

Why Plan Naturally?

Which method of postponing pregnancy is 99% effective but does **not** put the woman at increased risk of **breast cancer and other serious diseases?**

The **birth control pill is 98-99%** effective but it **does** put the woman at risk of those diseases. The **condom is about 85%** and it is a **barrier to intimacy**.

The **United Nations World Health Organization** finds Natural Family Planning **99% effective at postponing pregnancy**. **NFP has no negative health effects**, it does not administer drugs or hormones, and it is not a barrier to **full, intimate sexual expression**.

About **50% of marriages end in divorce**. But where NFP is used in the marriage, **that statistic drops to 5%**.

Why? Listen to this conversation and learn the facts that every responsible couple needs to know.

And then, there is the spiritual dimension. NFP actually cooperates with God's own design of human sexuality and human marriage. *NFP is a proven scientific method based on understanding when the woman is fertile.*

Father Matthew Habiger, PhD, is a Catholic priest and Benedictine monk. His professional focus for many years is teaching the critical importance of NFP to married couples around the world. Ed Horodko is a Catholic broadcaster, husband, and father. Together, in one concise hour, they discuss facts that can enrich your marriage in ways you can't imagine.



Matthew Habiger, OSB, PhD



64 minutes
US\$19.95

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