

The aim of Bioself-SymptoTherm

Your philosophy: Your fertility, which is active for only a few days of your monthly cycle, is yours to control! Don't give away this control to a doctor, an instrument or a drug! A better knowledge of your menstrual cycle fosters your health, sex life and wellbeing. Bioself-SymptoTherm is a powerful and reliable tool that can enable you to reach this goal.

As effective as the pill, but without the side effects: a genuine natural alternative.

This natural alternative is also the first step in coping with problems of infertility, as well as helping you achieve pregnancy.

Discover a Fertility Awareness Method which is safe and easy-to-use, which works for both: those who want to avoid becoming pregnant and those who want to start a family.

Bioself-SymptoTherm is the key to unlocking the door into the world of natural contraception and conception.

Fertility Awareness Method to Avoid or Achieve Pregnancy

Fertility happens around the time of ovulation. There are different signs, in the female body, which show the approximate day of ovulation. No one can predict with 100% certainty when ovulation will occur, there are several indicating factors: LH-hormone in the urine, the structure of saliva, the sweat of the body, the cervical fluid, the gentle temperature rise around ovulation and the average length of your cycle.

Waking temperature, cervical fluid and average cycle length are the three main signs which have been shown to be the best indicators for natural methods. As soon as you are familiar with these signs, and have learnt how to interpret them, you will master the sympto-thermal method of birth regulation (for both conception and contraception).

Bioself SymptoTherm:

Bioself Inc. is a Swiss company, based in Geneva and Canada. It launched its first generation of Bioself products in 1986, which calculated and indicated the fertile, the highly fertile and the infertile days in the female cycle.

It has been improved ever since and is used worldwide.

<http://www.symptotherm.ch> in Morges, near Lausanne (Switzerland), promotes the sympto-thermal method of natural birth regulation. The SymptoTherm Foundation and Bioself Inc. work together in the joint venture of creating the first sure and easy-to-use alternative to the "pill" and of substantially improving infertility concerns.

Advantages of Bioself-SymptoTherm

Why do I need a book in addition to this sophisticated fertility processor? Isn't it enough to have a good user's notice?

Thanks to Bioself you can easily spot your fertile, highly fertile and infertile days. This might be enough for you.

It's really no more difficult than swallowing a pill every day - even easier, once your Bioself has recorded your individual cycle profile, as you don't have to take your temperature any more during the infertile ("green") days. Assuming your health is okay, you won't need to measure your temperature for between 12 and 18 days during your cycle!

There are two important items that should be noted, for Bioself users, with the approach listed in the book. Firstly, the instrument Bioself makes it easier for you to learn the sympto-thermal method, which demands you to chart your results every day. This job is done by your Bioself unit. Secondly, by learning the sympto-thermal method you will deepen your knowledge about your menstrual cycle. This knowledge can be used in two different ways: either to become pregnant or to avoid pregnancy and to identify more accurately the infertile days of your cycle than you can do with Bioself alone. Thus you increase the number of days when contraception is unnecessary. It is up to you to choose how far you want to go discovering your body, monitoring your cycle and improving your sex life.

Is Bioself-ST for you?

Bioself-ST offers a safe, natural alternative to family planning.

A growing number of women today are deciding in favour of natural family planning methods - because of health reasons, because their needs change during their reproductive life or because they are unsatisfied with contraceptives.

Many of them, when using a natural method, find it a positive experience, becoming more aware of their bodies, its signs and symptoms.

Principle Advantages:

- Awareness and control of fertility
- No need to take medication
- No need for chemical or mechanical intervention in the body
- No side effects

Bioself-ST monitors and interprets the natural signs and symptoms of fertility during the course of your menstrual cycle. Bioself-ST functions in complete harmony with your body and does not modify, in any way, your natural physiology.

Do you wish to plan your pregnancy? Bioself-ST can be used to assist conception.

One couple in six faces difficulties in conceiving a child. Bioself-ST helps you to notice the first signs and the moment of ovulation. The device identifies the days of maximum fertility, allowing you to plan sexual relations that could lead to pregnancy.

