

NATURAL CONCEPTION CONTROL

Jonas method



since 1956

Dr. Eugen Jonas

Natural conception control – Jonas method

Authors: MUDr. Eugen Jonas, Stella Jonas

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Web: centrumjonas.com

Contact: info@centrumjonas.com

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"Such an important event as the birth of a new human being has to have its rules.

There are certain principles which regulate fertile and infertile days of a woman, it is only necessary to find them."

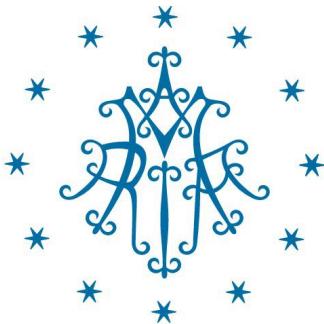
MUDr. Eugen Jonas – Slovak doctor and the author of the method of NATURAL CONCEPTION CONTROL.

He studied medicine and graduated from the Comenius University in Bratislava and he passed special examinations in psychiatry at the Charles University in Prague.

He worked at several psychiatric clinics, he worked as a senior consultant as well as a court expert.

His interests included psychology and the impact of biorhythms, but his greatest success was the Natural Conception Control. He started his research in this field following the introduction of legal abortions, which he did not agree with.

In 1971 he was proposed for the Nobel Prize by the scientists from Columbia University in New York, and again in 2000, when the motion came from Argentina, Buenos Aires.



15. AUG. 1956



Ave Stella Maris!
Accipe in manus Tuas
Imagines meas
et fata earum.

Hail Star of the See
Accept in your hands
my discoveries
as well as their further fate.

Dr. Eugen Jonas

15. August 1956

This commemorative plaque was kept in the Lourdes Grotto of Our
Lady under the Calvary in Nitra.

NATURAL CONCEPTION CONTROL

Jonas method

Thanks to the Conception Method of Dr. Eugen Jonas we can determine the fertile and infertile days in women. Thus, we can calculate the most suitable days when a sexual intercourse can lead to conceiving a baby or the days on which sexual intercourse will not lead to a pregnancy.

It is based on two separate and independent fertility rhythms. Apart from the fertile days according to the period cycle, it also takes into account the fertile days based on the biorhythms, which are calculated for every woman individually.

It is these biorhythms that conception occurs in, in up to **85%** of cases.

This conception method does not involve taking any medicament, therefore it has no negative effect on the body.

The success rate of the Natural Conception Control method over the 60 years of its use is **98.6%**.

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THANK YOU LETTERS

Hello Dr. Jonas,

we had been trying for a baby for 3 years, with no success. According to your calculation we conceived our son (I was diagnosed with endometriosis and one of my ovary has been removed). Unfortunately, I am unable to have more children. We are very thankful for your help.

Family S., SR

Dear Dr. Jonas,

I am a grateful mother who used your calculation and after 7 years of waiting gave birth to a healthy boy. Words are not enough to thank you for this!

K.K., Hungary

Hello,

I would like to ask you for a new calculation. We would like to have a second child. Although I have one fallopian tube blocked and a higher level of antisperm antibodies. My husband has a problem with sperm morphology, the count of the sperm. In spite of that, I got pregnant for the first time thanks to your calculation.

V.F., SR

Dr. Jonas,

Thank you for the calculation. We had been trying for our second baby for a few years, even 2 IVF treatments were unsuccessful. The problem was with sperm and we were told that we cannot conceive naturally. And today I am very happy to say that according to your calculation I got pregnant without any problem!

D.K., Austria

Hello Doctor Jonas,

I would like to warmly thank you for your calendar.

After three years of unsuccessful trying to become pregnant and one miscarriage, by the end of May this year we are finally expecting, according to your calculation- a girl.

I wish you a lot of success in your work and your private life, strong health, and especially a lot of happy young couples who you will have helped to.

M.G., Switzerland

Dr. Jonas,

I would like to ask for another calculation of infertile days. I was satisfied with the previous calculation.

I.M., Ireland

Hello,

in July we received a calendar for a girl, since we already have a boy. In August, we tried for the first time exactly according to the given date and it worked. We are expecting a healthy baby girl.

Ivana, SR

Dr. Jonas,

After three years of unsuccessful trying to become pregnant I applied for my fertile days calendar and I got pregnant in 2 months. I am 42 years old and expecting my first child.

