



NKY HARRY NGONADI

Simply Classy, Decent but yet Sexy



WOMEN: WE ARE AMAZING.

ESTHER IJEOMA OGBUKA
Editor
mummyandimagazine@gmail.com
LinkedIn: Esther Ijeoma Ogbuka
Instagram @estherogbuka
Twitter @estherogbuka
Phone number: 09051697564
Blog: alwaysgetinspiredbyesther.blogspot.com

With blurred lines of society today, I write about my discovery of being a woman. Although we are all born with it intrinsically, it is a art that can be crafted and refined with knowledge. Womanhood is something special and is a storehouse of amazing powers. However, most of us women do not acknowledge this great energy within us, firstly because we are ignorant about it and secondly because we are trapped in a society with numerous stereotypes, for instance, women can't drive, women are not productive at work, women are weak, women talk a lot of nonsense, women are supposed to cook, women are supposed to understand their husbands and compromise or adjust. All of these external stigmas impede women from unleashing their true potential. But let me tell you one thing very frankly, being a woman is not about doing house chores, it is not about getting married and it is certainly not about producing children. A successful woman is one who can build a firm foundation with the bricks others have thrown at her.

I embrace being a woman. I embrace femininity. That does not mean pink, ruffles and flowers(I don't even like flowers). It means I am all woman both in speech and in deeds. I wasn't like that always though. I grew up as a First child and only daughter and was once very confused with masculine and feminine traits. While I was never a tomboy, I had some unconscious negative attitudes about being a woman. I was just rather uninformed about many things about being a woman. I was tough, harsh, and too strong willed, uptight and terribly blunt. I can look into your eyes, tell you whatever i want to say and go without thinking of the impact of such strong words. I had more of masculine traits than feminine. That wasn't what being a woman should be at all. However, with the help of books, Sisters fellowships, associating with women who have spent Ten and some Twenty or more years in marriage, I learnt how to unlearn those masculine traits and embrace my femininity.

You must know this, Womanhood is about having the qualities that are natural and characteristic of being a woman. Most girls grow up to adolescence with a mother, and those for who are extra blessed...have elder sisters to grow up with. The knowledge about being a woman gets passed down. However, for some other people, they may have grown up with an absentee mother, due to work, or were raised by fathers alone. Sometimes, these well-meaning mothers themselves were not shown the qualities of womanhood. Thus, have found themselves inadequate to teach. Overall, I feel that most women have these innate qualities - it just could be that these qualities may be supressed unknowingly just like mine was suppressed years ago. Endeavour to embrace the woman in you.

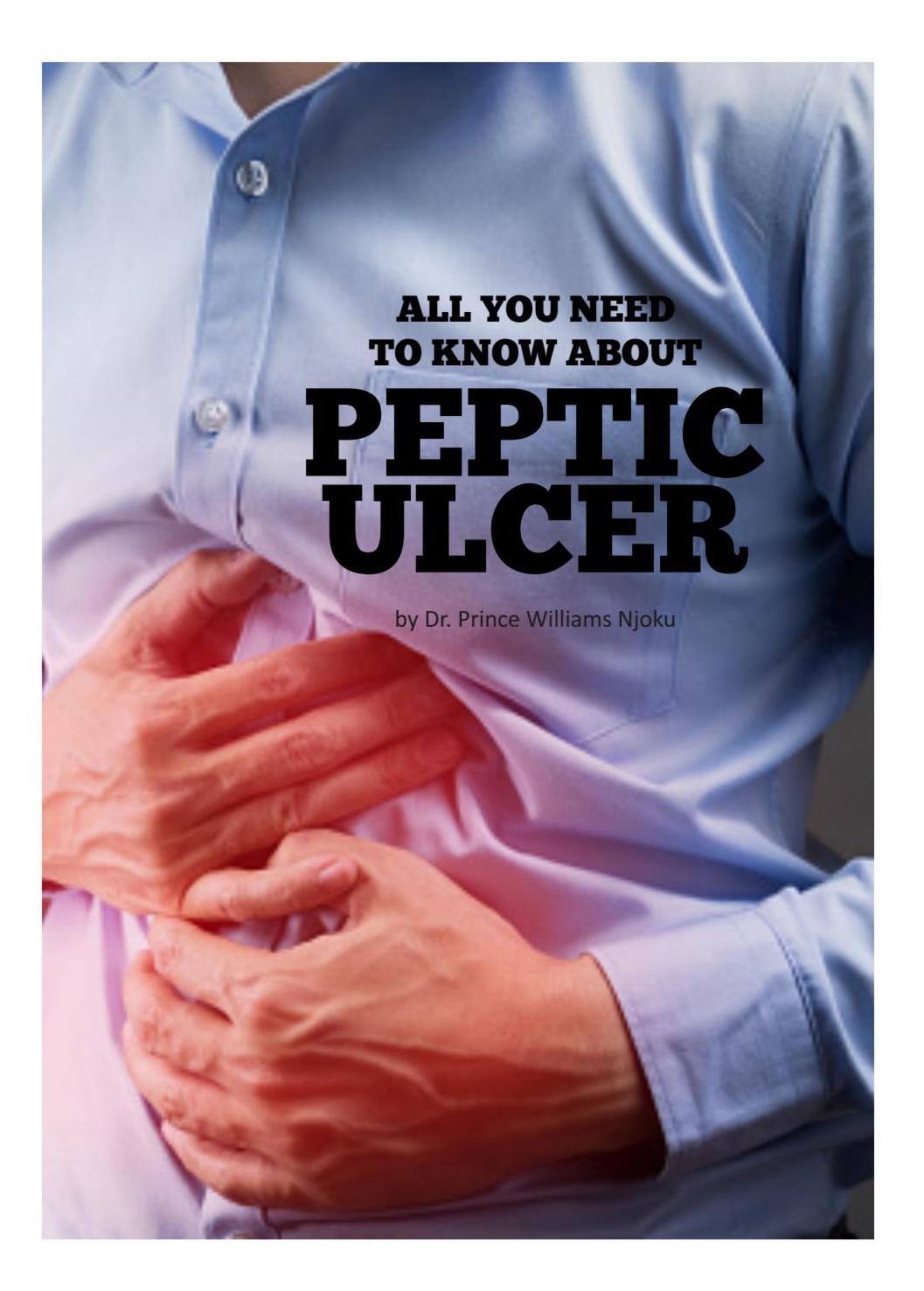




CONTRIBUTORS

- Vera Uchechi (Nigeria)
- Dr.Uche Anyanwagu, MB.BS, M.Sc, M.PH, Ph.D (United Kingdom)
- Dr. Chibuike Joseph Chukwudum (Nigeria)
- Nwachukwu Fiona, Pharmacist (Nigeria)
- Dr. Prince Williams Njoku Oncologist

TABLE OF CONTENT

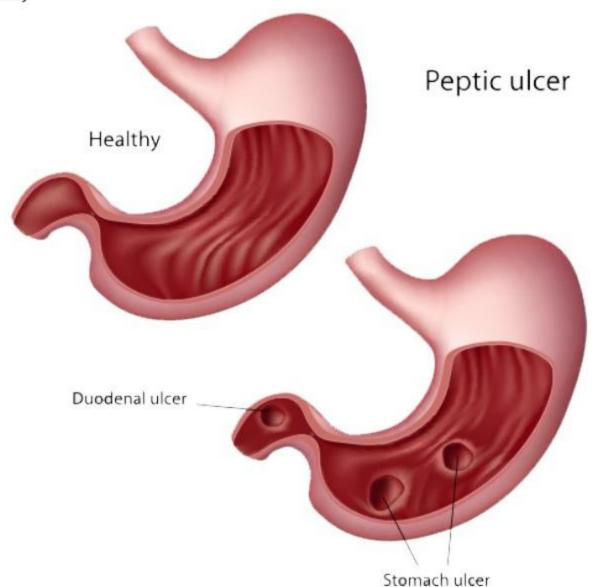


Peptic ulcers are open sores that develop on the inside lining of your stomach and the upper portion of your small intestine.

