several **Natural Methods (NM)** that will help you to determine when you are most likely to conceive:

**Calendar** - Chart your own calendar to determine the days you are most likely to ovulate.

**Basal Body Temperature (BBT)** - The BBT is your temperature first thing in the morning, before getting up or doing any activity. In a normal menstrual cycle, your BBT rises almost one degree from just after ovulation through the beginning of your next cycle.

**Cervical Mucus** - Most of the time the cervix produces mucus that protects the body from sperm, bacteria, and other organisms. For several days each month, the consistency of the mucus changes to allow sperm to enter the fallopian tubes. By monitoring these changes, you can determine your fertile period.

According to Sympto.Org a woman can be fertile before mucus discharge becomes visible.

In order to avoid trouble during ovulation sleep alone otherwise absolutely necessary use a condom if you do not want to become pregnant.
The Sympto-Thermal Method

It is also known as a "behavioural" method of fertility management. It's effectiveness in avoiding pregnancy varies according to the couples motivation. The more motivated you are to not get pregnant the less likely you are to take the occasional risk.

A study carried out by the World Health Organisation on 19,843 very poor women in Calcutta, India from 1971-1978 showed a pregnancy rate of 0.2%. The pregnancy rates were of 0.16% for those who used the method strictly and 0.35% including those who took risks or misunderstood the rules.

A number of studies have found the pregnancy rate to be less than 1% among couples who did not want any more children. This is far more reliable than condoms and diaphragms and comparable to the effectiveness of the contraceptive pill.
Couples who aim to space their children tend to have a higher rate of unplanned pregnancy than those who were motivated to completely avoid a pregnancy. Although, in this group the success rate is still 98%. This means that if 100 women use the method for 1 year, 2 of them will become pregnant. This is about the same as the mini pill and is slightly better than condoms and much better than diaphragms.
When Is Safe To Have Intercourse

Post-ovulatory intercourse is extremely unlikely to result in a pregnancy because once ovulation occurs the egg is only viable for 12-24 hours. Provided you wait the 3 days of higher temperature readings (see below) to confirm ovulation has taken place and that the egg is no longer viable, you will have no chance of pregnancy.

REMEMBER when using only temperature, the couple should restrict intercourse until the 4th day of a rise and stop at menstruation.

Some couples may choose to use a condom or withdrawal in the pre-ovulatory phase and then abstain from genital contact in the fertile time in order to absolutely rule out the chance of a method failure unplanned pregnancy.

However, it's worth to mention that the Centre of Disease Control (www.CDC.GOV) found that under the best of circumstances use of condoms would result in a 7% probability of pregnancy.

The next safest alternative to barrier or abstinence in the pre-ovulatory phase is use the dry days, dry nights rule. That is if you haven't felt the presence of cervical mucus at the vaginal opening and you haven't seen
any fertile mucus then you are safe. For this to be most effective it is best that you only have intercourse on alternate days so that you can tell the difference between cervical mucus and seminal fluid. That way you are less likely to miss the beginning of the fertile mucus.

**Temperature**

Look for a sustained temperature rise that is 0.2-0.6 °C (0.4-1.1 °F) higher than the previous six readings ignoring any weird readings ie. dips and spikes. This will tell you that you have ovulated. **Once you have seen four consecutive high temperatures, you can assume that you have ovulated and are in the infertile phase of your cycle.**

**Changes At The Cervix**

Confirm fertility or infertility with changes at the cervix. Make sure the cervix feels firm, closed and sits low in vagina before having intercourse if you wish to avoid a pregnancy.
Avoiding Pregnancy While Coming Off The Pill

It can be a bit tricky getting started when coming off the pill. Many women who have been on the pill since their teens have never noticed fertile mucus. It can be difficult to observe when you don't know what you are looking for. It can also take several cycles after stopping the pill for mucus to appear. In fact it can take several months for ovulation to occur. It can take a while for the artificial hormones to clear out and for your body to kick in with the natural hormones. This said, it could be months before you can use the sympto-thermal method as a reliable method of contraception. So for many couples, condoms become a good option while they are learning their unique signs of fertility.
How To Use Natural Fertility Awareness After The Pill

Start charting temperature, mucus and changes at the cervix.

Note anything that may be even a little bit relevant on your chart. Any tummy pains, headaches, nausea, mood swings, everything you can think of. Chart it. This will be valuable information for you to help you to get to know your unique signs of fertility.