A.M.

Hello,

I would like to thank you with all my heart. Your calculation was accurate. I am expecting a healthy baby girl, exactly according to the calendar.

M.C., Italy

Dear Dr. Jonas,
thank you for your calculation of fertile days. We have been trying for a baby for more than two years, and the doctor told me that I wouldn't even get pregnant without menstruation (I had a long-term problem with my period, my period came 3-4 times a year, after it was induced). According to the calculation, I got pregnant after a few months.

K.P., Czechia

Doctor Jonas,
Your calculation was precise and the labor happened at the night time.
Now I would like to ask for a calculation of infertile days.

D.B., USA

Hello Dr. Jonas,
I asked for a calendar and today I am very happy to let you know that I am 6 weeks pregnant. After 1, 5 year of no success we conceived on the first date according to your calculation.
Thank You for our happiness!!!

Lucia a Matteo, Italy

Dr. Jonas,
I would like to apply for the calculation of my infertile days.
According to your calendar from last year I gave birth to a healthy baby girl.

H.K., UK

Doctor Jonas,
despite the fact that an ovulation test was negative for the date you indicated in the calendar for me, I got pregnant.
After one year of trying we will soon become parents.

P.Z., Germany

THE ORIGIN OF DISCOVERIES

In the summer of 1956, an abortion law was enacted in Hungary; a medical intervention that removes an already living foetus from a woman's body. Hungary was the second country in Europe, after the former Soviet Union, where this inhuman and ungodly law, allowing the murder of unborn children, became a reality. There was a serious fear that other countries would follow this misguided example.

When doctors receive their university diploma, they promise to protect the health and life of their patients, and now they are expected to kill because the law allows it! Not to mention that such an intervention also presents a risk to the woman herself, both during the intervention as well as in the aftermath. Infection can be contracted, permanent disorders such as pathological infertility (the couple would like to have a child later, but that is no longer possible) can occur. And the mental and moral side is also important. The conscience begins to echo: "I killed my own child! I have committed a crime." Depression, endless remorse. Who will help these women? The legislators did not consider this at all.

For this reason, Dr. Jonas began to investigate the idea of how to naturally prevent pregnancy, so that there would be no need for unwanted interventions. Also later in his psychiatric practice, he encountered patients who suffered because of having an abortion.

The existence of biological rhythms and their effect on nature and organisms are well known. For example: the influence of the Sun on the climate and the weather or the effect of the Moon in the form of tides, etc. In certain phases, it even has an influence on organisms, hence on humans (sensitivity among somnambulists - sleepwalking, among epileptics, etc.).

Dr. Jonas remembered that physicians of antiquity knew the patterns that governed the fertility cycle in women and used them in practice. As a physician and a devout Catholic, he was convinced that there were principles that regulated fertile and infertile days in a woman. They just needed to be researched and discovered. All hitherto known methods of detecting fertile and infertile days had been proven to be unreliable. However, that was also the reason why abortion was legalized.

Dr. Jonas also got lucky: on August 15, 1956 - the Feast of the Assumption of the Blessed Virgin Mary - he figured out the sought-after patterns of the influence of biorhythms on fertility.

He immediately examined several dozen cases. The results of the calculations coincided with reality, he even determined not only the period of fertility, but also the sex of the conceived child. And Dr. Eugen Jonas, a great worshipper of the Mother of God, dedicated his discoveries (including those he would make in the future - as if he suspected there would be more to come) to the Heavenly Mother with the wish that they would benefit wives and mothers all over the world.

SOME MORAL ASPECTS

Dr. Jonas was trying to find a method of preventing abortions by pregnant women who did not want to have a baby.

On this issue, different religions, and moral teachings, as well as scientific disciplines, hold almost the same position:

- Humans reproduce in the way the Creator of the world intended. It is the sexual intercourse in marriage, in which children born this way find a natural, God-given environment for new life and nurturing.
- Sexual intercourse thus serves the purpose of procreation, even though the associated experiences of pleasure are intended to increase the desire for married life and ensure the physical and mental balance of both spouses.
- Any sexual intercourse outside marriage, sexual intercourse in an unnatural way (interruption of the act, use of artificial means to prevent conception, artificial insemination), or perversions: sexual intercourse between individuals of the same sex (homosexuality), sexual intercourse with children or animals, sexual abuse of corpses, etc., are highly immoral acts with all the adverse and far-reaching consequences. These consequences can manifest themselves after a short time as venereal disease (AIDS being the most dangerous of them), but also much later as complicated life circumstances (murder, suicide), consequences on offspring, children, grandchildren, great-grandchildren. According to the Bible, in ancient times God punished the corrupted humanity with the flood of the world, or with the rain of brimstone and fire, with

which He destroyed the inhabitants of Sodom and Gomorrah (homosexuals), etc.

