COVID-19: 20 QUESTIONS WITH CELEBRITY PHILANTHROPISTS
GIVING BACK TO SOCIETY

protect your account!

Do not share your Card Number, PIN, Password, BVN, OTP or Authentication Code for AccessMobile.
Call us immediately on 01-2712065 to report any suspicious phone call, text message or email.

Stay vigilant.
In conjunction with our Covid 19 series, STYLE takes a look at the area of feeding, provision of consumer goods and donations being done by celebrities. Some of them are reaching out in these difficult times of fear and uncertainty. They are applauded, not just for their art, but also for their acts of kindness. FUNKE BABS-KUFEJI and guest correspondent AZUKA OGUJIUBA report...

“We make a living by what we get, but we make a life by what we give”. “No one has ever been poor by giving”. “We rise by lifting others”. The most important thing during this trying time is the impact we make on others not as fortunate as us. The art of giving is paramount at this point in time. Even if you are the most tight-fisted or self-centered person known to man, you cannot see and hear the groaning hunger of the land without reaching out to help ease the burden of the downtrodden. Everyone, young and old, rich and not so rich, even up to the just managing level, have been compelled to do something. To give. Seeing the joy on the faces of the recipients is second to none. Their prayers, their gratitude and their helplessness would soften the heart of even the most hardened criminal. Nothing gives one greater pleasure than knowing you played a role, no matter how small, in putting one more bowl of food on someone’s table. The truth is, one has always known that the downtrodden have lived very austere harsh lives beyond comprehension. As harrowing as that sounds, it became much worse during the lockdown with coronavirus battling with hunger also to wear the crown of hardship. So came no surprise that the government, corporations and individuals started distributing food to areas that needed it most, in the hope that those in need would not end up going hungry. Little did the government realize that the money raised would not be enough to feed millions of people with proceeds raised from their collections and donations. It is a sad fact, that no matter how widely spread these philanthropic acts are, they have not even scratched the surface in terms of numbers. Regardless, an inch is better than a mile in the right direction. Less people go hungry. Less stomachs are rumbling. Quite frankly, I think this philanthropic acts should become the new normal. It is on this note we applaud our celebrities on this Cover Edition who have used their names and brands, not to mention their own personal monies, to support a good cause. For everyone that has made sacrifices, monetarily, provided services or volunteered in this food distribution, well done! We also pray the curve of the pandemic flattens and later down the line, fizzles out like other pandemics before it. Till then...Stay Safe and keep giving!
The world into which he was emerging was not the one he had left many months earlier. The old had been swept away, all things were now new. The social norms and behaviors that he had had to adhere to were gone. He had the freedom to do more, to be more, to express himself more. The world had become his oyster.

At the time God told Noah to build an ark, it had never been possible to build such a vessel. Such a vessel had never been constructed for any reason, let alone to hold millions of animals. It would otherwise have been a ridiculous instruction. As pilgrims in progress through this tempestuous journey of life, we may be tempted to let our guards down after the lockdown. Like Noah, the decision to end the lockdown is not in our hands.

LESSONS FROM NOAH - SURVIVING THE ARK

We are probably familiar with the story of Noah. He came into international limelight for being what would otherwise have been a ridiculous instruction. And lest we tell Noah to be careful never to have had never seen the like. But the Lord let Noah in on his plan to judge the world by a flood and ask him to construct a great boat. In it he and his family, and a male and female of every species of living creature would take refuge. God had found Noah to be righteous and blameless in a world of sinners. Noah obeyed. When they entered the ark, God shut the door behind them for 40 days and 40 nights. Like Noah, we are no doubt to be kept in lockdown with family. Like Noah, the decision to end the lockdown is not in our hands.

LESSONS FROM NOAH - ENTERING THE ARK

We are probably familiar with the story of Noah. He came into international limelight for being what would otherwise have been a ridiculous instruction. And lest we tell Noah to be careful never to have had never seen the like. But the Lord let Noah in on his plan to judge the world by a flood and ask him to construct a great boat. In it he and his family, and a male and female of every species of living creature would take refuge. God had found Noah to be righteous and blameless in a world of sinners. Noah obeyed. When they entered the ark, God shut the door behind them for 40 days and 40 nights. Like Noah, we are no doubt to be kept in lockdown with family. Like Noah, the decision to end the lockdown is not in our hands.

LESSONS FROM NOAH - PREPARING THE ARK

At the time God told Noah to build an ark, it had never been possible to build such a vessel. Such a vessel had never been constructed for any reason, let alone to hold millions of animals. It would otherwise have been a ridiculous instruction. As pilgrims in progress through this tempestuous journey of life, we may be tempted to let our guards down after the lockdown. Like Noah, the decision to end the lockdown is not in our hands.

LESSONS FROM NOAH - LIFE AFTER THE ARK

The earth was flooded for 150 days. Then one day, the ark came to rest. And Noah proceeded to unload the animals and后来他到达了诺亚上岸的地方。像诺亚一样，我们也将结束隔离，重新开始正常的生活。但是，我们不能忘记过去几周的苦难，也不能忘记我们为此所做出的努力。我们可以从这次经历中学到很多，我们需要记住这些教训并继续前进。
With news of the coronavirus impact on the economy, travel and, of course, health, it’s hard to imagine the deadly virus fostering the start of a new fashion trend – but that, it seemingly has. Welcome to the all protective face mask.

