



The Billings Method: Controlling Fertility without Drugs or Devices

Evelyn Billings, Ann Westmore

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This classic work has helped millions of women around the world to achieve healthy, natural fertility control, and also to tune into the rhythms of their bodies. The Billings Method can be as effective as the Pill, but has no harmful side effects. Observing the signals of fertility described by Dr. Billings, women can avoid or achieve pregnancy. This is a clear guide for women whose cycles are regular or irregular, who are coming off the Pill, breastfeeding a baby or approaching the menopause. Whatever her views on contraception, this is knowledge of her body that every woman ought to have.

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