



KALUSUGAN

Una sa **LAHAT**
para sa **LAHAT**



Fertility is the ability or capacity of having child. The woman who can be pregnant and the man who can impregnate.

*Fertility awareness refers to a set of practices used to determine the fertile and infertile phases of a woman's menstrual cycle. This is accompanied by careful observation of daily changes in the woman's body and its interpretations.