The most common symptom of a peptic ulcer is stomach pain.

Peptic ulcers include:

Gastric ulcers that occur on the inside of the stomach Duodenal ulcers that occur on the inside of the upper portion of your small intestine (duodenum)



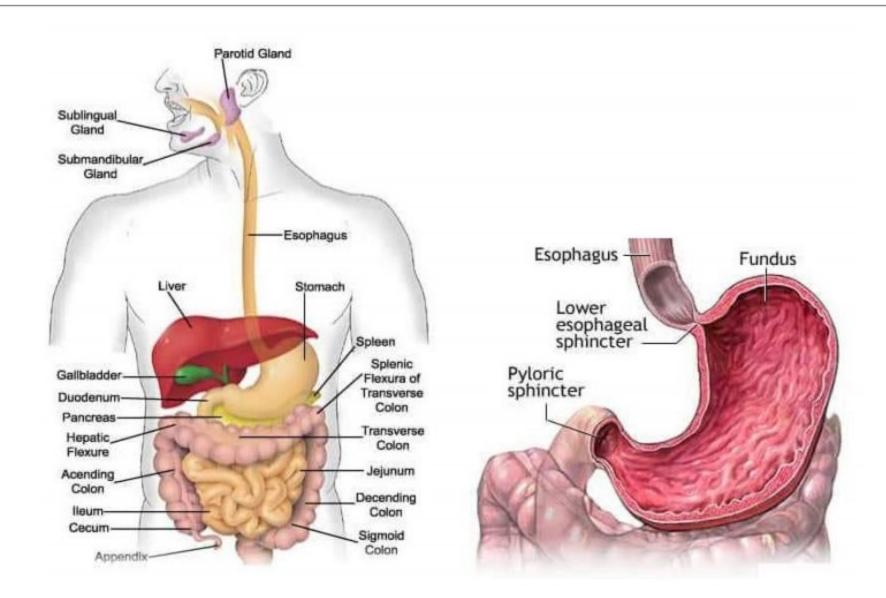
The most common causes of peptic ulcers are infection with the bacterium Helicobacter pylori (H. pylori) and long-term use of aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs) (Advil, Aleve, others).

Stress and spicy foods do not cause peptic ulcers. However, they can make your symptoms worse.

Symptoms
Burning stomach pain
Feeling of fullness, bloating or belching
Fatty food intolerance
Heartburn
Nausea

The most common peptic ulcer symptom is burning stomach pain. Stomach acid makes the

pain worse, as does having an empty stomach. The pain can often be relieved by eating certain foods that buffer stomach acid or by taking an acid-reducing medication, but then it may come back. The pain may be worse between meals and at night.

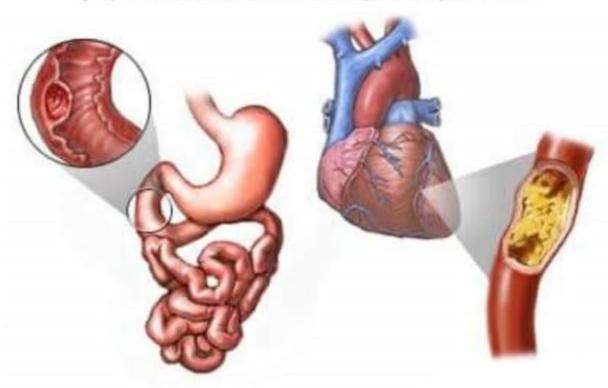


Nearly three-quarters of people with peptic ulcers don't have symptoms.

Less often, ulcers may cause severe signs or symptoms such as:

Vomiting or vomiting blood —which may appear red or black
Dark blood in stools, or stools that are black or tarry
Trouble breathing
Feeling faint
Nausea or vomiting
Unexplained weight loss
Appetite changes

Tobacco use is associated with increased risk of peptic ulcers and coronary artery disease



When to see a doctor

See your doctor if you have the severe signs or symptoms listed above. Also see your doctor if over-the-counter antacids and acid blockers relieve your pain but the pain returns.

CAUSES.....

Peptic ulcers occur when acid in the digestive tract eats away at the inner surface of the stomach or small intestine. The acid can create a painful open sore that may bleed.

Your digestive tract is coated with a mucous layer that normally protects against acid. But if the amount of acid is increased or the amount of mucus is decreased, you could develop an ulcer. Common causes include:

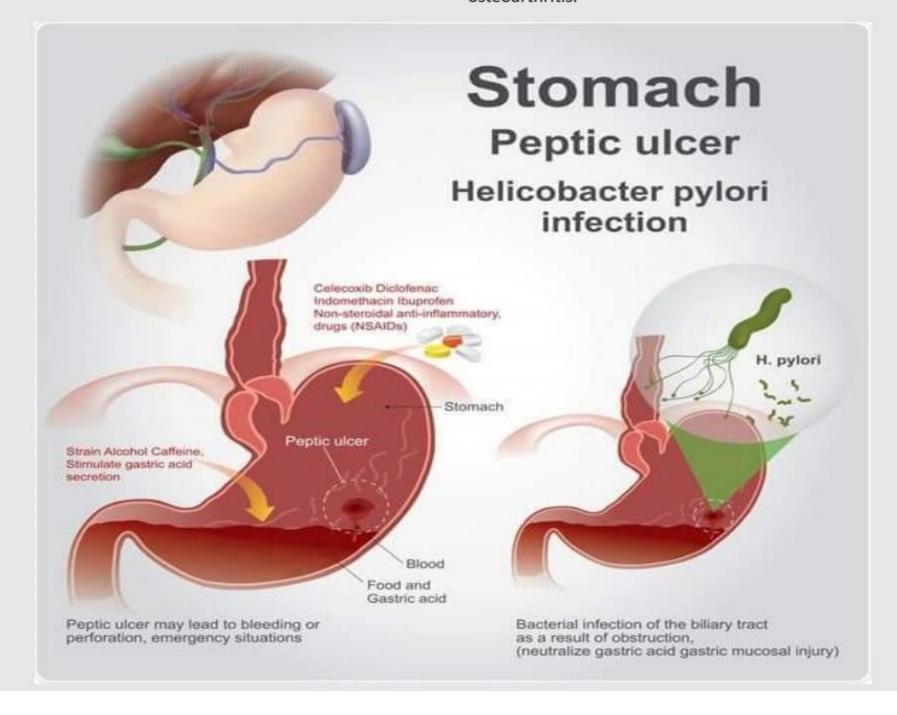
A bacterium. Helicobacter pylori bacteria commonly live in the mucous layer that covers and protects tissues that line the stomach and small intestine. Often, the H. pylori bacterium causes no problems, but it can cause inflammation of the stomach's inner layer, producing an ulcer.