With the epidemic showing no signs of abating, fashionable face masks are selling like hot cakes across the globe, with consumers falling over themselves to help prevent the spread of the virus, despite their effectiveness being called into question when compared to the surgical face masks.

And while there might be some downsides to the new trend, with some consumers reportedly feeling no need to apply make-up when covered by a mask, which in turn could have repercussions for cosmetics sales, it seems this trend is here to stay at least for as long as the pandemic lasts.

A trend no one could have predicted, the question is, will masks continue to be a fashion staple and stem the tide of this pandemic? That’s anyone’s guess. For now, join the bandwagon and help stop the spread of the virus with a face mask. From Ankara to silk, there are lots of fabric options to choose from.
YOU BE THE JUDGE

GREEN WITH ENVY!

ISIOMA FREDA

Joys looks really amazing in this dress and for the night overall. The mini/dress is accurate on the sleek fit. She killed this look, her shade of green, the cut-outs and the make up. Well done. 9/10

FREDA

Isioma is usually a show stopper but this is not one of her peak days in terms of outfit. She showed off cleavage but I am worried about the slit. It doesn’t go well with the dress and looks like she was aiming for here. Gold and green are difficult colours when combined and can be very unforgiving if not executed perfectly. The only flaw here is maybe her accessories pair of shoes though. 8/10

JOY

I would firstly say that green perfectly suits Osas. Her combination and the make up is nothing less than perfect. But the slit should not have been so wide. It takes away from the sultry nature of the outfit. She certainly catches the eye with that slit. She could have paid a little more attention to the length of her dress and the trouble she may have walking in it. But asides that, she nailed her dress. 7/10

FREDA

Esther really must have drawn a lot of attention to herself. Her dress was too busy. The embellishment is accurate as for the dress. The all green suit is indeed perfect and a deep cut can be very unforgiving if not executed properly. But asides that, she nailed her dress. 7/10

JOY

Esther’s hair and makeup got me... her dress is also really beautiful! Even her legs and cleavage. The boobs especially were too pushed up and made her look like triple D’s. She’s really beautiful. But I feel she showed off too much. Wrong shoes too. 8/10

FREDA

Mercy looks really amazing in this dress and for the night overall. The mini/dress is accurate on the sleek fit. She killed this look, her shade of green, the cut-outs and the make up. Well done. 9/10

FREDA

Mercy looks really amazing in this dress and for the night overall. The mini/dress is accurate on the sleek fit. She killed this look, her shade of green, the cut-outs and the make up. Well done. 9/10

JOY

I think this is a very simple dress for the event. She certainly can keep this one. For a dark-skinned girl, green really complements her skin, the cut-outs make the whole outfit sexy. She looks really beautiful. But I feel she showed off a little much. Nice hairstyle too. 8/10

FREDA

She has always been a showstopper, no matter what. She killed this look, her shade of green, the style, her hair and makeup, perfect! The slit should not have been so wide. It takes away from the sultry nature of the outfit. She certainly catches the eye with that slit. She could have paid a little more attention to the length of her dress and the trouble she may have walking in it. But asides that, she nailed her dress. 7/10

JOY

She has always been a favourite when it comes to fashion and I literally look forward to seeing what she’ll wear to events and as usual, she didn’t disappoint. For a dark-skinned girl, green really suits her. But all in all, I think she nailed it and was the best dressed of the night. 9/10

FREDA

Tacha's complexion and the make-up is nothing less than perfect. But the boobs especially were too pushed up and made her look like triple D’s. She’s really beautiful. But I feel she showed off too much. Wrong shoes too. 8/10

JOY

She is one of those who usually wear a lot of accessories. It’s no wonder she won best dressed at the AMVCA. She is tad too simple for the event she wore it too but I guess since the dress already has a little bit of embellishment, she didn’t want to look too over the top. 7/10

FREDA

She sure looks good in green, her skin pops so well, her dress was too busy. Sometimes, less is more. She has always been a favourite when it comes to fashion and I literally look forward to seeing what she’ll wear to events and as usual, she didn’t disappoint. For a dark-skinned girl, green really complements her skin, the cut-outs make the whole outfit sexy. She looks really beautiful. But I feel she showed off a little much. Nice hairstyle too. 8/10

JOY

She has kept her neckline simple showing some cleavage. I feel she didn’t pay attention to that fashion rule. One exposed part at a time, legs or cleavage. Not both. 6/10

FREDA

Whoever did her hair and makeup did a very fine job. She has a beautiful smile, lovely hair do and make over. One word...overkill. Still, she looked beautiful. As for her dress, there are too much. The boobs especially were too pushed up and made her look like triple D’s. She’s really beautiful. But I feel she showed off too much. Wrong shoes too. 8/10

JOY

Green really complements her skin, the cut outs makes the whole outfit sexy. She looks really beautiful. As for her dress, there are too much. The boobs especially were too pushed up and made her look like triple D’s. She’s really beautiful. But I feel she showed off too much. Wrong shoes too. 8/10

FREDA

Esther really has a beautiful smile, lovely hair do and make over. Her neckpiece is so wrong and did not do the dress justice. 7/10

JOY

Esther really has a beautiful smile, lovely hair do and make over. Her neckpiece is so wrong and did not do the dress justice. 7/10

