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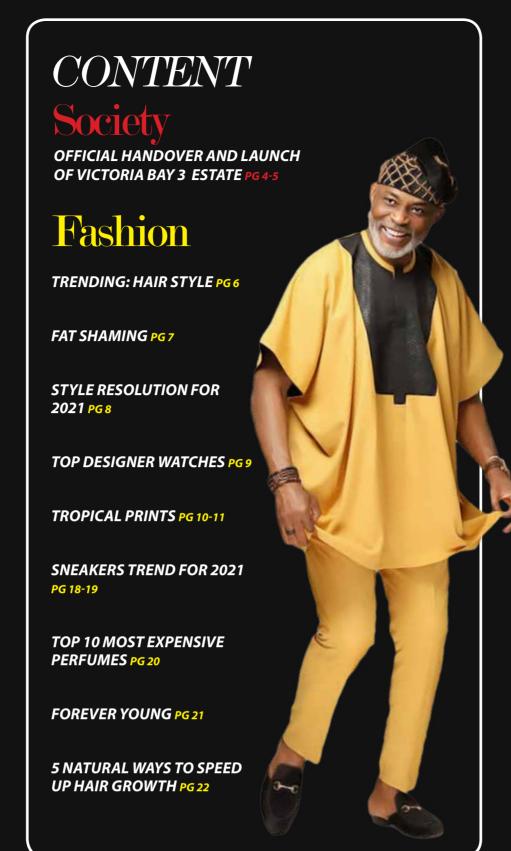








Parkinson's disease is viewed as an ailment of the elderly, but in this interview, Omotola Thomas (née Okupe), opens our eyes to dispel that myth. She has been living with this disease for over 11 years and has become a strong advocate in creating awareness about it with her Parkinson's Africa, an NGO she runs. She has made various strides in this journey which she shares with STYLE. **ISIOMA USIADE** reports...



### THISDAY STYLE

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did my first Covid test a few days ago and it was not as nerve wrecking as I thought it would be because I had mentally prepared myself for the worst. I reckoned that even if the result came out positive, it would not be that serious as I had no strong symptoms except for a lingering stubborn sore throat. I must admit I was still slightly relieved when the result came out negative! But my point here is - my mental approach before I took the test. I subconsciously prepared myself for the journey that would lay ahead because I have underlining problems. I was ready to face it head on and fight with all I have - which leads me to our Cover personality of

For the past 11 years, she has been living with Parkinson's disease. What I first noticed about Omotola when I saw her being interviewed on ARISE TV, was her bright red nail polish which was a total contrast to the struggles she discussed animatedly. I thought to myself, here is a woman going through her own challenges that

one would have thought the upkeep of her appearance will be the last thing on her 'to-do' list. But here she was - red lipstick and nail polish - looking like she just stepped out of a salon! I was very impressed by what I sensed to be a strong spirit within her regardless of what was before her! I liked that and I knew I just had to feature her

this week, OMOTOLA THOMAS.

Omotola has left no stone unturned to keep creating awareness about this disease that not only affects the elderly as is widely believed, but also young people like her. She has created something positively impactful out of her struggle with her Parkinson's Africa NGO. She has made lemonade out of the lemons life has thrown at her and it is this mental approach of hers that one most admires.

In the midst of adversity, you must find a purpose that will propel you to fight and forge ahead.





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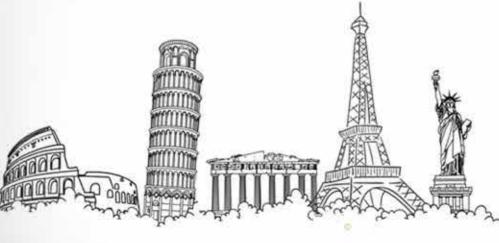












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friends to the launch and handing over ceremony of his latest housing project

The project marked the conclusion of the 5 Goodness campaign which was launched to promote aspirational living. The campaign saw the company deliver 587 units of houses within 2020 despite the COVID-19 pandemic.

Highlights of the event included naming Ichechi Okonkwo as CEO of Victoria Crest Homes a subsidiary of Nedcomoaks Ltd and the presentation of two buses as gifts to the Lagos State Ministry of Physical Planning and Lagos State Real Estate Regulatory Agency

The day closed off with the cake cutting ceremony and an electrifying performance by popular Nigerian artist Chike.

to the COVID safety protocol.



















Braids

With many people around the world still under

lockdown orders during the global pandemic,

and so pleasant way to forget about hair styling

for months, give your hair some rest and protect

it from harsh environmental factors



# **BATTLE OF THE BULGE**

#### **Recap and vital statistics:**

I am 5 feet and 10 inches tall and 61 years old. I was an effortlessly super-slim 70kg till my late 40s, then the weight started to pile on. By my early 50s, I was 85kg. But I didn't become obese till my mid-50s.

I was at my happiest and

lowest point on this journey that started in Abuja last spring. And I won't bore you with all of the ups and downs my weight has been through since

Suffice it to say that after a particularly unrestrained Christmas food-and-drink binge while taking a break in London, I had reached a heinous 123kg by early January – my highest point on this journey.

I felt like such a stupid failure for starting 2021 3 kilos heavier than I was at the beginning of 2020, especially since the whole point of this column was that discussing my weight problem in a public space every week was (in addition to encouraging other fatties to shed lard that can trigger off heart disease, diabetes etc) supposed to shame me into solving my weight problem in a steady and disciplined way.

But we are all human; and some of us are Sunday, I was 121kg. Today, I'm 19.5kg.

Incentives to lose weight are numerous:

I started this battle of the bulge on March 16th last year, when I weighed a whopping 120kg and measured 49-47-51 (chest-waist-hips) inches. And I've been struggling to shed excess lard since then.

most elegant when I was 70kg and a size 10 (UK sizing). But a woman of my current advanced age might look haggard - ill and starved even - in a totally fat-free body and face zone, so I'm taking the view that a bit of genteel padding does a sexuagenarian no harm. And since I didn't feel/look too bad when I was 85kg and a size 14, that's the compromise I am aiming for.

