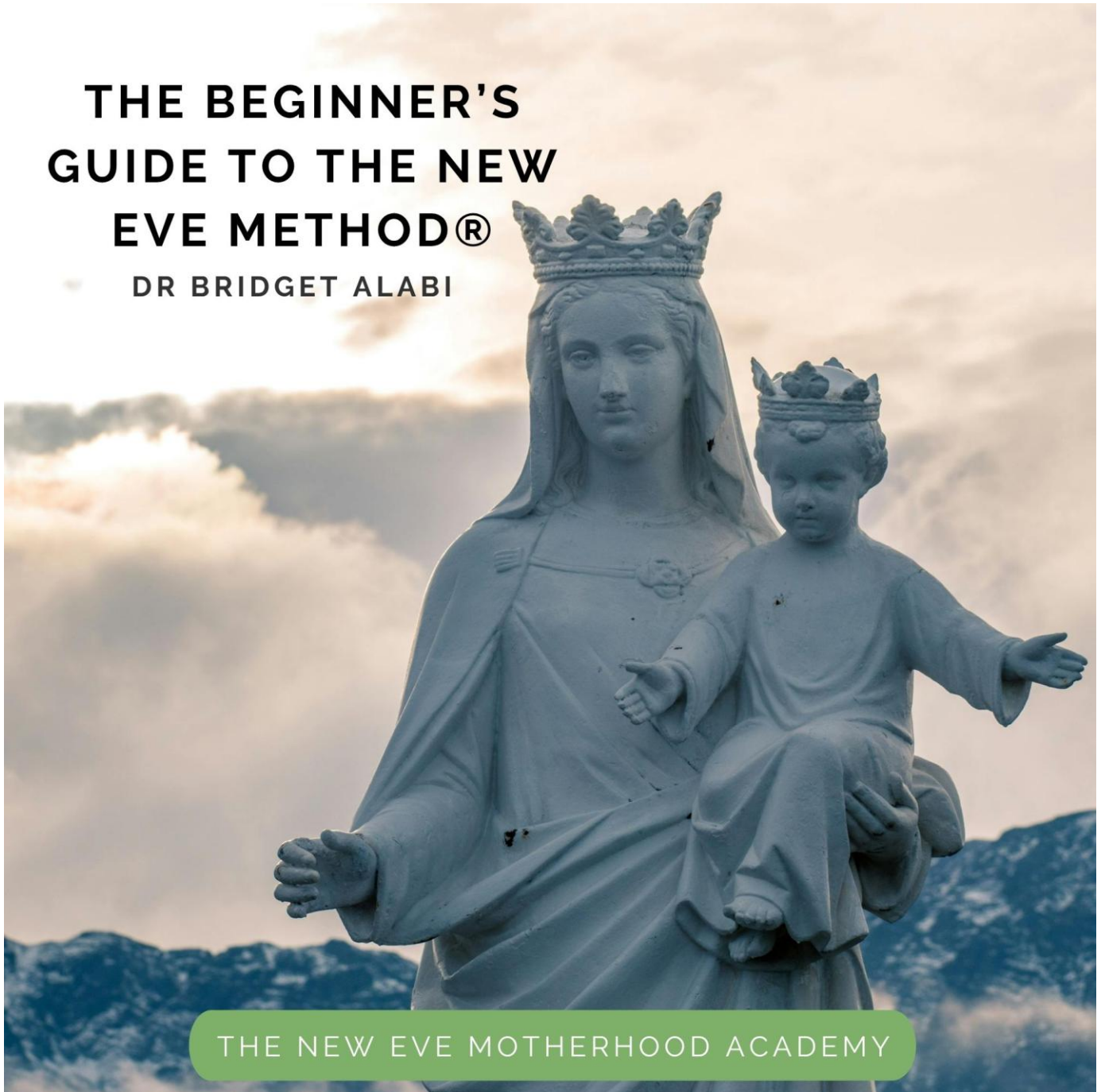


# THE BEGINNER'S GUIDE TO THE NEW EVE METHOD®

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THE NEW EVE MOTHERHOOD ACADEMY



