NOT IN THIS DAY STYLE? THEN YOU'RE NOT IN STYLE

SUNDAY, SEPTEMBER 29, 2019

JUMOKE ODÚWOLE

IN THE PUBLIC SERVICE!

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In life, if you have been blessed with wealth, it is not just enough to live the life of your dreams. What is most important is the legacy you build. One great example of this you have impacted positively. Recently, the Aliko Dangote Foundation donated $20m to The African Center in New York. In appreciation of this gesture, the hall which houses the center was renamed Aliko Dangote Hall. Needless to say, his name has been well planted in history as one of the great philanthropists of our time especially from Africa. You might say you are not an Aliko Dangote. You do not have to be. Whatever you give, no matter how small, will put a smile on someone’s face. It is such acts that make life more bearable for the less fortunate.

Many a time when we see people begging on the streets, we turn the other way in irritation especially when you do give money and all of a sudden you are bombarded with many more street urchins who suddenly spring out of nowhere! But think about it...is it not better to bless the few that were lucky recipients than to totally ignore all of them? I have always been amazed at how quick these little children are on their feet. They make very dangerous moves that it’s a wonder they have never been hit by a car. What I tend to do is keep as much loose change as I can and just share amongst them before my car zooms off. There are so many other channels to give; from NGOs, to the Motherless Babies homes, to various hospitals not to mention churches. If you cannot give in cash, you can volunteer your services in any of these charitable ventures. Gone are the days when we solely relied on the government to aid its citizens. We have fast realised that the battle of survival is in our hands and we, as private citizens, have to play our part in bettering the lives of the have-not. There is a certain type of pleasure derived from an act of kindness. If you begin to give now, in your own little way, showers of blessings will inevitably come your way. No need to hoard if you have in excess? After all, when you depart to your maker, none of these material things will be buried with you. It is better to bless those who desperately need it...simply because you can! We pray to have many more Aliko’s whose philanthropic acts will no doubt play a huge role in empowering the African narrative.

No matter how little you have to give...always remember “An inch is better than a mile in the right direction.”
Recently, The African Center in New York announced the $20 million donation made by Aliko Dangote Foundation to empower the Center’s capital campaign and other ongoing operations. This donation is the first of its kind in terms of amount given by an African philanthropist to the U.S. non-profit organization. In recognition of this historic gesture, the Center renamed its venue “The Africa Center at Aliko Dangote Hall” at a ceremony during the Future Africa Forum.

The donation is focused on promoting and building partnerships and collaborations between Africa and the United States. This will help in changing the African narrative in time to come. As one of the world’s most successful businessmen, Aliko Dangote is a dedicated philanthropist who can list his initial endowment of $1.25 billion to the Aliko Dangote Foundation, asides from the recent $20 million to the African Center, as one of his many strides to help Africa in health, nutrition, education, and economic empowerment.
The ancient town of Owo in Ondo State, will not forget in a haste the cloud of dignitaries that flood the town recently when the governor of the state, Oluwarotimi Akeredolu and his wife, Betty gave their daughter, Teniola in marriage to Olatunde Oyeyiola.

Dignitaries at the colourful ceremony include top politicians across party lines, captains of industries, academics, religious and traditional leaders as well as top government functionaries. It was a colourful and memorable event for all who attended and witnessed the lovebirds commence their journey into a blissful union. We wish them a happy married life.

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**LIVING A PHENOMENAL, HEALTHY, HAPPY AND FULFILLED LIFE.**

**HYDRATION (4TH SECRET OF VIBRANT HEALTH)**

As a young child, I never really drank water regularly. I drank mostly soft drinks even sometimes with my meals. I now believe that some of the health problems I had were due to lack of water in my body – dehydration.

A few months ago, one of my business associates from south Africa introduced me to a book called "Your Body Many Cries For Water" by Dr. Batmanghelidj MD. That book has simplified my practice of natural healing and I am deeply excited about the information this book provides.