The safest way to get started is avoid intercourse in the first cycle after stopping the pill. This stops you making errors of judgment and allows you make accurate mucus observations.

You could use the post ovulatory days for intercourse if you have confirmed ovulation with a temperature shift and waited at least until the evening of the 3rd day after this shift has occurred (see Basal Body Temperature).
In the following cycles:

If you can't get a good understanding of your fertile and infertile mucus signs, make close observations of the changes at the cervix and use the temperature shift as the only indicator that you are not fertile.

For more information visit, http://www.naturaltransition.com
Cervical Mucus Changes During Ovulation And Ovulation Prediction

The presence and tactile consistency of a woman's cervical fluid undergoes a number of changes during her menstrual cycle. By observing changes in cervical fluid, a woman can predict ovulation - her most fertile time for conceiving a baby.

One of the purposes of cervical mucus - during the fertile period - is to sustain sperm in a healthy medium, to allow sperm to move freely through the cervix. Logically, there will be an increase in cervical mucus at ovulation, as well as a change in texture - the mucus becoming more pliable, "stretchable", and slippery.

Using clean fingers, or if you prefer, toilet paper, you can examine your cervical fluid. Prior to ovulation, during non-fertile periods, the woman will experience a dryness (or lack of cervical mucus). Gradually, as the woman approaches ovulation, the mucus will increase, though the consistency will be "sticky" and the colour will be white, yellow, or cloudy in nature.
Pre-Ovulation

With menstruation period comes the feeling of dryness. Mucus is no longer apparent.

Directly prior to ovulation, cervical fluid will increase greatly, and now the mucus will be semi-transparent, slippery, with the consistency of "raw egg white". This is your most fertile period and ovulation will take place at about this time.

During Ovulation

At ovulation, the quantity of mucus will increase greatly and the appearance will resemble "egg whites", often semitransparent. The texture will become increasingly slippery and 'stretchable'. This is your most fertile time.

Following Ovulation

Following ovulation, the slippery quality of the cervical mucus will decrease and the mucus will become sticky and cloudier. Post-ovulatory dryness will also ensue.
There Is Still Another Way!

Visit the Sympt.o.Org's site to determine exactly when your most fertile days are, and get a good understanding about your body, including when to avoid or become pregnant. [http://sympto.org/manual_en.html](http://sympto.org/manual_en.html)

The Couple to Couple League as well as the SymptpTherm Foundation (sympto.org) have a sympto-thermal method home study course at [http://ccli.org/productsservices/nfp-materials/home-study-course.php](http://ccli.org/productsservices/nfp-materials/home-study-course.php)

Those of you who want to become pregnant should consult a specialist or fully qualified professional for health advice and treatment.

**Whichever method for Preventing Unplanned Pregnancy you both choose to use, make it a routine to wash** before and after intercourse. Before, in order to avoid irritation during intercourse, and after to avoid Unplanned Pregnancy (UP), and maintain your personal hygiene.

**Now you know the truth about preventing UP using Natural Methods (NM).**

**Use it!**
An Important Letter from a Reader

The following is a letter from a lady who shared with me her experience with natural methods for avoiding Unplanned Pregnancy. I found it very interesting and informative, and asked her permission to publish it. She agreed under only one condition - to protect her identity.

Dear Pett,

We used natural birth control for over 30 years. It worked fine.

We used the Serena method* of natural birth control. It involved taking the temperature vaginally each morning and keeping a chart to notice when the temperature rose indicating ovulation. Also checking vaginal mucus for signs of ovulation, with stringy stretchy egg white mucous indicating fertility. And of course most important, establishing a safe period. Abstaining from sex during the most fertile times and enjoying it during the safe times.

Anyone trying this method should learn it well before using it. Without clear understanding you risk getting pregnant. Using it correctly means years of worry free natural contraception...

I decided to not have children when I was about 20 years old. Since I was 9 years old I helped raise my brothers and sisters. There were 5 younger than me
and I did most of their care since my parents worked and were alcoholics. My life was taken up by this so when I left home I decided I did not want to spend the rest of my life in the same way. Luckily my husband was of the same mind. I tried the Pill for a very short time but it was very much against my way of thinking. I am very pro natural ways. I tried an IUD for a very short time but experienced excessive bleeding. Doctors would not tie my tubes because they said I was too young to make the decision not to have children. Then I heard about the Natural method. We tried it. Sometimes it was difficult because of course when you are ovulating is when you most naturally want to have sex. With the Natural method you have to have a degree of control and commitment because it is very tempting. Nature designed it that way. But if you truly understand the system you know it is just for a short time and soon you will be able to have safe days.

