

NaProTECHNOLOGY: Hope for Your Mommy Ache

By Laura Tate



Tummy ache. Toothache. You've most likely heard of these and even experienced them yourself. But what's to be said of the mommy ache: a yearning deep in a woman's soul to bear a child? Granted not all women have this longing, but what about those who do and yet, after exhausting, interminable trying still do not know the tender sweet fulfillment of a uterus ripe with baby treasure? I was one such woman.

From four years of trying to conceive, I can testify that the mommy ache is real. So too, however, is God. A God who, in His beautifully inexplicable sovereignty, gives and takes away always as part of His perfect plan and His good will toward us. God brought my husband and me to Holy Spirit Fertility Center in Camp Hill where we were introduced to NaProTECHNOLOGY, a fertility treatment that works within God's design for reproduction. Unlike the generic fertility center, we had gone to initially, which wanted to band aid my mommy ache by immediately implementing an expensive, more extreme fertility measure, Holy Spirit Fertility Center sought first to identify and treat the underlying cause of my barrenness so as to provide more targeted treatment and ultimately a successful outcome. The former wanted to give us a baby at any cost as soon as possible; the latter wanted us to conceive as well but realized that this would require time to discover and treat the root of the problem.

Through NaProTECHNOLOGY we learned how to recognize and record natural signs of fertility in my menstrual cycle. My doctor closely monitored my progress, providing care that showed she knew and cared about me and my unique situation. While it took time to find the right mix of treatments that worked with my body, the beauty of Napro was in the waiting—a time of trial through which my relationship with my husband was deepened, our faith was strengthened, and our God was glorified. I would not have known such pleasures were it not for the agonies of patiently working toward a solution. I also would not have known the immeasurable pleasure of embracing my beautiful baby girl, Charlotte Christine, born this January and worth every tear, every day, every prayer along our journey. The wisdom of Proverbs 16:9 applies well to a woman's desire to procreate: "The mind of man plans his way but the Lord directs his steps." If you suffer from mommy ache, I exhort you to research NaProTECHNOLOGY for yourself and prayerfully consider the hope that they have to offer. Could it be a step on the path God has for you?

Resources: (Click on links below)

- [WHAT IS NaProTECHNOLOGY?](#)
- [Geisinger Holy Spirit expands FertilityCare services](#)

Geisinger Holy Spirit OB/GYN
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