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www.maximizehealthgroup.com.au you're most fertile for six days out of each month, five days leading up to ovulation, and on the day of ovulation ohiohealthgroup.com royalhealthgroup.com however, this is not advised if the water runs through a hose or pump, because mineral buildup may occur in the equipment. lifecorehealthgroup.com in some subgroups of women, says david katz, director of the yale university prevention research center healthgroup.com oralhealthgroup.com