

## **Fairhaven Health's OvaGraph.com Now Interprets Basal Body Temperature Readings, Confirms Ovulation**

*Basal body temperature charting (BBT) is a tried and true method of ovulation prediction, dating back to the late 1800s. The process used to involve rigorous charting practices and complex mathematical skills, but now Fairhaven Health's OvaGraph.com can interpret BBT readings and even confirm ovulation without the handwritten graphs, pencils, and calculators.*

Bellingham, Washington ([PRWEB](#)) August 28, 2013 -- Trying-to-conceive couples have relied on charting a woman's basal body temperature (BBT) to help them conceive for decades. Women track their BBT to detect the slight temperature shift that occurs just after ovulation. The post-ovulatory shift in temperature is due to the hormone progesterone, often referred to as the "warming hormone", which helps a fertilized egg implant into the uterine wall. After a few months of charting BBT, most women notice a pattern and can pinpoint their most fertile days.

Charting and interpreting BBT dates back to the late 1800s, however it didn't gain popularity until the 1960s. Many couples simply did not see BBT charting as a practical option when trying-to-conceive. With the rise of the Internet and technology, medical researchers have been able to identify high-tech ovulation prediction methods, and BBT charting has proven to be more accessible. Now, women can use Fairhaven Health's [OvaGraph.com](#) to automatically interpret their BBT charts and confirm ovulation. Women can [create an OvaGraph account](#) to input all their BBT readings starting from the beginning of their cycle.

OvaGraph automatically runs the data for each cycle through its algorithms to produce a BBT-based ovulation date and to display a cover line, a line created to help women identify the biphasic pattern and determine when ovulation occurred. For example, one algorithm requires a temperature shift of at least .4 degrees Fahrenheit from one day to the next to indicate that ovulation has occurred, and women should see their readings remain elevated for the next several days. On OvaGraph, the ovulation date is displayed with a red vertical line and the cover line with a red horizontal line. The pink shading on the graph indicates the most fertile days in the cycle, with light pink indicating high fertility and dark pink indicating peak fertility. While behind the scenes is a complex set of proprietary algorithms, the interface itself is simple to use.

Once a BBT shift is detected, readings must remain elevated for three to four days in order for OvaGraph to confirm ovulation. If the BBT does remain elevated for several days following the temperature rise, OvaGraph will confirm ovulation by displaying a red vertical line and a horizontal cover line. If the BBT does not remain elevated following the rise, OvaGraph will continue to look for another temperature shift. If OvaGraph detects more than one temperature rise in a cycle, users may see a confirmed ovulation day, a cover line, and a possible ovulation day, which is displayed as a thin red vertical line. If users see a possible ovulation day, they should consider all other fertility signs to determine ovulation.

A number of different factors may affect users BBT readings. For accurate results, users need to take their BBT at the same time each day, take it consistently throughout the entire cycle, take it while lying in bed, get at least four hours of continuous sleep, and chart to the 1/100th of a degree. If a woman believes that the accuracy of their reading may be compromised, they can exclude temperatures from the ovulation calculation. Users can also indicate a revised ovulation day on OvaGraph based on all the fertility cues they may be tracking. OvaGraph displays the revised ovulation day with a green line on the graph. Many women use this feature to clearly mark their ovulation day from one cycle to the next for comparison.



In addition to tracking BBT, OvaGraph can also track and display readings from the OvaCue [Fertility Monitor](#), an electronic device that accurately predicts ovulation up to 7 days in advance. While most fertility charting sites charge for their services or have ‘upgraded’ service plans available, OvaGraph is 100 percent free.

#### About Fairhaven Health

[Fairhaven Health](#) manufactures a line of natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They provide ovulation prediction tools, natural fertility supplements, prenatal vitamins, and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



**Contact Information**

**Ethan Lynette**

Fairhaven Health

<http://www.fairhavenhealth.com>

(360) 543-7888

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