

Commencing with this issue of the Bulletin we are beginning a series of articles giving teaching on the Billings Ovulation Method. In each edition, the centre pages will contain this material. In some cases, as with the following, it will be an article which has been published previously. At other times it will be new material. By this means we hope to gradually build up for our readers a library of authentic Billings Ovulation Method teaching material.

The Peak

E. L. Billings



The Peak is the last day of the slippery sensation at the vulva. Because we have the hormonal pattern verified over 30 years and approximately 750,000 assays by Professor J. B. Brown, as applied to the woman's observations, together with Professor Erik Odeblad's mucus and Pockets of Shaw activity studies, we can be sure of this definition.

The Peak is defined by rising progesterone which stimulates activity of the Pockets of Shaw, causing drying of the mucus as it passes through the vagina. Water is extracted from the mucus, so there is no wetness after the Peak. During the count of 1,2,3 there is complete dryness or, if there is some mucus, it will not be wet or slippery. It will feel sticky, changed by the action of the Pockets of Shaw.

Professor Odeblad has explained that the strings are due to a combination of S plus L mucus, one to two days before the Peak. Then due to the enzymatic action from the isthmus in combination with the P mucus, the strings are dissolved and vulva becomes even more slippery than before. There needs to be P mucus for fertility. The Pill is notorious for damaging P mucus crypts with subsequent infertility. There women with damaged fertility often show the sequence of wetness, but no slipperiness, ovulation occurs as has been shown by hormonal assays and no pregnancy occurs. Professor Odeblad also explains the development of the tissue softness,