FREDA

Mercy’s hair and makeup got me... her dress is also really beautiful! Even her legs and cleavage. The boobs especially were too pushed up and made her look like triple D’s. She’s really beautiful. But I feel she showed off too much. Wrong shoes too. 8/10

JOY

Esther really has a beautiful smile, lovely hair do and make over. Her neckpiece is so wrong and did not do the dress justice. 7/10

FREDA

She has always been a showstopper, no matter what. She killed this look, her shade of green, the style, her hair and makeup, perfect! The slit should not have been so wide. It takes away from the sultry nature of the outfit. She certainly catches the eye with that slit. She could have paid a little more attention to the length of her dress and the trouble she may have walking in it. But asides that, she nailed her dress. 7/10

JOY

She has always been a showstopper, no matter what. She killed this look, her shade of green, the style, her hair and makeup, perfect! The slit should not have been so wide. It takes away from the sultry nature of the outfit. She certainly catches the eye with that slit. She could have paid a little more attention to the length of her dress and the trouble she may have walking in it. But asides that, she nailed her dress. 7/10
LIVING A PLAGENIC, HEALTHY, HAPPY AND FULFILLED LIFE.

CORONAVIRUS, FEAR, ANXIETY & DEPRESSION PT. 2

Dr. Ifeyinwa Nwakwesi

few weeks ago my article on CORONAVIRUS, FEAR, ANXIETY & DEPRESSION was published. This is the second part. Dwelling in fear, anxiety and depression is very debilitating to health and life. As an integrative care practitioner we manage Fear, anxiety and depression in a balanced way. This will be my advice to anyone dealing with depression especially in this coronavirus pandemic.

As soon as you wake up make sure you say your prayers. When one is depressed it is difficult to stay focused to pray as the mind will not be able to concentrate. My advice is to listen to some spiritual videos and this will help you to cope better and will help you reprogram your mind from negative to positive.

Make sure you do some form of exercise or the other. brisk walk in a secured estate is good. Walking up and down your stairs gradually up to 10 times Morning and evening. If you have a treadmill do 30 mins at least three times a week. You can also do sit up and on a chair in your home. Exercise is very good in improving the circulation and improving the mood. There are aerobic videos available on line that you can access. Please note that health and fitness is not the same. You can be healthy but not fit and you can be fit and not healthy. Many people in the quest of trying to be fit are inadvertently damaging their health by exceeding their target heart rates in their daily exercise routines. Please be mindful of these as some people have died from exercise playing tennis or over exercising.

In this coronavirus lockdown so many people are lazying around since they need to leave the house so they may lie in more or less. I advise you take your bath early because water is an energizer and a revitalizer. Once you take your bath you will feel better and you will be able to cope better with your depression, anxiety and mood swings.

I have been dealing with depression and anxiety for so many years and I am getting better and better every day by applying the care - principles. Depression is a very difficult condition to deal with but determination and commitment can be overcome.

Positive affirmation is a very powerful skill. You need to feed your brain positive information and your brain bears the right. One positive affirmation that I try to manage my depression is this: “I am a Phenomenal, relaxed, happy, vibrant woman or man”. You say it 10 times in the morning, afternoon and night.

“Holy Spirit uplift all negative beliefs, thoughts, feelings, decisions, words and actions from my spirit, my mind, my body in the depression and replace them with this, this consistently on a daily basis over time you will find yourself feeling better day by day.

Power - breathing is very important to make sure that the lungs are getting adequate oxygen at any point of time in a shallow and deep breath or the stress of everyday living. If you Join our on - line health living community you can learn this skill and

more. Adequate oxygenation of the Lungs will help maintain organ, alleviate fatigue and improve your mood.

Progressive muscular relaxation is a good way to reduce stress in your body. Stress is a very serious condition, bad stress can lead to all kinds of medical conditions including depression. It is important that you work on your improving your circulation as poor blood circulation is very detrimental to health. Many people including young people are walking around with clogged vessels. A high protein intake in our foods increase the level of homocysteine in our bodies. High homocysteine moves calcium from our bones to deposit in the vessels of the heart. As we grow older our ability to make Nitric oxide is decreased. Nitric oxide helps in making our blood vessels more flexible helping to improve blood circulation. The cardiovascular clapping exercises is a very simple and effective way to open up the blood vessels, improve the blood circulation and improve the mood and lead to better sense of well being.

Standing - infant of a mirror and laughing at the count of 205 times a day is another way of changing the programming of your brain from negative to positive.

Try to listen to music, dance along and keep busy watching comedies and reading personal development books. After my Bible, I read Aground the Giant Within by Anthony Robbins. It is a very profound book which helps people to turn their weaknesses into strengths and get out of depression. Personally none of these work for me without Peyroes and Bible reading.

This is a time to build your relationship. Call your friends, relatives and have friends you can share your feelings with. I have an online mental and emotional management programme. I will advise you sign on. Sometimes cases of depression can be severe when you may require a qualified medical doctor to deal with. I advise you have an integrate in care Practitioner who can help detect most of the body dysfunctions and nutritional deficiencies that are in your body and recommend healthy diets and some nutritional supplements that can help reverse the dysfunctions and correct the nutritional deficiencies. Your doctors need to check for levels of your vitamin B12, mercury fata, iron, anemia, vitamin D, thyroid function, liver function, kidney Function. There are foods that can alleviate depression and I advise you see a nutritionist who can recommend the foods you need to consume to help fight depression. Try and include water - rich foods in your diet, like vegetable and fruit juices so your blood can move from acidic to alkaline as this will help alleviate the depression and anxiety. Some cases may require correctional anti - depressant but that will be my last resort not my first line of management. There are many effective research - backed nutritional products that can help alleviate depression and anxiety.