- The moral teachings also hold that sexual intercourse on naturally infertile days, with the intention of completely excluding conception, is an immoral act. There is, nevertheless, a kind of justification that is accepted when this is done only for a certain period and for compelling reasons: health problems, financial problems, etc. Naturally infertile days, however, are fully justified when they are used as a substitute for abortion or other illicit interventions (artificial contraception, etc.).

PROGRESS OF RESEARCHES

After reviewing several dozen childbirths and observing the conception of children in the circle of his acquaintances, Dr. E. Jonas had sufficient evidence to prove that the fertility relations he had discovered were indeed accurate.

Thus, in September 1956, he submitted his discoveries to the Hungarian Academy of Sciences, but shortly afterwards the revolution broke out in Hungary and no reply was forthcoming. At the instigation of his colleagues, he also submitted his discoveries to the Czechoslovak Academy of Sciences in Bratislava and Prague.

From Prague he received a favourable reply from docent Jiří Málek, a gynaecologist at the First Obstetric Clinic: "Dr. E. Jonas's conclusions seem to be substantiated, but it is necessary for him to explain his theses and to provide a calendar for the method of calculation and to enclose the research material."

Based on docent Málek's recommendation, in September 1960 Dr. Jonas was transferred for a period of 4 weeks from his place of work (Psychiatric hospital Sokolovce, which he was the head of at that time) to Bratislava to the Second Obstetric Clinic, to Professor Aurel Hudcovič.

Under the control of gynaecologists, 50 cases of childbirths were processed, which contained the following input data: precise data of the mothers, the last menstrual period of the parturient, the first movements of the foetus, the expected date of delivery, the actual time of delivery, the sex of the neonate, its length, weight, and viability. The analysis of each case was described in detail, and each resulted in a four-page evaluation.

During this stay, Dr. Jonas also discovered other patterns: gynaecologists used to calculate the date of delivery

based on the last monthly bleeding, but according to the processed data, Dr. Jonas noticed that only in 12% of cases the delivery occurred according to this calculation. Only neonates with standard weight and length were included in this statistic; it did not cover pathological cases - premature babies, etc.

It was clear from the data that the last menstrual period is not an objective data. Many women still menstruated 2-3 times after becoming pregnant, some women did not menstruate even though they were not yet pregnant.

Therefore, Dr. Jonas established a guideline according to the weight and length of the neonate and divided them into three groups:

1. Excessively large foetuses (neonates) with a weight more than 3800g.
2. Average foetuses with a weight from 3000 to 3800g.
3. Below-average foetuses with a weight from 2200 to 3000g.

Dr. Jonas developed a so-called "Q" table for all gestation periods from the beginning of pregnancy according to the length and weight of the foetus (neonate).

With the help of the Q table, it was already much easier for Dr. Jonas to calculate the 8000 childbirths that took place in the maternity wards:

- Piešťany – head of the maternity ward. MUDr. Emil Veselý
- Trnava – head of the maternity ward MUDr. František Vaverčák
- Bratislava – head of the maternity ward Prof. A. Hudcovič
- Nitra – head of the maternity ward MUDr. Ladislav Polčík

He specified the time of conception, the sex of the conceived foetuses, their viability. From this material he further clarified the patterns of conception of twins, their sex, also their viability, where he explained all possible combinations for the conception of twins. He examined a considerable number of severely deformed foetuses (which were born headless, with various physical defects, etc.).

This enormous material was reviewed by: Prof. Dr. Kurt Rechnitz from the First Obstetric Clinic in Budapest, docent Jiří Málek in Prague, docent Fr. Link, academician of the Czechoslovak Academy of Sciences. The results were deemed correct, and it was recommended that Dr. Jonas should conduct at least 50 cases where he would determine the sex of the neonate directly before delivery.

Dr. Jonas calculated the sex of 100 neonates whose delivery took place in the adjacent room.

The results of his calculations were reviewed by two independent committees in Bratislava and Nitra and achieved a success rate of **85%**.

