

ABOUT THE AUTHOR

Marilyn M. Shannon, M.A.

Marilyn McCusker Shannon holds a master's degree in human physiology with a minor in biochemistry from Indiana University's Medical Sciences Program. She is a tenured, part time instructor of biology at Indiana University Purdue University at Fort Wayne, Indiana, where she has taught human anatomy and physiology for the last 25 years.

Marilyn and her husband Ron have been a Teaching Couple for the Couple to Couple League for Natural Family Planning (NFP) since 1982. Her interest in the impact of nutrition on reproductive health is an outgrowth of her educational background and her experience as an NFP instructor. She has written many articles on nutrition and fertility for the Couple to Couple League's magazine, *Family Foundations*, and has spoken widely on this topic. She was awarded the Couple to Couple League's Edward M. Keefe, M.D. Award for the Scientific Advancement of Natural Family Planning following the first edition of *Fertility, Cycles & Nutrition*.

Ron and Marilyn are the parents of nine children, ages 30 to 3. Their seventh and ninth children were adopted as babies, and their eighth was born to them shortly before Marilyn's 48th birthday. The Shannons live on a small farm in Indiana, where the family interests include raising dairy goats, sheep, and chickens, gardening, and beekeeping. Their homestead is also the birthplace of several of their children.