



NATURAL FAMILY PLANNING

Medical Professionals and Instructors List

BILLINGS OVULATION METHOD

Primary Features

Based on fifty years of on-going research in Australia, Sweden, and Spain, it is the “pioneer” method of modern NFP. Most known for its ease of use, Billings is taught and used in more than 120 countries around the world. Couples taught this method by Mother Teresa achieved a 99.4% effectiveness rate in a study by the World Health Organization.

Type of Instruction

Taught in individual or group settings (virtual).

Cost

Fees range from free to \$200 depending on teacher and scope of service.

Indexes Utilized

Cervical mucus

Website(s)

www.boma-usa.org

Physicians

***John Littell, MD, NFPMC**

Family Medicine

310 SE Place

Ocala, FL 34471

(352) 414-5990

johnlittellmd.com

Instructors

Emily Kennedy

Orlando, FL

(984) 355-0928

health4fertility@gmail.com

ReplyFertility.com

** Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

CREIGHTON MODEL FERTILITY CARE SYSTEM

Primary Features

The Creighton method of NFP helps couples of normal fertility manage their family size. It also has a unique sub-specialty in helping couples of abnormal fertility. Women suffering from a variety of reproductive problems – including infertility and chronic miscarriage – can receive assistance that is both effective and consistent with Catholic moral teaching through a support network of specially trained medical professionals (CFCMC - Certified Creighton Medical Consultant, NFPMC - Natural Family Planning Medical Consultants, FCP - FertilityCare Practitioners).

Type of Instruction

The initial introductory session is provided in a group setting. The eight subsequent follow-ups are on an individual basis (in-person or virtual).

Cost

Cost depends on the teacher and scope of services provided. Fees include: 1 introductory session, all course materials/supplies, 8 private follow up sessions (payment plans available).

Indexes Utilized

Cervical mucus

Website(s)

www.creightonmodel.com

Physicians

***Jose Fernandez, MD, NFPMC**

JMJ Family Practice
300 N. John Young Pkwy.
Kissimmee, FL 34741
(407) 935-9012

***John Hartman, MD, CFCMC**

Family Medicine
MyCatholicDoctor.com

***Carlos Lammoutte, MD, CFCMC**

***Ana Verjeda, MD, CFCMC**

Bay Care Medical Group
3197 N. Park Rd.
Plant City, FL 33563
(813) 321-6677

***Kelley Teixeira, APRN, FCP**

Altamonte Springs, FL
(407) 331-5050
www.afunctionalapproach.com

***Debbie Gramlich MD, CFCMC**

Family Medicine
DebraGramlich@StGiannaCenter.com
MyCatholicDoctor.com

***Pearl Huang-Ramirez, MD, NFPMC**

Family Medicine
Orlando Health Physician Associates
1300 Kevstin Dr.
Kissimmee, FL 34744
(407) 908-0978
Call/Text for Appointment Request

***John Littell, MD, NFPMC**

***Anne Littell, DO, NFPMC**

Family Medicine
310 SE Place
Ocala, FL 34471
(352) 414-5990
johnlittellmd.com

Instructors

Liliana Cote de Bejarano, MD, MPH, CFCP

Ocala, FL
(937) 414-9912
Lili_Coto@hotmail.com
SantaAnaFertilityCare.org
English and Spanish

Katie Perez, FCP

Jacyln Santiago, FCPI

Elizabeth Tompkins, FCP

(813) 421-4625
info@stgiannacenter.com
StGiannaCenter.com

Ligeia Damaso, APRN, FCP

Orlando, FL
(904) 718-1277
LDamaso@gmail.com

Mirna Schilmoeller, CFCP

Orlando/Winter Garden/
Windemere, FL (561) 449-6951
mirna.schilmoeller@gmail.com
StellaLuzFertilityCare.com

** Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

Primary Features

The FEMM method of NFP, like other methods, helps couples manage their family size by avoiding or achieving pregnancy. This is done by primarily understanding and observing cervical mucus throughout the cycle. Alongside cervical mucus observations, FEMM utilizes LH testing to help pinpoint ovulation. FEMM focuses on educating women so they can better understand their bodies and recognize vital signs of health. Similar to the Creighton Model, FEMM has a medical management component that is beneficial for women with abnormal fertility and/or hormonal disorders.