We must realize that God has given us the power of decision. We do not have to allow every thought and belief that comes to your mind to enter and begin to direct your daily life. We must stand guard at the door of our minds and sanitize the thoughts that we let in. It is not the external entities in our lives that shape our reaction. It is our perception of the event. Happiness is a State of mind. What you focus on will manifest on your life. Focus on the positives in your life you will be disempowered and most likely will be depressed and anxious but if you have the attitude of gratitude, grateful for life, for God, for free oxygen, a roof, food and you or any of your family and friends are not suffering from corona you should be singing praises, dancing and being phenomenal - living a happy and fulfilled life.

Let me use this opportunity to inform Nigerians about one root cause of many diseases including Depression and anxiety. In our digestive system micro - flora (micro - bio normal bacteria and other micro-organisms) that are our primary defense system against pathogenic organisms. Our unhealthy diets, high stress levels, environmental pollution, dehydration, frequent use of anti-biotics, prescriptive drugs and other unhealthy life choices contribute to an imbalance in our gut micro flora setting the stage for inflammation in the digestive system and other systems of the body. Science and research has proven that humans are only 10 percent human cells. The complex inner eco - system of microbes, bacteria and other microscopical organisms outnumber human cells in the ratio of 9:1. There are over 100 million microbes in every body. 1000 species of bacteria make up the human eco - system. A healthy gut digestive system is a healthy micro - bio. More normal microbial species live in the digestive system dramatically affecting the body.

- The Brain and the nerves
- Overall immunity
- Fat metabolism and weight
- Various human organs and more
- The right balance in our micro - flora or micro - biome is critical to our health. Every one's micro - biome is as unique as the person as his or her fingerprints and can be rapidly altered by many factors as we mentioned above. The functions of a balanced micro - biome include

- strong immunity
- Good digestion and metabolism
- Brain health
- Hormone production
- Disease prevention

In most common causes of depression is Imbalanced gut micro - biome. I will spend my next write up talking about how you can rehabilitate your micro - bio and how you will reverse many chronic diseases and alleviate depression, anxiety and fear.

Stay safe, stay positive. Till next two weeks. God bless.

Dr. Ifeyinwa Nwakwesi

Knowing the differences

Please note the differences

(1) dry cough + sneeze = air pollution
(2) cough + mucus + sneeze + runny nose = common cold
(3) Cough + mucus + sneeze + runny nose + body ache + weakness + light fever + flu
(4) dry cough + body pain + weakness + high fever + difficulty breathing = coronavirus

Pathology department AIIMS, Delhi

This video message was made available to manage as many people as possible!

I is popularly believed that corona virus has it own advantages aside the obvious disadvantage of losing your lives. A recent report has listed 22 advantages of the deadly disease, corona virus.

Read the 22 advantages below:

01. Politicians now think of their members.
02. Countries now realize the importance of God.
03. People got to worship in public with decorations.
04. All humans are now equal.
05. No country is a better other.
06. Whites people even want to come and stay in Africa.
07. Blacks don't recognize the white countries anymore.
08. People realize God heal and medical doctors.
09. It has brought back humangacy, and has made authorities think of good new health care projects.
10. Brought back people to sanity and to their morals.
11. Africa is better, more beautiful, more owned.
12. It brought down interest rates and sent pharmaceutical experts to invest in traditional drug.
13. Brought off forced families together.
14. It has stopped people eating dead and forbidden animals.
15. Set has moved one third of all money from government expenditure to health care.
16. Authors have bannedished shisha. Americans under pressures.
17. Speeches, Africans doing turn all against smoking.
18. Corona is a society that people speak the truth through which you touch a victim and lie, the coronavirus will tell you out.
19. Funders of diacets and their posse. Lied people look twice at the so called men of God who heals every thing before coronavirus came.
20. Men are now worshipping God rather than progress and technology.
21. It is the authorities to look at its prisons and prisoners.
22. It has taught humans how to sneeze, yawn and cough.

Corona is now making us stay at home, living simple lives. Isn’t that Amazing?
transact & WIN a new car

Perform up to 10 transactions on any Access Mobile app or use *901# for a chance to win a brand-new car

The coronavirus (COVID-19) is a crisis like no other the world has faced in recent decades as the pandemic has affected households in many ways. The rippling effect has caused people to lose their source of income as prices of goods and commodities have gone up. Strident steps are now being taken by corporations, private individuals not to mention NGOs, to ease the fate of the downtrodden at this trying times. In conjunction with our Covid 19 series, STYLE takes a look at the area of feeding, provision of consumer goods and donations being done by celebrities. Some of them are reaching out in these difficult times of fear and uncertainty. Setting up various NGOs and Food Banks, they have dug deep into their pockets and also used their status to team up with brands and individuals to achieve this goals. Although the government and corporate bodies are playing their role, it is a known fact that they cannot accommodate the number of mouths that need to be fed.