It's not clear how H. pylori infection spreads. It may be transmitted from person to person by close contact, such as kissing. People may also contract H. pylori through food and water.

Regular use of certain pain relievers. Taking aspirin, as well as certain over-the-counter and prescription pain medications called nonsteroidal anti-inflammatory drugs (NSAIDs) can irritate or inflame the lining of your stomach and small intestine. These medications include ibuprofen (Advil, Motrin IB, others), naproxen sodium (Aleve, Anaprox, others), ketoprofen and others. They do not include acetaminophen (Tyle

Commonly used NSAIDs include: ibuprofen aspirin naproxen diclofenac

Peptic ulcers are more common in older adults who take these pain medications frequently or in people who take these medications for osteoarthritis.



Other medications. Taking certain other medications along with NSAIDs, such as steroids, anticoagulants, low-dose aspirin, selective serotonin reuptake inhibitors (SSRIs), alendronate (Fosamax) and risedronate (Actonel), can greatly increase the chance of developing ulcers.

Risk factors.....

In addition to taking NSAIDs, you may have an increased risk of peptic ulcers if you:

Smoke.... Smoking may increase the risk of peptic ulcers in people who are infected with H. pylori. Drink alcohol.... Alcohol can irritate and erode the mucous lining of your stomach, and it increases the amount of stomach acid that's produced. Have untreated stress.

Eat spicy foods.

Alone, these factors do not cause ulcers, but they can make them worse and more difficult to heal.

Complications

Left untreated, peptic ulcers can result in:

Internal bleeding... Bleeding can occur as slow blood loss that leads to anemia or as severe blood loss that may require hospitalization or a blood transfusion. Severe blood loss may cause black or bloody vomit or black or bloody stools.

Infection..... Peptic ulcers can eat a hole through (perforate) the wall of your stomach or small intestine, putting you at risk of serious infection of your abdominal cavity (peritonitis).

Obstruction.....Peptic ulcers can block passage of food through the digestive tract, causing you to become full easily, to vomit and to lose weight through either swelling from inflammation or scarring.

Preventions....

You may reduce your risk of peptic ulcer if you follow the same strategies recommended as home remedies to treat ulcers. It may also be helpful to:

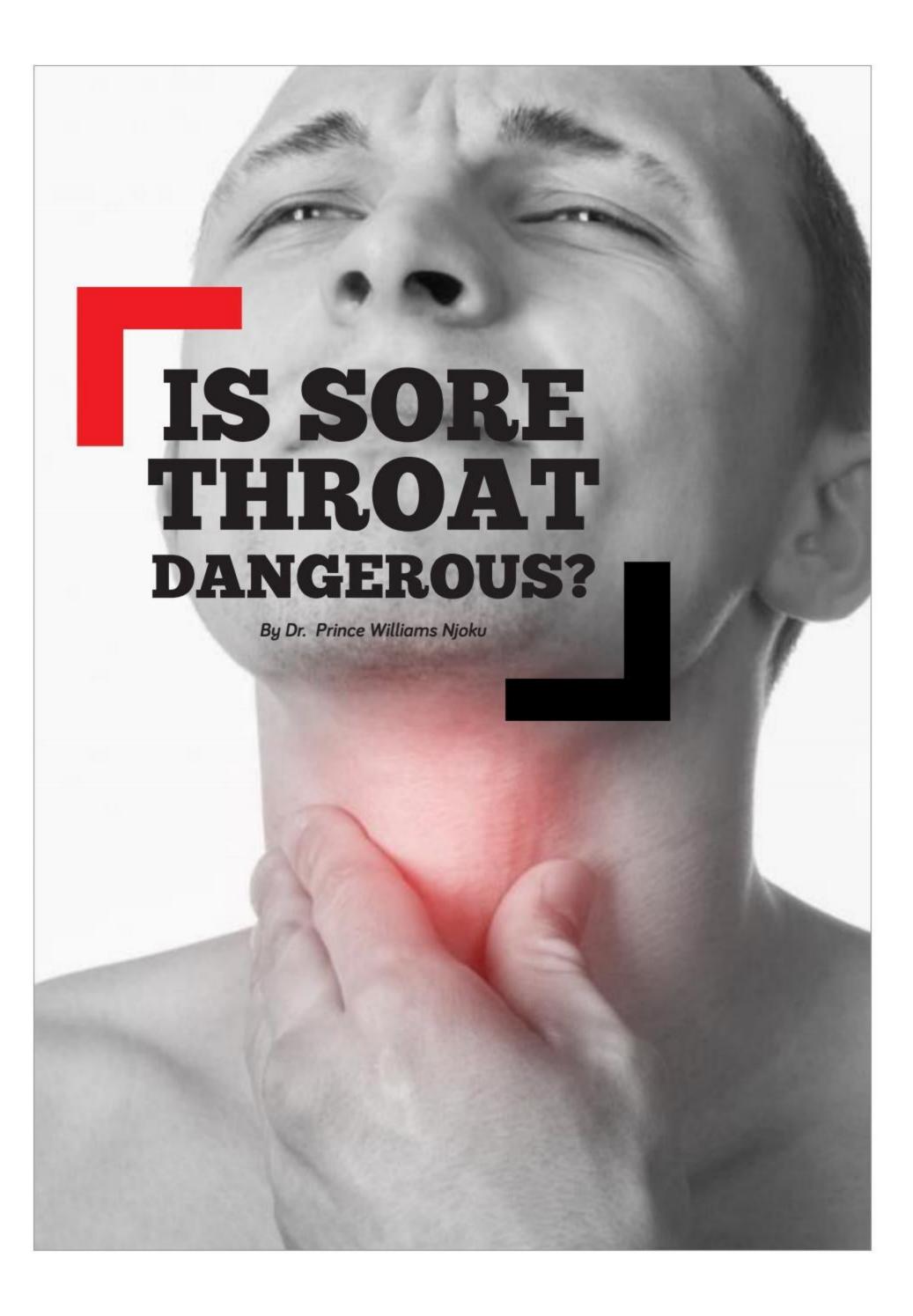
Protect yourself from infections. It's not clear just how H. pylori spreads, but there's some evidence that it could be transmitted from person to person or through food and water.