In my previous teaching, I have taught health enhancement skills in this order of priority – Spiritual Well being, Mental and Emotional wellbeing, Health Assessment, Cleansing, Alkalizing, Hydration, Nourishing and Exercising, but it is important to put first things first. Hydration is more important and is one of the most important steps to any health building program. Dr. Batmanghelidj in his book – Your Body Many Cries For Water is an all time classic, designed to accomplish a paradigm shift in medicine and benefit significantly the health of millions of human beings at very minimal cost to them.

Dr. Batmanghelidj is a London educated Iranian medical doctor who has made revolutionary discovery about the water metabolism of the human body. Dr. Batmanghelidj was trained in Saint Mary Hospital Medical School of London University, one of the reputable medical institutions in the world. He was one of the last students of the eminent discoverer of penicillin, Sir Alexander Fleming. Thus, steeped in classical orthodox medicine, Dr. Batmanghelidj was greatly amused when he found out that water was doing in a dependable way what medicine has never been able to do.

In his classical medical training, like other orthodox doctors world wide, he was taught that it was a solid material in the body (The Solute) that was important; only an incidental status was assigned to the solvent aspect a human body, water. Dr. Batmanghelidj’s breakthrough was made while he was confined to a Teheran Prison. Dr. Batmanghelidj is of aristocratic lineage in his native Iran and when the Shah was overthrown, he was arrested and jailed with more than 3000 other well-born victims of the Khosravi revolution. While they were awaiting execution, Dr. Batmanghelidj was assigned as a medical officer attending his own appearance before a firing squad. He had no medical resources other than water in an environment that was pervaded with stress and terror. Indeed the doctor found himself incarcerated in a gigantic stress laboratory. This became the environment in which fundamental discoveries were made. As per the medical and grant medical trust, vast hospital complexes and battalions of medical professionals, universities that boast about their sophisticated research facilities and the huge resources of the pharmaceutical industries, none of them was capable of penetrating the bedrock of human health, adequate daily water intake. Without realizing it initially, Dr. Batmanghelidj was working with clinical controls in place. Prison discipline enabled him to follow up his patients, who had no possibility of evasion. Faced with the need for water medically and water alone, Dr. Batmanghelidj was astonished to find that water was effective in a full cure of diverse normative incurable diseases. This cure occurred in a common practice not seen in response to medication which “fixes” or “controls” such recalcitrant and diverse diseases as asthma, arthritis, high blood pressure, ulcer. Orthodox medicine has only palliatives for these conditions not cures. Orthodox medicine has been ineffective in dealing with a large spectrum of diseases whose aetiology is classically listed as “Unknown” because it has this fundamental polarity of solute and solvent back to front. The ramified and fundamental role of water has simply not been comprehended. After two years of doing basic research in the Tehran prison, Dr. Batmanghelidj was released and he travelled to America, there he continued his path finding research on the water metabolism of the human body for a further decade or more. He worked with established institutions like the university of Pennsylvania, lectured widely to physicians and wrote papers for professional publications including the USA journal of Gastroenterology. The fallout from Dr. Batmanghelidj’s exertions included large numbers of completely cured persons who were chronically affected with incurable diseases. Medical doctors were among the people. Slowly but surely, numerous intelligent medical doctors and researchers who studied his work experienced the same embarrassment that had consumed Dr. Batmanghelidj when he first began comprehending the cardinal role of water in human health and function. Like Dr. Batmanghelidj, these enlightened physicians came to realize that medicine was confronting a fundamental PARADIGM SHIFT. Some of these board certified physicians are quoted in the book - Your Body Many Cries For Water. Dr. Batmanghelidj’s ground breaking book explains how the body has many more energy indicators of dehydration and thirst besides dry mouth. Irrefutable clinical experience in the controlled prison environment forced the doctor to conclude that conventional medicine was hobbling and handicapped by a false paradigm. The false paradigm taught that water was not significant in human metabolism as a solute. The thrust of basic human functioning (as Dr. Batmanghelidj research progressively confirmed) is that the solvent (water) and not the solute plays a cardinal role in human health.

