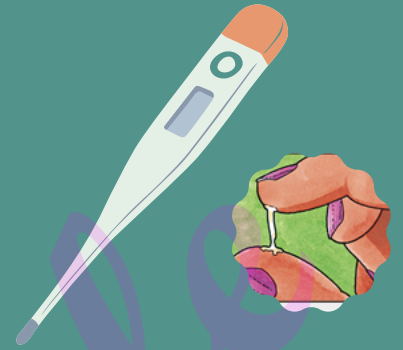


LEARN HOW TO MANAGE YOUR FERTILITY

THE SYMPTO-THERMAL METHOD FOR
EVERYONE WITH SYMPTO STARS



- Identify your fertile and infertile days
- Find out if you are ovulating and when.
- Say goodbye to hormonal contraceptives
- 99.6% contraceptive efficacy



This free sample does not contain all the pages.
You can buy the complete book or receive it as a welcome gift
when you purchase your learning plan at sympto.org

Learn how to manage your fertility

The sympto-thermal method for everyone with *sympto Stars*



Written by **Marta Mondéjar**

(Special thanks to Gina Kretschmann for her corrections on the English version)

This manual that you hold in your hands has been written and published with the authorization of Fondation SymptoTherm. It explains how to use the ***sympto Stars*** educational platform, provides instructions on how to observe the biomarkers of the female cycle, and explains the rules of interpretation of the ***sympto***[®] **Method**, the sympto-thermal approach synthesized and improved by Dr. R. Harri Wettstein and Christine Bourgeois.

Created by SymptoTherm Foundation, ***sympto***[®] is (1) a sympto-thermal method called Symptothermia (b) a school with an international counselor team and a unique educational online platform, and (3) an app which interprets correctly according to our method.

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Introduction

Nowadays, more and more women are finding, to their astonishment, that they can easily manage their fertility without resorting to hormonal or invasive contraceptive methods.

Several methods of fertility awareness enable us to determine with relative ease which days are fertile throughout the women's cycle.

With this valuable information, the couple can, in a collaborative way that will benefit their relationship, decide how to live their sexuality on fertile days, according to their desires and goals.

At the **sympto[®] School**, we have chosen to teach the sympto-thermal method because it has been recognized by numerous scientific studies as the most effective fertility awareness method for preventing pregnancy. At the same time, it provides valuable information for the couple looking for a baby.

The sympto-thermal method has been developed by different schools, with slightly different approaches, and some differences in the application of its rules.

The degree of effectiveness of these different approaches varies, so at **sympto[®] School**, having studied them thoroughly, we made a careful synthesis of the most effective approaches. At the same time, we ensured that the couple enjoyed the maximum number of possible infertile days. Thus came into being the **sympto[®] Method**.

We recognize the effectiveness and practical value of other sympto-thermal approaches and other fertility awareness methods.

Depending on their lifestyle, circumstances and objectives, the couple might consider using a fertility awareness method or a different approach to the sympto-thermal method than the one we are proposing.

However, we have found it important to offer our synthesis to those couples who want to bet on maximum effectiveness to avoid pregnancy.

On the other hand, the *sympto*[®] School offers a teaching methodology, practical and unique until now in this field, which facilitates and accelerates learning.

Aware of the importance of learning the sympto-thermal method with an instructor, we offer an online educational platform specially designed for the meeting and interaction of the instructors and the students.

This platform is based on an intelligent application called ***sympto Stars***. This application guides the student in recording her observations and can even interpret them correctly according to the *sympto*[®] Method, the approach synthesized by the School.

This allows her to quickly see how to apply the rules she has read about in this manual.

The job of her instructor will be to help her with her own experience to record her observations precisely, understand the rules correctly, and teach her how to handle complex situations.

Thus, the *sympto*[®] School offers an online and distance learning method aimed primarily at 21st-century women seeking practical and personalized learning.

In addition, the *sympto*[®] School has created a new language, designed to facilitate the learning process. For instance, we use an icon language that covers all cervical fluid types in the simplest way.

