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## The Ovulation Method

Mercedes Wilson

*This address was given at the International Congress of Population in Mexico City in August, 1984 by Mercedes Arzu Wilson, Family of the Americas Foundation.*

The World Organization of the Ovulation Method — Billings is an international organization which promotes on a voluntary basis the knowledge of the fertility of the male and the female. Extensive scientific and practical research has confirmed the following report:

As man continues to unveil nature's mysteries, one of the most significant discoveries of this century in the field of human reproduction is the scientific verification of the unique properties of a natural secretion which occurs periodically throughout a woman's reproductive years — something which every woman can easily be taught to recognize. Even though these natural signs of fertility have long been associated with female fertility in humans and in animals, this information had not been applied in a practical way to the fertility of a woman. The significance of its importance in human reproduction can be summed up as follows: In order for the husband's sperm to survive in the wife's body, a particular cervical mucus secretion necessary to keep it alive, nourishes and provides intricate channels to direct and guide the sperm to the woman's egg. All of this is essential for fertilization to take place.

Some African tribes and a few aboriginal tribes in Australia have been aware of the importance of this natural secretion in the woman's body and have been identifying it as a sign of fertility. So for centuries, women passed this simple knowledge to their daughters from generation to generation, enabling them to conceive or to postpone pregnancy naturally. Their inborn wisdom helped them discover that this natural secretion was of great significance as it occurred in every cycle during the woman's fertile years. Other people have investigated this phenomenon and are realizing that such knowledge of the human body will be of great social, political and religious consequence to the

rest of the world.

The laws of nature are most intriguing and no matter how often man challenges them, regardless of the gigantic steps in advanced technology, time and time again, man is subdued by the natural law and is compelled to obey it.

Even the most up-to-date textbooks in human reproductive physiology are just beginning to make their readers aware of the great importance of this natural secretion from the cervix of the woman.

The Ovulation Method is based upon the biological fact that throughout the reproductive period of a woman's life, she is mostly infertile, that is, conception is impossible. Infertile days, in fact, outnumber the days of fertility.

However, all we have heard in this important conference on population is almost total agreement to increase programs on population with whatever means technology offers. With the exception of the Vatican address, nobody has proposed the logical alternative to achieve or postpone pregnancy following the obvious and simple signs of nature, through natural family planning.

The Billings Ovulation Method has done extensive statistical evaluations in various parts of the world which confirm an effectiveness rate of 98% to 99%. Its continuation rates are much higher than those of artificial methods of birth control because it does no harm to the physical or spiritual well being of the married couple. Furthermore, it strengthens and unites the couple because they both are responsible in planning their family.

The world has made outstanding scientific achievements in the last 20 years. However, in the field of fertility regulation, science has chosen to ignore the basic laws of nature and has invested massive amounts of money in the lucrative development of destructive technology which disrupts the normal functions of the human body. This has become a multi-million dollar business which has backfired for the developed world by depleting its population to alarming low rates, and the developing world is presently flooding its people with birth control pills, intrauterine devices, sterilization programs and abortion, without regard to their human dignity.

This threat to our respect for nature and to our most precious gift from God, our ability to procreate, is a greater threat to the future of mankind than the threat of war. Once life ceases to be precious and protected, what else is left to live for?

Is it not more logical and humane to pay attention and give priority to the simple and obvious signs of fertility to achieve or postpone pregnancy naturally, instead of destroying the normal functions of the human body? Of course, but because it is more profitable to sell pills, insert IUDs and sterilize men and women or kill the unborn child, natural signs of fertility are totally ignored and ridiculed as ineffective.

Thus we appeal to you, the members of the various nations of the

world, to reconsider the dissemination of programs which are harmful to the welfare of your own people. Don't destroy their health when there is a simple and natural alternative. The serious complications of artificial birth control, sterilization and abortion are seldom explained in detail and are ignorantly accepted by the people.