So this is the moment for all to show acts of love, to reach out and help a fellow man. Even though people have benefited from such philanthropic gestures, we can hope and pray that it continues until the curve of the pandemic flattens and even after. The good thing is that nothing is too small because every little morsel that such ventures provide counts. As they say, an inch is better than a mile in the right direction and we thank all those, including the featured celebrities, for making an impact in the time of need. They are applauded, not just for not their art, but also their act of kindness. FUNKE BABS-KUFEJI and guest correspondent AZUKA OGUJIUBA report...
I went to different communities, hood by hood and the local government areas which is owned by Mama cubana who is the wife of Obi cubana, the chairman of the club.

I go to different communities around Amen estate where I reside and have my studio.

I go to different communities and I have always done giveaways on my social media platforms and monetary support to some companies like Kokun Foundation and Lakki Food Bank. We help in catering for some communities that are very vulnerable because of the lockdown and the pandemic has highlighted for me, the dire need of the vulnerable and underprivileged communities. I have extended our support the poor for over 19 areas/ communities in Lagos. We have given out mostly raw food this period with huge support from the Dangote group. We have also extended our support to make the world a better place.

Since the lockdown does not allow free movement, is there any area of focusing when you go to some of these communities as might you not know what you will encounter in the process?

Yes there is always someone on ground in most of the places that we decide to go to. There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?

I have always done giveaways on my social media platforms and given donations to different organizations. The philanthropy I have done so far has been very rewarding. Seeing the absolute joy in their faces has been the most rewarding thing for me. If more people can do this and continue to serve, then we all must contribute to the betterment of our society. We have a greater responsibility than ever before to ensure the same people do not get left behind.

There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?

Since the lockdown does not allow free movement, is there any area of focusing when you go to some of these communities as might you not know what you will encounter in the process?

Yes there is always someone on ground in most of the places that we decide to go to. There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?

Since the lockdown does not allow free movement, is there any area of focusing when you go to some of these communities as might you not know what you will encounter in the process?

Yes there is always someone on ground in most of the places that we decide to go to. There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?

Since the lockdown does not allow free movement, is there any area of focusing when you go to some of these communities as might you not know what you will encounter in the process?

Yes there is always someone on ground in most of the places that we decide to go to. There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?

Since the lockdown does not allow free movement, is there any area of focusing when you go to some of these communities as might you not know what you will encounter in the process?

Yes there is always someone on ground in most of the places that we decide to go to. There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?

Since the lockdown does not allow free movement, is there any area of focusing when you go to some of these communities as might you not know what you will encounter in the process?

Yes there is always someone on ground in most of the places that we decide to go to. There is a person there to coordinate. For me, going into an environment or community you have never been to is like going to a foreign place even though it’s still in the same country. You have to find someone that will help you out. Post pandemic, I won’t stop and I encourage other people to adapt and continue to do so because at the end of the day, it’s for a good cause. There is a person in every community that is perceived to come with its own rewards. What is your take on this?
I am 5 feet and 10 inches tall and 66 kg. I was super-slim till about 10 years ago, then gradually got fat. My doctor advised me to lose 120 kilograms and measured 49.4-47.1 (chest-waist). I’ve had ups and downs - bad days when I reverted to gluttony and did little or no exercise and good days when I’ve eaten abstinently and exercised enthusiastically. Fortunately, the good days have outnumbered the bad days, and I’ve lost 1 kg a week since March 16th. I’ve also shed quite a few inches.

Last week, I weighed 112 kg and my vital stats were 47-48-47. This week, I’m down to 111 kg and my vital stats are 47-47-47.

Considering that there have been weeks when I’ve lost at least 1 kg and as much as 2 kg, weight loss in the past 7 days has been slow; even though I’ve taken exercise seriously. But dieting is not an exact science. Forget about propositions, results. My doctor has advised that thanks to all manner of uncontrollable variables such as emotional activity and metabolism, one will sometimes lose more in weeks when one hasn’t been very strict with oneself and less in weeks when one has been doggedly disciplined.

At any rate, a 1 kg per week average loss isn’t bad for a 65-year-old like me. And I’m philosophical about the possibility that it will take me another 26 weeks (6.5 months) to get to the 260 kg I still need to lose.

Having said this, I am impetuous by nature and would rather reach my ideal (90 kg) sooner than later. And the thought of dutifully focussing on the long-thought loss that is less than 100 kg does not thrill me. At all.

And I have already reduced my salt and sugar consumption. I limit my salt intake to 1 g per day and 270 mg of sodium per day. And I limit sugar to 120 g per day. Since I haven’t lost more than 1 kg per week on this regime, it is clearly too lenient for a gal who is in a hurry but I promise attempts to be heroically straight.

And I’ve lost 5 kg, or 1 kg per week on this regime.

I’ve lost weight and am losing weight for several reasons. I’ve lost weight because I felt the need to and what usually warrants this? Dieting is counter-productive – as in unhealthy and unwise.

But the medical establishment does not always speak with one voice and I’ve encountered a respected doctor who believes that weight loss is counter-productive – as in unhealthy and unwise.

The Creator of the heavens and the earth gave many a clear commandment to love your neighbour as yourself. The young boy looked at the phone, shook his head and calmly informed his parents that he was going to school. His mother had, nevertheless this 15-year-old was certainly intelligent enough so I began my conversation with him.

TOLULU OKOGU
FASHION DESIGNER

Is this the first time you have done philanthropy or has it always something you did before this pandemic?