Also, in 2012, we invented the French word “Symptothermie” (**Symptothermia** in English) to refer to the sympto-thermal method. Symptothermia, indeed, is the lifestyle of the woman who uses our app and our method!

The female cycle

This manual will help you discover that the female cycle follows a logic, that is, it works in a particular way, and you will see how useful it is to know how it works!

In fact, the menstrual cycle is essential for our well-being and our health present, and future, even beyond the fertile years.

But, unfortunately, millions of women cancel or replace their natural cycle with an artificial cycle created by hormonal contraceptives which, in the end, are riddled with side effects.

It is true that, in many parts of the world, women don't have a choice. But, if you have a partner who is willing to collaborate and get involved in family planning, you can exercise your birthright to have a menstrual cycle. You'll enjoy its benefits and, incidentally, you'll be free from the side effects of hormonal contraceptives, including lack of libido.

You will also discover that self-management of fertility is possible, uniquely and precisely, thanks to the functioning of the female cycle. And this will undoubtedly help you to realize that your body is wise, powerful, and wonderful. Knowing it will allow you to fully reconcile with your femininity, your menstruation, and your cyclicity. From there, to feel like a goddess, there is only one step!

The sympto-thermal method (Symptothermia)

The sympto-thermal method is a fertility awareness method based on the observation of two biomarkers: cervical fluid and resting temperature. At our School, we call it **Symptothermia**.

A biomarker is a biological indicator through which our body speaks to us, giving us information about its condition.

Additionally, the internal sensation at the vulva or vaginal opening, and the position, degree of openness, and texture of the cervix can be helpful, especially in the absence of cervical fluid.

When you start, we recommend that you focus solely on observing cervical fluid and resting temperature.

On a chart, which we call a **cyclograph**, we record the results of our observation daily and then apply a set of rules that will allow us to interpret the data and identify the fertile window.

The rules that we use at the *sympto*[®] School have been carefully chosen to guarantee the *sympto*[®] Method effectiveness, based mainly on the European schools NFP-Sensiplan and INER-Rötzer. At the same time, we have tried to simplify and facilitate learning.

While learning the rules may be relatively easy in the beginning, observing the biomarkers and correctly recording the results requires the guidance of an instructor, who is an expert in the method. This will ensure contraceptive efficacy as well as optimize chances of pregnancy.

Because of the importance of receiving this guidance, we have developed our educational platform. It makes it easier for you and your instructor to work together on your cyclograph and communicate effectively regardless of distance.

So you can focus on learning how to observe your biomarkers, we will go through the sympto-thermal rules to interpret your cyclograph in a practical way later in this manual.

sympto Stars: an educational app



In 2006, the secretary of the Symptotherm Foundation, Dr. Harri Wettstein, developed *sympto*, the first app capable of interpreting a chart following the rules of the *sympto*[®] Method.

In 2016, *sympto*[®] was chosen by FACTS, a North American medical association, as the most reliable interpretive, sympto-thermal app on the market.

In November, 2021, the Symptotherm Foundation launched *sympto* Stars, an upgraded, more modern, and user-friendly version available for Android, iPhone, and any web browser.

Like its predecessors, the most remarkable thing about *sympto* Stars is that the app can interpret with total accuracy, total accuracy, according to the *sympto*[®] Method rules. It is primarily a tutorial that supports us daily with learning messages and connects us directly with an instructor, an expert in the method.

Of course, it is not about a simple message box or chat! The instructor can see and correct her client's cyclograph, discuss salient teaching points and advise her. This represents a true evolutionary leap in our digital age, and *sympto* Stars is the only app that accommodates it comprehensively.

sympto Stars has become a unique, modern, and reliable tool to teach and learn the Symptothermia online thanks to the message mailbox and the interaction between instructor and student in real time on multiple devices.

Before you start watching your cycle

To take your resting temperature, you will need a high-precision digital basal thermometer with two decimal places or a galinstan thermometer.

You can find a galinstan thermometer in any drugstore but it can take three to eight minutes to get your resting temperature with this type of thermometer. For this reason, we recommend investing in a good-quality digital basal thermometer, which will take just one minute to get excellent results. If you can't find this type of thermometer in drugstores, you can buy it online.

