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QUESTION >>>>>>>>>>>>>>>>>>>>>>>>>>>>

How effective is FABM in avoiding pregnancy?



>>>>>>>>>>>>>>>>>>>>>>>>>>>> ANSWER

When used correctly, FABM is about 95-98% effective in avoiding pregnancy. This means that with careful tracking and consistent use, there is a very low chance of conception. However, its effectiveness depends on consistently recording your fertility signs and understanding how to interpret them.

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QUESTION >>>>>>>>>>>

What are the benefits of using FABM over hormonal birth control methods?



>>>>>>>>>>>>>>>>>>>>>>> ANSWER

FABM offers several benefits:

- It's natural and doesn't rely on hormones, which can have side effects.
- It helps you understand your body and gain insight into your menstrual health.
- It's non-invasive, inexpensive, and free of side effects.
- It promotes fertility awareness, which can be useful whether you're trying to avoid pregnancy or trying to conceive.



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QUESTION >>>>>>>>>>>>>>

How Can I Support You on Your FABM Journey as a Certified Fertility Doula?

ANSWER >>>>>>>>>>>>>>>>>>>>>>>>

As a Certified Fertility Doula, I offer the following services to support you as you learn and implement FABM:

1. Fertility Education and Training:

I will teach you how to accurately track your fertility signs (BBT, cervical mucus, cervical position) and interpret the data. You'll also learn how to apply your observations to your fertility goals—whether you're trying to avoid pregnancy or preparing for conception.

2. Personalized Guidance:

I offer personalized guidance to help you understand your body's rhythms and how to apply them to your reproductive health.



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