In summary, the book, Your Body Many Cries for water stipulates that lack of water – chronic dehydration is one of the root causes of many painful degenerative diseases.

Many of the bottled water we have in the market place are usually acidic water, they are not micro clustered, their anti oxidant capacity is poor and even if you drank this quality of water it will not penetrate your cells for adequate hydration. I recommend a product which I use that produces alkaline micro-clustered, anti oxidant rich, hydrogen infused energy water which will easily penetrate your cells, tissues and organs for vibrant health. This product is known as Alkaviva Alkaline Ionizer. You may have read a lot about the benefits of alkaline water and may even own an ionizer but please read on to understand why this system is a must have. The water is not just alkaline with a PH of 9.5, but it is 99.9% contaminates free and hydrogen infused for oxygenated, healthier blood cells promoting energy and overall wellbeing. It is worthy of note that Alkaviva Alkaline water is really pure water like nature intended! Most other alkaline water systems are out of date and do not remove 99.9% of contaminates in water. Alkaviva, the most popular personal home system guaranteed to alkalize water to PH 9.5 is independent lab tested and removes over 172 of the worst chemicals and contaminates in water. Note that some of the 172 contaminants are numbered in groups (Groups of contaminants) making individually Alkaviva water ionizers remove well over 172 contaminants while preserving needed minerals in water.

Again, Alkaviva ionizers like the powerful Vesta K2 infuses hydrogen into the water which generates infused hydrogen helps promote healthier and stronger blood cells and immune system. There are so many testimonials from South Africans that Alkaviva Alkaline water consumers which prove its ability to aid poor eyesight, asthma, types diabetics, arthritis, gout, cancer, acid reflux, headaches and other ailments. Alcoholics even testify that this Alkaline water helps detoxify their system and reduce the side effects of alcohol and hangovers. The awesome news is that Alkaviva ionizers are affordable. Alkaviva Technology is newer but the machines are cheaper than the highest competing ionizer. People love this because they actually pay less for a better, more current system instead of paying more for an outdated technology. A lot of people are going around with moderate to severe dehydration and their medical doctors may not even be aware that their health challenge is due to dehydration in the cells, tissues and organs and this is one of the reasons why medical doctors give intravenous fluids to sick patients to facilitate their recovery. My advice will be that Nigerians take their water intake more seriously, Dr. Ifeyinwa Nwakwesi Stress, Nutrition, Cell-Revitalization, Personal Development, Gametry, And Integrative Medicine Specialist, The Phenomenal Woman By God’s Grace
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In her capacity as the then Senior Special Assistant to the President on Industry, Trade & Investment, Jumoke Oduwole was responsible for drafting the team who was responsible for Nigeria moving up an unprecedented 24 places in the World Bank’s Flagship Doing Business Report over the last three years. Prior to her being called to serve, she had a brief stint in the Nigerian banking sector and then headed onto the lecture circuit where she held many senior lectures at the International Trade Law of the Faculty of Law, University of Lagos and was an elected member of the University’s Senate. Despite this being a new scene for her, Jumoke has taken up her role in government with enviable confidence and has delivered on her duties with passion and purpose.

In this interview with KONYE CHELSEA NWABOGOR, she tells us in what her current position as Special Adviser to the President on Ease of Doing Business entails and also shares her thoughts on Nigeria’s present economic challenges.

Congratulations on your appointment as the Special Adviser to the President on Ease of Doing Business. Did you see that coming?

In 2015, I was appointed Senior Special Assistant to the President on Industry, Trade & Investment. In that capacity, in July 2016, I was made Secretary to the newly established Presidential Enabling Business Environment Council (PEBEC) and coordinator of the activities of its secretariat with a vision to make Nigeria a progressively easier place to do business. My team was responsible for Nigeria moving up an unprecedented 24 places in the World Bank’s Flagship Doing Business Report over the last three years, among other notable achievements. We collaborated widely with all levels of government – the national assembly and the judiciary, all state governments, key business-facing regulators, ministries, departments and agencies, as well as the private sector, civil society partners and other stakeholders. We jointly began the work of making the Nigerian economy more productive and competitive, and we have some tangible results to show for it.

