

Justisse Method: Fertility Awareness And Body Literacy
A User's Guide By Geraldine Matus HRHP

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Geraldine matus hrhp (author of justisse method)

Geraldine Matus Hrhp is the author of Justisse Method (4.50 avg rating, 2 ratings, 0 reviews, published 2012) Geraldine Matus Hrhp's Followers. None yet.

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The Justisse Method User's Guide is a primer for body literacy, and a guide for instructing women how to observe, chart and interpret their menstrual cycle events.

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Justisse charting app - a fertility management

History. The Justisse Charting App uses the Justisse Method (1987) designed by Geraldine Matus in response to women's expressed desire for fertility awareness and

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