It's been a yo-yo ride. My weight has, alas, fluctuated wildly since I started this journey. I've had weeks

when I've lost a couple of kilos, weeks when I've regained every lost kilo and weeks when I haven't gained or lost an ounce.

Last summer, my weight dropped to 106kg - my

so addicted to food and drink that dieting is a herculean effort. Fortunately, I've been able to force myself to cut down on high-calorie solids and liquids; and my weight has been falling. Last

Slim folks look better in clothes and have more sartorial choices and more self-confidence. Slim folks rarely suffer from knee pain and are less likely to require hip replacement surgery.

and tend to be in better shape medically. Slim folks usually attract more positive impressions within professional and social contexts (in the Western world in particular, there is a widespread belief that fat people are less reliable and less worthy of respect because

Slim folks are more energetic

Even in Nigeria, where fatness has been traditionally acceptable and even desirable, more and more people would rather be slim than fat.

they clearly lack self-control.

I myself am prejudiced against fat people. The American actress, Kirsty Alley has put on so much weight since her heyday; and I feel queasy whenever I look at her bloated body and puffy face.

Slim folks also do not struggle to squeeze themselves into narrow seats on planes (one of the most humiliating experiences I have endured in recent years was when a seat belt refused to fully stretch across my huge stomach, so the air hostess had to provide me with an extension that was

designed for pregnant women). OK, so I'm keeping all of the above advantages of slimness in mind and keeping cheerleading readers like Uloma Jide-Afonja in mind.

*Uloma wrote to me last week to say:* 

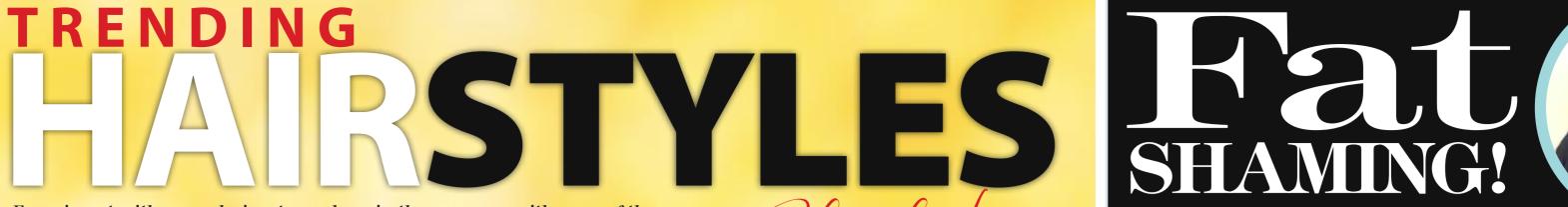
"I must tell you that I was disappointed to read that you succumbed to guilty pleasures, lol. I also know from my personal experience that losing weight is a struggle. I am glad you are determined to adopt healthier options this 2021. Please, many of us are motivated by you. Please don't let us down. Good

By the way, I'll be in London for another couple of weeks and one advantage of being here is that the only people who can afford full-time domestic help in the UK are rich; and I'm certainly

I hire a Jamaican lady once a week to help with chores like ironing. But I'm on my own the rest of the time; and you'll be amazed how many calories you burn when you have to run up and down shopping for groceries, carrying heavy bags, cooking, tidying up, making beds, stacking and unstacking dishwashers, getting up to trudge to the kitchen every time you need a glass of water or whatever; and so on.

In Nigeria, househelps are affordable by every Tom Dick and Tunde; and their support can be very useful. But, Boy! Do they keep us lazy.

DONU KOGBARA IS A VANGUARD NEWSPAPER COLUMNIST. Please feel free to share your thoughts about her weight loss journey on 0805 404 6887 or donzol2002@yahoo.co.uk



Experiment with a new haircut or colour in the new year with some of the trendiest hairstyles of the season. With the COVID-19 pandemic still keeping many at home, planning your hairstyle may seem be the furthest thing from your thoughts. However, like death and taxes, dealing with your 'do is an inevitable task that unfortunately does not come with an automated fix. To remedy those hair days when the clippers look like the best option, check out this chic yet low-maintenance hairstyles doable at-home.

**BY ISIOMA USIADE** 



The cropped cut is a chic, low-maintenance style that frames the face with its not-quite-shoulderlength look. The versatile 'do can be shaped with gentle waves or pin straight for a dramatic effect.





# Ultra-long High ponytails are always chic. Adding flipped

Odds are, unless you live with a hairdresser or feel confident in your DIY shearing skills, you've been forced to grow your hair out this year. Embrace those new long locks by diving head first into the look with some new extensions for an added dash of glamour.



ends and a deep side part instantly puts a nostalgic early spin on the classic hairstyle. Bella Hadid and Kendall Jenner can be seen rocking a variation of this simple ponytail, both on the streets and on the runway.

Blonde Jon-Cut

One of the most daring shapes to emerge for 2020, the blonde low-cut is the trend style that will define 2021. It's a hair style that goes simply with every outfit. Model for YUTEE RONE



# TOP DESIGNER WATCHES For Vomen

Whatever the season, one accessory that'll always be appropriate is a wellmade, luxury wristwatch but buying a watch is no simple task. Although there are plenty of timepieces on the market, finding one that is stylish, high quality, that suits your tastes can be challenging. As such, narrowing down your field of search can be extremely helpful. From the ultimate luxury brands to the must-have modern labels, each of these designer watchmakers is adept at creating fashionable watch designs.

BY FUNKE BABS-KUFEJI



THISDAY Style Vol. 22, No. 9390 Sunday, January 24, 2021

MODEL FOR LULU

Get the

basics right

As with pyjamas above, your

basics and essentials will take on a

new importance in 2021. These are

the simply-made, plainly-coloured

pieces with which you build

outfits — the trusty cami, slips

and girdles that help you

build up the perfect

looking

STYLE FOR 2021
RESOLUTION

STYLE

#### **VACHERON CONSTANTIN**

Vacheron Constantin is the oldest manufacturer of Swiss luxury watches. They have been making women's watches since the 19th century. However, the designs are far from old fashioned. While carrying on the watchmaking heritage, Vacheron Constantin timepieces are contemporary and modern, with an elegant and understated feel. It is the perfect watch if your style is luxurious, tailored, and classic.