I have always loved doing charity work. As a young child when every body dreamt about becoming Doctors or Lawyers, I wanted to have a motherless babies home to take care of children. I applied to be a social worker and eventually changed to study Psych. But I was still within the range of help people. So during this pandemic, a friend of mine said he wanted to start an initiative. I wasn’t sure though. I’m pretty sure I decided to support anything I go out for our food drive, I always make sure I wear my gloves and my mask. It’s pretty much social distancing. When I get back home, I immediately wash, I get, I set least scare, I pancy. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

We always put measures in place for social distancing but at the beginning it was a bit hectic because we needed to educate them about social distancing and the importance of wearing their masks. We had to put strict measures in place and with the Nigerian military men helping with the queues, it became a lot easier to manage. We mark out lines on the floor to indicate the distance between two people and this has been followed till date and with no mask or social distancing, you don’t get any food.

Deborah Williams

Non-profit organisations have proven themselves. During the first fortnight of this programme, I lost 1 kg by barely eating. I mostly survived on vegetarian fluids and only had 4 small normal meals with fish, carbohydrates veg meals in 2 weeks. But I couldn’t keep it up and it was a food binge in place and with the Nigerian military men helping with the queues, it became a lot easier to manage. We mark out lines on the floor to indicate the distance between two people and this has been followed till date and with no mask or social distancing, you don’t get any food.

I feel that the most vulnerable people in this situation should be assisted first. Nova and I have been feeding over 300 hundred people and I decided to support him. And during this pandemic, I’ve had ups and downs - bad days when I reverted to gluttony and did little or no exercise and good days when I’ve eaten abstinently and exercised enthusiastically. Fortunately, the good days have outnumbered the bad days, and I’ve lost 1 kg a week since March 16th. I’ve also shed quite a few inches.

I’m a little scared, yes I panic. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

I have always loved doing charity work. As a young child when every body dreamt about becoming Doctors or Lawyers, I wanted to have a motherless babies home to take care of children. I applied to be a social worker and eventually changed to study Psych. But I was still within the range of help people. So during this pandemic, a friend of mine said he wanted to start an initiative. I wasn’t sure though. I’m pretty sure I decided to support anything I go out for our food drive, I always make sure I wear my gloves and my mask. It’s pretty much social distancing. When I get back home, I immediately wash, I get, I set least scare, I pancy. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

We always put measures in place for social distancing but at the beginning it was a bit hectic because we needed to educate them about social distancing and the importance of wearing their masks. We had to put strict measures in place and with the Nigerian military men helping with the queues, it became a lot easier to manage. We mark out lines on the floor to indicate the distance between two people and this has been followed till date and with no mask or social distancing, you don’t get any food.

I feel that the most vulnerable people in this situation should be assisted first. Nova and I have been feeding over 300 hundred people and I decided to support him. And during this pandemic, I’ve had ups and downs - bad days when I reverted to gluttony and did little or no exercise and good days when I’ve eaten abstinently and exercised enthusiastically. Fortunately, the good days have outnumbered the bad days, and I’ve lost 1 kg a week since March 16th. I’ve also shed quite a few inches.

I’m a little scared, yes I panic. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

I have always loved doing charity work. As a young child when every body dreamt about becoming Doctors or Lawyers, I wanted to have a motherless babies home to take care of children. I applied to be a social worker and eventually changed to study Psych. But I was still within the range of help people. So during this pandemic, a friend of mine said he wanted to start an initiative. I wasn’t sure though. I’m pretty sure I decided to support anything I go out for our food drive, I always make sure I wear my gloves and my mask. It’s pretty much social distancing. When I get back home, I immediately wash, I get, I set least scare, I pancy. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

We always put measures in place for social distancing but at the beginning it was a bit hectic because we needed to educate them about social distancing and the importance of wearing their masks. We had to put strict measures in place and with the Nigerian military men helping with the queues, it became a lot easier to manage. We mark out lines on the floor to indicate the distance between two people and this has been followed till date and with no mask or social distancing, you don’t get any food.

I feel that the most vulnerable people in this situation should be assisted first. Nova and I have been feeding over 300 hundred people and I decided to support him. And during this pandemic, I’ve had ups and downs - bad days when I reverted to gluttony and did little or no exercise and good days when I’ve eaten abstinently and exercised enthusiastically. Fortunately, the good days have outnumbered the bad days, and I’ve lost 1 kg a week since March 16th. I’ve also shed quite a few inches.

I’m a little scared, yes I panic. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

I have always loved doing charity work. As a young child when every body dreamt about becoming Doctors or Lawyers, I wanted to have a motherless babies home to take care of children. I applied to be a social worker and eventually changed to study Psych. But I was still within the range of help people. So during this pandemic, a friend of mine said he wanted to start an initiative. I wasn’t sure though. I’m pretty sure I decided to support anything I go out for our food drive, I always make sure I wear my gloves and my mask. It’s pretty much social distancing. When I get back home, I immediately wash, I get, I set least scare, I pancy. So I wipe down the door handles of my car, take off my shoes and leave them outside then immediately put my clothes in the washing machine and head to the bathroom to bath. Of course I will wash my hands prior to doing all these.