Since the results were very excellent, docent Málek invited Dr. Jonas in December 1964 to Prague to the Academy of Sciences to give a lecture on his hypotheses and the results of his research at the First National Conference on biorhythms.

Subsequently Prof. Rechnitz proposes to combine the method with the Knaus-Onigo-Schröder theory, and the natural method of conception/contraception begins to be tested in practice. Within three years, 2000 applications from Germany, Austria, Hungary, and Czechoslovakia were processed.

The results of the first calculations in practice reached a **96%** reliability.

In 1968, the ASTRA Research Centre for Natural Conception Control is founded in Nitra. In less than two years, 30,000 applications in four categories were processed:

1. Naturally infertile days
2. Optimally fertile days
3. Conception of a viable child
4. Conception of a baby boy or a baby girl

The results were evaluated by ASTRA's scientific board and demonstrated a **98%** accuracy of Dr. Jonas's method.

The times of the so-called normalisation followed. ASTRA was abolished because articles were published against Dr. Jonas trying to prove that his natural fertile-infertile days method was a fraud. Even Prof. Rechnitz arrived at Bratislava, where he declared that Jonas's method of conception was correct and he never issued any negative statement against it, although journalists claimed otherwise. Legal proceedings were initiated against Dr. Jonas, but the prosecution failed, as it was proven that these were only fabricated lies.

At this time in 1971, he was nominated for the Nobel Prize by scientists from Columbia University in New York, headed by Prof. Dr. Robert Fondiller.

Despite adversity, Dr. Jonas continued in his research. Calculations were at this time made mainly for foreign countries.

He further explained other relations for the sex of the first-born child, which is already given at birth of the future mother and its variabilities. He also explained the principle of the influence of the previous pregnancy on the sex of the next conceived child and the time of childbirth in relation to the next pregnancy.

Evaluation of the results of 34 years of research also confirmed a **98%** success rate of the method.

In the 1990's Dr. Jonas again founded the Jonas International Centre in Slovakia and today it is the only calculation centre where calculations are being made for the whole world by his children.

The current research focuses on the effect of artificial influences on the method of natural conception control, the date and progress of childbirth, its effect on the neonate and the factors that influence it.

Current statistics of calculations confirm a **98.6%** reliability of Jonas's method of conception.

PRACTICAL APPLICATION OF THE METHOD

As already mentioned, the initial discoveries of the regulation of fertile and infertile days were a reaction to the legalization of abortion and were intended to allow couples to use naturally infertile days to avoid conception.

Further elaboration of the method showed that natural conception control, in addition to the role of contraception, also has additional potential and its goal is:

- **to eliminate abortions**
- **so that women do not have to use abortive, other contraceptive preparations**
- **to reduce the number of childless marriages**
- **so that healthy women could carry babies to term, and to give birth to a healthy child**

Therefore, calendars of Dr. Jonas method are intended for every woman seeking natural conception or natural contraception.

The most common reasons when the calculation cannot be used, and so having it made is futile, include:

- when a woman is already pregnant
- during menopause in a woman
- in case of a sterilization in a woman or her husband
- other medical reasons that do not allow conception - e.g. missing both fallopian tubes, etc.

The following 4 types of calculations can be calculated:

1. **CONTRACEPTION** – naturally infertile days in order to prevent pregnancy.
2. **FERTILE DAYS** – optimal days to conceive a child for women who cannot get pregnant (so-called primary sterility).
3. **VIABLE CHILD** – for women who had problems during pregnancy (miscarriage), or with a newborn (stillborn, developmental defects, genetic diseases, etc.).
4. **BOY – GIRL** – dates for conceiving a baby boy or girl for spouses who already have a child - that is, they do not have a problem with conception, nor have there been any problems during pregnancy.

The conception (or contraception) calendar is created for each woman individually based on her input data.

The client chooses one calculation - contraception, fertile days, viable child or boy-girl (it is possible to make only one type of calculation).

She fills in the data necessary for the calculation (dates of her birth, pregnancies, etc.) and after processing them, she receives a calendar that is made for one year ahead. The calculation also contains instructions on how to use the calendar.

After a year, i.e. after the calendar expires, all records are evaluated and thus can be included in the statistics. The client can request an extension of the calculation for another period in the same category or in a different one. For example, one can switch from the contraceptive calendar to the boy-girl calendar.