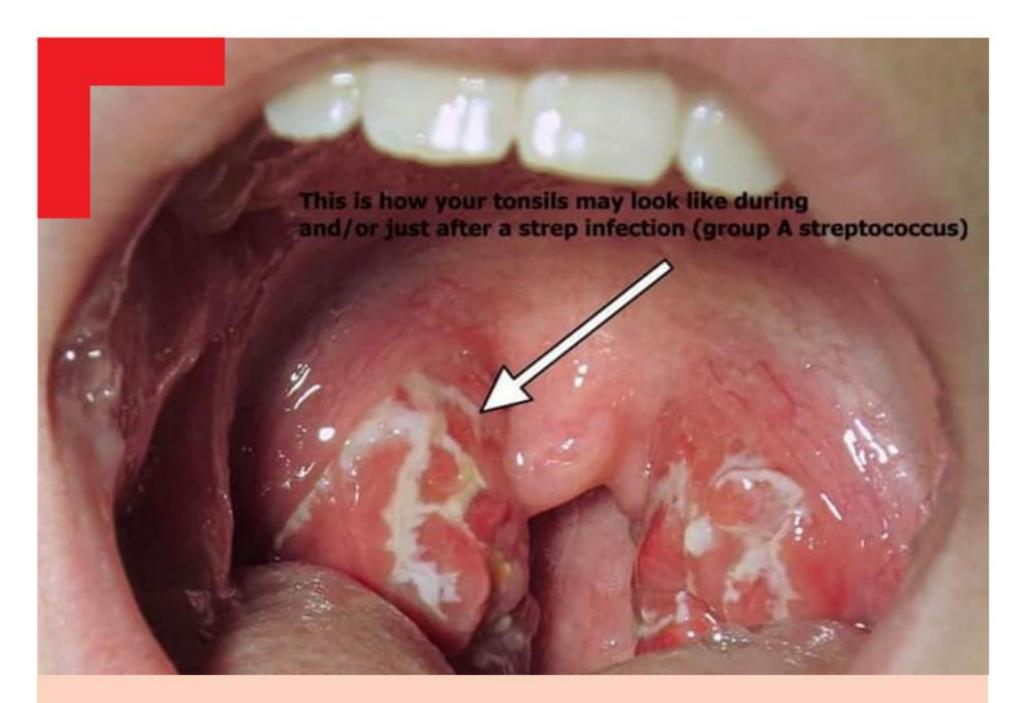
You can take steps to protect yourself from infections, such as H. pylori, by frequently washing your hands with soap and water and by eating foods that have been cooked completely.

Use caution with pain relievers. If you regularly use pain relievers that increase your risk of peptic ulcer, take steps to reduce your risk of stomach problems. For instance, take your medication with meals.

Work with your doctor to find the lowest dose possible that still gives you pain relief. Avoid drinking alcohol when taking your medication, since the two can combine to increase your risk of stomach upset.

If you need an NSAID, you may need to also take additional medications such as an antacid, a PPI, an acid blocker or cytoprotective agent. A class of NSAIDs called COX-2 inhibitors may be less likely to cause peptic ulcers, but may increase the risk of heart attack.





is pain, scratchiness or irritation of the throat that often worsens when you swallow. The most common cause of a sore throat (pharyngitis) is a viral infection, such as a cold or the flu. A sore throat caused by a virus resolves on its own.

Strep throat (streptococcal infection), a less common type of sore throat caused by bacteria, requires treatment with antibiotics to prevent complications. Other less common causes of sore throat might require more complex treatment.

Symptoms

Symptoms of a sore throat can vary depending on the cause. Signs and symptoms might include:

Pain or a scratchy sensation in the throat
Pain that worsens with swallowing or talking
Difficulty swallowing
Sore, swollen glands in your neck or jaw
Swollen, red tonsils
White patches or pus on your tonsils
Hoarse or muffled voice.

Common infections causing a sore throat might result in other signs and symptoms, including:

Fever
Cough
Runny nose
Sneezing
Body aches
Headache
Nausea or vomiting

When to see a doctor

Get immediate care if your child has severe

signs such as:

Difficulty breathing
Difficulty swallowing
Unusual drooling, which might indicate an inability to swallow

If you're an adult, see your doctor if you have a sore throat and any of the following associated problems occur

A sore throat that is severe or lasts longer than

a week
Difficulty swallowing
Difficulty breathing
Difficulty opening your mouth
Joint pain
Earache
Rash
Fever higher than 101 F (38.3 C)
Blood in saliva or phlegm
Frequently recurring sore throats
A lump in your neck
Hoarseness lasting more than two weeks

Bacterial Viral Treat at home. Gargle with salt water. SWOLLEN UVULA RED / SWOLLEN WHITE SPOTS TONSILS RED / SWOLLEN RED / SWOLLEN TONSILS THROAT RED / SWOLLEN THROAT GRAY, FURRY TONGUE

Causes

Viruses that cause the common cold and flu (influenza) also cause most sore throats. Less often, bacterial infections cause sore throats.

Viral infections

Viral illnesses that cause a sore throat include:

Common cold Flu (influenza)

Mononucleosis (mono)

Measles

Chickenpox

Croup — a common childhood illness characterized by a harsh, barking cough.

Bacterial infections

A number of bacterial infections can cause a sore throat. The most common is Streptococcus pyogenes, or group A streptococcus, which causes strep throat. Other causes

Other causes of a sore throat include:

Allergies. Allergies to pet dander, molds, dust and pollen can cause a sore throat. The problem may be complicated by postnasal drip, which can irritate and inflame the throat.

Dryness. Dry indoor air, especially when buildings are heated, can make your throat feel rough and scratchy, particularly in the morning when you wake up. Breathing through your mouth, often because of chronic nasal congestion also can cause a dry, sore throat.

Irritants.

Outdoor air pollution can cause ongoing throat irritation. Indoor pollution — tobacco smoke or chemicals — also can cause a chronic sore throat. Chewing tobacco, drinking alcohol and eating spicy foods also can irritate your throat.

Muscle strain. You can strain muscles in your throat by yelling, such as at a sporting event; talking loudly; or talking for long

periods without rest.

Gastroesophageal reflux disease (GERD). GERD is a digestive system disorder in which stomach acids or other contents of the stomach back up in the food pipe (esophagus).

Other signs or symptoms may include heartburn, hoarseness, regurgitation of stomach contents and the sensation of a lump in your throat.

HIV infection. A sore throat and other flu-like symptoms sometimes appear early after someone is infected with HIV. Also, someone who is HIV-positive might have a chronic or recurring sore throat due to a secondary infection, such as a fungal infection called oral thrush and cytomegalovirus (CMV) infection, a common viral infection that can be serious in people with compromised immune systems.

Both oral thrush and CMV can occur in anyone, but they're more likely to cause a sore throat and other symptoms in people with weakened immune systems.

Tumors. Cancerous tumors of the throat, tongue or voice box (larynx) can cause a sore throat. Other signs or symptoms may include hoarseness, difficulty swallowing, noisy breathing, a lump in the neck, and blood in saliva or phlegm. Rarely, an infected area of tissue (abscess) in the throat causes a sore throat. Another rare cause of a sore throat is a condition that occurs when the small cartilage "lid" that covers the windpipe swells, blocking airflow (epiglottitis). Both causes can block the airway, creating a medical emergency.

Exposure to chemical irritants. Particles in the air from burning fossil fuels and common household chemicals can cause throat irritation

Chronic or frequent sinus infections. Drainage from your nose can irritate your throat or spread infection.

Close quarters. Viral and bacterial infections spread easily anywhere people gather, whether in child care centers, classrooms, offices or airplanes.

Weakened immunity. You're more susceptible to infections in general if your resistance is low.