If you take the pill or use another hormonal contraceptive, the first step is discontinuation. It is advisable to finish it correctly, following the directions on the package insert.

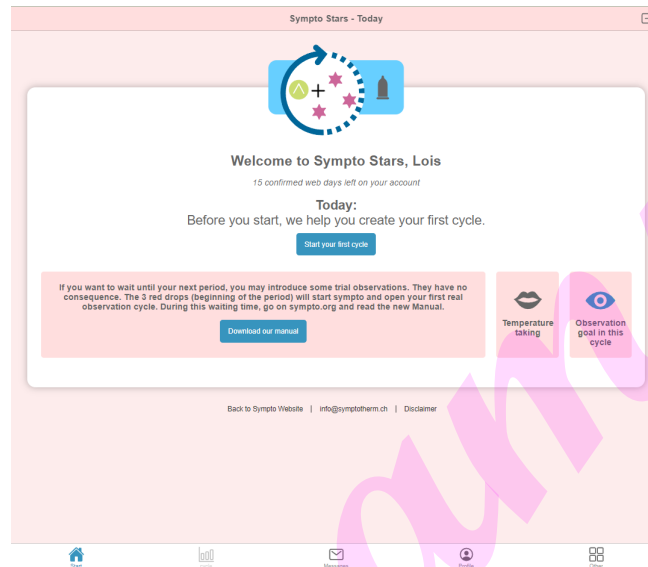
Once your natural bleeding returns, you can start biomarker observation.



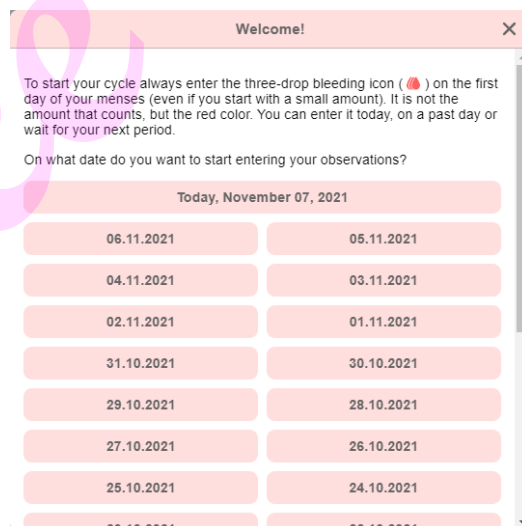
How to get started with the app: the basics

Create your first cycle on *sympto* Stars

When you log in for the first time or open the app, after creating your **sympto**[®] account, you will find a welcome screen designed to help you create your first cycle.