NATURALLY INFERTILE DAYS

The calculations of natural contraception are determined for the spouses who do not plan the conception of child in the following year. On the basis of client's data is made for her the plan of her infertile days for 12 calendar months which begins by her last menses. E.g. her last period was on 15.5., the calculation will be made from May to April. If a woman has not menses (after a childbirth or a miscarriage, etc.), the calculation will begin from a current month. Therefore the calendar of infertile days, in which a sexual intercourse does not result in a conception, is suitable also for women after a childbirth.



Figure 1: Monthly view of the contraception calendar

During the research only spouses who already had at least one child were included in this category, thus it was proved that they are fertile. Thus the reliability of the method could be confirmed.

FERTILE DAYS

The calculations of optimal days for conceiving related to women who have not been able to become pregnant so far – so-called primary sterility – which means that the state of health of spouses enables to conceive a baby (a woman has to have at least one ovary with an oviduct functional, a uterus and a man has to have sperms present).

Women who already have a child belong to this group as well, but they are not successful at the conception of the next one.

The plan of her fertile days for one year is made of client's input data which begins with her last period. For example: last menses was on 15.5., the calculation will be made from May to April.

If a woman does not have period (after a childbirth, menses is very irregular, etc.), the calculation will begin from the current month.

26.	27.	28.	29.	30.	1.	2.
3.	4.	5.	6.	7.	8.	9.
10.	11.	12.	13.	14.	15.	16.
					😊	😊
17.	18.	19.	20.	21.	22.	23.
24.	25.	26.	27.	28.	29.	30.
31.	1.	2.	3.	4.	5.	6.

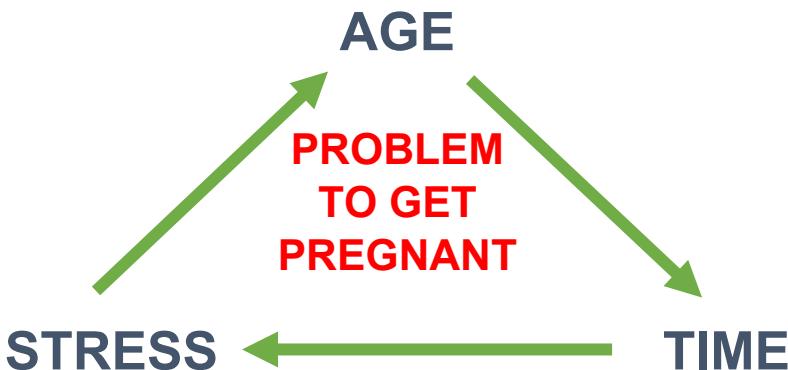
Figure 2: Monthly view of the fertile days calendar

Experience shows that up to 50% of spouses are marked as “infertile” on the basis of reduced number of sperms, shape, etc. and the women especially with PCO, endometriosis, but the calculations were also successful for them. It is very individual.

Even in cases of “tenacious sterility” when the spouses could not conceive a child for a long time, pregnancy came after 3-4 years when fertile days were regularly used.

Today, this group of calculations is the most in demand and reaches up to **42%** of all calculations.

The most significant factors affecting the conception:



AGE - the time, when a woman can conceive a child, is limited by age.

The optimal age for childbearing in women is from the biological aspect until 25 years. After 25, fertility gradually decreases. **So the time needed to get pregnant is prolonging.**

The first turning point in fertility occurs after thirty, the second after 35, when the fertility declines significantly. At the age of 40, the probability of conception is only about 4%. E.g. if a 25-year-old woman becomes pregnant after 3 months of trying, at 40 conception would occur after 15 months of trying.

Some women have no problem getting pregnant even at an older age, it is very individual.

On the other hand, we are also contacted by 38-39-years-old women, who have already been diagnosed with menopause. Unfortunately, in such cases, when the ability to conceive ended, we cannot help them.

TIME - according to our statistics 70% of cases of trying to conceive without success is caused by sexual absence. If a couple is trying to conceive a child by attempting conception once or twice a year does not mean they have been trying for a year.

Often, families are split up involuntarily, e.g. because of work in another region or state, but experience shows that even if couples are not separated, they simply do not have enough time (work, family care, etc.).

STRESS - causes including lack of time, fast life, no time to relax, etc. Research has shown that stress can interfere with conception as well as constrict the fallopian tube preventing an ovum from being fertilized.