# *The New Eve Method® Beginner's Guide*

## **Guided Formation for Fertility & Motherhood**

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## Introduction to the New Eve Method®

### **The Motherhood Vocation is Natural, Holy & Apostolic**

“Be fruitful & multiply, fill the earth & subdue it” (Gen 1:28). Motherhood is a natural vocation as designed by the Creator. It is also a call to mission because woman is the one in whom the order of love in the created world of persons takes first root, and imbued with the spirit of the Gospel can help to stop humanity from falling (Mulieris Dignitatem 1988, § 29; Vatican II, 1965).

But ultimately, it is a call to holiness because everyone is called to holiness regardless of their state in life (Catechism of the Catholic Church # 2013).

### **About The New Eve Method®**

The New Eve Method® is a framework that provides women with Catholic fertility & spiritual formation to live the three elements of their motherhood vocation. It is a holistic formation approach inspired by Mary, the mother of Jesus Christ whom the Church recognises as the New Eve.

### **It is anchored in Lived experience**

Lived experience is crucial in understanding & using the New Eve Method®. Motherhood brings profound bodily, emotional, and spiritual experiences — fertility cycles, pregnancy, postpartum transitions, family responsibilities &

the daily care of children. The New Eve Method® begins by recognising these experiences, so that holistic & spiritual formation is rooted in lived experience rather than imposed for more effective maternal support.

Like Mary, who pondered the events of her life and responded to God with trust, women are invited to recognise these experiences as moments through which God speaks and guides them to a closer relationship with Him and transform the world.

### **Why the New Eve Method®**

Motherhood is a Divine vocation; however many women struggle to fulfil this call. Many women struggle to conceive and have healthy pregnancies and care for their children because our natural balance is very easily disrupted due to a variety of factors. In the UK alone, one in 7 couples struggle to conceive (NHS, 2020) and 1 in 4 pregnancies end in loss (Tommys, 2021). In addition, medical interventions are often in conflict with the natural law. The Catholic Church has consistently encouraged the natural approach to achieving or avoiding conception. It considers this approach to be in line with the natural law i.e., God’s intention for fertility as seen by the natural order of reproduction (Humanae Vitae 1968 § 4). Couples are discouraged from using artificial reproductive techniques for conception & family planning (CCC, 2376-2377, 2399).

While this is a very significant problem in itself; instead of experiencing motherhood as a path to holiness, women often encounter confusion, fragmentation, and a sense of inadequacy as they attempt to reconcile their faith with the demands of daily life.

### **What the New Eve Method® does**

Drawing from practical theology, lived maternal experience, and fertility awareness, the New Eve Method® offers a formational approach to motherhood.

**It offers fertility formation** as a natural & holistic reality, reflecting the unity of body and spirit in women's lives. Women learn to understand their menstrual cycles, recognise signs of fertility and navigate transitions like pregnancy and childbirth. They see their fertility not just in terms of their physical body but their emotions, beliefs and environment.

**It offers Marian spiritual formation** as a path to holiness. Throughout the Gospel, Mary responds to God's call with openness, attentiveness, and trust. She receives the gift of life, reflects on the events of her family life, and remains faithful in both joy and uncertainty.

Fertility, pregnancy, parenting, and the responsibilities of caring for a family often present moments that require wisdom and faithful

response. Following the example of Mary, the New Eve, women learn to receive the experiences of their maternal lives with attentiveness, reflect on them in the presence of God, and respond with faith and generosity. They also learn to cultivate spiritual practices that support their sacramental lives.

