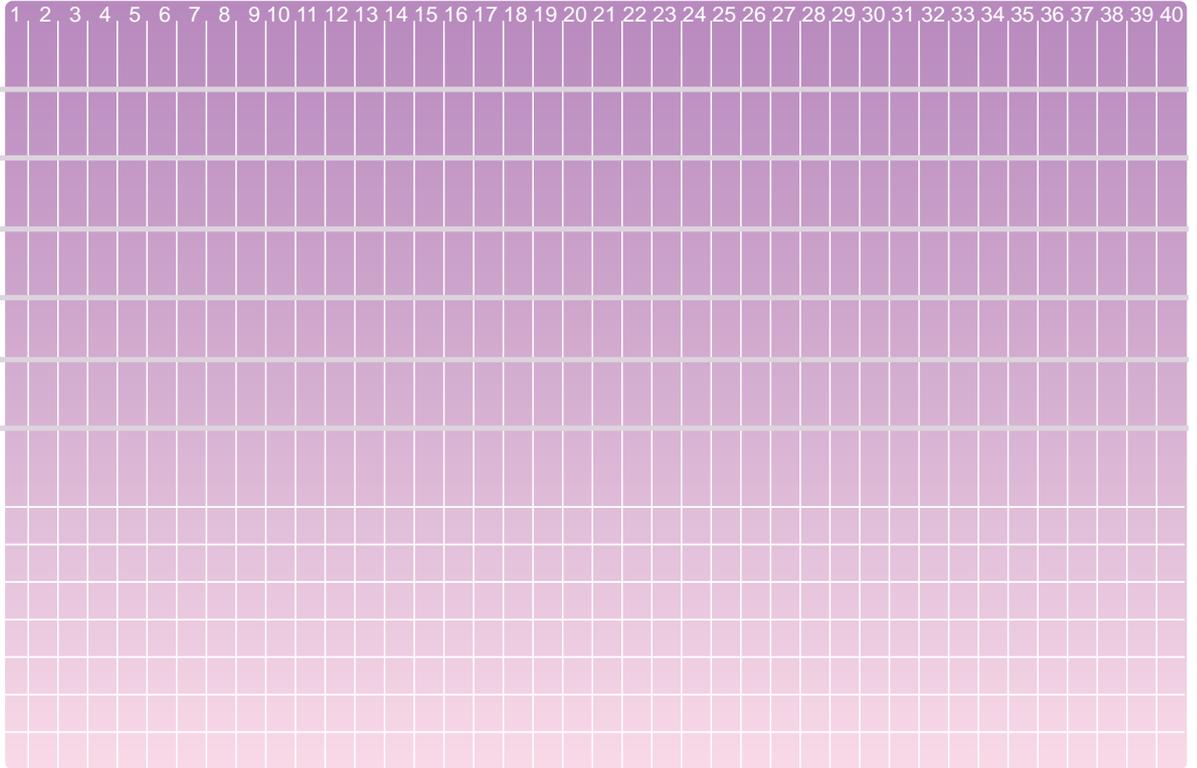




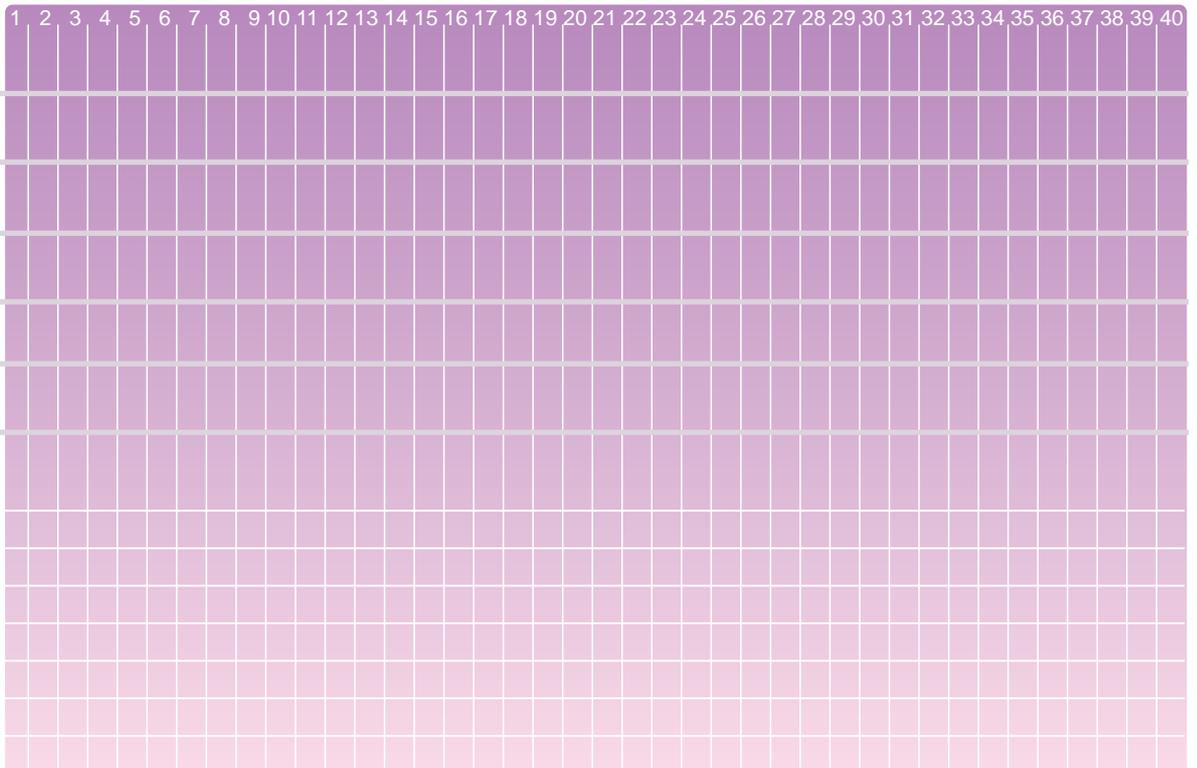
start date

# Sympto-Ferning Chart for One Cycle



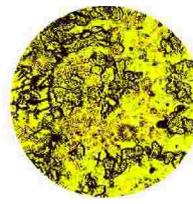
start date

# Sympto-Ferning Chart for One Cycle





Dotted pattern-Non ovulating period.



Mixed Dotted/Fernlike Pattern-Three days before and after ovulating period.

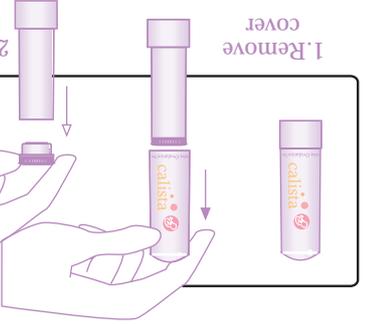


Fern-like Pattern-Fertile Peak/Ovulating Period.

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Contact Tanya Leung,  
Health Care Practitioner  
for further advice on natural  
Fertility Management and  
details of clinics:

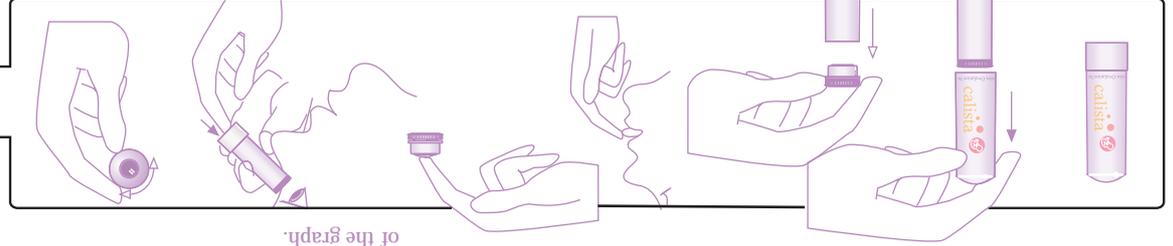
1. Remove cover



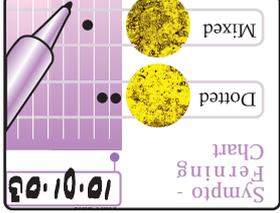
2. Remove lens  
3. Place saliva on lens and wait for 5 minutes

4. Replace lens and view whilst illuminated

5. Twist lens to focus



6. Note changes in Sympto-Ferning Chart



Other factors  
Premenstrual and menstrual symptoms commonly begin after ovulation until the shedding of the endometrial tissue, i.e. the beginning of your period. It is worth noting that during this time your body may go through various reactions such as digestive changes, tender breasts, fluid retention, pain in the abdomen, headaches, nausea, change in energy levels, or increased sexual desire. You may find it useful to note these signs, as they will help you become aware of the characteristics of your fertile phase.

Know yourself - Know your cycle  
The value of using this chart is to enable you to get to know your own cycle. You may wish to consider this as part of a continual process of learning about your body and personal empowerment. This charting method will permit you to become aware of your ovulation on a daily basis so that you can plan your conception or contraception naturally.

