

White Trash Fairy Tale

Monday, January 13, 2014

IBasal review - Fairhaven Health

I posted an entry a few months back reviewing some supplements from Fairhaven Health. I still stand by everything I wrote, and I've become a huge fan of Fairhaven and their products over the past few months.

Today I wanted to talk about the [ibasal digital thermometer](#).



From Fairhaven's website:
 "The ibasal is much more than just a basal thermometer – it's an FDA-approved fertility monitor that is able to calculate your precise ovulation date and peak fertile days based on your daily temperatures and a variety of other fertility indicators. The ibasal works for women with irregular cycles as well as regular ones, and it continues to learn your body's unique patterns month after month in order to provide exceptionally accurate results."



We have been trying to get pregnant for over a year and a half now, and the end of this past summer is when I really got serious and started temping to a regular basis. And I am so mad that I waited so long! I've learned so much about my cycle - including the fact that I wasn't ovulating when I thought I was. I can't stress enough how important is it to temp and become familiar with your cycle.



With that being said, it is also important to have a GOOD thermometer. The IBasal is awesome. Awesome, awesome, awesome! At first it can look a bit overwhelming - so many buttons! But it's really easy to use and simple to navigate. It's way more than just a thermometer - not only does it read your temperature, it also stores the temperatures, allows you to input data (CM, bleeding, cramping, sex), and interprets the data to help predict when you're most fertile, about to ovulate. And it can even tell you if you might be pregnant (it displays a heart - how cute!). And it has an alarm!

Another plus is that it's not only for people who are trying to conceive but you can use it to prevent pregnancy as well. By figuring out the days you're most fertile, so you can abstain from sex on those days. Which is a huge plus that you can use it for many years.

My only complaint is that I wish it had a back light to make it easier to see in the dark, but even that isn't too big of a deal.



I've been using the ibasal thermometer to chart my cycle for a few months now and I love it! I honestly can't recommend it enough. I don't know the last time I've used something that I was this happy about!

[Fairhaven Health kindly provided me with the ibasal to review. All opinions are 100% my own!]

About



I'm Kay - a socially awkward tattooed housewife living in suburban Pennsylvania with my handsome bearded husband, our six year old daughter, two cats, and a puppy.

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