During the use of the fertility chart it is a very individual matter, whether you get pregnant on the very first date shown in a calculation, or whether it will take longer.

Statistically, during the first year of using our calculations two thirds of the women become pregnant, in the second year the next half of them and in the third year usually also the rest of the women

VIABLE CHILD

The calculations of a viable child are determined for women who although can become pregnant, but they have had complications in pregnancy – miscarriage (abortion), premature childbirth (before the 37th week), stillborn child, various child disability, death of a new born within 14 days after birth, genetic disorders, etc.

The plan of her fertile days for one year is made of client's input data which begins with her last period. For example: last menses was on 15.5., the calculation will be made from May to April.

If a woman has not period (for example after miscarriage, childbirth), the calculation will begin from the current month.



Figure. 3: Monthly view of the viable child calendar

Based on previous complications and problems, suitable dates such as "viable child" are specially marked in the calculation when the pregnancy will be without complications.

Such dates are not many. It can happen that not a single one is found for following year, it is very individual. The calculation will be made for a longer period in such a case so that a client can receive at least one suitable date.

Unfortunately, today up to 70% of this group are represented by women who have had artificial complications – after taking an abortive contraception, abortion, after artificially induced pregnancies (caused by medicaments, insemination, artificial insemination) etc.

They have usually a problem with pregnancy itself and the calculation of fertile days would be ideal, but as they have the high probability of complications of next pregnancy, they are included in this category.

If the client does not know the necessary data for the calculation (the time of her birth) and she has already had problems in previous pregnancies, it is only possible to calculate a calendar of fertile days for conception.

BOY OR GIRL

Natural conception control also makes it possible to determine the dates for the conception of a baby boy or a girl.

The gender calculation is suitable for women who have no problems to become pregnant, they had no complications during pregnancy, with neonates.

Of course, even spouses who already have a child can have trouble conceiving another baby. In such a case the fertile days calendar is needed.

On the basis of client's data is made for her the plan of her fertile days for one year beginning by her last menses. E.g. her last menses was on 15.5., the calculation will be made from May to April.

If a woman does not have menses (for example after a childbirth), the calculation will begin from a current month.

If only the approximate time of client's birth is known, the optimal days for conceiving a boy/girl are calculated. They are usually 3-4 dates, the number is individual for each client.

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
						
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

Figure. 4: Monthly view of the boy-girl calendar

In case of exact time of birth, the sexes of two subsequent pregnancies and the date of birth are determined. Thus, in addition to determining the conception of a boy or a girl (as is the case with the approximate time of birth), the sex of the next pregnancy and the time of birth (day or night) are also calculated.

For example: if a woman already has one child and she will get pregnant at a date GIRL ♡, GIRL, the gender of the second conceived child will be a girl who will be born at night hours and in case of further pregnancy – the third one, a girl will be conceived again..

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
					👶 🌙 (👶)	
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

Figure. 5: Monthly view of the boy-girl calendar (exact time of birth)

During the research the spouses who already had at least one child were included in this category and they used the calculations of contraception for at least one year. Subsequently they were transferred to the group of gender selection, thus the correctness of method has been confirmed also in relation to the individual types of calculations.

CONCLUSION

The calculations of the Jonas method have a wide range of applications for spouses: from natural contraception, calendar of fertile days, conceiving a "viable child" to determining the sex of the child.

The correctness of natural conception control has been proven over the 60 years of its application and is reliable in **98.6%** of cases, which is the maximum in the field of natural sciences and medicine.

The representation of each type of calculation has varied over the years as follows:

	1970	2000	2020
contraception.....	35%	4%	12%
fertile days.....	33%	52%	42%
„viable child“.....	5%	26%	35%
boy or girl.....	27%	18%	11%

These data show the sad fact that the number of primarily and secondarily sterile women (marriages) has been increasing, thus the problems in conceiving and delivering a child has been increasing.

The most significant differences are particularly pronounced for problems in pregnancy, with the neonate, where there is up to a 7-fold increase in 50 years. As already mentioned, today these problems are mainly caused due to artificial interventions.

On the other hand, the number of contraceptive calendars has been slowly increasing again, which means that spouses are beginning to turn to natural methods that also have a positive effect on their sex life, which has a positive effect on the physical and mental harmony of married life.