If you want a real piece of luxury on your wrist, look no further than Versace's range of watches. The Italian label's timepieces are just as glamorous and irresistible as its



Boldly fashion yet easily wearable, Fendi'scollection of watches contains an excellent selection of modern designs. What else would you expect



CARTIER

While Cartier is perhaps best

known for its latest love bracelets

and Panthère jewelry, the French

rectangular Tank watch, introduced

in 1917, became an instant classic

and has been worn by generations

Panthère de Cartier styles have also

found their way onto the wrist of

some of the world's most elegant

women. Slender and light, with

of A-listers. The Ballon Bleu and

luxury house has also produced

When it comes to accessories, Gucci certainly knows what it's doing. It isn't just the label's fur loafers or iconic Dionysus bag that we love, though. Gucci's range of watches is also impeccable with many chic and fashion-forward designs.

**GUCCI** 



stunning fashion designs



#### Famous for their ultra-slim watches,

**PIAGET** 

Piaget is all about timeless elegance and comfort. While the classic Piaget look is minimalist - made most famous by the Altiplano model – the brand has a much more extensive range for women. Choose from the diamond-encrusted curves of the Limelight Gala or the unusual oval shape of the Possession collection.



#### **CHAUMET**

As one of the most high-end jewelers in Paris, Chaumet is the height of luxury. Having made watches for more than 200 years of its history, the house of Chaumet combines many iconic timepieces. The unusual its French sensibilities with Swiss quality to create wearable works of art. If you are investing in a Chaumet timepiece, the ideal choice is a model from their jewelry-inspired ranges.



#### While Hublot is a Swiss watch

brand, it has Italian heritage: its founder, Carlo Crocco, was Italian. As a result, its watches have a more sporty and energetic feel, and bold designs untied to the traditional style. Associated with motor racing, many of Hublot's most popular models — like the Big Bang range - take inspiration from cars and machinery. Gear-like elements and visible screws, as well as brushed steel finishing, give these timepieces a style unlike any other. Hublot is the choice if you love Formula 1 and want a luxury watch that can keep up with you.



#### CHRISTIAN DIOR If you're the type of lady who likes

a little bit of luxury on her arm, you can't go past a Dior timepiece. As glamorous as they are luxurious, the label's selection of watches for women is filled with impeccable and unforgettable designs.



#### **FENDI**

from this iconic Italian fashion house?



# Don't skimp

**VENESSA COLE** 

Invest

in quality not

quantity

Don't spend a whole load on

seasonal, fast-fashion pieces,

but perhaps spend on two

or three more expensive

investment pieces that

will never go out of

style.

TOAST PYJAMAS

STYLE & DESIGN

BY FUNKE BABS-KUFEJI

2021 hasn't been a normal New Year so your resolutions will

likely be a little different, too. Forget dieting and Dry January

- we've rounded up five fashion commandments to follow this

Upgrade

your footwear If you're hoping to put your best foot forward into 2021, then you had better make sure it's laced or strapped into a good pair of shoes. The firm-footed foundation of any good outfit, a pair of dependable,

reliable shoes will put a spring in your step and a smile

on your face.

we are buttoned, laced or strapped into anything So, for the first time in our style resolution history, we're making the case for good night wear. Whether simply a day lounging around your locked-down outfit; slippers, dressing gown and all



# IROPICATOPRONS

# THEOR MONY INCORATE

#### Layer on Your Tropical

To add some summer fun to your look without putting a tropical print front and center, find a tropical kimono or lightweight jacket to toss on when the weather gets breezy.

# Tropical Printed Set

When it comes to tropical prints, two really is better than one. Find a matching printed set that you can wear from the office to the weekend and everywhere in-between.

# d Set Stun in a Must-Have Tropical

Add a blazer and heels to make this pants office-ready, or toss on strappy sandals and statement necklace for a casual date night look.

**Pants** 

#### BY ISIOMA USIADE

#### Elevate Your Tropical Shirt

Take your tropical shirt up a notch with a nice mini skirt and sandals.

### Rock the Tropical Ankara Set

Casual Friday called, and it's telling you that a tropical Ankara set is exactly what you need to wear to the office this week. The pieces can be worn separately, but it makes a statement when worn together.

# Dress up a Printed Dress

If florals are no longer ground-breaking, then it's time to welcome tropical prints as a way of enlivening your wardrobe.

Though this trend has been around for a couple years, it seems like it's here to stay. Almost everyone from models, stylists, to trendsetters are wearing tropical print garments. The vibrant prints and colours give a feel of freshness and brightness. These prints are ideal for grabbing a quick coffee or a leisurely beachside brunching, sun bathing by the poolside chilling', working hours, as well as seaside weddings.

More prints please! This print dress gives you a subtle way into the tropical trend.

#### Wear

Swap your pencil skirt for some printed statement maxi skirt. Keep the top and shoes neutral so the skirt can do all the talking.

**Statement Maxi skirt** 















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# OMOTOLA OKUPE-THOMAS

#### ON PARKINSON'S!

Most women at the age of 29 have just started entering the realm of adulthood and starting their own nuclear family. There are usually newly married, blessed with a kid or two and living happily with their spouse behind a white picket fence. They are not usually worried about illnesses that plague the elderly and as such, are living their lives to the fullest with so many opportunities ahead of them to explore.

Omotola Thomas (née Okupe), was one of such women. She was an Engineer and lived with her husband and two kids in South Africa. At 29, she felt tremors on her hands but like most young people, shrugged it off as stress of work. But the tremors remained and got worse over time. Many years and several tests later, she finally got her diagnosis - and it was what she suspected, she had Parkinson's disease. Surprising to many as it was viewed as an ailment of the elderly, in this interview, Omotola opens our eyes to dispel that myth. She has been living with this disease for over 11 years and has become a strong advocate in creating awareness about it with her Parkinson's Africa, an NGO she runs. She has made various strides in this journey which she shares with STYLE. ISIOMA USIADE reports...

## What was your first symptom of Parkinson's disease and why did you ignore it at the time?

It was a twitch in the forefinger on my right hand and it started somewhere between 2009 and 2010. I was 29 at the time and, in addition to being a wife and mother to two young children, I was also working as an engineer in a fast-paced environment – I assumed the twitch was stress related and that I simply needed to take it easy.