**It offers Apostolic formation** for Apostolic fruitfulness. Fruitfulness extends beyond the private or domestic sphere into the wider life and mission of the Church. In the Christian understanding, motherhood is never solely confined to the home; it is inherently ecclesial and participatory in the Church's life-giving mission. Every woman, whether through biological motherhood, spiritual motherhood, or her lived vocation, shares in a form of apostolic fruitfulness — a capacity to nurture, accompany, and form others in truth and love.

This apostolic dimension of motherhood is expressed in many ways: through raising children in faith, mentoring and discipling others, offering spiritual care and intercession within professional, social and parish contexts.

### **Using the New Eve Method®**

This guide will show you how to begin to use the New Eve Method® as a way of life that draws from and transforms your lived motherhood experience. However, formation is at the core of the method and so there are resources within the Academy that support

A BEGINNER'S GUIDE TO THE NEW EVE METHOD®

you to grow into your motherhood vocation or support women to do so if you offer pastoral or healthcare support to women.

Visit

[www.thenewvemotherhoodacademy.org/get-started](http://www.thenewvemotherhoodacademy.org/get-started) to find out more.

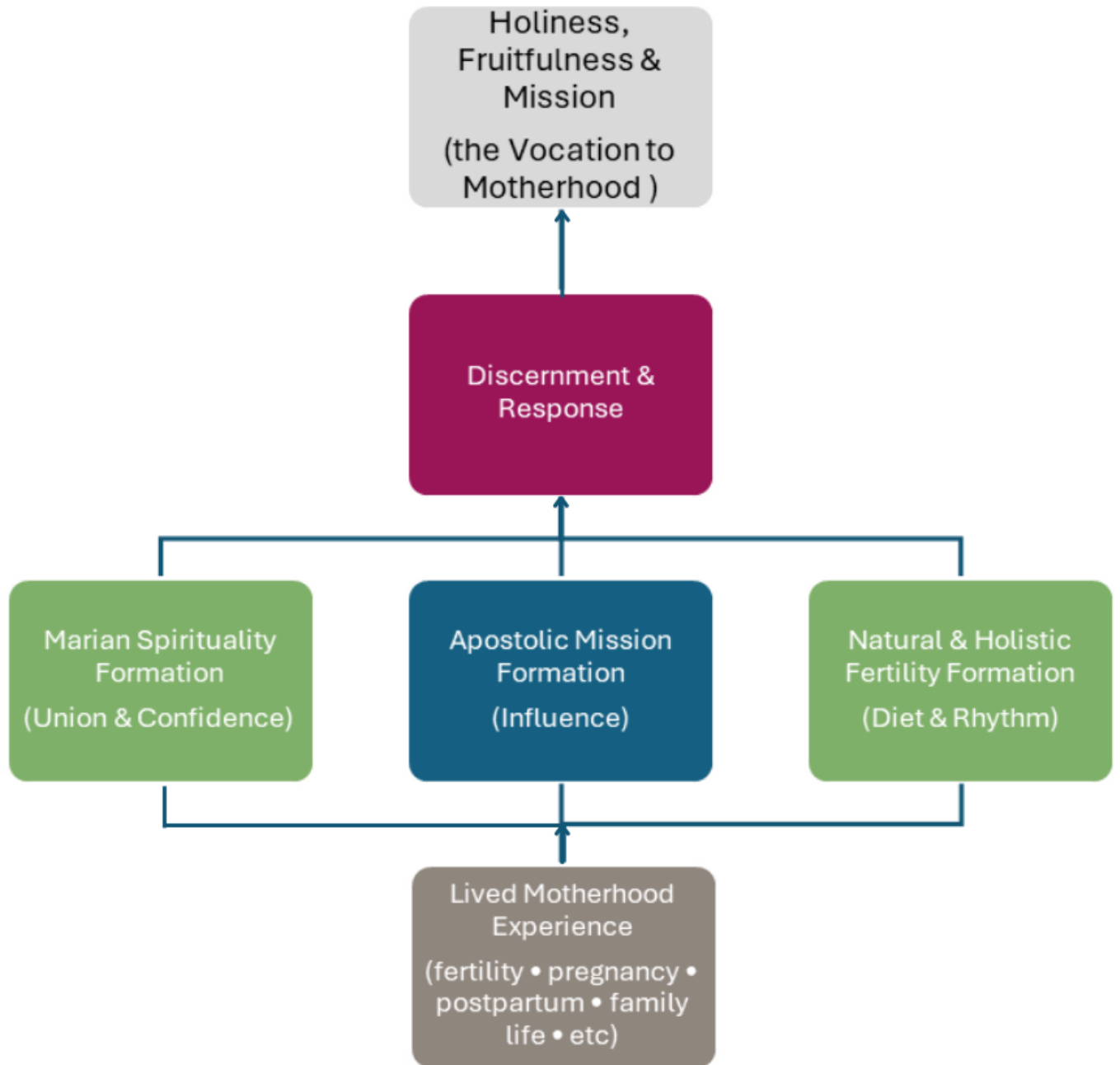
I hope to connect with you within the Academy.

