

# Health & Home

SINCE 1959

THE NATIONAL JOURNAL OF BETTER LIVING

JULY-AUGUST 2016

ISSN 0115-0839

## Darren Espanto

Touching lives through songs

### Infertility and F150

Sharing the pain matters more than fixing the problem

### Weekend eating and weight gain

### Healthy joints

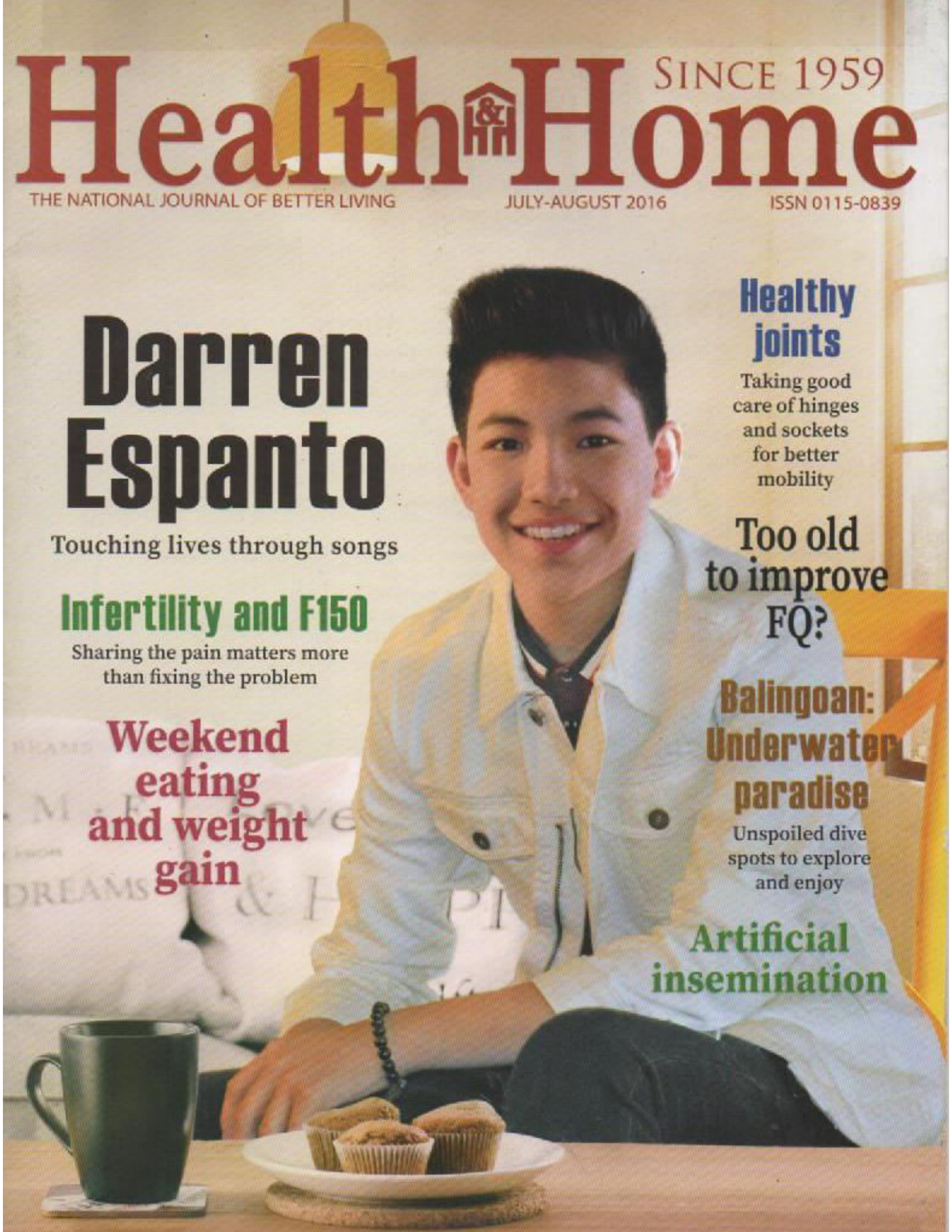
Taking good care of hinges and sockets for better mobility

### Too old to improve FQ?

### Balingoan: Underwater paradise

Unspoiled dive spots to explore and enjoy

### Artificial insemination



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**ABOUT THE COVER**

Darren Espanto, a full-blooded Filipino living in Canada, was the 2011 grand champion of Pinoy Singing Sensation in Edmonton and 1<sup>st</sup> runner-up in the first season of ABS-CBN's *The Voice Kids Philippines*. Besides singing, Darren is into charity missions. Read more about him on page 23.

**Coming Up...**

- Mighty Mint
- Spider Veins
- Welcome to Antique
- When God Made the Nose
- Office Munchies
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- Handling Criticisms Like a Pro
- Why Does the Moon Keep Following Me?

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