# When did your symptoms become more noticeable and how long did it take to get the correct diagnosis?

It took a number of months for the twitch to progress into noticeable hand tremors. In the beginning, whenever I noticed the tremors, I could mentally make it stop. Gradually, I lost that ability and, over time, started to notice additional symptoms – muscle weakness and stiffness, primarily in my hands.

I went to see several doctors, underwent several scans, had blood drawn numerous times, and got tested for many different ailments – all of which came back negative. Finally, almost six years later, after being tested for what seemed like "everything under the sun", a South African doctor (I was living in South Africa at the time) looked at me and said, "I think you've got Parkinson's disease". I was 35 years old.

# You suspected from the beginning what your ailment might be? Who sprung to mind that gave you reason to suspect this?

Perhaps due to heightened anxiety (anxiety is a symptom of Parkinson's), one of the first things I thought of when I started experiencing hand tremors was Parkinson's disease. The late Muhammed Ali (may his soul rest in peace) came to mind and I remembered watching the video of him carrying the torch at the 1996 Atlanta Olympics; I remembered his hands were shaking quite visibly; I remembered marveling at his courage; and, of course, I also remembered he had Parkinson's disease; I worried that I had it, too.

For years, I kept this fear to myself – I was too afraid that speaking about Parkinson's disease would make it become my reality. Little did I know that it already was.



For years, I kept this fear to myself – I was too afraid that speaking about Parkinson's disease would make it become my reality. Little did I know that it already was.



# In the sixth year of your symptoms, you said you came across a quote before your diagnosis was confirmed. What was the quote and what myriad of emotions went through your mind when you finally got your diagnosis?

It was the night before I got diagnosed - June 16, 2016. From the results of the scan I had done earlier in the day, it seemed clear to me that I was going to be diagnosed with PD. I didn't want to dwell on negativity, so I searched online for "faith". My life was about to change, and I needed to find something that would counter the despair that was threatening to surround me. And I did. I found a quote that is attributed to man called Patrick Overton, and it read:

"When you walk to the edge of all the light that you have and take that first step into the darkness of the unknown; faith is knowing that one of two things will happen. There will be something solid to stand upon, or you will be taught to fly".

In that moment, somehow, I found enough grace to shift my perspective about the impending diagnosis - I certainly did not welcome the thought of a Parkinson's disease diagnosis, but I was no longer afraid of it. I felt at peace, and that peace remained with me as I sat calmly across the doctor the next day as he confirmed what I already knew; and it remains with me till this day, five years later.

Of course, the presence of peace does not necessarily

mean the absence of trouble.

Let me be clear, my journey with Parkinson's has been very challenging and difficult; but through it, I have come to understand that adversity also comes with; opportunities to grow, to fly, to soar, opportunities to lift, encourage, and inspire others, and to find purpose.

### How did your immediate family react to the news and how long did it take you to tell them?

My husband was calm - we both were, actually. We were both grateful to have finally come to the end of the 5+ year journey of searching for a diagnosis. My children were too young to understand the implications, but we talked to them about it without going into too many details. As for my parents, I knew they would be upset, so I waited a few weeks before telling them. They were distraught.

### What made you decide to become an advocate for PD?

I knew that if I kept quiet about my diagnosis, it would affect me adversely. For me, silence equaled subjugation, and speaking out equaled empowerment. I chose empowerment.

## What are the key things required to make it easier to live with PD?

I think one of the most important factors is a good support system. Parkinson's is a multifaceted illness that impacts several functions of the body and, in turn, several aspects (mental, emotional, and physical) of a person's life; this makes it very difficult to handle alone. I have been extremely blessed in this regard as my family (immediate and extended) and friends, remain incredibly supportive.

As with any illness, it is important to adhere to a healthy lifestyle, but regular exercise is particularly important in Parkinson's. Studies have shown that even 2.5 hours of moderate exercise per week is beneficial in reducing symptoms and possibly slowing down the progression of the disease.

Medication is also important, particularly as the disease progresses and performing daily tasks (like putting on clothes and handling objects) become more difficult



Other things I have found helpful are maintaining a positive mindset, minimizing exposure to stress, staying informed, and connecting with others who are going through the same journey.

#### What can people do to better support their loved ones living with PD?

The motor symptoms of Parkinson's (tremors, rigidity, slowed movement, and imbalance), though challenging, are easier to provide support for because they are visible. However, for as many symptoms as can be seen in a person with Parkinson's (PWP), there are many more "invisible" (non-motor) symptoms that cannot be seen. Loved ones should endeavor to educate themselves on these symptoms, some of which include anxiety, depression, cognitive and memory issues, insomnia, apathy and pain. While these symptoms should not serve as an excuse for bad behavior in a PWP, it is important for loved ones to be aware that these non-motor symptoms are difficult to deal with and could affect a PWP's temperament and

Other ways loved ones could provide support are by encouraging the PWP to take their medications regularly, exercise consistently and stay socially connected.

#### What about those that don't have access to proper care? How can life be made easier for them?

That's a really difficult question because, ideally, everyone dealing with Parkinson's should be seen by a neurologist; but of course, this is not a reality for many Africans. However, providing social and emotional support, and strongly encouraging exercise is beneficial to any PWP, whether or not they have access to care.

For Nigerians, it might be helpful to note that each state has at least one or two government tertiary hospitals; and most of these hospitals have a neurologist. Additional information and support for Africans impacted by PD can be found at www. parkinsonsafrica.com.

#### This ailment is perceived to be more common with the elderly. How prevalent is it with younger

Most people who get diagnosed with Parkinson's are 60 or above. Young-onset Parkinson's disease (YOPD) generally refers to those diagnosed under the age of 50. We have not conducted nearly enough studies in Nigeria, or even Africa, to understand the prevalence of YOPD, but according to the Parkinson's Foundation, it is estimated that between two to 10% of the Parkinson's population in the US are YOPD.

