

FOUNDING PRINCIPLES



"My body is me, I listen to what it tells me". To know it better is to discover the marvel that I am!

Aims

To facilitate your daily recordings, so that you can learn self-observation and discover your fertility and your cycles (progressive development of the cycle from puberty onwards, personal profile of fertility signs, ovulation period, predictable date of next period, variations in mood and physical condition linked to hormonal changes, impact of certain events on the progress of the cycle, possible abnormalities, etc.).

How to observe myself:

What I feel at the vulva without looking (SENSATION): during my daily activities (walking, stairs, ...) or by contracting/releasing the perineum several times (Kegel exercise).

What I see (OBSERVATION): what flows from the vulva, on underwear, in the loo, on loo paper (which I can fold/unfold to assess the elasticity of any secretion). **Do not look for anything inside the vagina.**

Caution: in the event of abnormal discharge (dirty or foul-smelling) and/or pain, itching, small sores near the vulva, etc., consult a doctor so as not to overlook an infection (sexually transmitted or other), which needs to be treated very quickly.

How to record it:

Daily observations: record **the most fertile sign of the day** IN THE EVENING (SENSATION and OBSERVATION).

Select **Start new cycle** on 1st day of menstruation, otherwise continue current cycle.

Among the possible notes, #1 and #2 are two types of events of your choice, always the same, and → corresponds to travel or unusual schedules (jet lag or late bedtime the night before, night shift, interrupted night,...). You can also record your basal body temperature (taken at the same time every day, before getting up) to observe its rise in the 2nd part of the cycle.


Cycle overview:

The **Cycles** tab summarises the cycle in a table, adding colours by default, but which **do NOT correspond to fertile or infertile periods of the cycle**.

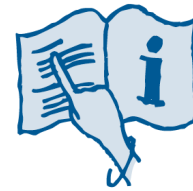
Clicking on a line allows you to reread a note or, with the help of your tutor, to manually interpret the cycle (see next page: **Advanced Guide** § 4).

Retention of recordings:

The data will only appear on your device (**lost cell phone = lost data**).

Tip: **Export your cycles as PDF** files (

CONDITIONS OF USE: I have read the above points and understand that **this application** will help me record my daily observations during my menstrual cycles, but **is in no way sufficient on its own to avoid** (or promote) **pregnancy**. I understand that if this were my goal, I would need to undergo **in-depth training with an instructor** specializing in natural birth control.
















1- Scientific basis

The self-observation proposed here is linked to the secretion of mucus (also called "cervical mucus") produced by the uterine cervix, and which flows to the vulva. Its properties throughout the cycle were discovered in 1953 by Dr John Billings (an Australian doctor and pioneer of self-observation methods (BOM)), and then scientifically studied at his request by the team of Dr Evelyn Billings and himself, Dr Erik Odeblad (Professor specialist in medical bio-physics at Umea University, Sweden), and Dr James B. Brown (Professor of Endocrinology, New Zealand).





It is recommended NOT to look for this mucus inside the vagina, as this would, among other things, distort observation or sensation. Moreover, at any point in the cycle, to reliably identify the different phases or the peak day, SENSATION AT THE VULVA TAKES PRECEDENCE OVER OBSERVATION.

2- Understanding mucus observation

1	No mucus observed	 	
2	Opaque white or yellow; thick, pasty or lumpy; sticky (non-stretchable)	 	Mucus of non-estrogenic type.
3	Opaque with transparent; somewhat stretchy	 	Intermediate mucus type, neither clearly opaque nor clearly estrogenic. Most often corresponds to the beginning of a change during an estrogenic surge, but can also appear immediately, without
4	Cloudy (white) to transparent; elastic	 	Estrogenic-like mucus, which may be partly white (white mixed with transparent). Clearly elastic.
5	Transparent; stringy (≈ egg white) or very fluid (≈ water)	 	Stringy, completely transparent mucus, which may even flow like a ribbon of water at the vulva.
6	Dried deposit, white or yellow	 	Dry deposit in the undergarment, in large or small quantities. May correspond to simple vaginal discharge, but also to dried mucus, which is why it is considered by default as observed mucus, until possibly proven otherwise after discussion with the tutor (N.B. the distinction between the 2 is difficult).
Mucus levels 3 to 5 (or even 6) suggest dominant estrogenic impregnation (incipient or established):			
<ul style="list-style-type: none"> • pre-ovulatory estrogenic surge, with or without the onset of ovulation • post-ovulatory episode of estrogenic dominance (sometimes observed in the middle or end of the luteal phase). 			
7	Other observation		In case of doubt regarding the observation, or for any unusual observation that could be something other than mucus, or even indicate an infection (sexually transmitted or not).