Type of Instruction

There are three introductory sessions spaced 3 weeks apart with follow-ups following as needed (virtual).

Cost

Varies

Indexes Utilized

Cervical mucus and LH testing.

Website(s)

www.femmhealth.org

Physicians

***Joseph B. Davis, DO**

Reproductive Endocrinologist
Palm Integrative Fertility
180 Ave. A SE
Winter Haven, FL 33880
1865 Nightingale Ln.
Tavares, FL 32778
(407) 748-6461
PalmFertility.com

***Pearl Huang-Ramirez, MD, NFPMC**

Family Medicine
Orlando Health Physician Associates
1300 Kevstin Dr.
Kissimmee, FL 34744
(407) 908-0978
Call/Text for Appointment Request

** Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

Instructors

Liliana Cote de Bejarano, MD, MPH, CFCP

Ocala, FL

(937) 414-9912

Lili_Coto@hotmail.com

SantaAnaFertilityCare.org

English and Spanish

Teresa Prieto

Orlando/Winter Garden/Windemere, FL

(678) 646-3060

teresaprietofemm@gmail.com

English and Spanish

Mirna Schilmoeller, CFCP

Orlando/Winter Garden/Windemere, FL

(561) 449-6951

mirna.schilmoeller@gmail.com

StellaLuzFertilityCare.com

MARQUETTE MODEL

Primary Features

Marquette utilizes the (optional) Clearplan Easy Fertility Monitor (purchased separately), a device used at home to measure female hormone levels in urine to pinpoint ovulation. The information from the monitor is used in conjunction with observations of cervical mucus and basal body temperature to determine the fertile and infertile phases of a woman's menstrual cycle.

Type of Instruction

The full course of instruction is provided in sessions held once a month for three consecutive months in group or private settings in person or online.

Cost

Varies

Indexes Utilized

Cervical mucus plus basal body temperature and / or female hormone levels in urine.

Website(s)

www.marquette.edu

Instructors

Lauren Zamora, BSN, RN, C-EFM

Orlando, FL

naturallyme.nfp@gmail.com

Joy Marie Mendoza, BSN, RN, MMCP

Orlando, FL

Joymarie@mjnfp.com

jmnfp.com

** Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

Primary Features

NeoFertility helps couples conceive naturally with Restorative Reproductive Medicine, by finding and treating the underlying causes of fertility problems.

Type of Instruction

Online teaching, with use of Chart Neo app (virtual).

Cost

Varies

Indexes Utilized

Cervical mucus and/or basal body temperature and / or female hormone levels in urine.

Website(s)

NeoFertility.us

Physicians

***Joseph B. Davis, DO**

Reproductive Endocrinologist
Palm Integrative Fertility
180 Ave. A SE
Winter Haven, FL 33880
1865 Nightingale Ln.
Tavares, FL 32778
(407) 748-6461
PalmFertility.com

***Pearl Huang-Ramirez, MD, NFPMC**

Family Medicine
Orlando Health Physician Associates
1300 Kevstin Dr.
Kissimmee, FL 34744
(407) 908-0978
Call/Text for Appointment Request

Instructors

Melissa Buchan, BSN-RN, NBC-HWC

MelissaBuchan.com

** Medical Professionals specializing in Women's Health Care and Infertility Diagnosis and Treatment*

Models

Boston Cross Check

Symptom-Hormonal Method - Provided education about the biomarkers of fertility and the integration of a fertility monitor with method guidelines.

BostonCrossCheck.com

Couple to Couple League

CCL takes a “grass-roots” approach to NFP instruction – couples teaching couples – and has been taught by and to more couples than any other method.

www.ccli.org

Family of the Americas

Provides a cervical mucus method of NFP.

FamilyPlanning.net

NFP International

Cross-check method of NFP Symptom-Thermal method.

NFPandMore.org

Northwest Family Services

Headquartered in Portland, Oregon Northwest Family Services offers a wide variety of marriage and family enrichment resources, including NFP instruction.

www.symptopro.org

Sensiplan

Symptom-Thermal method of NFP.

ReplyObGyn.com