Sincerely,

Dr Bridget Alabi (DProf, FRSPH, AHCP Reg.)

Founder of the New Eve Motherhood Academy & the New Eve Method®

## The New Eve Method®



## The New Eve Method®



**The New Eve Method® is under the patronage of Mary the New Eve**

## Your New Eve Starter Plan

### Affirmations

- I am a new Eve, and I have for my role model Mary the New Eve.
- I have a motherhood vocation; I am called to be fruitful & multiply.
- I am called to find holiness in and through motherhood.



Daily Spiritual Targets	Completed (Y/N)
Offer my day and motherhood experience every morning to God through Mary.	
Spend some time in prayer to God with the Bible and/or some spiritual book everyday.	
Return to God several times a day to ask Him what He wants of me.	
Say the Angelus at 12 noon is a good time to reconnect with God and ask with Mary what He wants me to do.	
Say and reflect on the mysteries of the Holy Rosary at least once a week and ideally every day.	
Commit to learning more about the Church’s teachings on motherhood (resources will also be provided in the Academy).	
Examining your day and motherhood experience at the end of the day and at different times.	

\* Please note that these targets are introductory; they are just a guide to help you hit the ground running with the New Eve Method®. Use some of the steps below to create a more personal lifestyle plan.

Daily Fertility Targets	Completed (Y/N)
To chart my cycle everyday (resources provided in the Academy)	
Aim to eat healthy according to your motherhood stage (see information New Eve Diet below for some ideas).	
To drink up to 8 cups of water/fluid every day.	
To walk or do some form of aerobic exercise for 10 minutes every day.	

\* Again, please use the steps below to personalise your plan. You can also check out the Academy for more detailed fertility resources that are more suited to your current fertility needs.

## Steps of the New Eve Method®

Use the following steps to create a more personalised New Eve Plan.

### Step 1 - The New Eve Union

We all have beliefs around how we were created and who we are affect the decisions and actions we take. With the New Eve Union, we want to understand those beliefs and their influence on how we think about motherhood. God created you to 'be fruitful & multiply..' but what does that mean to you? How do you understand God's vision for your family and affect your actions on building the family and life you want?

This is the foundation for everything!

Write the answers here

## Step 2 - The New Eve Confidence

Having the courage and resilience to go for our dreams depends on how much confidence we have. This includes having the family you want. But if you are like most women, you might have emotional and mental blocks that hold you back from having unstoppable confidence. Examples of these blocks are; I am too skinny... I am too fat... I have PCOS... I am too old...I am not rich enough... A lot of these blocks come from the stories we have been told or our past experiences and so on. Unfortunately, they affect our efforts and even our hormonal balance.

At this point, let's try to identify some of your blocks. Close your eyes and imagine achieving your motherhood goals by this time next year. You will find that even as you imagine, your mind might tell you why this is not going to happen next year.