3- Cycles tab (summary table, cycle summary)






The colours in the 3rd column (after the date), automatic according to the chosen combination of vulvar sensation + mucus observation, are applied **by default pending your manual interpretation of the cycle** (see § 4):

- by default in **BLUE** (water colour)  = *any presence of moisture* (in SENSATION or OBSERVATION)
- by default in **YELLOW** (sand colour)  = *Dry + non-estrogenic mucus (opaque, non-stretchable)*
- by default in **BROWN** (earth colour)  = *Dry + no visible mucus*
- by default **COLOURLESS** = other situations
- **with a "?"** = "Other" sensation or observation.
- **DARK RED**  = clear bleeding (menstruation or other)
- **RED** = less abundant bleeding (beginning/end of menstruation; other)
- **RED PALE** = traces of blood, red or brown

N.B. any presence of blood automatically gives priority to RED.

4- Cycle analysis function

The ANALYSIS column, a duplicate of the automatic COLOUR column, allows manual interpretation of the cycle by clicking on one or more boxes to be modified. Optional, left to the discretion of the tutor or for advanced users.

- **flower**  : day called "peak" of the cycle = maximum of fertility = last day of slippery humidity in the fertile phase = imminent ovulation. Recognised the following day, i.e. *a posteriori*.
- **1, 2, 3**: days after peak (or after an episode of change in the BIP).
- **hatched**  : infertile periods (pre-ovulatory BIP; luteal phase infertile period)
- **BLUE**  : sensation and observation typical of an estrogenic surge, with or without a peak
- **YELLOW**  : *Dry + non-elastic opaque* **or other situation suggestive of a secretory infertile profile** (see "special cases")
- **BROWN**  : *Dry + no mucus* **or other situation suggestive of a non-secretory infertile profile.**

SPECIAL CASES:

Many of the boxes are colourless, as the user is never able to recognize the sensations ("*Unperceived*" sensation). If she can easily identify herself thanks to very characteristic and clear secretion profiles, she could colour the boxes according to the mucus alone, ignoring the sensation (while continuing to practise feeling it): BLUE for estrogenic mucus surges (*stretchy to stringy*), YELLOW for non-estrogenic mucus (*opaque not stretchy*) and BROWN for no mucus.




Box with a "?" because the user has recorded "*Other*" (sensation or observation). A discussion* with the tutor will clarify the nature of this "other" situation and colour the box accordingly.

*N.B. the same applies to "*Dried deposit*", to distinguish vaginal secretions from mucus secretions of one type or another.

Pre-ovulatory BIP and hatching: advanced self-observation users can identify their BIP.

Reminder: **BIP = Basic Infertile Pattern** = sequence that does not change day after day in the pre-ovulatory period (sensation and visual appearance remain the same, indicating cervical inactivity).

It can be of the following types:

- Non-secretory BIP: **dry + no mucus** (brown boxes, to be hatched )
- Secretory BIP: **dry + opaque mucus** (yellow boxes, to be hatched) **or sensation of moisture + opaque mucus** (blue boxes by default due to humidity, which can be coloured in yellow and hatched ).
- N.B. Case of dry BIP **dry + dried deposit** (colourless cells):
 - a) The dried deposit is clearly identified as:
 - dried mucus: colourless boxes to be coloured in yellow and hatched
 - dried vaginal discharge (without cervical mucus): colourless boxes to be coloured in brown and hatched
 - b) The deposit is not clearly identified: leave colourless and hatch 

5- History tab

Summarises the ANALYSIS columns for each cycle. **Click on the cycle number** to access its *Summary* table and (re)analyse it if required.

The **Send back to previous cycle** button can be used to cancel the creation of a new cycle by mistake, e.g. when bleeding was mistaken for menstruation.
