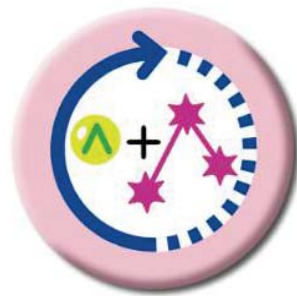




SYMPTO BASICS

Crack the code of your fertility
with the sympto learning program
on the web or mobile!



Primer
to the Modern Symptothermal Method

Are you changing contraception?

If you have an Intrauterine Device (IUD), you can begin observations right away because it usually does not alter the observation of elixir or temperatures. Yet for some women, the IUD may affect cervical mucus making it more difficult to observe.

If you are stopping a hormonal contraception, it is best to wait for your bleeding to return before you start the symptothermal method. Meanwhile you can get yourself a good basal thermometer that displays two decimals, read this guide, go to meetings and introductions to the method and start reading *The Complete Symptothermal Guide*. Protect yourself with condoms during the transition. You can also join the FB group "Sympto - Symptothermal Method of FAM" which include the *sympto* users!

Start your first observations whenever you feel like it.

Witness your ovulation as it happens!

A BIG MOMENT OF EMOTION!



To start with **safety** and **ease**
book your counseling today!
sympto.org

Stay connected to your cycle!

Stay connected to your cycle!

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sympto, power up your cycle!

Sympto is an online and mobile educational software/ learning program which allows you to learn the symptothermal method with the help of a coach. It is totally reliable if the data entered by the user is correct. The application was recognized in 2016 by independent research as the number one symptothermal app (see '[Facts](#)' study on [blog.sympto.org](#)). This also confirms the results of two studies that had been previously carried out by the SymptoThem Foundation, a non-profit organization responsible for the development of the *sympto* app. This mini-guide aims to facilitate the use of the educational software, as much on the web interface as on the mobile apps sympto Plus and sympto Free. It summarizes the reference manual *The Complete Symptothermal Guide*, available for free download on [sympto.org](#).

Synchronizing your app with Sympto.org



Once you downloaded either one of the apps, sympto Plus or sympto Free, please go to the website [sympto.org](#) to confirm your account. All you need to do is log in through the website with the same login information that you use in your app. This allows for your data to be synchronized with your web account and even if you uninstall the app or lose your phone your data can always be recovered.

sympto Free or sympto Plus?

If you are using an Android smartphone, you can find the sympto Plus app in the store and it enables you to work without any internet connection. Sympto Plus can be purchased after the 2-week trial period (once you purchased it the app will still be available even if you change smartphones). If you do not wish to buy sympto Plus after the trial period, you will have to switch to sympto Free through the « Products » page of the app. For other mobiles, search in your app store for sympto Free which, as its name implies, is free.

Your web account on Sympto.org

You can work on *sympto* even without a smartphone. You simply need to have an account on sympto.org. On the web interface you can access your cycle chart with an extended view, print it out and export it as a PDF. You can easily access your profile and your *sympto* inbox, as well as your personal settings.

This access is available for free for the first 2 weeks, but you can get 30 extra days of free access anytime by playing the Love Game from your personal account. You then have the possibility of buying a "Daisy" (approximately 30 USD or 25 EUR) which allows you to extend your Premium access. If you choose to be guided by a *sympto* coach, you will have access to your data for the length of your learning period. Go to the shop on sympto.org for further information on all the [available offers](#).

Sympto messaging & free advice

The *sympto* messaging system allows you to interact with your coach and to contact technical support. Even without subscribing to a plan the messaging service always stays accessible through your web account on sympto.org. Note that this functionality exists on the sympto Plus app (Android) as well.