Common causes of lowered immunity include HIV, diabetes, treatment with steroids or chemother apy drugs, stress, fatigue, and poordiet.

Prevention

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The best way to

prevent sore throats is to avoid the germs that cause them and practice good hygiene. Follow these tips and teach your child to do the same:

Wash your hands thoroughly and frequently, especially after using the toilet, before eating, and after sneezing or coughing.

Avoid sharing food, drinking glasses or utensils.

Cough or sneeze into a tissue and throw it away. When necessary, sneeze into your elbow.

Use alcohol-based hand sanitizers as an alternative to washing hands when soap and water aren't available.

Avoid touching public phones or drinking

Symptoms Associated with Infectious Sore Throat

- Throat pain that usually comes on quickly
- > Painful swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of puss
- Tiny red spots on the area at the back of the roof of the mouth (soft or hard palate)
- > Swollen, tender lymph nodes in your neck
- > Fever
- > Headache
- > Rash
- Nausea or vomiting, especially in younger children
- Body aches

Risk factors....

Although anyone can get a sore throat, some factors make you more susceptible, including:

Age. Children and teens are most likely to develop sore throats. Children are also more likely to have strep throat, the most common bacterial infection associated with a sore throat.

Exposure to tobacco smoke. Smoking and secondhand smoke can irritate the throat. The use of tobacco products also increases the risk of cancers of the mouth, throat and voice box.

Allergies. Seasonal allergies or ongoing allergic reactions to dust, molds or pet dander, make developing a sore throat more likely.



NEVER THROW AWAY AVOCADO SEEDS AGAIN

By Joanne Humphrey

Avocado is one of the most complete and beneficial fruit for our health, plus the avocado seed is very powerful and useful. Today, we'll show you why.

Over 65% of the amino acids can be found in the avocado seed. It also contains more fiber than many other foods.

BENEFITS OF AVOCADO SEED

READ THIS AND NEVER THROW AWAY AVOCADO SEEDS AGAIN

- 1- It is very effective in combating arthritis, as it's an anti-inflammatory.
- 2- The avocado seed helps reduce inflammation of the gastrointestinal tract. Also useful for diarrhea, it can be used to make medicines for infections and stomach problems.
- 3- It is a good source of rejuvenation, according to recent studies, it was found that this increases the level of collagen, helping to make your skin firm and reduce wrinkles.
- 4- Strengthen your immune system and helping to prevent disease.
- 5- Very effective when it comes to burning fat, it also gives us is feeling full we need to lose weight.
- 6- Contains high levels of energy to help you keep energized all day.
- 7- The consumption of this seed can be eaten in salads, make tea, smoothies or shakes.
- 8- Avocado seed prevents the growth of tumors thanks to it having a flayonol content.





1) Mini Ham Cheese and Spinach Breakfast Pies

> 20 MIN Prep Time 10 MIN Cook Time 30 MINS Total Time

ENJOY THESE HAM CHEESE AND SPINACH BREAKFAST PIES ON YOUR WAY OUT THE DOOR IN THE MORNING OR EVEN AS AN EASY DINNER OPTION!



INSTRUCTIONS

Preheat oven to 400 degrees and line a baking sheet with parchment paper or silicone baking sheet.

Combine the ham, ricotta, mozzarella, milk, nutmeg, salt and pepper in a medium bowl. Set aside.

Place the olive oil in a small skillet over medium heat.

Once hot, add the shallots and garlic and saute until fragrant, about 1 minute. Add the spinach and cook until wilted. Remove from heat and transfer to the bowl with the ricotta mixture.

Stir together until well combined.

Cut the puff pastry sheet into 4 squares, place on the baking sheet and spoon the filling into the center of each.

Gently fold up the sides of each square in a circular pattern pinching the creases together as you go.

Brush each puff pastry with the beaten egg and top with a sprinkling of extra mozzarella. Bake in the oven for about 15-20 minutes until golden brown around the edges. Remove from oven, let cool a few minutes before serving.



2) SPECIAL HEALTHY TREAT

1 frozen banana

8 frozen strawberries

3/4 cup water...

3/4 cup almond milk (35 calorie one)

low fat whipped cream

strawberry on top

Put all in ninja or blender and blend!

Squirt some whip cream and top

with strawberry. Enjoy!

3) PEANUT BUTTER COOKIES

How to make Peanut Butter Cookies

Yield: approximately 2 dozen

1 beaten egg

1 cup sugar

1 cup Crunchy peanut butter

1/2 teaspoon vanilla

Preheat oven to 350F.

Mix all together very well. Chill for 30 minutes. Form into 1" balls and put on parchment lined cookie sheet. Press down with fork and bake for 12 to 15 minutes.

Allow to cool on rack for a few minutes before removing from pan.

~ Enjoy!!

There is no flour required.





4) SWEET AND SOUR CHICKEN

HOW TO PREPARE SWEET & SOUR CHICKEN

4 chicken breast (cut into bite sized pieces)

1 cup flour

1/2 tsp black pepper

1 tsp seasoning salt. I did BBQ chicken

1 egg (beaten)

1 red bell pepper, sliced

1 green bell pepper, sliced

1 onion, sliced



Mix flour with pepper and seasoning salt.

Dip Chicken in eggs and then flour, fry it until nice golden. Place in a 9by13 baking dish. Place veggies onto of chicken. Pour sweet and sour sauce*recipe on bottom* over fried chicken and veggies. Bake for 30 min at 350. Serve over rice

Sweet and sour sauce

11/2 cup sugar

1/2 cup water

1/2 cup pineapple juice

1/2 cup vinegar

6 Tbsp ketchup

2 Tbsp soy sauce

1/2 tsp salt

1/4 tsp black pepper

2 Tbsp cornstarch mixed with 2 Tbsp water Place all ingredients in a pot and boil all ingredients till thickened.

5) Zucchini Pineapple Bread!

3 Eggs 1 Cup Oil

2 Cups Sugar 3 Cups Flour

3 tsp. vanilla 1 tsp. Baking Powder

1tsp. Baking Soda 1tsp Salt

3 tsp. cinnamon 1 Cup Walnuts chopped (optional)