Do you wish to avoid pregnancy? BioSelf-ST can be used as a contraceptive aid.

BioSelf-ST determines the fertile and infertile phases of your menstrual cycle. When it is a “green” day, you can have sexual relations without having to use a barrier contraceptive. When it is a “red” day, you must abstain from sexual relations or use a barrier contraceptive.

Could You Use It?

You can use BioSelf-ST if:

- You have menstrual cycles lasting between 18 and 39 days.
- You are not using hormonal treatments which affect your menstrual cycle (e.g., the pill).
- You are not breast feeding.
- You do not have menopause symptoms.
- You are not taking medication which affects your body temperature.

You choose to use BioSelf-ST as a contraceptive aid, and you & your partner are sufficiently motivated to scrupulously respect the light signals (abstinence or protected sexual relations during the “red” fertile phase).

BioSelf-ST does not provide any protection against sexually transmitted diseases (HIV, etc.).

BioSelf-SymptoTherm: The Tool

Every serious natural method of contraception & conception begins with an appropriate temperature processing:

BioSelf: the most reliable and most convenient fertility computer according to a recent German compared study (Neue Technologien in der Familienplanung, Malteser Werke, Kalker Hauptstr. 22-24, D-51103 Köln);

BioSelf: A high tech Swiss product launched in 1986 already, improved ever since and which processes also the statistics of your cycle lengths;

BioSelf: is recommended by German and Swiss gynecologists who care about natural methods;

BioSelf: US FDA accreditation, registration number 80 30 991, section 510 (k) of Food, Drug and Cosmetic act. European Community: CE 0459.

BioSelf: a direct customer service from Canada

The BioSelf-SymptoTherm device

BioSelf is a small portable electronic device, composed of a probe to record your temperature, three indicator lights that tell you your daily level of fertility, a push button to record the beginning of your period and a liquid crystal screen which displays your temperature everyday.

Probe.

The probe allows you to record your temperature every day, by the mouth, the rectum or the vagina.
The probe also allows you to turn on the display screen by pressing

the two metal parts of the probe simultaneously.

Green light indicator.

The green light tells you that you are in the infertile phase of your cycle. This is the phase during which sexual intercourse should not result in pregnancy.

Constant red light indicator.

The constant red light means that you are in the less fertile phase of your cycle. During this phase, there is a small probability of conception.

Flashing red light indicator.

the flashing red light means that you are in the very fertile phase of your cycle. It is the phase during which your chances of conceiving a child are greatest.

Red menstruation button.

Each month, on the first day of menstruation, you must push the red button to inform BioSelf that you are beginning a new menstrual cycle.

Black button.

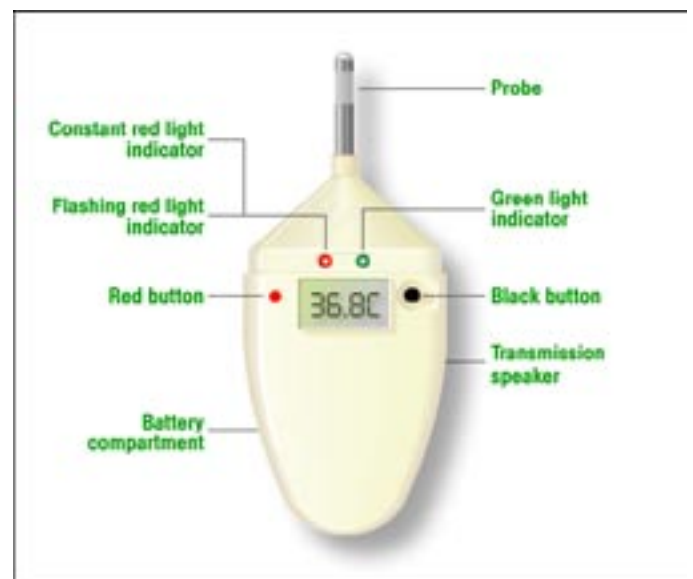
The black button allows you to access the different menus for computer programs in the device. You can, for example, gain manual access to the temperatures and lengths of your last cycles.