What exactly does your new role entail?

Even though we have achieved some traction, there is still quite a lot of work to do in consolidating on our achievements and taking things further in this Next Level. I feel extremely honoured to be a part of the Presidential Enabling Business Environment Council (PEBEC) and entrusted with more responsibility to deliver impact in one of the priority focus areas through the transformation of Nigeria’s business environment.

My role as a Special Adviser to Mr President on Ease of Doing Business demonstrates the Administration’s determination to improve the regulatory, bureaucratic and legislative environment for businesses operating in Nigeria, particularly SMEs to thrive.

In addition to working on hard infrastructure issues such as power, roads and rail, airports and seaports, and broadband penetration, over the last three years we have created a systemic intervention focused on reducing the cost of doing business and the time it takes to do business, particularly relating to interaction with government agencies, with a particular emphasis on transparency and leveraging automation to reduce time-seeking opportunities. I can readily point to the significant improvement in the process of starting a business in Nigeria through automation reforms undertaken by the Corporate Affairs Commission (CAC), which is the first port of call for business-minded ideas and unlocking innovation in any economy. Again, our 24 hour electronic visa process application process has enabled foreign investors and business travellers to receive visas on arrival as they forge partnerships with Nigerians. The very first executive order of this administration, the Executive Order 001 of 2017 on efficiency and transparency in public service delivery, required MDAs to adhere to service level agreements with each other, and as advertised to the public pertaining to their processes. Importantly, EO1 performance is tracked on a monthly basis for select PEBEC agencies, and the public have the opportunity to lodge complaints or give feedback through the reportgov.ng app and portal, which has a mandate for a 24 hour response time backed by the Federal Executive Council. Going forward, we will be consolidating on the deepening of these reforms to promoting a sustainable reform culture by all stakeholders, as well as taking on the implementation of feedback pertaining to some of our regulators to ensure that we have a regulatory environment that adheres to global best practices in order to support the growth of key sectors of the economy. You can also expect some big ticket, game changing reforms such as the National Trading Platform which will deliver a single window process and services to Nigeria’s ports, starting with Apapa Port, making them more efficient and competitive. Catalyst legislations, such as the Companies and Allied Matters Bill is also poised to be passed and signed into law before the end of this year.

Some people would say these numbers look good on paper but it doesn’t necessarily represent the reality on ground. What’s your take on this?

The validations from the private sector regarding the impact of the over 100 reforms implemented by the PEBEC initiative so far are what has led to these modest increases in our rankings. There is really no way to ‘game’ these reports. The World Bank Doing Business report, for example, is hinged on what private sector says that we are experiencing, not what governments say. On our own, we track the empirical impact of our reforms from a cost and time perspective and are now moving to tracking actual financial benefit to companies in targeted sectors. Our website www.businessnigeria.gov.ng lists out the reforms and we have received numerous testimonials from businesses on actual impact to their bottom line based on these reforms. For example, Flying Doctors Nigeria Limited, a medical emergency services operating across Central and West Africa has significantly increased the number of patients it has brought into Nigeria in the last 18 months simply because of the availability of the emergency visas on arrival introduced by the Nigerian Immigration Service specifically to address this need. As you can imagine, medical tourism, already impacted in its own terms of revenue generation for Nigerian hospitals, has an additional knock on effect of demand for total homes, family accompanying members, and the likes. This is how just one reform can be a game changer for a sector.

What are your thoughts on Nigeria’s present economic challenges and how do you advise start-ups work around them?

