

Men and Women Are Different

The biological differences between men and women are embedded in our DNA from the moment of conception. Men's bodies produce testosterone for the first time after just 8 weeks in the womb. One of the first effects of testosterone was to cause neural connections in the corpus callosum—the bundle of nerves that connects your left and right hemispheres in your brain—to self-destruct. Having a smaller corpus callosum is part of the masculine design—it gives you the ability to think about one thing at a time, to focus, and to take swift and decisive action when necessary.

Men and women's hormonal patterns are also different. For guys, testosterone will peak first thing in the morning, and gradually go down throughout the day. This pattern repeats daily for men. However, when women's bodies are functioning in a state of health, her reproductive cycle follows four distinct phases. These phases take place over a cycle that is approximately 28 days in length in comparison to men's 24 hour rise and fall of testosterone.

The Symphony of Women's Cycles

A woman's overall health is for the sake of supporting her reproductive health—and this is true whether a woman wants to be a mother someday or not. This means that the fluctuations of a woman's hormones throughout her cycle are important for all women. To understand the wisdom and beauty of women's hormones, we must acknowledge that a woman's cycle is not a curse, it's a gift—one that the population would cease to exist without.

Despite this, the female cycle often gets a bad wrap. Change is part of who women are, and this can be frustrating to men when they don't see the larger rhythms. So no more jokes about "it's just her time of the month." Your wife needs you to support her in the seasons of her cycle that require her to rest in order to be healthy. You have the ability to support her health.

Fertility Awareness Methods for Family Planning

Not only can you support the health of your wife, you can also support your combined family planning efforts as a couple by using Fertility Awareness Methods alongside her. Many women want to use Fertility Awareness Methods for family planning, but they can't do it without you! These methods as a class can be highly effective at pregnancy prevention, but only when there is open, honest communication, and mutual respect.

Fertility Awareness Methods require periodic abstinence, self-control, communication, mutual respect from a couple. This might mean not having sex during your partner's fertile window if it's not the right time to have a baby. One difference between conventional and natural methods of family planning is that conventional methods allow you to have sex "on demand"—although this comes with a cost—whereas natural methods require periodic abstinence, meaning sex is not on the table all the time.

References:

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