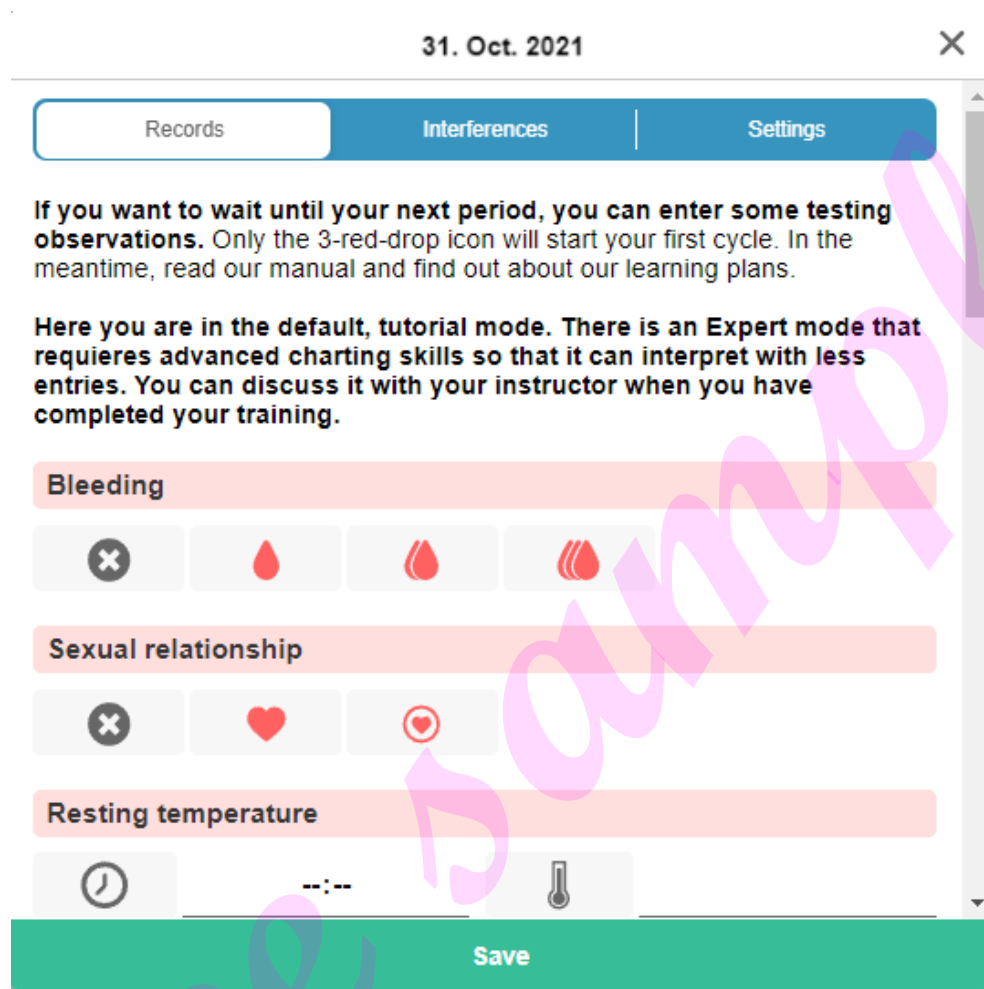


The **Start your first cycle** button will allow you to choose a recent date when your last menstruation started.



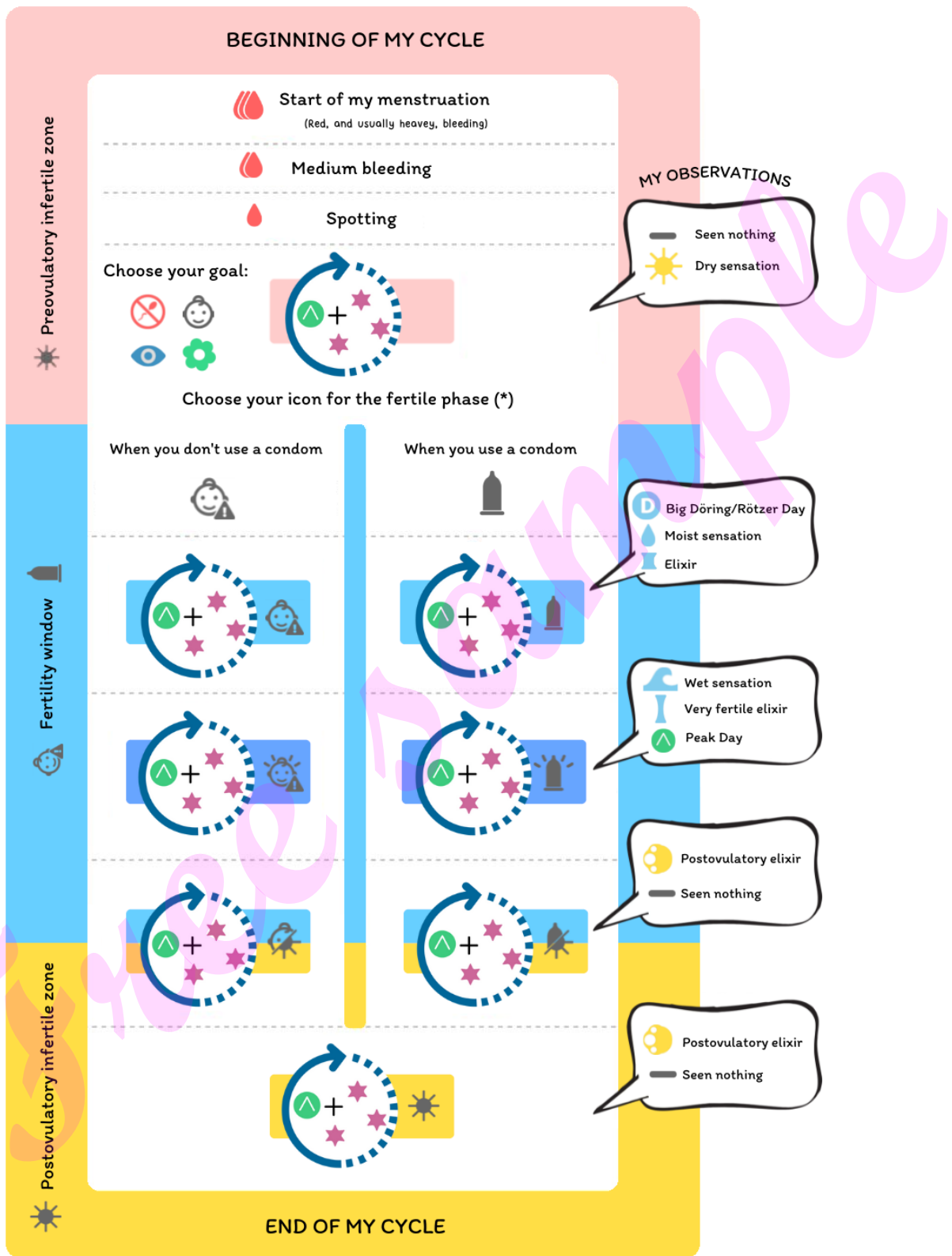
You will then see the **observation panel** of the selected date where, as we will see, you can record the observations, annotations, and possible Interferences of each day.

