

Personal Biography Paul Gray, MD



Dr. Paul Gray is a graduate of Nicholls State University in Thibodaux, Louisiana. He obtained his degree in medicine from Louisiana State University in New Orleans and served his residency at the University of Tennessee, Memphis. He is board certified in obstetrics and gynecology. He and his wife, Rebecca Gray, enjoy spending time with and home schooling their six children. In his spare time he enjoys working the horses on his farm in West Tennessee and fishing back home in Louisiana.

Before 2009, Natural Family Planning wasn't on Dr. Gray's list of options for his patients. In his fourteen years of practice, the answer for most gynecological problems such as PMS or painful periods has been birth control pills. However, when he became interested in NFP he realized he had found a better way. Although he is an advocate of all methods of natural family planning, he now offers his patients the Creighton Model Fertility Care™ System because it has a medical component that allows him to monitor the woman's health and manage problems without the use of contraceptives.

Dr. Gray has undergone a thorough training program using the Creighton Model system and Natural Procreative Technology (NaProTechnology) through the Pope Paul VI Institute associated with Creighton University in Omaha, NE. "I learned an awesome amount of information; information not taught in medical school," he related. "I feel like I had kindergarten knowledge before about NFP; now I feel that I have a college degree in it." Having more expert knowledge about the menstrual cycle, he has confidence that this system is a better approach to women's health care and fertility management.