

Billings Ovulation Method (BOM)

Where are the classes?

Please visit www.boma-usa.org for a list of locations

How much does it cost?

The price is set by the host site, so costs may vary, but all have opportunities for scholarships

Number of Follow-ups?

3-6 follow-up chart reviews for three months after initial session.



Billings LIFE™
Leaders In Fertility Education

Si son una pareja de habla hispana, el método Billings (método sólo de flujo vaginal) ofrece materiales en español.

Overview

The Billings Ovulation Method® (BOM) is a natural fertility regulation method based on identifying fertility patterns and infertility patterns. It is based primarily on the observation of sensation at the vulva as the woman goes about her day. The secondary sign is cervical mucus. The Billings Method™ does not use temperature or any fertility gadgets. Couples follow four simple rules to postpone pregnancy.

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