Once in the observation panel, you must use the three-drop bleed icon to start your first cycle on *sympto* Stars.



If you prefer to practice until your next period arrives, you can enter any other icon, including the red two-drop icon or the red single-drop icon. Neither will start your first cycle. Each icon appears with an explanation of what it represents.

Your cycle outline: icons and colors



(*) Only change it when necessary

Fill in your profile

You can fill in your profile after starting your first cycle and selecting your goal for this cycle by clicking the gear icon. You access it through the Profile button that you find below your cyclograph.

Completing your profile is very important as it gives your instructor details about factors relevant to your cycle.

Contact your instructor

You can contact your instructor or the *sympto*[®] School if you have any technical issues through the message box, also found below your cyclograph.

What is new in *sympto* Stars is that you will be able to send pictures through the message box. You can use this feature to send photos of your cervical fluid to your instructor if you wish.

Discover much more

The Others button, also below the cyclograph, gives you access to various buttons that we encourage you to explore.

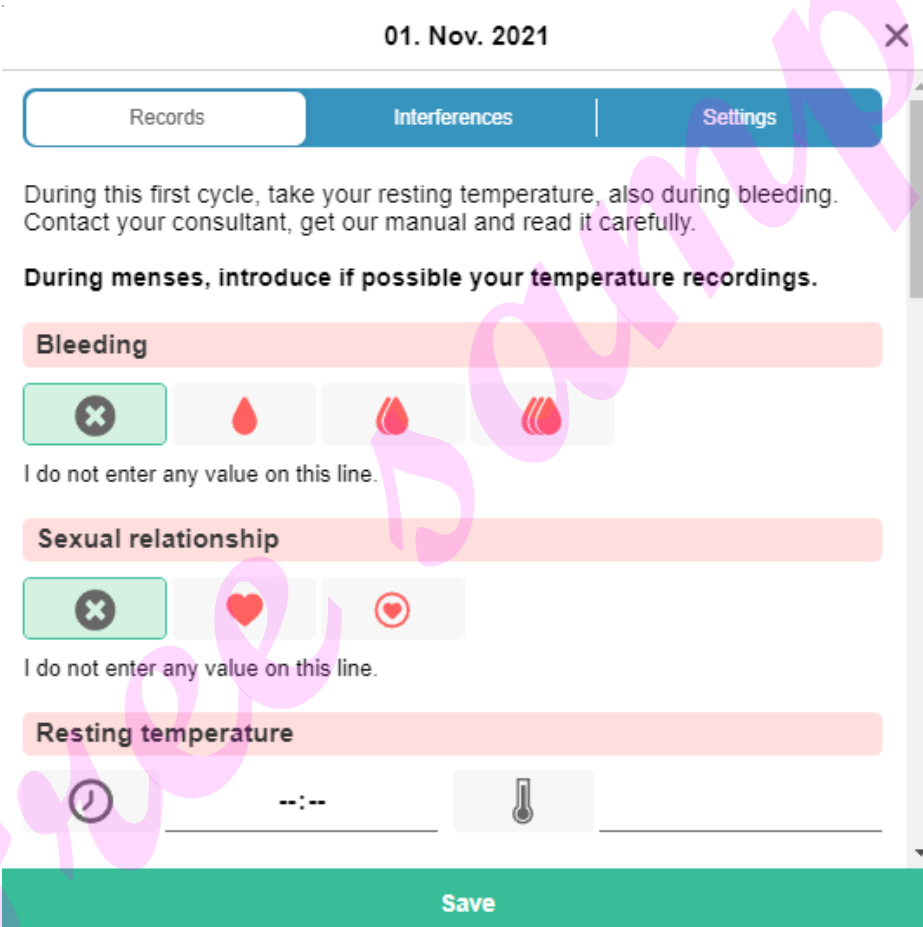


The observation panel

The observation panel is the place where we record the observations of each day.

To access it, click on the **Observation Panel** button on the Home section. You can also click on any day of your cyclograph to access the observation panel for that day.

Once you access the panel, you can see that it is divided into three sections: Records, Interferences, and Settings.



01. Nov. 2021

Records Interferences Settings

During this first cycle, take your resting temperature, also during bleeding. Contact your consultant, get our manual and read it carefully.

During menses, introduce if possible your temperature recordings.

Bleeding

I do not enter any value on this line.

Sexual relationship

I do not enter any value on this line.

Resting temperature

Save

We will now look at the headings contained in each section of the observation panel, one by one, and we will go deeper into each of them to correctly record our observations.

Increasing your chances of becoming pregnant

The sympto-thermal method is better known among women seeking pregnancy than among those who want to avoid it. The reason is that knowing your most fertile days and learning to identify in time the approximate date of your ovulation significantly increases your chances of becoming pregnant.

The study "Results of infertility treatment with the sympto-thermal method in a Spanish study" published in Vol. 21, No. 2 (2020) of the journal *Matronas Profesión* revealed that, in specific cases of low fertility, 40.7% of women aged 35 years or more and 42.2% of women with a chronic disease achieved gestation. 13.3% of couples with low male fertility were also successful. Additionally, 17.6% of couples with infertility for whom Assisted Reproduction Techniques (ART) had failed also succeeded using the sympto-thermal method.

It is clear that training in the sympto-thermal method is a first line of treatment considering it is free from side-effects and non-invasive. In fact, it is your best starting point.

If your charts show that you are ovulating regularly and still cannot achieve pregnancy after one year of trying, ask your partner to get tested. If his sperm count is within fertile range, see a doctor to be examined for other causes of infertility.

At that time, your doctor will find it very useful to see your charts. Later, we will explain how to share your *sympto* Stars charts with a medical provider.

But let's not get ahead of ourselves! Most importantly, do not get stressed out. Stress is the enemy of ovulation. So, relax and enjoy the ride!

The first step is learning to observe your cycle and record your biomarkers to identify your most fertile days. Review pages [18-30](#) of this manual if necessary.

Avoiding pregnancy while breastfeeding

The female body is amazingly prepared to avoid a new pregnancy during breastfeeding.

Nature is wise and foresees that your baby needs all your attention and care. Therefore, your body has a contraceptive mechanism that ensures that you do not become pregnant again too soon. This mechanism is related to the frequency and intensity with which you breastfeed your baby.

