

THE COMPLETE CERVICAL CAP GUIDE

Everything you
want to know

about this safe, effective,
no-mess, time-tested birth
control option ❀ ❀ ❀ ❀ ❀ ❀

BY
REBECCA CHALKER

Foreword by Hans Lehfeldt, M.D.

❀ Illustrations by Suzann Gage ❀