#### Why is there a lot of stigma attached to PD?

It appears to me that, as a society, we tend to stigmatize things that deviate from what we perceive to be normal or standard. In Parkinson's, we are dealing with symptoms that produce movements that are not only abnormal and visible, but also uncontrollable. To add to this mystification, what causes Parkinson's, or how to cure it, is not clearly understood.

It is not too difficult to fathom how people can attach stigma to an illness like this; but it is the job of those of us who are traversing this path to raise awareness of the condition across Africa and to educate the public on what Parkinson's is and is not.

#### In what ways are you creating awareness for this cause?

I recently established a nonprofit organization called Parkinson's Africa, among other things, to raise awareness and improve the knowledge of Parkinson's disease in Africa. We are doing this through video campaigns and the creation of culturally relevant print and digital educational materials. Our first awareness and fundraising campaign – Seven Reasons - was launched in July 2020, and its primary objective was to dispel the notion that Parkinson's does not really exist in Africa and to reduce stigma.

The video featured several Africans diagnosed with,

healthcare access, particularly for low-income patients.

#### What has inspired and touched you the most since you commenced on this project?

Three things, actually.

The first is the strength and the resilience of those that have decided to be a part of the Parkinson's Africa community and raise more awareness of this illness across Africa. I honestly thought stigma would discourage many from speaking to me about their illness, participating in support groups, or agreeing to be part of Parkinson's research. This has not been my experience and I am deeply humbled by the candor and courage these individuals have displayed.

The second is the dedication of the different Parkinson's support group leaders across Africa. Many of these individuals operate under difficult circumstances and with a very limited budget. In spite of that, they still go out of their way to serve their Parkinson's community,

The third is the benevolence of people. I am deeply grateful to every single person that has contributed towards Parkinson's Africa. I am particularly touched by generosity of the Farah Foundation, a private family trust that funded our first project - the purchase of free Parkinson's medication for over 100 low-income Nigerian Parkinson's patients. I am grateful for their decision to trust me and the opportunity I was given to

parkinsonsafrica.com to donate, partner with us, sign up to our newsletter, or contact us. Alternatively, I could be reached via email: omotola@parkinsonsafrica.com.

Empowering Africans affected by Parkinson's is the heartbeat of Parkinson's Africa – it is why we exist and is embodied by our three primary goals of raising the levels of understanding of PD, supporting research (and participation in research), and improving access to healthcare.

It is not too difficult to fathom

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across Africa and to educate the

public on what Parkinson's is

and is not.

affected by, or treating/supporting patients with

African patients.

Parkinson's disease. The campaign raised over \$11,000

which was used to purchase medication for low-income

We have also created an "Introduction to Parkinson's"

available in English, Yoruba, Swahili, Igbo, French, Pidgin

video series to educate those affected by Parkinson's,

their families, and the general public on the basics

English, and Luganda, and can be accessed through

on our YouTube page. We are working on additional

translations and aim to cover as many languages as

Parkinson's Africa's other goals are supporting

research and research participation; and improving PD

the www.parkinsonsafrica.com website or directly

of Parkinson's disease. These videos are currently

sustainable manner, we need (and would greatly

#### Your red nail polish really stands out. What other key things have you maintained to accentuate your femininity?

On June 16, 2016, the night before I got diagnosed, I made a conscious and deliberate decision to choose faith over fear – faith that I was (or would be) equipped with everything I needed for the journey ahead; faith that Parkinson's would not get the best of me; and faith that I would find purpose in the diagnosis. I would like to believe that decision has served me well. The journey has been far from easy, incredibly far, but I am a better, stronger, and more empathetic person because of it.

We may not be able to control whether or not we experience adversity, but we have absolute control over how we respond to it.

When was the moment you decided to address the issues related to PD healthcare access?

When I realized that even though I had access to the medical care I needed, I still struggled a lot, I couldn't begin to imagine what life looked like for those who have this disease but are not able to afford their basic medication. That realization made me want to act.

volunteering their time, resources, and finances.

facilitate such an impactful program.

The program is currently running at Lagos University Teaching Hospital (LUTH) under the supervision of Prof. Njideka Okubadejo – a woman whom I have great respect and admiration for.

#### How can people support Parkinson's Africa?

To support Parkinson's Africa, please visit www.

To be able to do this in an effective, consistent, and appreciate) funding and partnerships from/with the public, private and voluntary sectors.

Honestly, it is touch and go with me. I have good days where I consistently have the mental and physical energy required to do many of these things – hair, nails, makeup, exercise, take my meds, and so on. Then there are those other days. Let's just say you caught me on a good day, thankfully (laughter).

#### Any final thoughts you would like to share?

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Wellness (

Colon Irrigation, Colon Cleansing, Colonics, High Enemas, Colon Therapy- All these are names for Colon Hydrotherapy. Good Health begins in the Colon.

History of Colon Cleansing dates back 1500BC. It is an ancient method of Healing and it would never have survived until the present scientific age except that it is valuable.

Colon Hydrotherapy plays a crucial role in Achieving and Maintaining Optimal Health when Combined with Good Nutrition, Exercise and other Pillars of Health.

#### Why Colon Hydrotherapy?

One of the most complained about problems today is Diseases and Functional Disturbances of the Digestive

It is noteworthy that in all Sickness, the Status of the Bowel is usually inquired as a matter of routine.

Colonics are a key factor in the Restoration of the Body's Natural Balance i.e. Good Health.

Modern day Living Environment and Diet has made Colon Hydrotherapy a Necessity. There is greater Tendency for Accumulation of Toxins, increased Concentration of the Residue in the Bowel due to Lack of Fiber and Roughages in our diets.

Regular use of refined Carbohydrates and lack of fiber in our diet increases the transit time of Bowel Wastes and Stimulates Putrefaction in the Colon.

Colon Hydrotherapy has been found to be the most effective process available to accomplish elimination quickly and

Colon Hydrotherapy is therefore a useful adjunct to Detoxification in a variety of illness in which accumulation of Toxins plays a major role.

#### **Benefits of Colon Hydrotherapy** It boosts your Immune System. We

house a majority of our Immune System in the Colon. Your energy levels are improved.

It cleanses the Colon-the impacted fecal matters, toxins, excess mucus are removed from the Colon so they can no longer harm the body. It improves your Digestive System.

