Female Sterilization

What Every Woman Should Know about
- Tubal Ligation
- Sterilization by Tubal Inserts
- Sterilization Reversal

References


Where can I learn more about Natural Family Planning?

Billings Ovulation Method Assn. (651) 699-8139 www.boma-usa.org
The Couple to Couple League (800) 745-8252 www.ccli.org
Family of the Americas Foundation (800) 443-3395 www.familyplanning.net
Institute for Natural Family Planning (414) 288-3854 www.mu.edu/nursing/NFP
Natural Family Planning International www.nfpandmore.org
One More Soul NFP Center (800) 307-7685 www.OMSoul.com
FertilityCareCenters of America (402) 390-6600 www.fertilitycare.org
One More Soul maintains on its website www.OMSoul.com a Directory of NFP-Only Physicians, NFP Centers, and NFP Teachers.

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(800) 307-7685 www.OMSoul.com OMSoul@OMSoul.com

1846 North Main Street Dayton, Ohio 45405-3832

by Liliana Cote de Bejarano, MD,MPH
Before 1930, no Christian church accepted sterilization or any form of contraception. The Catholic Church and some Protestant churches still teach that intentional sterilization is an immoral form of birth control.

If you are married, the modern methods of Natural Family Planning (NFP) are the safest, healthiest, and least expensive alternatives for family planning.

If you are single, abstinence is the best option and always works!