

ABSTRACT

## **Natural Family Planning over Contraception: A Strong Case**

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It is widely known that the Catholic Church teaches that artificial contraception and sterilization are immoral, leading many to think that this position is a prime example of the way the Catholic Church is against modern science and its teaching woefully out of date. But all artificial means of preventing pregnancy not infrequently cause serious health problems for their users. This article summarizes the conclusions of various medical studies and first-hand accounts that detail the nature and frequency of the many adverse consequences to physical and emotional well-being that may arise from using modern methods of preventing reproduction—whether chemical, physical, or surgical. Because Natural Family Planning (NFP) does not incur any of these medical downsides, this scientific information can be used by those called to explain and defend the Church’s moral teaching on artificial contraception. It also affirms the wisdom of the Church to insist that science always serve the human good.

**Key Words:** Natural Family Planning, Birth Control, Contraception, Sterilization, Adverse Side Effects, Women’s Health, Catholic Moral Teaching.