Make a note of all those reasons that come to your mind. Those are your blocks! Now choose the most prominent block & re-write your motherhood story in line with the fact that God created you to be fruitful & multiply. This is just a quick exercise to understand how blocks work. There is so much more to this. But this will get you started.

**Re-Write Your Story Here**

## Step 3: The New Eve Diet

Whether you are trying to conceive or care for your children, you need to be in good health and your nutrition is one of the most important ways of ensuring that you are in great health. Remember, the cell is the basic unit of life. Your body is made up of cells, billions of them. Imagine that you are giving your cells all that they need, all of the time. How healthy will those cells be, and by extension, how healthy will our bodies be? How strong will you be? This is why we need to provide the body with the right materials through food if we want a healthy and vibrant body.

The New Eve Diet is about eating fertility-rich foods, removing harmful processed foods from your diet. It comprises of foods containing most of their natural goodness. These foods include naturally occurring fats and oils, whole grains, meats, fish, vegetables, fruits, good quality water, eggs, pulses, seeds, and nuts, etc. It excludes refined products e.g. biscuits, white bread and pastries, refined cooking oils and fruit juices. This is because they contain very little nutrients and have high sugar content.

This figure shows a list of fertility-rich foods. Use it to plan your meals. Please note that this is general nutrition advice. It is not possible to provide personalised nutrition information without an assessment. This is included in the New Eve Motherhood Programme, which is offered with the New Eve Academy Membership. You can join the Membership [here](#).

**Vitamin A:** an important anti-oxidant that can keep the reproductive tissues from infections. It can be found in butter, cheese, free range eggs and oily fish.

**Vitamin B12:** found in meat, trout, salmon, sardines, cheese and eggs.

**Vitamin B6:** necessary for the metabolism of carbohydrates and proteins – found in apricots, avocado, bananas, carrots, oil fish, eggs, whole grains, oats, potatoes and green vegetables.

**Vitamin C:** another anti-oxidant that is important for the proper maintenance of the reproductive tissues that can be found in fruits like kiwi, strawberries, red peppers, cabbages, citrus fruits, watercress and mangoes.

**Vitamin E:** another powerful anti-oxidant – its sources include sunflower seeds, broccoli, carrots, cashew nuts, eggs, whole grains, lamb's liver, nuts, onions, shrimps, spinach and brown rice.

**Folic Acid:** important for the protection of the baby's genetic material and a deficiency in it can lead to spina bifida in the foetus, which is a spine disorder. Sources include citrus fruits, beans, leafy green vegetables, meat.

**Iron:** necessary before and during pregnancy. It can be found in dark green vegetables, peppers, liver, pulses, watercress, eggs. It should be taken with Vitamin C for better absorption.

**Selenium:** needed for egg production and can be found in oats, garlic, onions, barley, whole grain and brown rice.

**Calcium:** essential for pregnancy and is found in pulses, canned salmon, sardines, cheese, fish, soy and diary yoghurt.

**Magnesium:** found in apples, bananas, fish, ginger roots, whole grains, lamb, nuts and pulses.

**Zinc:** essential for the production of healthy eggs and can be found in pumpkin seeds, brazil nuts, cheese, crabs, fish, eggs, liver and shrimps.

**Essential Fatty Acids:** for the regulation of the reproductive hormones and is found in oily fish, nuts, seeds and cold pressed oils.

## Create Your Meal Plan

Breakfast	Midday snack/drink	Lunch	Dinner

## Step 4. The New Eve Rhythm

Nature loves rhythm, and as we are a part of nature, we also have rhythms. If you look around you, you will notice that seasons come and go; the sun rises and sets, tides come in and go out. Nature thrives on rhythm; it is like an- inbuilt mechanism for work and rest.

