

The **CREIGHTON MODEL FertilityCare™ System (CrMS)**
bleses the user-couple with

BETTER HEALTH

Did you know that the use of **CrMS** has these amazing health benefits?

For the woman...


- teaches her a system of cyclic charting that allows her to maintain and monitor her reproductive health.
- provides critical information—on any given day in any given cycle—about her body and her fertility.
- offers her a means of identifying GYN abnormalities like abnormal bleeding, premenstrual syndrome, and infertility so they can be treated.
- protects her from harmful side effects to her reproductive and overall health that can follow from the use of contraceptive methods of family planning. One example: the World Health Organization classifies the oral contraceptive (OC) as a carcinogen, as do the package inserts of many OCs warning that the pill “may increase risk of breast cancer and cancer of the reproductive organs.”

For the couple...

- helps them precisely identify their days of fertility and infertility so they can achieve or avoid a pregnancy with confidence. The **CrMS** bestows opportunities for each spouse to acquire better SPIRITUAL HEALTH (as in HOLINESS). For instance, the husband who uses **CrMS** understands why his wife is having difficulties with her menstrual and fertility cycles. As a direct result, he is better able to support his wife while the problem is being resolved—suffer with her out of love for her—and experience a shared joy when his wife’s health is restored—when she returns to her old self, the woman he knows and loves. All through this process, the husband and wife’s growth in holiness is realized as they practice the virtues of patience, empathy, and joy, all crowned by mutual charity.

Learn more about the work of the
Pope Paul VI Institute and contact a
Creighton Model practitioner in your area.

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A BETTER MARRIAGE

Did you know that the use of the **CrMS**...

• **encourages** regular communication between the spouses regarding the whole issue of planning a family? The couple learn to cooperate responsibly with God in bringing a new human being into the world and, with that behavior, all sorts of new vistas open up. The couple begin to experience a powerful truth: When their acts of sexual love are consistently open to life, their love matures exponentially—as it imitates, more and more perfectly, God's love, a love that always manifests its perfection in being, at once, life-giving.

• **expands** the couple's understanding of human sexuality and marital sexual love? On the one hand, husband and wife learn consistently to honor the essential meanings of their acts of marital sex that correspond to their body-soul unity—the procreative meaning [generation of new human beings] and the unitive meaning [loving bodily union]. And as, on the other hand, they protect their love from the suppression and division of contraceptive sex that so easily tempt them to use, rather than generously give self to, the other. Only within the selfless dynamic of the **CrMS**, then, are the couple able to purify and solidify their love—which, let's be honest—is the “glue” holding their marriage together.



• **inspires** couples to have DIVERSITY of sexual expression within their marital relationship? For instance, when the couple use **CrMS** to avoid a pregnancy (the couple decide not to use days of fertility), they become aware of an important reality: they are able to express sexual love in other intimate ways. That is, they learn to sprinkle **SPICE** into their relationship by learning to show love for their spouse in a variety of **S**piritual, **P**hysical, **I**ntellectual, **C**reative, and **E**motional expressions. Furthermore, they discover these SPICE manifestations of their love can do wonders in cementing their married friendship.

• **helps** each spouse acquire the self-mastery necessary to acquire important virtues? Prudence, courage, justice, and chastity, all of which make the spouse a better person, a better marriage partner, and a better child of God put the husband and wife more in tune with their person and sexuality, with their spouse, and with their God.

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A BETTER FAMILY

Did you know that the **CrMS** has a trickle-down healing effect on the whole family? It just plain makes sense: when mom and dad are in sync with their sexuality, with each other, and with God, so are they more apt to love, and be in harmony with, their kids; better able to see each child for what he/she is: person-as-gift; better able to educate their kids—by word and example—to chastity and genuine sexuality appreciation, and better able to help their kids on the road to becoming mature, integrated persons who know how to love themselves, others, and God, rightly.

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A BETTER CHURCH & CIVIL SOCIETY

Did you know that the **CrMS** helps to produce a healthier, happier, saner Church/society, because it contributes to and promotes healthier (and holier) spouses, marriages, and families? We all know that the moral infrastructure of our culture rests squarely on the foundation of the family. Hence, healthy families—built upon the blessings of **CrMS**—spell a holier Church and a healthier society.

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