To maintain your infertility for as long as possible during this stage, you should follow the recommendations by La Leche League that we will explain below. However, if you do not wish to follow them strictly or at all, your body will still need some time to return to normal.

During that time, you will not be able to use the sympto-thermal method. Instead, you will have to learn how your body behaves after childbirth. You will have to learn to observe the signs that indicate that your fertility is returning.

Therefore, to manage our fertility with *sympto* Stars, we will use a version of the LAM (Lactation and Amenorrhea Method), combined with a more restrictive principle taken from the NFP-Sensiplan School. But we will manage without temperatures as it is neither helpful nor practical to take them during breastfeeding.

Knowing the advantages and disadvantages of strictly following La Leche League's recommendations will help you make conscious and well-informed decisions during this stage.

Whatever you decide to do, using our version of LAM will help you manage your fertility without resorting to the mini-pill. In this way, you will avoid transmitting synthetic hormones to your baby through your breast milk.

Avoiding pregnancy during perimenopause

We want our app, *sympto* Stars, and what you learn in our School to accompany you throughout your fertile life. Therefore, we could not neglect such an important stage as perimenopause: Your time of hormonal recalibration, according to author Lara Briden.

Although fertility decreases during perimenopause, pregnancy is still possible. So you may want to learn how to manage it during that time.

Perimenopause usually begins between the ages of 40 and 50. Of course, every woman is different, and your cycles may be unchanged until later.

We recommend buying one or two good books on the subject, such as *The Wisdom of Menopause* by Christiane Northrup or *Hormone Repair Manual: Every Woman's Guide to Healthy Hormones After 40* by Lara Briden.

You can identify the arrival of perimenopause when you regularly experience one or more of the following symptoms:

- The temperature rise is delayed until the fifth day after Peak Day or even later.
- The preovulatory phase is shortened, and your Big Döring-Rötzer Day is placed on CD 4, or even earlier.
- The temperature rise becomes less pronounced and more irregular. The postovulatory phase shortens or fluctuates.
- Your temperature rise may be incomplete indicating ovulation did not occur.

When you enter perimenopause, activate Perimenopause mode in the observation panel. If you are unsure, contact your instructor.

Breastfeeding and Peri-menopause modes

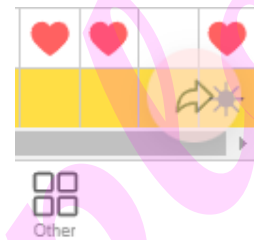
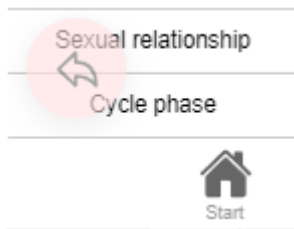




Peri-menopause mode

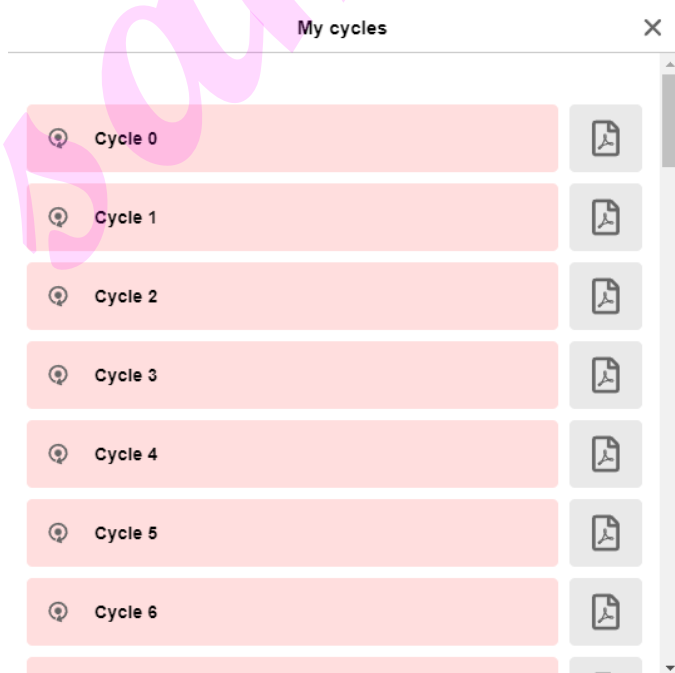
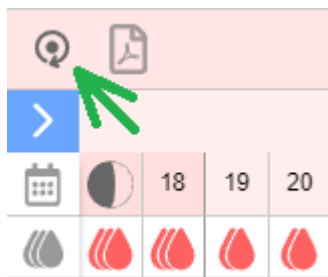
Browsing, downloading and printing your cycles