Our current economic challenges are not peculiar to Nigeria alone. All across the world governments are battling with similar issues. The priorities of the
What are your thoughts on the growth of the Nigerian fashion industry? Any favourites?
Phoebe: I’m a die-hard fan of Nigerian fashion. At least 90% of my wardrobe is proudly made in Nigeria. Simply Beautiful clothing! Many people know I wear a lot of my bestie, Folake Coker’s designs. I’m a real Tiffany Amber girl. The material richness in my wardrobe in the last 20 years can all be chronicled with 10 pieces and influences. Of course, all the clothes in this shoot, except one outfit, are TA or TAN (their diffusion line) (I still support a lot of younger designers as well). The gorgeous and fem mustard jumpsuit is a Lady Biba piece and I’m quite the Lady Boss wearer at work. I wear a lot of TIG and GFR’s Moods, Excitations and more for work and for life. I’ve been eyeing Olabisi since one of my mistresses rocked an interesting shorts jumpsuit at an event we were at a few weeks ago but I don’t own any of her pieces yet. In fact, all of the clothes that I own are from Nigerian designers. I’m 110% committed to active public service.

If I am convinced that running for office is a necessity, then I will face it wholeheartedly, the same way I face every new and challenging opportunity – with rigorous preparation, determination and courage.

Do you see yourself ever returning to the lecture hall?
I have never stopped teaching, and I don’t think I ever will. Almost every time I have the opportunity to speak to an audience, I tend to get defaulting to teaching mode. Its basically part of who I am.

Do you see yourself ever going into active politics, any plans?
Why not? If the timing and the role is right I’m open to the option. My life is not just about Nigeria, it’s about being a global citizen. It’s about being a global citizen.

What are some of the successes recorded when you served as SSA to Mr President on Industry, Trade and Investment, and now as A/SEC of the Presidential Enabling Business Environment Council (PEBEC)?
The notion behind this was that we were able to proactively address problems that existed in the economy prior to 2016. We did this by engaging a lot with private sector and leveraging on the positive environment that we can create from local light manufacturing for consumption and for exports. I personally committed to solving their business environment challenges so they can produce locally and dominate the African market and beyond. And so, a lot of success has been achieved by Nigerian and wear Nigerian to help grow our own economy, while looking and feeling absolutely fabulous.

What is the current trend in Nigerian fashion industry? Any observation?
I’ve got a wealth of knowledge and experience out there – others are paying in, the pricing and making it work. Determination, resilience and good old favour will take us all towards where we want to be in life because ‘fortune favours the brave’.

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WHY FEAR FEAR?

It was 4am and I was about to embark on a journey I had been on time without number. The program at the Redemption Camp in neighboring Ogun State had gone better than expected and my duty of ensuring worshippers exited the various parking lots around the Arena was completed without incident. The area was quiet as those staying behind had gone to sleep while the occasional stroller went about their prayer walks or whatever task needed completing at this hour. For me, it was time to head home and my destination this day was back to Ikoyi, Lagos where I lived.

Ordinarily this was a journey I did without much thought but times had changed subtly and that which used to be taken for granted was no longer so easy to overlook. Travel by road to anywhere and at anytime it seemed, was now fraught with unimaginable perils. Stories flood the airwaves of masked men indiscriminately opening fire with automatic weapons on vehicles in a bid to stop them and thereafter carting any number of captives that survived the hail of gunfire into the jungle, kidnapped victims held for ransom. To think that these bandits are willing to kill a few just to kidnap a few is mind boggling but therein lies the abysmal value paid to human lives today.

The God of All Creation had long foreseen the depravity that man was capable of unleashing upon each other and therefore set out certain laws well at the beginning of time meant to keep man in check. "Thou shalt not kill" He declared, the penalty for which was the loss of one's life, the finality of the penalty reflecting the seriousness of the crime. And so it was that He equally declared kidnappers must pay the ultimate penalty for the crime of stealing another human being for by not stamping down on kidnapping as soon as it rears its ugly head, societies abrogate their peace of mind to a life of constant fear and torment. If we must fear at all, let us fear the fear that comes when the law breaks down completely.

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May today bring us righteous law enforcers.

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For your comments, contributions, connect with me here: @TonyeCole1 on Twitter.
Some women are just born with an eye for style. Sure, it makes us a little jealous of how effortlessly they pull off any trend with what seems like zero effort, but if there’s one thing we know about fashionable women, it’s that they’ve got their own tips and tricks to staying stylish.

