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The Justisse Charting App is a web application that teaches you how to observe, chart and interpret your menstrual cycle events and monitor menstrual health. You will know each day based on real time data (not predictions) whether or not you are fertile.

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Justisse Healthworks For Women

The Justisse Method (1987) is a standardized system for learning fertility awareness in a way that allows for self-management of reproductive health and birth control needs. The Justisse Method is best learned from our comprehensively trained Justisse Practitioners, who are committed to

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holistic sexual and reproductive care and reproductive justice, that is they serve the client without prejudice for their sexual, social, or spiritual beliefs or choices.

Justisse Method - Justisse For Women

The Justisse Method (JM) is a highly

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effective secular method for fertility awareness. The information contained in this guide may be used for 1) body literacy, 2) birth control, 3) pregnancy achievement, or 4) monitoring menstrual cycle health and well-being.

Justisse Method: Fertility Awareness and Body Literacy A ...

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Justisse can be used as a mucus-only method, if preferred (compared to others that require temperature readings to be accurate) The fertile phase of your cycle starts when you see mucus, so you are considered infertile up to the last dry day (compared to others that say fertility starts on day 6 of the cycle)

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What Is The Justisse Method? - Blue Poppy Health

What is the Justisse Method of Fertility Management? — Red ... The Justisse Method (JM) is a highly effective secular method for fertility awareness. The information contained in this guide may be used for 1) body literacy, 2) birth

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The Justisse Method User's Guide is a
primer

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this guide may be used for 1) body literacy, 2) birth control, 3) pregnancy achievement, or 4) The Justisse Method User's Guide is a primer for body literacy, and a guide for instructing women how to

Justisse Method - akmach.cz

The Justisse Charting App is a web

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application that teaches you how to observe, chart and interpret your menstrual cycle events and monitor menstrual health. You will know each day based on real time data (not predictions) whether or not you are fertile. The Justisse Charting App is like your own virtual private teacher and there is no other fertility awareness app

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like it currently on the market.

Justisse Charting App - a fertility management virtual guide

Best of all -- Learn from a Justisse Practitioner Change how you want to use the Justisse Method. For example, from achieving pregnancy to avoiding pregnancy. Enter a different

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reproductive situation. For example, pre-menopause, breast feeding, post-abortion, post-partum (after... Decide to become ...

Learn To Chart - Justisse For Women

Find a Justisse Holistic Reproductive Health Practitioner. Alaina Stango
Justisse BLA. Pennsylvania, USA. Allison

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Macbeth HRHP. Amy Hollon HRHP. Amy Murray HRHP Intern. Amy Sedgwick HRHP Educator.

Justisse Healthworks For Women

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The Justisse method of fertility awareness was first developed in 1987 in response to an expressed need for fertility awareness education that would

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support the provision of information and guidance necessary to manage sexual and reproductive health, while respecting individual rights and decisions.

About Justisse - Justisse For Women
Holistic Reproductive Health Practitioner,
certified fertility awareness educator

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teaching the Justisse Method of sympto-thermal FAM. Meeting women where they're at in health and life and helping to better their reproductive lives as a whole.

Justisse Instructors - Fertility Awareness Method

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cycle health and well-being.

Justisse Method: Fertility Awareness and Body Literacy A ...

Today we're answering a question we're often asked: what exactly is the Justisse Method? How does it work? How effective is it? What are some common misconceptions about this method of

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birth control?

What is the Justisse Method of Fertility Management? | Natural Birth Control & Fertility

The Justisse Method (1987) is an easy to learn, reliable, and standardized system of Fertility Awareness developed by Geraldine Matus, PhD. Justisse was

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developed to support sharing of information and guidance that respects the right of women to make their own reproductive health decisions.

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