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World Organization of the Ovulation Method (Billings)

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BENEFITS OF THE BILLINGS OVULATION METHOD®

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The Billings Ovulation Method® and the Marital Relationship

The Billings Ovulation Method® is a co-operative method involving a sharing of the responsibility between the husband and wife. The Billings Ovulation Method® exercises an improvement in the relationship which the couples soon recognise and for this reason it is particularly applicable even if the relationship is disturbed. The couple recognises that the knowledge they now have at their disposal allows them, independent of drugs and devices, to determine together the decisions necessary to achieve the family size that they judge appropriate to all their responsibilities, not only to each other but to the children already born and to society. This is one of the reasons why it can truly be described as a universal method acceptable to everyone when they understand it and begin to live their married life in this way.

Most modern technological methods impose the responsibility almost totally on the husband or the wife, usually the wife. Both the husband and wife recognise that this is unfair, and the women may feel particularly resentful.

The general idea of the Billings Ovulation Method® must always be explained to the husband so that he will understand that his wife will be able to inform him about the cycle, whether she is currently in a state of infertility or possible fertility. There is immediately a growth in the marriage promoted by the communication and deeper understanding involved, the husband quickly coming to understand that the physiological structure of his wife's reproductive system is both remarkable and beautiful. It must be made clear to them that the guidelines of the method mean what they say and they must follow these guidelines correctly if they are to achieve the result that they really want. This means that they will both accept the gentle discipline of the method which, for the avoidance of pregnancy, requires that there be a rest from intercourse over the days of possible fertility. Each will generously accept this time of waiting for the love of the other person and for the welfare of the whole family, thereby demonstrating their love for each other and their children and as a result causing that love to grow stronger day by day.

During the teaching course it is appropriate that these elements concerned with the knowledge and application of the Billings Ovulation Method® be discussed.

Conception

When the woman who understands her cycle conceives a child she will always know the day in the cycle on which the conception occurred. She will be able to calculate the expected date of delivery by counting forwards 266 days \pm 6 days. This is much more accurate than calculating from the first day of menstruation. This will protect her and the child from a mistaken diagnosis of post-maturity of the child. Sometimes the doctor has a fixed idea that ovulation always occurs on day 14 in the cycle which would only be the case if the cycle were to be about 28 days long. If in fact she ovulated on day 34 in the cycle in which she conceived, the expected date of delivery would be 20 days later than the calculation from menstruation and it is important that the doctor should not interfere with the pregnancy before the baby is mature.

Assisting the Sub-Fertile Couple

The primary management of the problem of apparent infertility is to teach the woman the Billings Ovulation Method[®] and in a large number of cases nothing else is required to be done. For many couples, success will follow within a matter of months. Intercourse should be concentrated especially on those days in which any mucus that is observed has the important lubricative quality that causes it to produce a slippery sensation on the vulva, and at that time the woman may also notice a soft vulval swelling.

Emotional stress can disturb the operation of many of the delicate physiological elements which contribute to the achievement of pregnancy. Sometimes the inability to achieve conception has disturbed the conjugal relationship so that there is little demonstration of the love which is necessary for peace and happiness within marriage. The teacher can in these circumstances improve the chance of achieving conception by gently encouraging the husband and wife to improve their love relationship.

The Billings Ovulation Method[®] and Female Reproductive Health

A knowledge of the Billings Ovulation Method[®] is very helpful to doctors. This is particularly the case when presented with the management of problems of apparent infertility, as the Billings Ovulation Method[®] is now becoming the primary management of that disorder world-wide. A sound knowledge of the delicate mechanisms operating the cervix will impress upon the doctor that any treatment given to the cervix should be undertaken with considerable care.

The woman's deeper understanding of her own cycle will alert her to the development of any abnormality, leading her to seek diagnosis and treatment at an early stage.

An immediate improvement in the wife's health may be observed if she ceases using chemical methods (drugs) to suppress her fertility. Some of the complications of these techniques are serious and can even threaten life. It is medically wrong in principle to use drugs to suppress or even destroy a normally functioning biological system in healthy women, particularly such important and complicated biology as exists in the woman's reproductive system; the danger of such complications is even greater when the woman's health is already impaired.

Protection from Sexually Transmitted Diseases

It is a common experience, occurring amongst people of all nations, of different religions and cultures, to observe the beneficial effect on the marriage relationship resulting from the use of the Billings Ovulation Method[®]. A deepening of marital love which occurs promotes happiness and security within the marriage and this has an important influence in maintaining fidelity within the marriage, which is the only really certain way in which sexually transmitted diseases can be avoided. For example, the scientific evidence is clear that sexual transmission of the virus of HIV/AIDS cannot be effectively prevented by the use of condoms. The condom may reduce to some extent the risk of a single sexual encounter but if the risk is repeated, failure of protection will inevitably occur. It can be claimed with good reason that the use of the Billings Ovulation Method[®] promotes chastity and fidelity and therefore is a valid method to protect against AIDS and other sexually transmitted diseases.