



Fig. 13: What a woman learns during breastfeeding will help her understand irregular cycle patterns during pre-menopause.

junction with your temperature rises, you have to chart them onto your own calendar as shown in following three illustrations (the easy way). The complete symptothermal cycle recording (more time-consuming but more precise) is explained on the enclosed chart.

Putting things into practice: charting cervical mucus and temperature into your diary or onto your calendar

To learn the Pk identification and to manage your Pks over months in con-

The common situation for contraception: the green light comes back on the same day as Pk+3.

Fig. 14: Comments: for the sake of simplicity, the new cycle starts on the 1st day of the month, which is exceptional. The previous cycle lasted 22 days (as will this cycle, which is very short) and therefore gives a green light only on the first 3

days during menstruation (rule «shortest cycle – 19 days»). The woman resumes temperature recordings on the 4th day of her cycle, which is the first red day. She has charted the menstruation and the Bioself signs as well as sexual unions (⊗, ○ meaning protected by a condom). The situation: It is Thursday morning May 12th after temperature taking. Bioself displays green. The Monday Pk was identified on Tuesday and the end of fertility is forecast for Thursday evening.

With the green indication (temperature rise), the forecast for absolute infertility is verified and the couple can have unprotected (day and night) sex again from Thursday evening until the end of the cycle.

Rare exception A: the green light reappears one or two days too early compared to Pk+3.

Fig. 15: Again, the Monday Pk was identified

May 2005		Bioself	Menses	Sex
Su	1	●	♦♦♦♦	
Mo	2	●	♦♦♦	
Tu	3	●	♦♦	
We	4	●		⊗
Th	5	●		
Fr	6	★		⊗
Sa	7	★		
Su	8	★		
Mo	9	★		PK ↗
Tu	10	★		1 ↘
We	11	★		2 ↘
Th	12	●		3 ↘ ⊗
Fr	13	●		⊗
Sa	14	●		⊗
Su	15	●		⊗
Mo	16	●		⊗
Tu	17	●		⊗
We	18	●		
Th	19	●		
Fr	20	●		⊗
Sa	21	●		⊗
Su	22	●		⊗
Mo	23	●	♦♦♦♦	
Tu	24	●	♦♦♦	
We	25	●	♦♦	

Infertile: no temp. needed!

May 2005		Bioself	Menses	Sex
Su	1	●	♦♦♦♦	
Mo	2	●	♦♦♦	
Tu	3	●	♦♦	
We	4	●		⊗
Th	5	●		
Fr	6	★		⊗
Sa	7	★		
Su	8	★		
Mo	9	★		PK ↗
Tu	10	★		1 ↘
We	11	●		2 ↘ ⊗
Th	12	●		3 ↘ ⊗
Fr	13	●		⊗
Sa	14	●		⊗
Su	15	●		⊗
Mo	16	●		⊗
Tu	17	●		
We	18	●		
Th	19	●		
Fr	20	●		⊗
Sa	21	●		⊗
Su	22	●		⊗
Mo	23	●	♦♦♦♦	
Tu	24	●	♦♦♦	
We	25	●	♦♦	

Infertile: no temp. needed!

tified on Tuesday and the end of fertility forecast for Thursday evening Pk+3. It is Wednesday morning May 11th after temperature taking. Bioself displays green already. Why? Progesterone hormone invaded the ovulating follicle too early. It is not the «mistake» of Bioself! The absolute infertility starts only at the Pk+3 forecast: Thursday evening. For this reason, the couple used a condom Wednesday.

The non- risky exception B: the green light reappears one or two days late compared to Pk+3

Fig. 16: As previously seen, the Monday Pk was identified on Tuesday and the end of fertility is forecast for Thursday evening. It is Friday morning May 13th. Bioself displays green only now. The delayed temperature rise is caused in most cases by progesterone insufficiency as this happens often after the age of 35, but also sometimes before. If Bioself remains on red, there is a good chance that you did not ovulate at all or that your cycle was too short.

As Bioself gives the green light on Friday morning, absolute infertility starts only Friday evening.

May 2005		Bioself Menses Sex		
Su	1	●	●●●●	
Mo	2	●	●●●	
Tu	3	●	●●	✕
We	4	●		
Th	5	●		
Fr	6	✱		
Sa	7	✱		⊗
Su	8	✱		⊗
Mo	9	✱		
Tu	10	✱	PK	
We	11	✱	1	
Th	12	●	2	
Fr	13	●	3	✕
Sa	14	●		✕
Su	15	●		
Mo	16	●		
Tu	17	●		
We	18	●		
Th	19	●		✕
Fr	20	●		✕
Sa	21	●		
Su	22	●		✕
Mo	23	●	●●●●	
Tu	24	●	●●●	
We	25	●	●●	

Reminder

If Bioself does not display green on the fourth or fifth day or later, you have an ovulation problem or cycles that are too short. Apply the Billings rule: From the 4th evening after Pk, whatever happens to the temperature curve (Bioself continuously showing red), you can consider yourself as infertile as at the beginning

of the cycle as long as you don't see any mucus sign. You may have several Pks until the next bleeding.