We always put measures in place for social distancing but at the beginning it was a bit hectic because we needed to educate them about social distancing and the importance of wearing their masks. We had to put strict measures in place and with the Nigerian military men helping with the queues, it became a lot easier to manage. We mark out lines on the floor to indicate the distance between two people and this has been followed till date and with no mask or social distancing, you don’t get any food.
If you’re stuck in quarantine right now and are under lockdown due to the coronavirus, now is the perfect time for you to go all in and focus on yourself! We are being given an opportunity to disconnect from the world and be in control of our own time. Think about it for a second, at what time did you last do something that you’ve always been working towards? NOW is the perfect time to upgrade your skills. Your skills can really elevate this. A little brushing up on loads of free online classes for writing or whatever is it you that’s cooking, baking, could improve on, whether it’s meal prep, workout, do yoga, stretch or whatever it is you know you need to do to get your ideal body.

Get your ideal body
Clarity is key when talking about having a glow up, all know that this is the first thing that comes to everyone’s mind. Getting your dream body or even working towards it, is something that you can totally invest in right now. Use the time you have to meal prep, workout, do yoga, stretch or whatever it is you know you need to do to get your ideal body.

Work on your style
Play around with what you’ve got in your closet already. A great way to find outfit ideas is to look on Pinterest. There are tons of ideas to go through!

Up your skill set
Glowing up doesn’t just mean changing yourself on the outside. It means improving yourself on the inside too. Now is a great time to incorporate and maintain healthy habits into your life. Practice meditation, exercising each day, journaling eating healthy and overall just being a better version of yourself. Now is the time to build strong routines for yourself that you can stick to for years and years to come. Remember, it takes exactly 21 days to change a habit, so this is the perfect time for you to drop those bad ones! It doesn’t have to be all doom and gloom either, you can still have fun, watch TV and laze around from time to time during lockdown, but prioritize your habits first and let your down time be your reward.

Start a YouTube channel
Some people say they want to start a YouTube channel, podcast or improve their Instagram feed. How is a great time to get creative and do those things. There’s nothing better than making content you’re happy with and putting it out there. It’s even better when you’re consistent and use your entire IG feed come together or your YouTube channel slowly grows. Just make a plan and go for it! You never know where you could be at the end of this. This is the real time to upgrade your business, now is a great time to build strong routines for yourself that you can stick for years and years to come. It takes exactly 21 days to change a habit, so this is the perfect time for you to drop those bad ones! It doesn’t have to be all doom and gloom either, you can still have fun, watch TV and laze around from time to time during lockdown, but prioritize your habits first and let your down time be your reward.

Upgrade your makeup skills
Makeup can really take you a glow up on another level if you know how to do it right. Practice perfecting your makeup on your face, the type of different outfits you wear, or looks you want. Makeup is a great way to glow up. It boosts your confidence because it just makes you feel more put together and polished.

Upgrade your cooking or baking skills
If you’re someone who sucks at cooking or just wants to get better at it, well here’s your chance to correct that. Go on youtube and try out new recipes. Over time, you will definitely get better at it. It’s even better when you’re consistent and use your entire IG feed come together or your YouTube channel slowly grows. Just make a plan and go for it! You never know where you could be at the end of this. This is the real time to upgrade your business, now is a great time to build strong routines for yourself that you can stick for years and years to come. It takes exactly 21 days to change a habit, so this is the perfect time for you to drop those bad ones! It doesn’t have to be all doom and gloom either, you can still have fun, watch TV and laze around from time to time during lockdown, but prioritize your habits first and let your down time be your reward.

Upgrade your space
Tired of your bedroom space? Why not change things up and around a little? This doesn’t have to be big changes like renovating or painting, but simply moving things around. Give your space a glow up by making it more suitable to your style and pleasing to the eye! Perhaps, move the desk, chair, mirror or whatever it is that you can reposition. You can also print out pictures and hang them up in frames on the wall. Get creative, now’s the perfect time for it!

Change up your lifestyle
This is the real glow up, the permanent kind that lasts a lifetime. Get emotional, write it all out. Get emotional, write it all out. Get emotional, write it all out. Heal inside as well. You can use this time to get quiet and go in. Heal those past wounds and traumas you’ve been dealing with, but never had the time to address. Get emotional, write it all out now, it is a good time to do that, and just get it all out. This will help you release things you’ve been holding onto and make space for you to move on from it all. Journaling is a great and healthy way to do this. Even if it just means getting clear on your thoughts and things that you feel are holding you back.

Get your past trauma
Glowing up is not just about the outside, but also inside as well. You can use this time to get quiet and go in. Heal those past wounds and traumas you’ve been dealing with, but never had the time to address. Get emotional, write it all out. Get emotional, write it all out. Get emotional, write it all out. Heal inside as well. You can use this time to get quiet and go in. Heal those past wounds and traumas you’ve been dealing with, but never had the time to address. Get emotional, write it all out now, it is a good time to do that, and just get it all out. This will help you release things you’ve been holding onto and make space for you to move on from it all. Journaling is a great and healthy way to do this. Even if it just means getting clear on your thoughts and things that you feel are holding you back.

Give your space a makeover
Tired of your bedroom space? Why not change things up and around a little? This doesn’t have to be big changes like renovating or painting, but simply moving things around. Give your space a glow up by making it more suitable to your style and pleasing to the eye! Perhaps, move the desk, chair, mirror or whatever it is that you can reposition. You can also print out pictures and hang them up in frames on the wall. Get creative, now’s the perfect time for it!