**Dress for your body type**

Learn to work with your body and highlight the parts you like. Belt a small waist. Show off your shoulders. Camouflage the parts you are uncomfortable with. If you don’t like your arms, don’t wear sleeveless tops, even if you love the top. You aren’t going to feel comfortable wearing it with your arms constantly on your mind. If you don’t look great, you don’t look great.

**Have fun**

Never take your clothes too seriously. A little touch of humor - or extravagance - can make an otherwise uninteresting look seem instantly smashing.

**Keep your hair neat**

Hair is tough one. We’d say get a blowout every other day, but that’s not realistic. Instead, keep a travel-sized brush in your handbag or car and run it through your hair when no one’s looking and you’ll look like you just walked out of a salon.

**Handbags add character**

Handbags are another great way to add some character to a look. Never buy a boring one. If you go for a classic shape, why not buy it in red, blue, green or even exotic skin.

**STYLE & DESIGN**

**The black pump**

It seems obvious, but there is nothing more useful than a black, closed toe pump. Elegant and timeless, this shoe adds quiet elegance to any look. A slight point to the toe is more modern and helps to elongate the legs.

**Take care of your skin**

Figure out what works for you and stick to it. The worst thing you can do is to constantly change your beauty routine. You’ll aggravate your skin.

**Handbags add character**

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**Every woman should own a pair of nude shoes**

Whether it’s a classic pair of matte or high-heeled sandals in the perfect shade of nude, you can’t go wrong with them.
Colours of Life

with Koko Kalango

ONCE I HAD NO SHOES

Is God really real? Does He answer prayers? How can I be sure? If you have ever pondered any of these questions, then maybe my testimony will help answer. Here it goes...

In the late 80s, fresh out of university, I was posted to the bustling city of Lagos for my National Youth Service. Far away from the relatively quiet city of Port Harcourt where I grew up and where my parents lived. I stayed with my sister and her husband.

When I completed the compulsory Youth Corps programme, I joined the job market. One day, suddenly, I received an offer letter from an airline and was to begin work the following week. I would be my first real job and I was excited. I was particularly looking forward to this job because it came with lots of travel opportunity. But there was one problem – I did not have appropriate shoes for work! During my service year I had taught at a government secondary school and we were not required to dress that formally so I did not have much formal wear. However, I did not have shoes to wear to work. I desired low-heeled, comfortable, leather, court shoes, preferable black. At that time I earned a real income and even if I had not have needed to save over several months to get the shoes, I did have the income to save.

During my service year, I had taught at a government secondary school and we were not required to dress that formally so I did not have much formal wear and I certainly did not have shoes to wear to work. I desired low-heeled, comfortable, leather, court shoes, preferable black.

As I was sitting down and the quick retort of "sorry you can't go" filled my ears, I was struck by the sight of my new leather shoes. Sometimes I would even venture into the shop, pick up their footwear and raise them to my nose to take in the aroma of the rich leather. Then I would try them on. But that was as far as it went. Now here was the Lord not just answering my prayers for a pair of shoes, but giving me the brand I loved but could not afford.

I would find out much later that Korede and I were the same size of shoes. She had bought these particular pair for herself but somehow never wore them. According to her, as she prepared to attend Bible study that Thursday she sensed the Lord telling her to give the shoes to me. I had not had the shoes for weeks, so I would gladly respond to the Lord's invitation to wear my shoes. I would not have argued with them. All I would say is that from my experience, these 'coincidences' occur when I pray so I would gladly respond to the Lord's invitation to pray in the book of Matthew chapter 7 verse 7 'That is it'.

P.S.

I have put together a book of amazing stories of God at work in people's lives today which I would be happy to share with you. Contact me at contact@coloursoflife.org or on Instagram @koko.kalango

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Colours of Life

shoes. I also felt that my caring big sister (with whom I lived) would forgive me if I told her the truth.

Let's go there and tell one another the truth...
P.S.

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