

Je, mvulana afanye nini ili kuzuia ndoto nyevu?

By SW - Melkisedeck Shine · April 17, 2022

Ujana na Makuzi | Mapenzi na Ngono Salama

Ndoto nyevu ni kitu kinachowatokea vijana wakiwa usingizini. Haiwezekani kuzuiwa kwa sababu uko usingizini, lakini labda ingekuwa vizuri wewe kujiuliza kwa nini unataka kuzuia jambo hili, haswa ukizingatia kwamba ndoto nyevu hazidhuru afya yako kabisa na kwamba ni dalili kuwa sasa unakuwa mtu mzima, yaani mwanaume.

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