Debris built over the years is gently removed in the process of session. Assimilation and Elimination are thus no longer inhibited.

It improves your Complexion and Skin appearance.

It Rejuvenates the Colon; thereby increasing the body's absorption of vitamins and nutrients.

It decreases anxiety levels.

Decreases the risk of Colon Cancer. It kick-starts weight loss. Your attention is refocused on better food choices.

You feel lighter, Cleaner, and Healthier.

#### Colonics Offer Relief from a Variety of **Conditions:**

Headaches

Sinus Congestion Frequent Colds and Allergies

Backaches

Fatigue Slugishness

Constipation

Indigestion

**Body Odour Bad Breath** 

Bloating

Abdominal Gas

Skin Problems Irritability.... and a host of other

condtions.

# 10 Interesting Shoe

#### Men were the first people to wear heels.

century, according to Slate, men who rode horses needed their boots to have heels in order to stay in their stirrups. Ever



wonder why cowboy boots have heels? And since owning horses was a sign of wealth, heels became a signifier of aristocracy and high social standing, not gender.

#### Platform shoes used to be worn by Greek actors to signify status.

When the Ancient Greeks staged plays, costumes were crucial for audiences to identify characters. The Kennedy Center writes that serious actors would don shoes called "buskins," or raised platform shoes, to symbolize their superiority over comic actors, who would wear plain socks.

#### Sneakers got their name because their rubber soles do not make noise.

In the late 1800s, people started calling sneakers their name because they had rubber soles which enabled people to walk or "sneak" around without making a sound.

Audrey Hepburn could be credited with bringing loafers into style.

Hepburn was able to make loafers look just as great on women as they do on men. The Wall Street Journal credits the rise in loafers' popularity to Audrey Hepburn wearing them in the 1957 film, "Funny Face," in which the actress wore and danced in black leather Ferragamo as an anti-fashion beatnik bookstore clerk

#### Salvatore Ferragamo invented the wedge shoe when Italy was suffering from dosed trade with other countries.

The wedge shoe was invented out of necessity in the 1940s. Due to the economic sanctions against Italy, Ferragamo could no longer purchase steel for his traditional heels. According to the fashion house's website, Ferragamo wrote at the time, "I experimented with pieces of Sardinian cork, pushing and gluing and fixing and trimming until the entire space between the sole and the heel was blocked solid."These shoes were described as 'block heel'. Apparently, after a few weeks, it became one of the most popular styles.

#### ianas are inspired by apanese sandals.

According to the brand's website, the iconic Havaianas flip flop isn't smooth on the sole because it is inspired by





### **Queen Victoria**

The innovative boot was invented by London shoemaker Joseph Sparkes Hall and presented to Queen Victoria in 1837. Sparkes Hall created the design to do away with difficulties of fastening boots with buttons and laces. He presented his first prototype of the boot to Queen Victoria the year she ascended to the crown. He patented his design, the first one ever to feature elastic, in 1840.

the Zori, which the brand describes as "typical Japanese

#### The Largest High-Heeled Shoe Measures 6ft 5" in length and 6ft 1" in height

It was created by fashion designer Kenneth Cole and Today Show contributor Jill Martin in New York, USA. The shoe is a replica of Kenneth Cole's New York Otto bootie and was recognized by the Guinness World Record for being the largest high-heeled shoe in 2014.

The measurement of shoes sizes started with a

historically known that during the civilization, shoe masters used a grain to measure the foot when making sandals. However, this tactic did not spread throughout the world and it's not considered a Roman invention. It was in the early Middle Ages that the British validated such a measurement method. During the reign of King Edward II, a royal order was issued in 1324, which pointed out that a grain of barley is an official measurement standard in footwear production. His order indicated that the length of three grains was equal to one inch. This is how the grain measurement system started to spread throughout the

#### Shoes tied behind the car

world.

Historically, bride's Fathers would provide their soon-tobe son in-laws with a pair of shoes, thus symbolising the passing over of authority. A variation of this still happens today, where shoes are tied to the back of the wedding car. Today, this signifies the Bride and Groom's journey to



grain of barley

16

# MUST-HAVE

## HAIR STYLING TOOLS

Get the wavy effect, perfect smoothing, and volume curls with these essential new hair styling tools. If the key to a killer outfit is its accessories, then styling tools are essential to producing the perfect hairstyle for whatever your day holds. From voluminous curls to pin straight lengths, achieving the ultimate hairdo for all your 2021 activities either in-person or via Zoom meetings require top tier tools. Grab your pen and paper as STYLE rounds up a list of this year's ultimate hair accessories.

BY ISIOMA USIADE



#### All-in-One Tool

Want flawless styling without busting out every hair tool in your arsenal? Try the all-in-one accessory that can dry, curl, smooth, or wave your hair depending on the look you're trying to achieve.



#### Waver

Craving sexy waves? Opt for the latest hair waver, that will effortlessly give your any styling waves of your choice for all occasion.



ORIRE OMATSOLA

#### **Hot Rollers**

For XXL volume muse curls, there's nothing like old school curlers to get the job done. These hot rollers give you the bodacious locks of icons past.



#### Flat Iron

When achieving a smooth 'do with mirror shine, there's nothing like the GHD Platinum Styler: a technological gem whose heat automatically adjusts for perfect results in fewer passes.



#### Hair Brush

To preserve the hair fibre and stimulate blood circulation which improves hair growth, use handcrafted brush made from 100 percent wood and boar bristle for better results.



#### **HIGHTOP SNEAKER**

STYLE & DESIGN

While men have no problem embracing high top sneakers, women have been more reserved about the style. This season, however, the style is a favorite amongst female fashionistas. They have proven that high tops can work, and now it's your turn to try the style. There's no need to feel unsure or afraid of this sneaker, as long as you know the look that you are after. CHANEL HIGHTOPS

#### **CHUNKY SPORT SNEAKER**

The fashion elite are loving chunky sports-style sneakers. The padded shoes, which feature grooved, highgrip soles and athletic details are perfect, putting the spring back into your step. While they may remind you of the '80s or even take you back to your old days of playing netball, we promise that when styled right, chunky sports sneakers can be totally chic.



