



## Natural family planning

If you need to use a safe and natural way of planning your family (provided you have a just reason for doing so), then you might want to investigate a method of natural family planning such as the Billings Ovulation Method, or the Creighton Method (also known as NaPro Technology). These methods help couples to understand their fertility by teaching them to recognise when ovulation is occurring. They can be used responsibly to either achieve or avoid a pregnancy.

## Contraception leads to abortion

A new study<sup>5</sup> has shown what common sense already knows: that increased contraceptive use leads to higher abortion rates. The study conducted in Spain showed that a 63% increase in contraception use was accompanied by a 108% increase in abortions. This increase is due to the fact that contraceptive use radically alters sexual behaviour in the general population.

It is a link acknowledged even by pro-abortionists like Dr Malcolm Potts who admitted:

*'As people turn to contraception, there will be a rise, not a fall, in the abortion rate'*<sup>6</sup> and Dr. Judith Bury, of the Brook Advisory Centre (pro-abortion), stated: *'There is overwhelming evidence that, contrary to what you might expect, the provision of contraception leads to an increase in the abortion rate.'*<sup>7</sup>

Using the birth control pill, women expose themselves to the very real possibility of aborting a human life in the early stages of development. Many women on the birth control pill do not realise they may have aborted children as well as harmed themselves.

### References:

1. Baeten et al. 2003, "Hormonal Influences on HIV Disease and Co-Morbidities." *J Acquir Immune Def Syndr*. 2005, Vol 38, Suppl 1: S19.
2. MIMS Australia, 1996-2005.
3. Cf. Mayo Clinic Proceedings, Oral Contraceptive Use as a Risk Factor for Premenopausal Breast Cancer: A Meta-analysis, Chris Kahlenborn, MD, et al., October 2006; 81(10): 1290-1302.
4. Wilks, John. B. Pharm. M.P.S. *A Consumer's Guide to the Pill and other Drugs*. 3rd edition. 2000. Pg 106.
5. 'Trends in the use of contraceptive methods and voluntary interruption of pregnancy in the Spanish population during 1997-2007', published in *Contraception*, vol. 83, issue 1, pages 82-87, January 2011
6. Cited in Dr. Richard Wetzel, *Sexual Wisdom* (Proctor Publications, Ann Arbor: 1998), p. 90.
7. 'Sex Education for Bureaucrats', *Scotsman*, 29 June 1.



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What you should know about

the pill



## What is the Pill?

There are two basic types of birth control pill, the 'standard (or combined) pill', and the 'mini pill'. The standard pill contains the hormones oestrogen and progestogen, while the mini-pill contains only progestogen.

## How does the Pill work?

All birth control pills:

1. **Act to suppress ovulation** but do not always succeed in doing this, so 'breakthrough' ovulation can occur.
2. **Cause changes to the cervical mucus** to prevent the sperm from reaching the ovum.
3. **Cause changes to the lining of the womb** so that it does not grow to its proper natural thickness. If a fertilised ovum (a newly conceived human being) comes into the thinner, altered lining of the womb, the human embryo cannot usually implant, and so dies. This is a chemical abortion.
4. **Slow the movement in the fallopian tubes.** This sometimes results in an ectopic pregnancy. This is particularly associated with use of the progestagen only pill.

In fact, the birth control pill regularly fails, not only because of stomach upsets and illnesses such as the flu, but also because of reasons unique to a particular woman's body. In fact, consistent breakthrough ovulation occurs especially with the popularly prescribed 'mini-pill'.

## The Pill and HIV/AIDS

More than 50 medical studies, to date, have investigated the association of hormonal contraceptive use and HIV/AIDS infection. The studies show that hormonal contraceptives—the oral pill and Depo-Provera—increase almost

all known risk factors for HIV, from upping a woman's risk of infection, to increasing the replication of the HIV virus, to speeding the debilitating and deadly progression of the disease.<sup>1</sup>

## Side Effects

Use of the birth control pill is associated with: blood clots, heart attack, coronary artery disease, eye lesions, loss of vision, hypertension, cancer of the reproductive organs, liver cancer, skin discolouration of the upper cheeks, migraines, nervousness, depression, vomiting, nausea, abdominal cramps, bloating, dizziness, breakthrough bleeding, breast pain, breast secretion, fluid retention, ectopic (tubal) or intrauterine pregnancy, can induce diabetes and gall bladder disease, changes in weight and appetite, male pattern hair growth and acne.<sup>2</sup>

## Cancer RISK

**The combined oestrogen/progestogen birth control pill has been classed by the World Health Organisation as a Group 1 carcinogen (a substance KNOWN to cause cancer). This is the same status as tobacco and asbestos.** [International Agency for Research on Cancer No 167, July 2005]

**21 of 23 studies on the link between oral contraceptives and breast cancer show an increased risk.<sup>3</sup> Research shows that women who use the Pill before the age of 22 have a 210% increased risk breast cancer.<sup>4</sup>**



## Natural vs. artificial

People readily admit that 'natural' things are good—natural orange juice, organically grown vegetables, free range eggs and foods free of artificial additives.

However, at the same time, they use birth control pills which are not 'natural' in any sense. They act to cause the natural reproductive system to malfunction. The long term effects of regularly taking the birth control pill are still unknown. The birth control pill is designed to injure the delicate ecological balance within the body. This is no minor injury.

Most women do not even know the harm they do to themselves physically, psychologically and morally in taking the birth control pill.

*Since pharmaceutical companies are making multi-billion dollar profits from the sale of the birth control pill, why would they find it in their best interest to publicise the harmful consequences of using it?*

