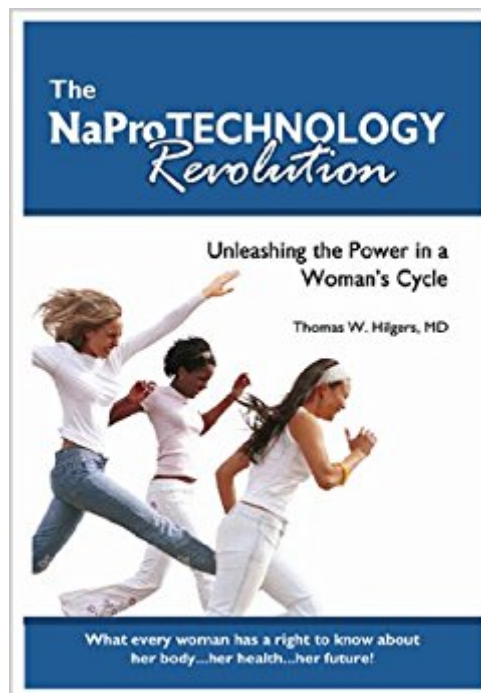




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# The NaPro Technology Revolution: Unleashing The Power In A Woman's Cycle



## Synopsis

Dr. Thomas W. Hilgers draws on decades of medical experience to provide educational and revolutionary insights into the world of women's health. The NaPro Technology Revolution provides real solutions to real problems such as infertility, repetitive miscarriage, menstrual cramps, postpartum depression, PMS, prematurity prevention, ovarian cysts, hormonal abnormalities, irregular/abnormal bleeding, chronic discharges, polycystic ovarian disease, and family planning. Hilgers sheds light on abnormal ovarian function, an issue that millions of women unknowingly suffer from. His methods have proven to assist infertile couples nearly three times more successfully than those who use In Vitro Fertilization, without the dangers of early abortions, frozen embryos, or high rates of multiple pregnancy. The NaProTechnology Prematurity Prevention Program cuts the rate from the national 12.7% to 7%. The NaPro Technology Revolution discusses what every woman has a right to know about her body, her health, and her future!

## Book Information

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## Customer Reviews

Dr. Hilgers is the director of the Pope Paul VI Institute for the Study of Human Reproduction and the senior medical consultant in obstetrics, gynecology, and reproductive medicine and surgery. Dr. Hilgers is a clinical professor at Creighton University School of Medicine. He co-developed the Creighton Model FertilityCareT System and recently created the new women's health science of NaProTechnology.

I have mixed feelings about this book. I bought this book several years ago when I was learning the method because I was hoping it would be more of a TCOYF approach to explaining the method in the context of family planning. **THAT IS NOT WHAT THIS BOOK IS.** (Hence many of the critical reviews.) Even as an instructor-taught user of the system, it confused me, and it does come across as very defensive in tone. The italics and bolding are just the worst. Trust me when I say, it's literally in everything PPVI does and if I could rip it out and edit the mess out of this book and everything else they publish, I would in a heartbeat. I now teach this method, and I also now understand the context for this book. This is a condensed version of a large medical textbook written for medical consultants for NaProTechnology. It didn't make ANY sense to me until I became a teacher of the method. Now it's a very valuable resource as I help my clients navigate their health. Whenever he refers to the Creighton method of charting in this book, it's solely in the context of putting the medical protocol into context. This book is not about the charting method. It's about NaProTechnology, the medical protocols developed from the standardized charting used in the Creighton Model. So if you're looking for a book about the method, this isn't it. It was never meant to be that. It's aimed largely at medical professionals even though it's not marketed as such. (One of many struggles in their marketing department, I assure you.) Having been a personal beneficiary of NaPro's medical protocols both for health and fertility after four losses, I can guarantee you that it's no more of a money-making scheme for the teacher than someone who teaches piano lessons or private tutoring for an hour (and you want someone to be exceptionally thorough with your fertility, right?), though price can vary by teacher and location while many of us also teach pro bono or at prorated rates depending on income or financial distress. Sure, not all teachers are created equal, but that's true for anything. Thankfully many of us teach online these days so it's relatively easy to find someone new if you hate the person local to you. Long story short, this is not a "user-friendly" book under any circumstances. It does contain valuable information for health if you can look past the defensive tone and the unnecessary italics and bolding. Enjoy!

Need to have a medical background to really understand the book but it is packed with good information.

My daughter and I have suffered from many hormone- and fertility-related issues since puberty, and both of us have had many female hormones and birth-control products prescribed to control the symptoms, as well as the pain. But these so-called solutions just made bad situations worse! I'm so thankful that, through a miracle, we learned about Dr. Hilgers and his treatment methods. Finally,

there's hope!

I have fallen in love with NaPro technology and wanted to learn more, so I bought this book. I found it incredibly informative and interesting. The difference in NaPro doctors and Regular OBs/REs is that NaPro doctors aim to pinpoint the problem and eliminate or treat it rather than eliminating only the symptoms. Not everyone wants birth control for irregular periods or IVF for infertility, so it's nice to see a group of doctors and scientists committed to uncovering and offering other options for women. I appreciate that they study things other doctors don't seem to think of or care about - like the link between low progesterone and placental abruption and/or late term loss. So many doctors would say that "these things happen" and would brush them off as "random", but NaPro doctors know the important role of progesterone and continue to study it. This book is full of good information backed by studies, and while it's probably not for the average person who leaves her care 100% in her doctor's hands, it's invaluable for the woman or couple who wants to advocate for appropriate care or wants to learn more about hormones and the female reproductive system.

Life changing book!!!!!! I wish every medical school in the world taught doctors this information!!!! Instead all mothers-to-be & fathers-to-be should educate yourself with this book!

This book offers a real alternative for those of us who don't want to receive just the treatment of a symptom, but want answers and solutions for infertility, cramps, irregular cycles, miscarriage,... This book offers the answers I've been looking for. Infertility is a very sensible topic, and most of the doctors just send you to the fertility clinics where they sell you IVF treatments, but no real solutions for your problem, which they don't even look at. This is a book all medical doctor and medical student should read. It opens the perspectives, presents a different way to look (and practice, if you are a specialist) the gynecology and obstetrics. Although the author is Catholic, he presents arguments in this book that are valid for everyone. All it needs is an open mind to consider a totally different way to consider women's health.

Amazing book! Every woman and couple should read it!

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