

# Ever Thought about Natural Contraception?

Should we use it and how effective can it be?

Doing it naturally doesn't just mean using the 'rhythm method' or 'pulling out' and in fact natural contraception can be much more effective than that! As much as some guys have no problem with loss of sensitivity using condoms, many do, and using a condom isn't a very useful option or very effective when it's taken off due to frustration – or not put on at all! So what do we use then? Well what normally happens within a relationship is that a woman goes on the oral contraceptive pill (OCP) and everyone's happy right? Wrong.

What's wrong with the OCP in my opinion? Besides the fact the woman is subjected to daily doses of hormone like substances (drugs) that make her body believe she is already pregnant, she also loses the very natural experience of ovulation. Ovulation can be a very sexy time for a woman and the people around her. Did you know that when women ovulate they let off a subtle scent that attracts physiologically matched potential partners to them? This is a much better instinctual process than say bathing yourself in perfume, drowning out your natural scent (I'm not advocating body odour though!) and forgoing a very natural process of attraction. The point I'm making is nature knows what it is doing and it is up to us to allow the attraction process to happen, as it should without too much human created meddling.

So here is some natural (non-drug, non-invasive) contraception options to think about:

- Urine sticks or Ovulation predictor kits. Essentially 'wee sticks', these work by detecting a high level, also called a 'surge', of luteinizing hormone (LH) in your urine. Once this LH surge is detected, the assumption is that ovulation is just around the bend, indicating its time to slip on a condom or get creative because she's fertile!

- Saliva test – easy and uncomplicated. This works by using a lipstick sized microscope that comes in a cute little case, easily put in your purse so you can test at any time of the day. How this works is when you put a bit of saliva from your mouth on one end of the device it shows if you are in a fertile stage of your cycle or not. The level of oestrogen in saliva increases dramatically two to three days prior to your fertile period and reaches its peak on the day of ovulation. By viewing the magnified image of your saliva through the microscope you can pinpoint when your oestrogen levels are rising and therefore when you are most likely to conceive.

- Temperature and mucus charting – the 'Billings System'. This can be a very accurate method of contraception, but it does take dedication and it is necessary to abstain, use condoms or get creative during her fertile times.



- Diaphragms – reliable but does mean “planning ahead” in terms of putting the diaphragm in before you start to get sexy ;)
- Withdrawal method – not so reliable with a 27% chance of pregnancy! So if it's not such a big deal if the two of you get pregnant then why not, but if it's something you would definitely like to avoid...I don't suggest trying this one.
- And last but not least...condoms...grrrr!

As always the best thing to do is have an honest conversation with your partner about what contraception choices work for the both of you. So good luck everyone and enjoy natural contraception.

By the way, I am under no circumstances, taking responsibility for any accidental pregnancies!

If you would like more information regarding natural contraception for you and/or your partner please don't hesitate to contact me via email or visit your doctor or sexual health clinic.

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