18 oz. can crushed pineapple "drained" 2 Cups Grated Zucchini

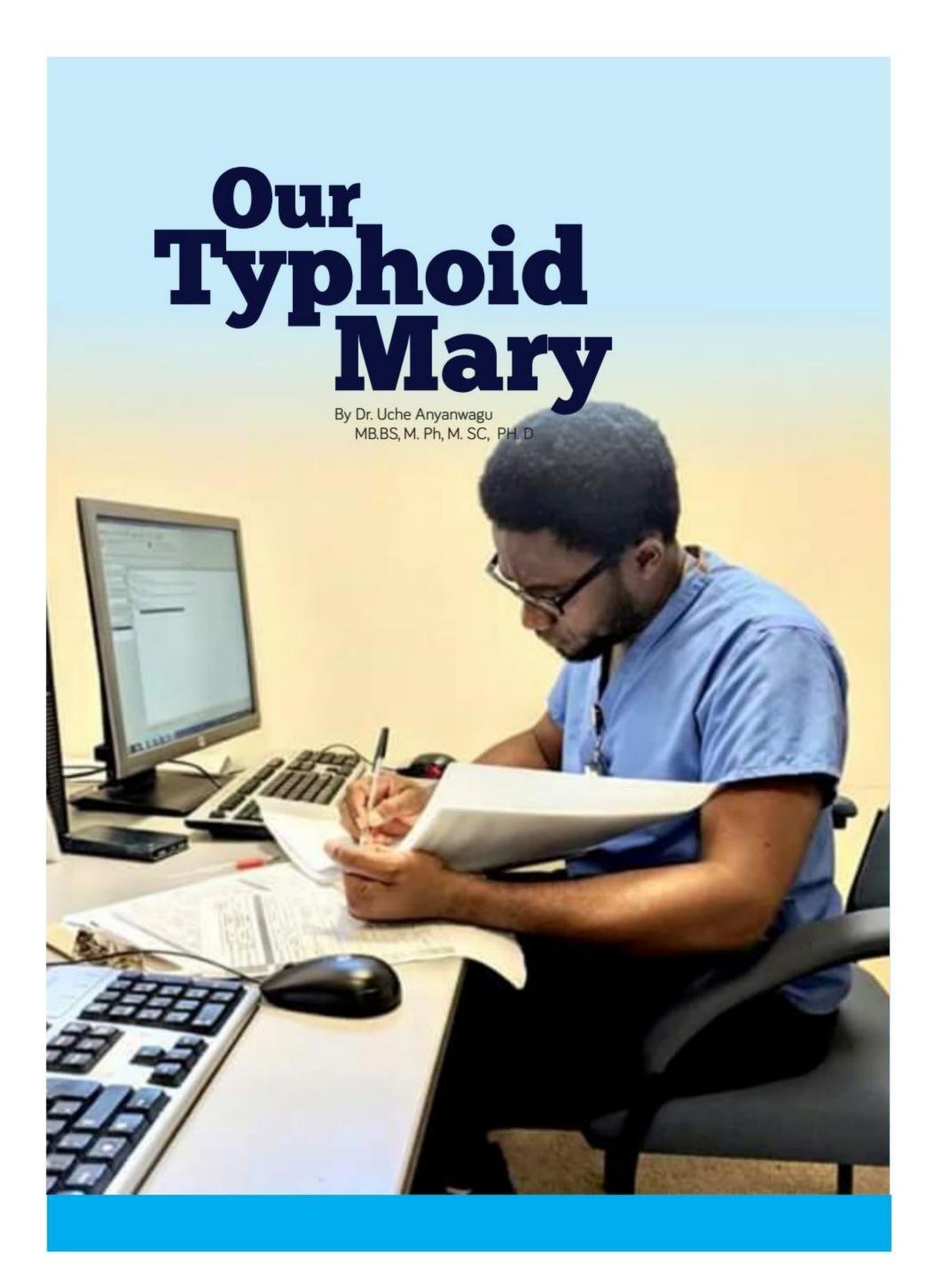
Mix all the dry ingredients, cream the oil, sugar, vanilla and eggs. Add the creamed mixture to the dry ingredients, add the pineapple & nuts, then and add to two prepared (greased and floured) bread pans.

Bake at 350* for approximately 55 minutes. If you use a convection oven you may need to alter the baking time by a little less.









It took her a while before she made her way to my clinic again. In place of the usual verve with which always traditionally storms my clinic, Uche walked in with a reluctance.

.She looked like someone who has lost the battle she was ever poised to win.

"Have a seat…" I said to her as she ignored the smile with which I greeted her.

.She pulled the chair and sat down, looking at me with a stare ripped of all adornment of affection.

"...Did you take some rest as I advised within this one week sick leave?..." She simply nodded.

. "•••Errhmm••• did you drink loads of fluid as well?..." She nodded again like an agama lizard which had a good fall off a tree.

"...Abeg, this one you keep forming deaf and dumb, I no understand again oh..." I gave up further questions to allow her let her cats out of her usual big bag.

"Biko" she finally said, "" am just here to know why you called the test result I gave you last week "useless"

So insensitive of you to have even ignored all the things I complained to you, including how this typhoid has been eating me bit-by-bit like a piece of sponge cake…"

This was exactly what I expected from my "troublesome" Uche.

She was clearly upset I neither paid attention to a litany of her symptoms, nor heed to the cries of the one-over-three-twenties that dotted every bit of the useless piece of paper she gave me.

"Uche, please can you tell me what typhoid fever is..."

"How am I supposed to know?" She queried instantly.

"Our Typhoid Mary…" I responded, laughing at her stern look.

"...how come you have never bothered to know, yet you have treated typhoid 10 times in less than 4 months?

Don't worry, get a piece of paper, and let us learn."

I offered her a piece of paper and insisted that she notes certain salient points as we converse so that she can also pass same to the very many "Typhoid Marys" thronging our different spaces.

"Now, typhoid fever is also called enteric fever. It is caused by a bacterium called Salmonella typhi.

This can be gotten in contaminated food or water like Typhoid Mary did to all the households she served in New York. It can occasionally be gotten through direct contact with someone who is infected.

Typhoid fever has been mainly associated with poor hygiene which is more prevalent in low socio-economic settings where safe water and good sewage disposal are lacking.

It is a serious infectious disease threat globally. More than we ever think, Uche…"

She looked at me with blighted hope. I winked and continued.

"...This is why I believe you have no typhoid...

"...The symptoms usually develop 1 or 2 weeks after infection. You will have a very high fever, headache, body aches and pain, cough, etc. Just very similar to malaria.

Now you can understand that marriage certificate "Typhoid and Malaria" the lab will always give you…"

For the first time, we both laughed.

"···as it progresses, the main markers begin to emerge – poor appetite, abdominal ache, nausea, diarrhoea and constipation, lethargy, intestinal bleeding or perforation (usually, 2-3 weeks of the illness if untreated).

Now, Uche, do you still think have typhoid last week you came here?..."

She smiled and rose to take a cold glass of water from the dispenser.

"···Water and rest may have been all you needed···" Ichipped in.

"Go jare... yeye doctor wey no sabi treat common typhoid..." (we both erupted in volcanic laughter).

. "On a serious note, Uche, of greater concern to me is that the way antibiotics is wasted and abused on the false treatment of this disease will drive rapid emergence of multiple antibiotic resistance among the real Salmonella specie s..."

"So, how will I know that I have it then or not?"

"...Cute question, Uche! Now you are talking. The diagnosis of typhoid fever based on Widal test (serology) alone is grossly inaccurate.

This is because, there is a very high probability of the reports being false.

We call this false-positives and it is even worse in places where typhoid fever is endemic and among those who have had typhoid fever previously.

The standard way (what we call gold standard in Medicine) for diagnosing of typhoid fever is by isolating Salmonella Typhi from a patient's bone marrow and/or blood culture – usually best within the first week for blood cultures

.I understand the bone marrow stuff could be too traumatic and the facilities/skilled manpower lacking in more than 90% places. Blood culture, rather, is faster and the initial results can be out in a day and treatment commenced...

Uche, at a stage in my career, I repented of all the typhoid fever I had treated – even to the point of going for confession.

I understand it is more prevalent in the North. Nonetheless, proper diagnosis must precede, or may be shortly follow initial treatment.