Calista saliva ovulation method  
so you need to learn to recognise your own patterns. Your body's menstrual cycle is also unique to each woman and can vary in length. Charting enables you to recognise your pattern in order to plan around your fertile phase. It is important to note that sperm can live inside the uterus for at least 6 days after intercourse. Therefore, charting with Calista will allow you to identify your fertile period and use this optimum moment to plan for conception or to avoid it.

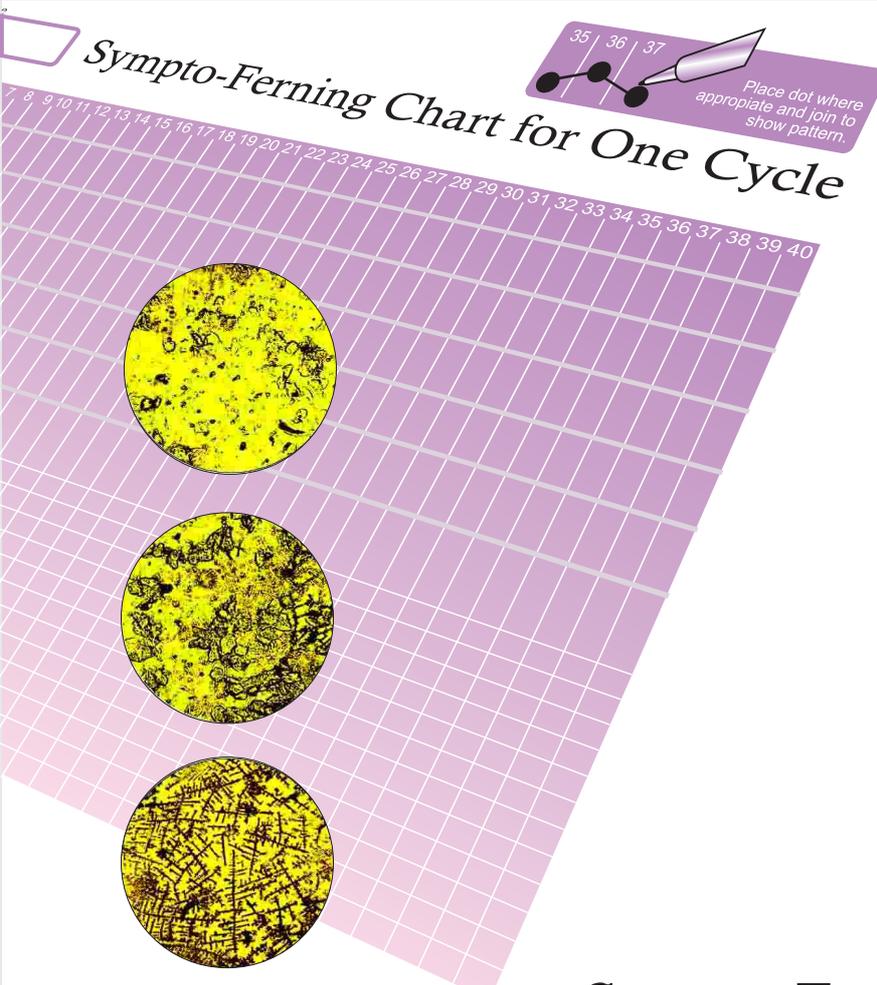
Use a black pen or marker. Mark your graph with a dot in the centre of the box to record your patterns. You will then be able to join the dots and see a curve of your graph. Use a black pen or marker. Mark your chart with a dot in the centre of the box to record your patterns.

Begin a new chart with the start of a new cycle and continue recording this for two or three months to help you develop clarity and confidence about your personal cycle. You can then compare each cycle and help to predict the next phase of your fertility.

Use a black pen or marker. Mark your graph with a dot in the centre of the box to record your patterns. You will then be able to join the dots and see a curve of your graph. Use a black pen or marker. Mark your chart with a dot in the centre of the box to record your patterns.

As various symptoms correspond, you will learn more about your cycle and become confident in relying upon your observations and symptoms. Spotting or irregular bleeding, other than your period, should be noted and if persistent consult your medical practitioner.

Charting Hints:  
Bleeding will start on Day 1. This is the first day of the cycle and the beginning of the Sympto-Ferning Chart. You should mark a dot opposite the corresponding pattern. If you see a dotted pattern through your Calista lens, mark a dot against the dotted symbol on the chart. Should you see a ferning pattern on day one, record this against the fernlike symbol. Record your Calista readings on a daily basis as indicated. Use the different rows to record the varying images as they intensify and recede, as the month progresses.



# calista<sup>®</sup>

## Saliva Ovulation Test



# Sympto-Ferning Chart for Two Cycles