Battery compartment.

BioSelf uses 3 alkaline 1.5V batteries, AAA/LR03 standard.

Transmission speaker.

You can transmit by telephone all the data stored in the memory of the device to a BioSelf centre and have it printed out as a graph.



Bioselfs offers you a worldwide network of sympto-thermal counsellors who will give you competent assistance.

Use of the Bioself-SymptoTherm

Bioself is very easy to use. Every morning, when you wake up, you record your temperature. So that you do not forget, Bioself will even remind you with a discrete audible signal.

Once a month, on the first day of your period, you press the red menstruation button to record in the Bioself memory the beginning of your new menstrual cycle.

This is all you have to do. The Bioself-ST fertility indicator will automatically analyse and process the information and tell you through one of its three indicator lights your fertility level for that day.

The green light means that you are in the infertile phase of your cycle.

The constant red light means that you are in the less fertile phase of your cycle. During this phase, there is a small probability of conception.

The flashing red light means that you are in the very fertile phase of your cycle. It is the phase during which your chances of conceiving a child are greatest.

Warning:

If you use Bioself for contraceptive purposes, you must abstain from sexual intercourse during the "red" days. If you choose to use a barrier contraceptive method (e.g., condoms) during a "red" day, the risk of pregnancy will depend on the reliability of the method you chose.

If you use Bioself for the purpose of planning a pregnancy, it is advised to have sexual intercourse every other day during the "flashing red light" phase.

You can start to use Bioself at any moment in your cycle. Bioself was designed to be used orally, or in the rectum or vagina. No matter what method you choose, you must use the same orifice throughout a cycle, because the temperature varies depending on the orifice chosen.

Here are some simple rules to help you use the Bioself® fertility device properly.

1.

Every morning, when you wake up, before getting up and beginning any activity, such as speaking, eating, drinking or smoking, you must record your basal body temperature. Place the probe under your tongue, close to the middle of your mouth. After approximately two minutes, Bioself will emit a "Beep" which informs you that the temperature has been correctly measured and recorded.

The time you record your temperature in the morning is very important, because it will determine the time window Bioself allows for you to take your temperature the next day. Bioself gives you a four hour time window that is two hours before and two hours after the measurement time of the previous day.

2.

Once a month, on the first day of your period, you must press the red menstruation button to inform Bioself® that you are at beginning of your new menstrual cycle. This is very important in determining the beginning of the fertile period.

For example:

Monday, you take your temperature at 7:00 am, so on Tuesday you can perform the same operation between 5:00 am and 9:00 am.

For optimal use, we recommend that you record your temperature at approximately the same time every day.

If you wish to make radical changes to your time window - because of a trip to a country in a different time zone or in case of working irregular hours - you can modify the time window with the Menu HOUR.

Print out of your temperature graph

You can print your personal body temperatures as a graph simply by telephoning a Bioself® centre. You can print the precise temperatures and status of your last 12 cycles.

This information can be particularly valuable, especially in the first analyses of fertility problems. The personal body temperature graph is, for example, a reliable method of determining ovulation.

The temperature graph can also be used for determining pregnancy. In this case, the Bioself fertility indicator displays a specific message on the screen. Printing your data will also provide you with your likely delivery date.

You can transmit the data stored in the memory of the device to a Bioself® centre by using the TEL menu. You simply place your device on a telephone mouthpiece and follow a few easy steps. The contents of the memory will be instantly transmitted and you will subsequently receive a printed graph of all the data saved, by mail or fax.

Other Available Menus

Various additional menus are available which allow you to:

- consult manually the temperatures and lengths of the last menstrual cycles you recorded.
- transmit data by telephone.
- modify the time window for measuring temperature.
- select the morning "beep" time.
- select the temperature display in Centigrade or Fahrenheit.
- erase an error in a "red menstruation button" recording.