Simple hygienic practices like washing hands after using the toilets, peeing, and touching anything will help.

So will avoidance of oral/anal sex with a carrier of the bacterium, avoiding or washing thoroughly fruits and vegetables fertilised with human waste and others.

The sad thing is that about 1 out of every 20 people who survive typhoid will go on to become carriers like Typhoid Mary.

For them, they have no typhoid but have the bacterium living in them, and can spread it via their faeces or urine.

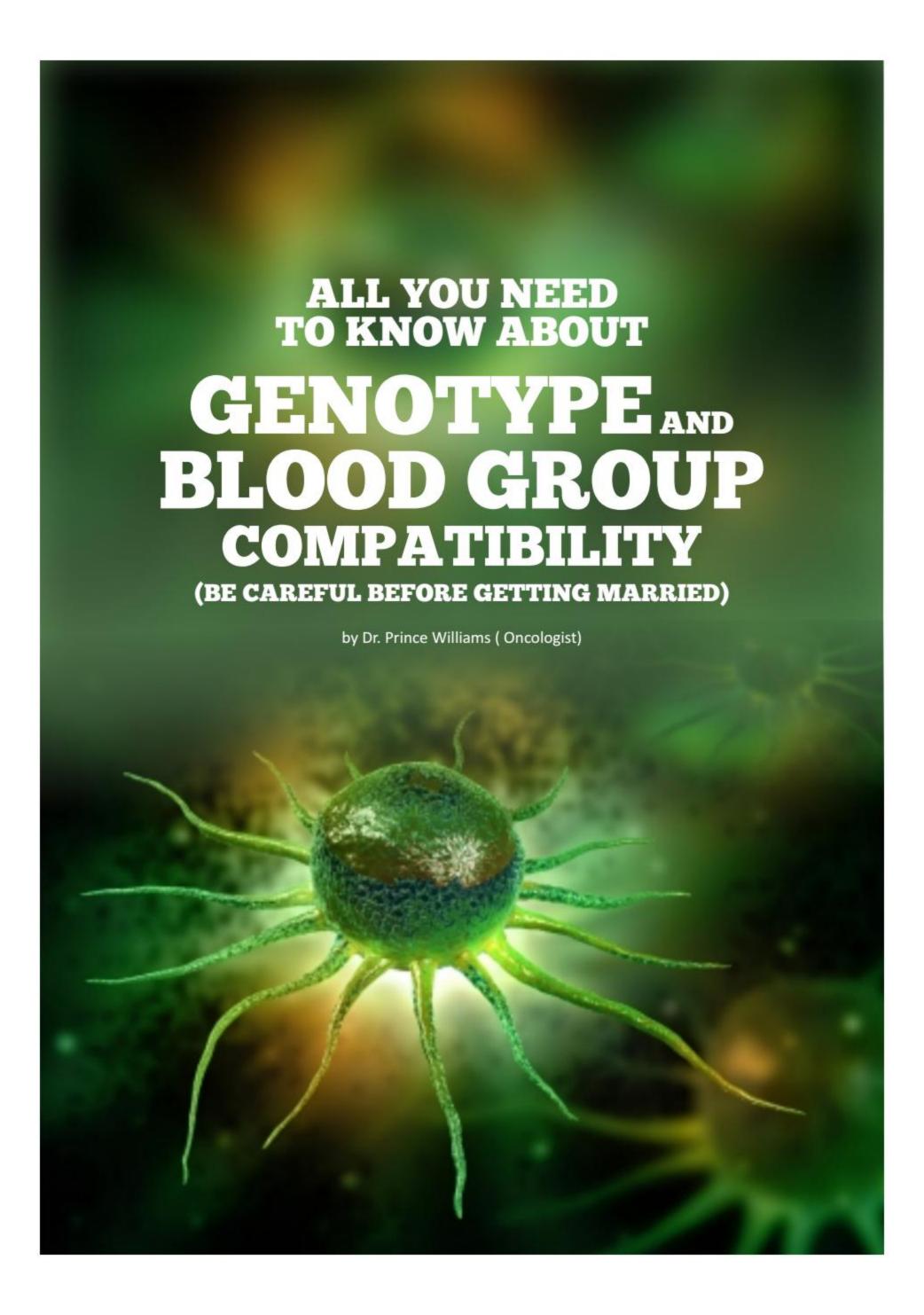
So, with the powers bestowed on me, I now baptise you Our Typhoid Mary…"

"Back to sender…" she thundered as she quickly removed my hand from her head.

"...That is NEVER my portion"

Startled, I asked: "I thought you had typhoid fever last week?"

My name is Uche Anyanwagu. Are you a Typhoid Mary?



There has been a lot of focus on this topic in recent times, and it is only natural that we lend a voice to it in order to expand the horizon of the information about what you must know about Genotype and Blood Group compatibility.

First things first, being assured of Genotype and Blood Group compatibility with your partner is one of the most important factors of long-term happiness in your marriage, it helps you raise healthy children, and saves you a lot of stress in the happy marriage you dream of with your partner.

What is GENOTYPE?

Your genotype is your complete heritable genetic identity; it is your unique genome that would be revealed by personal genome sequencing. However, the word genotype can also refer just to a particular gene or set of genes carried by an individual.

For example, if you carry a mutation that is linked to diabetes, you may refer to your genotype just with respect to this mutation without consideration of all the other gene variants that your may carry.

This is different from your phenotype which is a description of your actual physical characteristics. This includes straightforward visible characteristics like your height and eye color, but also your overall health, your disease history, and even your behavior and general disposition. Do you gain weight easily? Are you anxious or calm? Do you like cats? These are all ways in which you present yourself to the world, and as such are considered phenotypes. However, not all phenotypes are a direct result of your genotype; chances are that your personal disposition to cats is the result of your life's experience with pets rather than a mutation in a hypothetical cat fancier gene. This article however focuses on the genotype and blood group compatibility, so we keep it that way.

The genotypes in humans are AA, AS, AC, SS, SC, CC.

Now let's explain what all the AAs and ACs mean.

What you have in your blood are cells, the most predominant of which are called RED BLOOD CELLS (RBCs).

These cells contain within them HEMOGLOBIN, a substance without which the RBCs are invariably useless.

This hemoglobin itself is composed of 2 parts: a heme (don't bother yourself, this basically is a complex Iron-protein complex) and globin (2 pairs of protein chains, this is the important part).

(sorry if all is explained here you may get confused you can ask me as a question)

There are different types of Hemoglobin; among them are Hemoglobin A, Hemoglobin S and Hemoglobin C.

Hemoglobin C is very rare.

Everyone must have a pair of these hemoglobin in their blood, each inherited from both parents. The pairing might be in any of the following formations: AA, AS, AC, SC, SS OR CC.

People with the genotype AA are prone to malaria sickness at their early ages. Sickle cell arises when there is any blockage in the blood vessels which inhibits the flow of oxygen. When the red blood cell do not have the required oxygen, there will be changes in its original shape (disc shape) to a "Sickle-like" or "crescent-like shape", Thus, the name "sickle cell". Sickle cell patients experience severe pains in body parts that lack oxygen flow. Their bone marrows will fail to produce red blood cells and this result to anemia. To save this crisis, blood is usually transfused to them.