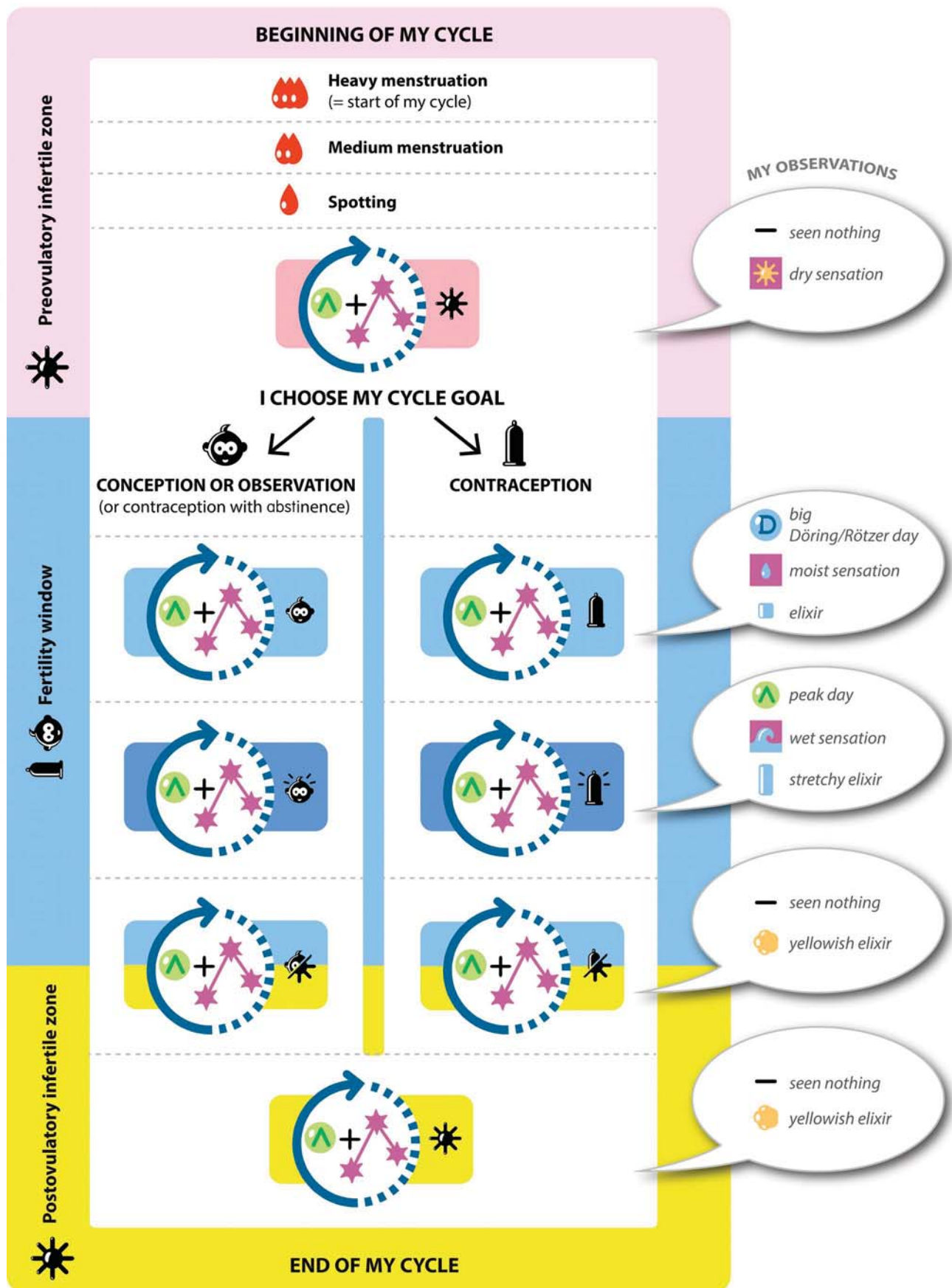
To help you get started, the Symptotherm foundation offers 2-week of free advice. This trial period starts with your first five observations on *sympto*. Not to be confused with the 2 week trial period of the sympto Plus app which is independent of the free advice.

Afterwards we recommend you to consult with a *sympto* coach to validate the quality of your observations as well as for your symptothermal training. Six months of counseling via the messaging service allows the user to master the fundamental tools of the method and to receive a certificate of competence. This also allows you to become a *sympto* ambassador, with the possibility of making presentations of the method for your friends.

With the SymptoTherm method, you are at the cutting edge of fertility awareness! You benefit from the « modern symptothermal method » with a high-performance learning program that synthesizes different traditional symptothermal methods (STM).



THE PICTURES AND COLORS OF MY CYCLE*



Part 1

UNDERSTANDING THE METHOD

The symptothermal method in a nutshell

From puberty to menopause, a woman's fertility unfolds in a cyclical manner. Women are fertile for about a third of the menstrual cycle, usually between 8 and 11 days, taking into account a safety margin which will increase if cycles are irregular.


The goal of the symptothermal method is to detect the beginning and the end of this fertile phase (the fertility window) for purposes of contraception, conception or body observation.

The method is based on the observation of several parameters

- ♥ **The elixir** 📏 📏 🌟 — or **cervical mucus**: it is produced at the cervix during the fertile phase, and makes possible the fertilization of the egg by allowing sperm to survive for up to 6 days in the uterus, waiting for ovulation.
- ♥ **The internal sensation** 🌟 📏 📏: it completes the elixir observation.
- ♥ **The waking temperature** 🌡️ 🌡️: it rises after ovulation.
- ♥ **The position and texture of the cervix (neck of the uterus)** 📏 📏 📏: indicated when a woman has difficulties perceiving and observing the presence of elixir. This parameter is recommended for experts.
- ♥ **+** An additional criteria: the **Döring-Rötzer safety day (DRD)** 📏 which increases even further the efficacy of the method. It opens the fertility window, often before the appearance of elixir 📏.

