





"The use of methods based on the 'laws of nature and the incidence of fertility' are to be promoted, since these methods respect the bodies of the spouses, encourage tenderness between them and favour the education of an authentic freedom".

> Pope Francis, "Amoris Laetitia" (pt. 222)

THIS DVD contains a series of ten documentaries showing what are the natural methods of fertility awareness and how they work. They are a treasure, a healthy and ethical way of life helping couples to achieve marital happiness.



You can watch a video summary at:

www.loveandparenthood.com

ON THIS WEBSITE you can buy copies of the DVD or download it in mode video on demand (VOD). This site also offers additional information and videos on related topics such as dating, procreation, family, and child care.

For the everyday practice of natural methods, to follow a course with an expert is recomended. Answers and advise can then be given case by case. Our site will show a list of organizations providing such courses in various countries.

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