We too have our inbuilt rhythms and cycles and as women, we have both the daily cycles and the monthly cycles. Our bodies are designed to wake up, sleep, eat and work every day and every month we go through the menstrual cycle that determines our fertility. There are times in the day when we have to rest so that we can work more effectively and there are times in the month during our menstrual period when our oestrogen and progesterone levels are very low causing low energy levels and times when we have high oestrogen and progesterone levels and are full of energy. For best productivity, I encourage you to identify your daily and monthly rhythms so that you can achieve more during periods of high energy and rest when you have low energy.

Learning to chart & interpret your menstrual cycles can help you plan your family naturally with confidence whether you are looking to achieve or avoid pregnancy. The New Eve Method® uses a symptom-thermal approach to charting & interpreting the menstrual cycle. For this approach, you will need to record your basal body temperature (BBT) every morning after at least 4 hours of sleep. This helps you to know if and when you have ovulated. After ovulation, there is a sustained increase in your BBT. You also need to check and identify your cervical mucus discharge to determine where you are fertile or infertile. Lastly, the New Eve Method® also teaches the strategic use of Luteinising Hormone (LH) tests at specific times of your cycle to improve your confidence in planning your family. This approach can be used by women

trying to conceive or avoid pregnancy. It can be used by women with regular or irregular cycles, postpartum & menopausal women. However, it is advisable that you learn the method properly. Again, this is included in the New Eve Motherhood Programme within our membership.

Understanding your monthly rhythm also helps you to quickly find out if there is a problem that needs to be attended to e.g. some form of hormonal imbalance affecting your health and fertility. The programme will teach you to understand your fertility and hormonal patterns so that you optimise your fertility and address any problems.

Imagine being able to boost your fertility and increase the chances of a healthy conception by understanding your natural rhythms! Imagine being super-productive because you understand your periods of high energy and when you need to rest. Imagine having the strength to manage your household and your work because you have found the key to your productivity. You might not be a superwoman; but you'll be very close to becoming one!

In addition to knowing your rhythm, you can also boost it by doing some form of exercise daily. Moderate exercise of about 15 – 20 minutes will support your hormone production and improve your hormonal balance. It will also boost your energy levels and help to maintain your daily rhythm. An example of good exercise is a brisk walk which can be achieved during your lunch break, travelling to work or coming back from work. Choose the best times for the following to get started.

Activity	Time
<b>Walking/Swimming/Dancing or any other cardio exercise</b>	

## Step 5. The New Eve Influence

The New Eve Influence is about creating the right environment for you to build your family. We influence the world around us in one way or the other. Our environment also influences us in so many ways. We have already seen how the media, our mentors and society can influence the way we think.

Our environment also influences us through our emotions. Events happen that make us happy, sad, discouraged or inspired. People around us can also cause us to feel a myriad of emotions. These emotions in turn can influence our health, our fertility and our work. In particular, negative emotions like anger, stress or sadness can affect your menstrual cycle and make it more difficult to build a healthy family. It can also affect the quality of your relationships with others e.g. your husband and affect the quality of your work and career.

We also influence our environment and one way we do this is through our work and skills. It is absolutely important that you are using your skills positively in a way that fulfils you and makes a difference to the people around you.

Complete the table below:

Question	Answer
What can you remove or stop doing right now to make you less stressed or anxious?	
What can you do to make yourself happy right now?	
What can you contribute to your environment right now?	

## Your New Eve Plan (Cont'd)\*

If necessary, put everything together here for easy reference.

Daily Targets	Completed (Y/N)

Daily Targets	Completed (Y/N)

\*At the New Eve Academy Membership, we offer a New Eve Care Plan – a personalised plan based on the findings of guided natural fertility assessments.

## Conclusion

The New Eve Method® can women to live their motherhood vocation with more confidence and clarity. This guide can help you get started but for more resources and support visit the New Eve Motherhood Academy.

I look forward to supporting you within the Academy.

Take care and God bless!



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## My Notes

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