GUCCI CHUNKY SNEAKERS

#### STATEMENT SNEAKER

THISDAY Style 0. 9390 Sunday, January 24, 2021

TOMMY HILFIGER FLATFORMS

STYLE & DESIGN

FLATFORM SNEAKER
If you're looking for something a bit edgier than your regular sneaker, why not try a pair of flatform sneakers? Flatform (flat+platform) sneakers are regular sneakers that feature a flat sole that is thicker than average (usually about an inch or so). The unique look has a heavy

and somewhat masculine

appeal that is perfect for

creating an outfit

with attitude.

Fashion loves a statement, and the current sneaker trend is no exception to this rule. While the seas of white sneakers prove the undeniable popularity of the simple and clean shade, there's always room for a pop of colour in the wardrobes of the fashion elite. Whether you're a fan of red, blue, now's your time to make a statement with your shoes. Not a fan of bold colours? No problem. How about just some coloured laces? There's a sneaker style to suit everyone this season.

#### **METALLIC SNEAKER**

While the world's best athletes have been going for gold in Rio, the world's top street style stars have been going for gold on their feet. High shine, metallic sneakers have popped up as one of the top shoe trends of the season with all our favorite fashion girls sporting them. While gold is undoubtedly a winning colour, silver and rose gold are also top picks for these fashionable pieces of footwear. Pick up your own metallic sneakers now to add an injection of "look at me" style into your everyday wardrobe.

SINGERAL 2021

AND FOR 2021

The humble sneaker has been elevated beyond the gym floor
and on to the runways. Give your ensembles a luxe finish
and on to the runways. Here are the
with some box-fresh, fashion-approved trainers. Here are the
sneaker trends to know
BY FUNKE BABS-KUFEJI



STYLE & DESIGN



#### **Joy Baccarat Pure Parfum, Limited Edition**

Jean Patou's Joy, created in 1930, has always been notoriously pricey. It was, for most of the 20th century, considered the costliest perfume you could buy due to the sheer extravagance of its floral conten an astonishing 10,600 jasmine flowers and 28 dozen or roses per bottle. This limited-edition marvel ups the ante even more with a keepsake Baccarat bottle an expression of Joy that isn't fleeting.

#### Les Royales Exclusives Jardin dAmalfi Fragrance

British perfumery Creed, creator gifting a perfume lover or of fragrances beloved by Audrey just a lover with this ode to Hepburn and Grace Kelly introduced this Royal Exclusive scent in 2011 to celebrate the house's 250th anniversary. The notes are an olfactive evocation of an Italian garden effervescent, sunlit citrus, soft rose and apple, woody cedar, vetiver, and cinnamon and the hand-blown Pochet bottle features an open

lathering.

\$995

#### Love is in the Air **Limited Edition**

You could do worse than amore. Sensuous white musk, delicate jasmine, and fleshy plum characterize the romantic juice, but it's the bottle that puts it over the top: gemstone-

\$1,210

#### **Roja Haute Luxe**

Roja Dove is a lavish, flamboyant perfumer, a man who isn't afraid of even the most decadent overdose of exquisite ingredients. Haute Luxe is a chypre oriental that practically drips money. Stuffed to the brim with rose, jasmine, and ylang ylang, and grounded with earthy, spicy, ever-evolving base notes of ginger, cinnamo clove, patchouli, woods, resins and ambergris, a fresh batch of Haute Luxe is whipped up every year, and mited to 500

\$3,500

**Original Collection No. 1** 

THISDAY Style Vol. 22, No. 9390 Sunday, January 24, 2021

STYLE & DESIGN

Clive Christian's No. 1 Imperial Majesty, created in 2006 and issued in a limited-edition run (as in, 10 bottles) of diamond studded Baccarat crystal flacons, was named the World's Most Expensive Perfume by the Guinness Book of World Records. That elite juice is no longer available, but you can snag this one, Original Collection No. 1 Feminine, for \$850, a bargain by compare. Prepare to be bowled over composition of

ROJA white peach, ose, and spicy



# WORLD

From rich ouds to luxurious florals, these perfumes cost a pretty penny. Fine fragrance doesn't have to cost a fortune. But it can. Clive Christian's No. 1 Imperial Majesty, which was named the World's Most Expensive Perfume by the Guinness Book of World Records in 2006, was priced at \$2,355 per ounce a splurge that included delivery in a Bentley. A bottle of DKNY's Golden Delicious, designed by jeweller Martin Katz and featuring nearly 3,000 precious stones including 2,700 diamonds sold at a charity auction in 2011 for \$1 million.

THE

The price of a perfume typically reflects the scarcity or quality of the natural materials you'll find in the bottle, the ornaments you'll find on the bottle, and/or the craftsmanship of the master perfumer who concocted the scent. Here, 10 of the priciest perfumes in the world, unquestionably

desirable to a certain set. The more you pay, the less likely you are to come across someone else wearing

the same spray.

#### Gardenia Les Exclusits de Chanel – Parfum **Grand Extrait**

GARDENIA

CHANEL

PARFUM

Talk about a showstopper. The Les Exclusifs de Chanel Parfums represent the house's most haute fragrance creations and Grand Extrait Gardenia is no exception. A voluptuous, creamy gardenia envisaged as an homage to Coco's beloved camellia, housed in a magnificently over-sized iconic faceted bottle. (True devotees can watch for Chanel's lavish, extremely limited-edition Grand flight of love. Could there a to about \$30,000).

#### **Amorem Rose Parfum** presented in a Lalique **Crystal Flacon**

\$3,000

An opulent, smoky rose, crafted by master perfumer Maurice Roucel with notes of Bulgarian Rose, Saffron flowers, Baltic Amber and Mahogany wood, Amorem Rose is housed in a Lalique crystal flacon, "Les Hirondelles," representing the more suitable vessel for this move the investment needle up spectacularly OTT tribute to the Queen of Flowers?



Rose Eau de Parfum Another almost inconceivably petal-packed eau containing 250 is all the best ways from the Grasse centifolia roses per bottle. And for those not yet willing to pony up for the celebrated perfumer's bespoke services, which start at \$35,000, a way to own a Kurkdjian masterpiece for in earthy, leathery orris, amber, a relative steal.