MY CALENDAR

Conception calendars (or contraception) are calculated at the Jonas Center in Slovakia by the children of Dr. Jonas. At the moment, calculations are made in the following six languages: Slovak, Czech, English, French, Italian and German.

Dr. Jonas calendar can be ordered on the Centrum Jonas website (centrumjonas.com), where you can find all the latest information.

First, you need to choose a suitable calculation for you - contraception, fertile days, "viable child" or boy-girl.

It is possible to request only one type of calendar that is necessary for you and can be calculated.

The wizard on the website will recommend the correct calculation to you based on the answers to several questions. Subsequently, you can read all relevant information about the given calculation, such as: for whom the calculation is intended, what data is needed, what the calculation contains, activation of the interactive calendar, access to the calculation, how to order a calendar, etc.

OTHER INFORMATION:

Who is the calendar of Jonas method for?

Natural Conception Control calculations give you information about your fertile and infertile days. They are therefore intended for every seeking natural conception or natural contraception, and her health condition does not prevent her from becoming pregnant.

The most common reasons when the calculation cannot be used, and so having it made is futile, include: when a woman is already pregnant, menopause in a woman, sterilization in a

woman or her husband, other medical reasons that do not allow conception - e.g. missing both fallopian tubes, etc.

My husband has a problem with sperm formation, can I nevertheless get pregnant?

The problem with sperm formation is, unfortunately, very common nowadays. But for a conception one single sperm is necessary. The condition might be improved by changing habits.

Vitamins C and E have a positive effect on sperm formation. The grape seed extract, which is rich in antioxidants, is very beneficial. Another option is an extract from the plant *Lepidium meyenii* (maca). Food types such as dairy products, eggs, lean red meat, liver, nuts can also help.

Limit the consumption of alcohol and cigarettes.

Naturally, this is a long-term process.

I was diagnosed with endometriosis / PCOS. Can I still get pregnant?

About 50% of our clients suffer from these diseases. Calculations have been successful even in these cases. It is very individual though. Please mention this in your application form.

In order to improve your condition (period cycle, endometriosis, PCOS, fibroids, strengthening the wall of the womb, other), the lady's mantle tea (*Alchemilla*) has a positive effect. The tea should be drunken 6 days a week; the seventh day is without tea. For instance, the tea is drunken from Monday to Saturday, on Sunday no tea. This cycle 6+1 is repeated. It is good to start with 2-3 cups a day and gradually reduce the dosage to one cup a day.

Can we succeed despite the fact I and my husband have certain health problems?

The calculations of natural conception control show your fertile days, i.e. the days when you can conceive.

Therefore the calculation can be used when a spontaneous pregnancy is possible (i.e. at least one of the woman's ovaries is functional as well as the oviduct and womb; and in the man the sperm is present).

Otherwise the health problems have to be consulted with and eliminated by medical specialists.

My period is very irregular/absent, can I still get pregnant?

Not every woman has a regular period every 28 days. Usually the cycle fluctuates over several days, which can be caused by various factors such as illness, stress, etc.

However, there are also women who are menstruating only once or twice a year or not at all and medical examinations do not show any health problems.

Even in such cases our calculations have proven to be successful, because the absence of menstruation does not automatically mean that a conception is impossible.

For example, even women just after childbirth who are not yet menstruating can become pregnant. The earliest case of pregnancy after a childbirth we recorded was just 5 weeks after delivery.

If period is not present due to menopause, when the ability to conceive ends, pregnancy will no longer occur.

I am interested in Sex Selection/ Viable Child Calculation –; unfortunately I do not know my time of birth. Is it possible to find out this piece of information?

The time of your birth should be included in your medical record. Or you can try to ask the maternity ward archives or some of your family members who could provide such information.

It is most appropriate to have information from at least two sources (e.g. from medical records and from the mother), and indicate the range, as the time of birth in the health card does not always correspond to the actual time.

If you do not know the exact time (e.g. 11.08am), at least the approximate time of birth is sufficient for the calculation, e.g. around 8.00am, between 8 - 9.00pm.

Even a few minutes of inaccuracy affects the accuracy of the calculation.

If you do not know the time of your birth, only the calculation for fertile days or contraception can be calculated.

How long does it take to get pregnant?

It is a very individual matter, whether you get pregnant on the very first date shown in a calculation, or whether it will take longer.

Statistically, during the first year of using our calculations two thirds of the women become pregnant, in the second year the next half of them and in the third year usually also the rest of the women.

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