Once you have charted several cycles in *sympto* Stars, you can visualize, share or print a specific cycle. It's easy!

To navigate through your cycle, and move to the previous or next cycle, use the pink dates at the bottom right and left of the cyclograph.



If you want to view a particular cycle, click on the cycle icon , and *sympto* Stars will display your cycle list. If you want to download or print your current cycle or any other, press the  icon.



Our learning programs

We have created *sympto* Stars to enhance the learning process of Symptothermia and reach as many women as possible.

Thanks to our app, learning the sympto-thermal method becomes a personalized and easy experience for every woman with a smartphone and an Internet connection.

However, it is essential to learn Symptothermia with the help of an instructor.

Reading or learning the theory is not enough. You need an experienced woman to be by your side, offer you support, see the mistakes that *sympto* Stars won't be able to detect, and give you the answers that you won't find in any manual.

Furthermore, the security and peace of mind that comes with having a consultant with you during your training is well worth the investment. In fact, if you do the math, you'll see how much you'll save on pills and condoms. More importantly, you'll be investing in yourself, your health and even your relationship.

For this reason, *sympto*[®] School offers you learning plans with the *sympto* Stars educational application. You can buy any of them at sympto.org.

Below we explain what we offer in each of our plans, so you can select the one that suits you best.

Basic Plan for Symptothermia

For six months, you will have web access to our platform, and your instructor will be available to answer your questions once a week and validate your temperature rise and the closing of your fertility window. She will be available to have one emergency consultation per month. Communication will be through the Sympto Stars message box. We have designed this program for independent learning. You are the one to contact your instructor when you need her.

As a welcome gift, you will be able to download a free copy of our manual *Learn how to manage your fertility. The sympto-thermal method for everyone with sympto Stars*.

Advanced Plan for Symptothermia

For six months, your instructor will actively guide you and contact you if necessary. In addition, she will be available to answer your questions twice a week and validate your temperature rise and closing of your fertility window. She will be available to have two emergency consultations per month. Communication will be through the *sympto* Stars message box. You will have web access to your cycles for 12 months.

In addition, during the six months of learning, you will also be entitled to one 20-minute consultation per month, via telephone or videoconference. Your partner can also participate in a consultation, for example the first one if you need to talk to him about the method.

As a welcome gift, you will be able to download a free copy of our manual *Learn how to manage your fertility. The sympto-thermal method for everyone with sympto Stars*.

Expert Plan for Symptothermia

You will have web access to our platform forever. For twelve months, your instructor will actively guide you and contact you if necessary. In addition, she will be available to answer your questions twice a week and validate your temperature rise and closing of the fertility window. She will be available to have one emergency consultation per week. Communication will be through the *sympto* Stars message box.

During the twelve months of learning, you will enjoy up to 9 hours (540 minutes) of consultation via telephone or videoconference, which you can set as you prefer. (For example, 45 minutes per month). Your partner can also participate in a consultation, for instance, the first one if you need to talk to him about the method.

In addition, depending on the particular services and skills of the instructor you hire, the service may include naturopathy, homeopathy, herbal medicine, lactation consulting, free bleeding, jade egg, active listening, feminine empowerment, emotional intelligence, sexuality, charting during illness, etc. Ask your instructor which of these services she is an expert in.

As a welcome gift, you will be able to download a free copy of our manual *Learn how to manage your fertility. The sympto-thermal method for everyone with sympto Stars*.

Furthermore, we will send you a CycloTest Lady basal thermometer.

We wish you a happy learning!