#### Eau de Parfum Decanter

If you're going to go Fucking

Fabulous, go big. This 8.4-ounce decanter is outré label to the scent it contains: A decadent, spicy explosion of herbaceous lavender and sage, deepened with bitter almond and sweet vanilla, grounded and wood.

#### **ELEGANTER SCHWAN 06 - Limited Edition** perfume

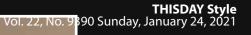
\$415

leganter Schwal

Prigler

Albert Krigler was inspired by Bavaria's Neuschwanstein Castle (the model for Disneyland's iconic Sleeping Beauty Castle) when creating this warm, romantic rose-and-sandalwood eau, and named it after the historic site's famous swans. An early 20th century favourite, it was recently re-introduced by the storied fragrance house as a covetable limited-edition.









Long hair is a classic, and for good reason. Whether tied up in a sleek ponytail or messy bun, in boho braids, or even left natural, the versatility that comes with long locks lets you change your look with ease. Unfortunately, as hair grows about half an inch per month on average, getting the length you crave also requires a bit of maintenance and a lot of patience. Whether you're struggling with brittle ends, thinning all over, or had a hairstylist that was a little too happy with the scissors, here are 5 natural ways to speed up hair growth for long, healthy hair.



#### **Have Regular Trims**

It's no secret that in order for hair to grow faster, it must first be trimmed. This may seem paradoxical, but delaying a trip to the hairstylist will result in brittle split ends that grow less quickly. Shedding the dead weight allows hair to regain its health and strength, allowing it to grow faster. Get into the habit of getting a trim every 8-12 weeks. The more regularly you trim split ends, the less will need to be cut each time, as hair will be less damaged.

#### **Fuel Growth from Within**

It's been said before: a healthy and balanced diet is necessary for beautiful skin and healthy hair. To promote their regrowth, we mainly turn to foods rich in iron, zinc, proteins, vitamins, and essential fatty acids such as legumes, green vegetables, eggs, seeds, nuts, and oily fish. A good tip is to supplement your meals with brewer's yeast or nutritional yeast, which are rich in vitamins B1, B5, B8 and B9, trace elements and minerals.

#### Scrub the Scalp



Like the skin on the face, the scalp needs to be rid of particles of pollution, excess sebum, dead cells, dandruff, and product build-up in order to regenerate. Once per week, add a scalp scrub into your shower routine to remove impurities and get rid of excess hair product. You can make your own using coarse salt or raw sugar mixed with olive or coconut oil. Apply to the roots and massage with fingertips in circular movements for a few minutes before shampooing. At the end of a shower, finish by rinsing the hair with a shot of cold water, which helps close the cuticles and results in shinier, more

moisturized locks.



#### **Massage Your Scalp**

A scalp massage stimulates the hair follicles, producing thicker hair and encouraging hair regrowth. At least twice a week, for 5 to 10 minutes, allow yourself a little moment of softness by massaging the entire skull with your fingertips, using circular movements. We start at the nape of the neck before moving up to the top of the skull and ending at the temples. The massage can be done without product or using a mixture of invigorating essential oils such as pine, lemon, ylang-ylang or thyme. In addition to being good for your hair, this practice also help you relax and re-center.

#### **Mask Regularly**

Nourishing air masks are an incredible asset for accelerating hair growth. Try one of these natural recipes once per week.

#### Oil Bath

Castor oil is known to promote hair growth. Rich in vitamin E, it helps to strengthen the lengths by hydrating and nourishing them. Just be sure to mix it with another, lighter oil such as olive oil or argan oil. Combine a tablespoon of castor oil with 3 tablespoons of olive oil. Apply the mixture to the entire scalp and lengths, gently massage for a few minutes, and

gently massage for a few minutes, and leave for 30 minutes minimum before washing with a mild shampoo.

#### Onion Mask

Many beauty enthusiasts praise the merits of the onion on the hair, and for good reason. Onion promotes blood circulation and allows the hair follicles to be better nourished, better oxygenated and therefore better regenerate. Rich in sulfur, this



ingredient also allows the hair to produce more collagen and thus to be in better shape. First, blend an onion to extract its juice, then mix 3 tablespoons of onion juice with 1 tablespoon of coconut oil and 1 tablespoon of olive oil. Apply all over the hair, concentrating on the roots, and leave on for 1 hour before shampooing. This recipe can be miraculous so long as you can stand the small of it!

#### **Coconut Milk Mask**

Known for its protective properties, coconut milk helps repair damaged hair, rehydrate dry locks, and promote regrowth. Simply mix 6 tablespoons of more than 90% condensed coconut milk (remember to mix the coconut milk well with a spoon before pouring it into a bowl) with 3 tablespoons of castor oil. Apply the mask to all of the



hair and leave on for at least 30 minutes before shampooing. You can also add a few drops of basil essential oil to the mixture, which will improve scalp circulation.

#### Ginger Mask

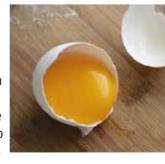
In addition, to its energizing and antiinflammatory powers, ginger is also very good for the hair. By increasing blood circulation to the scalp, it can accelerate hair growth. The best option is to use fresh ginger juice, but you can just as easily use powdered ginger. Mix 2 tablespoons of ginger with 1



tablespoon of olive oil or castor oil. As ginger can be irritating to the scalp, it is advisable to mix it with a neutral oil. Mix everything well, then apply to the scalp, massaging for a few minutes. Leave on for at least 30 minutes before shampooing.

#### Egg Mask

Rich in proteins, egg nourishes the hair and accelerates its growth by boosting its cellular metabolism. To take advantage of its benefits, mix an egg with 1 tablespoon of castor oil and 1 tablespoon of honey. Apply the mixture all over the hair, from roots to ends. Leave on for a good 30 minutes and then shampoo.



Avoid washing your hair too often by spacing out shampoos as much as possible. Brush your hair delicately, always starting by untangling the ends then moving up to the roots. Opt for sulfate-free shampoo and minimize the use of hot tools, which seriously damage the hair fiber.

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