GOLDEN RULE #1: opening of the fertility window


On *sympto*, the fertility window opens:

⚡ on the DRD , safety day (even without any sign of fertility)

or

⚡ as soon as there is a sensation   and/or observation of elixir  

In these conditions, *sympto* will switch to fertile blue!

Warning: Do not use the yellow cloud  at the beginning of the cycle (post-ovulatory elixir)

Other signs of fertility can help the understanding of the cycles. They bring complementary information but in no way suffice for reliable interpretation: abdominal pain during ovulation days, mammary congestion after ovulation, premenstrual syndrome, etc.

For contraception use, the method includes sufficient safety margins allowing to have unprotected sex with total serenity. In order for the *sympto* program to correctly interpret the data, it is necessary to always enter reliable observations and remarks.

Length of the learning period

If you are learning alone, it is recommended that you protect yourself with your partner as long as you have doubts about your observations. Consistent condom use – or abstinence – is necessary during the whole fertile period in order to prevent an undesired pregnancy.

Even with a coach, a 6-month learning period is necessary for the Foundation to guarantee that you have the necessary skills and autonomy by the end of your counseling period. Nonetheless, during the counseling phase, partners in contraception mode will be more likely to rapidly benefit from the infertile phases because the observations will have been verified and approved by their counselor.

The sympto pilot desk

The dashboard is the interface through which we input our observation data in the app. The user will find different icons that correspond to the different observations required for *sympto* to be able to interpret and for the correct use of the symptothermal method.

Here is a view of the pilot desk on sympto Free and sympto.org. It is slightly different on sympto Plus, which also provides an optional lunar calendar.

The screenshot shows the sympto pilot desk interface. At the top, a blue box contains a warning: "When you indicate your Peak day too early or too late, you should correct it in correlation with the temperature rise. There must be the three full stars. Otherwise continue your temperature takings." Below this, the interface is divided into 8 lines, each with a specific icon and input field. Line 1 shows a calendar icon and a date range. Line 2 shows a clock icon and a time range. Line 3 shows a thermometer icon and a temperature value. Line 4 shows a sun icon and a range of values. Line 5 shows a heart icon and a range of values. Line 6 shows a pencil icon and a text input field. Line 7 shows a cloud icon and a text input field. Line 8 shows a gear icon and a text input field. The bottom of the screen shows a date and time stamp: "October 06, 2018 - Source: web Changed : 2012-05-03 17:01:40".

Line 1. Menstrual periods and bleedings

Line 2. Time and temperature

Line 3. The cervix mucus (elixir)

Line 4. The sensations and self-palpation (if icons are enabled)


Line 5. Sexual intercourse

Line 6. Remarks and interferences

Line 7. Special configurations: breastfeeding 1&2, premenopause*

Line 8. Personal settings (Billings, expert...)

*For more information on the configurations such as breastfeeding 1-2 and premenopause, see [The Complete Symptothermal Guide](#).

The app will display instructional messages throughout the cycle in order to guide the user according to her fertility phase. If you click on each of the icons, *sympto* will give you a few lines of explanation. If *sympto* displays a **warning message** read and acknowledge it, then click on  to save your entries.

What about men in all of this?

Their role is fund-a-men-tal! Most of the time it is the women who take the initiative of using this approach. But sometimes a man can be the one to introduce the symptothermal method to the couple for the health of his partner. Either way, this practice is rich in exchanges! Men can have their place, taking part in many different ways (non exhaustive list):

- For instance by being mindful to use condoms before each penetration: find the model that suits you best (shape, size, texture) and practice if you are not familiar with this protection method. It is advised to avoid the withdrawal method, as this practice is often a source of stress for your partner when her period is a little late. This will also reinforce mutual confidence and your contraceptive security if this is your goal.
- By entering your observations together on paper or in the app: temperature, elixir icons, sexual intercourse, etc.
- By offering your help in the interpretation of the observations
- By planning a date every month in order to talk about the symptothermal practice and share specifics about your intimacy.
- By adapting your communication according to the different phases of your partner's cycle ;-)


Congratulations!

With this fundamental knowledge, you are now set to conquer your autonomy to manage your fertility on your own. We wish you lots of happiness along this fascinating journey! Do not forget that the symptothermal method is a great preventive health tool. Before consulting your doctor, print out your cycle charts. The Foundation remains at your service as well as the team of *sympto* coaches whose devotion to this important cause will always be one of the greatest motivations at your side!



Sympto.org & Symptotherm.ch

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