Let us defend the fundamental right of the husband and wife to decide on the number of children they wish to bring into this world, and let us teach them to act responsibly to have the number of children they can shelter, feed and clothe. Governments must not impose laws which take away from the husband and the wife the precious right to decide how many children they wish to have.

Let us be realistic and admit that most countries in the world have the natural resources to feed and provide a life with equality for each of their citizens. Social justice and a more equal distribution of the wealth of nations is the true solution. Unfortunately, it is more tempting to take the easy way out and governments often allow themselves to be influenced and coerced into family planning programs which are detrimental to the health of their own people. Powerful governments from the developed world want to decrease the population of the Third World with whatever means available, irrespective of their culture and religious background. Special interest groups heavily involved in the birth control business benefit financially at the expense of our people's physical and spiritual well being. However, in the last year, we have started to receive some financial assistance for materials and training of teachers in the Third World.

Hopefully, this will continue to increase in the years to come and will enable us to assist the more than 100 countries around the world where we are presently teaching the Billings Ovulation Method of Natural Family Planning.

We must consider a final observation which is so often ignored when implementing programs of population control, and that is the fact that most people in the world embrace a religious belief, be it Moslem, Christian, Buddhist, Hindu, or other. Most religions are against artificial methods of birth control, sterilization and abortion. Such programs cause constant friction between the Church and the state. This further strengthens the case for natural family planning, which is consonant with the culture and religion of most countries of the world.

Our international organization has a well-organized network of thousands of volunteer teachers worldwide. We are eager to assist interested persons in expanding our existing centers in their respective countries or implementing new centers. Our teachers have been thoroughly trained in the scientific and practical application of the Billings Ovulation Method in the various international congresses for the family which have taken place in the Americas, Africa, Europe and Asia. Our assistance is given free of charge.

## Effectiveness Studies of the Ovulation Method

Study	Location	Year	Couples	Cycles/Duration	Method Related Pregnancies	Continuation Rate	References
Billings, J.	Melbourne	1972	165	10560	0%		<i>J. Irish Med. Ass.</i> , April, 1977, 70:6
Weissman	Tonga	1972	282	2503	0.5%		<i>Lancet</i> , 1972, 2:813-816
St. Cloud	U.S.A.	1974	260	1823	0.6%		<i>Human Life Found. Newsletter</i>
Ball	Victoria	1976	124	1635	2.9%	67.0%	<i>Eur. J. Ob. Gyn. &amp; Rep. Biol.</i> 1976, 6:2, 63-66
Ayu San Cho	Korea	1976					W.H.O. Meeting, Geneva, Feb., 1976
Urban			465	11064	1.61%		
Rural			918	11064	1.96%		
Happy Family Movement	Korea	1977-1978	3806	24414	1.4%		Annual Report, H.F.M., Korea, 1977-78
Mascarenhas	India	1978	3530	39967	0.06%	86.3%	Mascarenhas, MM, "The Use-effectiveness of the OM in India," 1979, 9:209.
Dolack	U.S.A.	1978	329	3354	1.1%	92.0%	<i>Hosp. Program</i> , Aug., 1978, p. 64 ff.
Tamil Nadu Family Life Center	India	1978/1979	3275	39300	0%	91.6%	Annual Report
Bernard, C.	U.S.A.	1979	1090	12282	1.17%	56.0%	<i>Contraception</i> , June, 1979, 19:6
Klaus, H., et al.	U.S.A.	1981	72	808	0%	92.0%	Presented 9th Ann. Conf. on Psychosomatic Ob. Gyn., 1981
Billings, L. Premenopause		1972	98	3-4 yr.	0%		<i>The Billings Method</i> , ed. Anne O'Donovan, Australia: Pty, Ltd.
W.H.O. Study (Philippines, India, Thailand, El Salvador, New Zealand)		1977/1978	725	7514	2.8%	64.4%	<i>Fert. Ster.</i> , vol. 36, 1981, p. 591