Keep it simple with sneakers
For a smart-casual take, wear with cropped pants and matching sneakers.

Keep it formal with wide leg pants
Pair a black high waisted wide leg pants with a white shirt and heels for a chic outfit perfect for the office or a night out.

Wear with a statement skirt
This DION BACI shirt top is very versatile especially when tucked in. She has paired the shirt with a statement fitted skirt than emphasises her figure.
How to Create a Spa-Like Experience at Home

1. Load up on hot towels. Giving yourself a facial? Rather than running back and forth to the sink to wash your face, use these little add-ons to create an at-home version of a relaxing spa-like experience. At home, remember to do so in the shower for easy cleanup.

2. Engage your senses. The great news for those bad hair days is that the beret is back as a fashion accessory with a long history of chic women sporting it. Not only has it graced the runways, as evidenced in seasons past. Fashion influencers are perfecting the art of the beret. Check how they have rocked it effortlessly. When setting up a treatment at home, remember to do so in the shower for easy cleanup.

3. Mask your way to clearer skin. When-your face mask is a quintessential skincare indulgence. If you don’t have a mask product, a DIY version will suffice. If you’re dealing with pesky blemishes, mix one tablespoon each of turmeric, raw honey, and milk (the mixture should be thick, not too runny). Apply evenly to your skin all over and leave on for 10 to 15 minutes before rinsing. The turmeric is anti-inflammatory, honey is anti-bacterial, and the lactic acid in the milk helps exfoliates, leaving your complexion clear and glowing.

4. Make your shower more spa-like. Even those few minutes you spend under the spray every day can become more of a full-body treatment, simply by changing the temperature of the water. Experiment by starting with hot water, then transitioning to cool. This is good for the skin and helps improve blood flow.

5. Dry brush like a pro. So many professional body treatments involve this technique, which is easy to do at home. Hop in the shower, before you turn on the water, grab a body brush and move upward, toward the direction of your heart. Dry brushing exfoliates, improves circulation, and can help make skin look smoother.

6. Treat your eyes. Cucumbers aren’t the only way to soothe tired eyes. You can also boil two chamomile tea bags in milk, then refrigerate them until cool. Place over your eyes for 10 minutes to help refresh eyes that are tired from staring at the computer screen for hours.

7. Create your own body buffer. Fancy body scrubs at the spa can often have many complicated ingredients, but you can easily create one at home using just two (or more) items that are probably already in your kitchen. Combine equal parts granulated sugar with liquefied coconut oil into a paste-like consistency. Use it to scrub from head to toe before rinsing off (do so in the shower for easy cleanup).

Unbuttoned Shirt

Some people have always been told to button up their shirts but unbuttoning one or two buttons down can be quite sexy.

For those with big busts, you can simply do up the top buttons, but leave the ones underneath your chest to the bottom undone. The shirt will gracefully follow in the gentle breeze and for those with smaller busts, you can leave all the buttons undone but tucked into your skirt or trouser – voila!

You’ve basically created a new top.

For an unbuttoned shirt, you can wear what you always have

So you’ve created the simple sandals and a bag finishes off the look perfectly.

KOMIE

Chic Cashmere

Chic Amia

Brackett Ellis

Chroma

Beret is back like it never left

There are ways to update your wardrobe and your look without so much as stepping into a shop if you don’t feel inclined. Think new ways to wear rather than new things to wear. Here are five trends you have a swimsuit you wear every now and again but want to get more wear out of? Tuck it into anything from a ruffled midi skirt to knotted shorts and you have an updated look.

ABSOLUT KOLA DASH

Socks and sandals

Wearing socks with sandals used to be something only school kids did back in the days, but not any more. Everything from real white ankle socks to elegant black knee-highs are things you’ll spot on the runway now. Keep the look unfussy by sticking to a platform sandal and avoiding patterns.

Fifi Umenyiora

Dresses over trousers

The concept of wearing a dress or a coat dress over trousers has previously been too much for most people but now it has become a thing and now is the time to get on board. A bit of layering never goes amiss when you are a bit indecisive as you can always whip the trousers off if you get too hot. Look for tunics-style dresses that hit just above the knee and style over flared or ankle-cropped trousers.

Yute Rome

Style Update

There are ways to update your wardrobe and your look without so much as stepping into a shop if you don’t feel inclined. Think new ways to wear rather than new things to wear. Here are five trends to look out for.

For an unbuttoned shirt, you can wear what you always have always been told to button up your shirts but unbuttoning one or two buttons down can be quite sexy. For those with big busts, you can simply do up the top buttons, but leave the ones underneath your chest to the bottom undone. The shirt will gracefully follow in the gentle breeze and for those with smaller busts, you can leave all the buttons undone but tucked into your skirt or trouser – voila!

You’ve basically created a new top.
GLO E-TOp UP
IT’S SO REWARDING

GLO E-TOp UP

- Recharge and enjoy up to 10% bonus on the recharge amount.
- Dial *805# to E-Top Up your Glo line. You can also access E-Top Up through Bank Codes, Bank Apps, Bank ATMs, POS, Online Payment platforms and the Glo Café App.
- It’s easy, fast and secure.

Recharge from the comfort of your Home.
STAY CONNECTED | #SafetyForAll

www.gloworld.com
Terms & Conditions Apply