All the best,

Mary, 8 September 2008

* Serena method of natural birth control
http://www.en.serena.ca/TeachingSchedule

See below for more resources.
Author’s Closing Words

Dear Reader,

Wherever you are, I want to keep in touch with you...

Now when you know how to avoid Unplanned Pregnancy (UP) everywhere, every time WITHOUT investing in toxic side-effects join our movement! You will find us on the Global Awareness Campaign - Avoid Unplanned Pregnancy without Contraceptive Drugs - YOU CHOOSE WHEN to Become a Parent website. New name Global Awareness Campaign - YOU CHOOSE WHEN www.bestpreference.com

Please share the information of this book at least with your children, loved ones or family members. Next generations should know that they have a list of natural and some common sense methods that will help them avoid UP as well as help them choose when to become parents.

***

The Global Awareness Campaign - Avoid Unplanned Pregnancy without Contraceptive Drugs - YOU CHOOSE WHEN to Become a Parent was initiated on MySpace on 12 January 2008.
The idea to promote the simple information around the world received a great support from music artists, and in order to play the music they contributed I created the **Virtual Gigs** on 12 April 2008.

Our ambition is the Band to become the biggest one ever created to support Worthy Causes. It will grow by attracting more and more music artists and public speakers who will perform on our stage anywhere on earth.

We welcome you to any of our live gigs. It will be great to experience the music and inspiration together!

Do not allow ignorance to ruin your life and that of your children. You have many NDCS choices for avoiding UP. Use them!

Lots of Love 'n Blessings,

Pett Corby
Glossary

This glossary contains words and their meaning used in the book.

wo(men) – men and women
NDCSM - Non-Drug Common Sense Methods
UP – Unplanned Pregnancy
SE – Semi-Ejaculation
PE – Premature Ejaculation
W - Withdrawal
PO – Pull Out
NM – Natural Method
T – Talking
WI – Wash Immediately
SSE – Serious or Severe Side Effects
Resources

Family of the Americas -- Mucus only Model -
www.familyplanning.net

Natural Family Planning International, Inc. -- Sympto-
Thermal Model - www.nfpandmore.org

Billings Method, USA - www.boma-usa.org

Couple To Couple League -- Sympto-Thermal Model -
www.ccli.org

Family of the Americas -- Ovulation Model -
www.familyplanning.net

Marquette University Institute for Natural Family
Planning - http://www.marquette.edu/nursing/nfp/

Northwest Family Services -- Sympto-Thermal Model -
www.nwfs.org

Pope Paul VI Institute -- Ovulation Model - Creighton
Model - www.popepaulvi.com

People who can't find an instructor may consider
home learning. The Family of the Americas has a self-
learning mucus only method CD at http://faf-
store.stores.yahoo.net/natmetincdro.html.

The Couple to Couple League has a sympto-thermal
method home study course at
Sympto.Org, Switzerland, the creators of the most effective device, and method for avoiding unplanned pregnancy currently available on Internet and phones!

See Mother Teresa's too.

http://sympto.org/home-main_en.html

https://bestpreference.com/wp-content/uploads/2015/01/MotherTeresaPDF.pdf
Founder of the Global Awareness Campaign - *Avoid Unplanned Pregnancy Without Contraceptive Drugs - You Choose When to Become a Parent* (later became only “You Choose When”) and Virtual Gigs Band.

Pett is the author of the book *How to Avoid Unplanned Pregnancy Every Time You Have Sex - Without Using Contraceptive Drugs*.

She is a former author and presenter of two Radio shows, TV Assistant Director and Correspondent for the Political Newspaper *Democracy* in the city of Ruse, Bulgaria.
She studied Film at Panico Film Studio in Soho, London run by the Monty Python sound editor Bob Doyle in 1996. After that Pett run her own business organising fine art exhibitions at the London's West End.

Later on she took Business Start Up Course run by London Enterprise Agency and NatWest Bank and in 2003 she graduated Interior Design at the Institute of Interior Design in Bagley, Wedmore, UK. Same year she moved to Spain where she worked on her own renovation property projects for several years, where she wrote her book, and initiated the Global Awareness Campaign.

Mentor of Spanish speaking: business, marketing, publishing, editing, general psychology, personality psychology, group psychology, the power of thought, conscious, subconscious, motivation, psychoanalysis, presentations, business and personal coaching, natural medicine, English...