

NATURAL FERTILITY AND HEALTH COURSES

- ◇ The Natural Contraception Course
- ◇ The Natural Conception and Pregnancy Course
- ◇ The Natural Health and Menstrual Wellbeing Course

These courses are designed to help you achieve your fertility and health goals naturally. They are based on the very latest scientific advancements in natural fertility knowledge and natural health practices.

Natural Contraception Course

This course is ideal for women who want reliable natural contraception for the short term or the long term. You will learn how to chart your cycle accurately and simply for safe, effective natural contraception. It is not necessary to have a monthly cycle to be able to rely upon this method as the charting technique can be applied to all cycle situations including breast-feeding, polycystic ovary syndrome, peri-menopause and stress-affected cycles. Depending on your needs the course can also cover combining use of a diaphragm or condoms with fertility-awareness and emergency contraception. The course is especially designed for women who do not want to use pharmaceutical contraception or should not use particular pharmaceutical contraceptives for health reasons.

Natural Conception and Pregnancy Course

This course is designed for couples having difficulty in getting pregnant or wishing to plan and conceive their pregnancies consciously. You will learn how to maximise male and female fertility naturally through life style, implements and accurate timing of intercourse with ovulation in the woman's cycle. Couples who have unexplained infertility or a condition known to reduce fertility such as polycystic ovary syndrome, endometriosis, irregular cycles, low sperm count, being under or over ideal weight, under significant stress of any kind or taking the fertility Clomid should find this course particularly invaluable.

Natural Health and Menstrual Wellbeing Course

Most women experience premenstrual symptoms (PMS) of some kind in the two-week period leading up to menstruation. PMS range from annoying or mildly worrisome through to severe and debilitating. This course is designed to help you understand the underlying causes of your symptoms and to establish natural solutions to them through lifestyle, supplements and menstrual charting.

Course Appointments

All three courses are conducted on an individual or couple basis. They are available at **Melbourne Assisted Conception Centre** - Mercy Hospital, Heidelberg, **The Women's Clinic on Richmond Hill** - 166 Church Street, Richmond, **Wise Woman Business** - 20 Golding Street, Canterbury and [via telephone appointments](#). To enquire about a course or to make a booking please phone Kerry on (03) 9830 5280.

Kerry Hampton is a highly qualified and experienced educator in the field of natural fertility and health. She has helped hundreds of couples to practice safe, effective natural contraception or to get pregnant naturally sometimes after many years of trying.

Qualifications

Registered Nurse, Registered Midwife, Family Planning Certificate, Sexual and Reproductive Health Certificate, Trained Teacher Ovulation Method Billings, Graduate Diploma (Health Education), Master of Arts (Women's Studies)

Mail order cloth menstrual pads are also available. More information is available at www.wisewomanbusiness.com or a brochure can be posted to you upon request.

KERRY HAMPTON. WISE WOMAN BUSINESS PO BOX 250 CANTERBURY 3126
phone: (03) 9830 5280. mobile: 0419 830 530 kerryhampton@iprimus.com.au
www.wisewomanbusiness.com