SC, SS, or CC are Sickle cell diseases (a recessive disorder) – a very serious medical condition with high prevalence rate in sub Saharan Africa. This is why intending couples must make sure to know their genotype and blood group compatibility before going ahead with marriage.

What is the Genotype and Blood Group compatibility that is good for marriage?
Study this table below carefully:

AA+AA=AA,AA,AA,AA,AA AA+AS=AA,AS,AA,AS, AA+SS=AS,AS,AS,AS, AA+AC=AA,AA,AA,AC. AS+AS=AA,AS,AS,SS, AS+SS=AS,SS,SS,SS, AS+AC=AA,AC,AS,SS. SS+SS=SS, SS, SS, SS, AC+SS=AS, AS, SS, SS, AC+AC=AA, AC, AC, SS.

Based on the table above, you can see that a person with the genotype AA can marry across. There's no risk of having a sicklier for a child even when he or she marries an SS. An AA genotype person marrying an SS can only result in AS children. There's no hope of having a child with the genotype AA. But there's no danger either.

Someone with the genotype AS should only marry someone with the genotype AA because if AS marries another AS there's one out of 4 chances (AS, AS, AA and SS) that they will have a child with the sickle-cell disease. Same applies when AC is combined. AC and AS combine will produce AA, AS, AC, SC, the sickle-cell disease will be SC.

Of course there are many cases where two abnormal was combined that is an AS and AS or AC and AC or AC and AS couples and had up to five or six children without a single sicklier among them. But there is no need to risk it? What if you' re not so lucky? Can you forgive yourself when you end up having a child with the sickle-cell disease and put the child through the agony the disease brings when you could have easily avoided it by doing a genotype and blood group compatibility test.

Compatible genotypes for marriage are: AA marries an AA. That's the best compatible. That way you save your future children from having to worry about genotype compatibility in future.

AA marries an AS. You'll end up with kids with AA and AS which is good. But sometimes if you're not lucky all the kids will be AS.

AS and AS should not marry, you already know what it can lead to.

AS and SS shouldn't think of marrying.

And definitely SS and SS must not marry since there's absolutely no chance of escaping having a child with the sickle-cell disease.

Solution

The only thing that can change the genotype is an intentional act like Bone Marrow Transplant (BMT) Technology. It has been proven to be the only permanent cure to SS SC and CC; however, it is new, very expensive and cannot be done in any part of Africa. It also carries some risks.

Naturally, environment or time cannot change genotype.

Again, some SS carriers may start experiencing crisis at late age (as late as 40s). If these set of people go for test in a quack lab, definitely the lab technician will assume AA or AS since the person is not showing the symptoms. Later in life, it will become obvious when the symptoms starts appearing.

BLOOD GROUP COMPATIBILITY

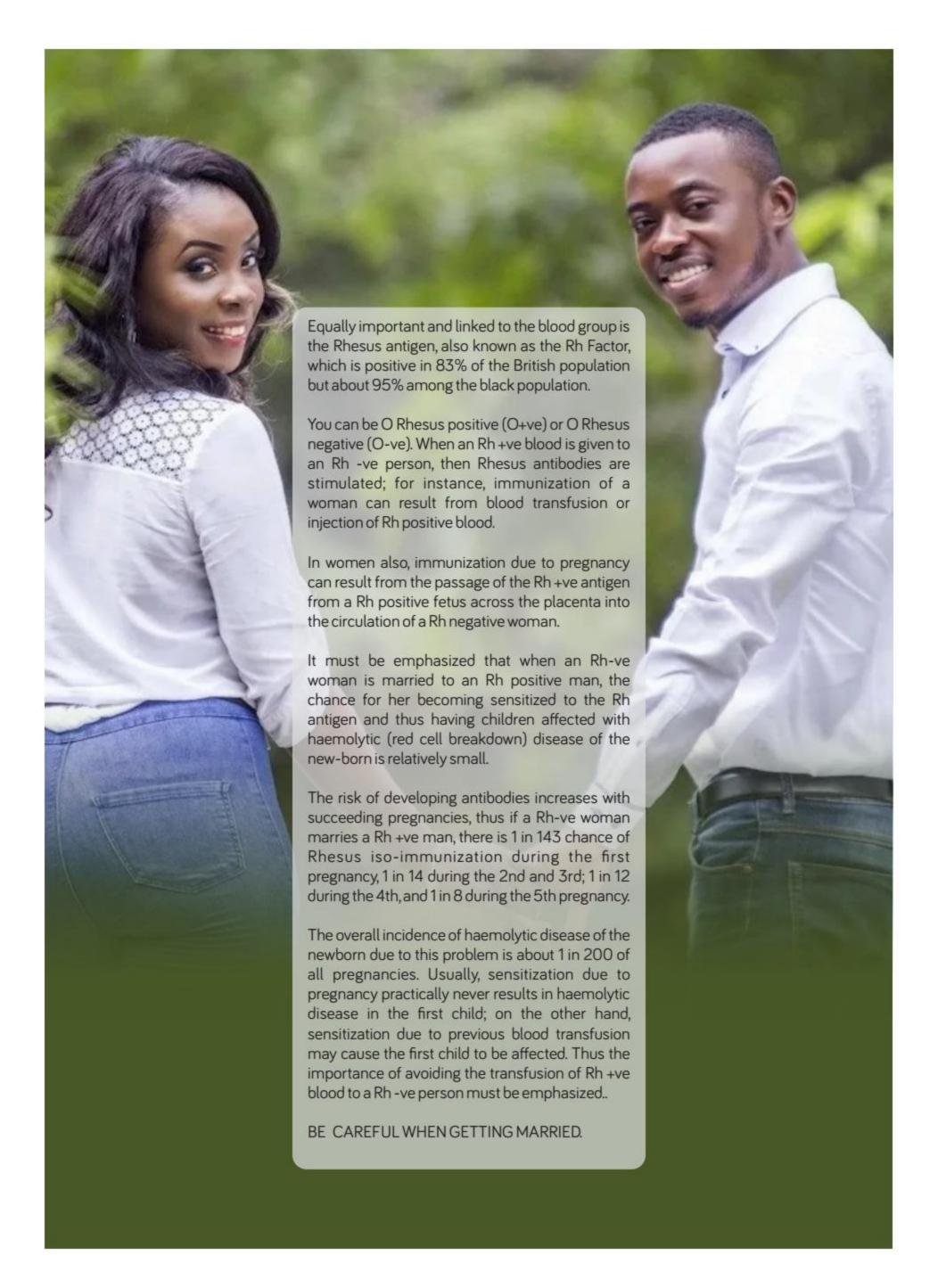
It is advisable that intending couples should know their blood groups before marriage.

The red blood cells that transport oxygen in the body carry two antigens, which are the A and B antigens. These antigens determine the blood group. The blood groups are designated by the letters O, A, B, AB. When the red blood cell carries only the A antigen, the blood group is 'A', it is 'B' when the blood cell has only the B antigen. When both A and B antigens are present, the blood group is 'AB'. Finally, when there is neither A nor B antigen, the blood group is referred to as 'O'.

Here is the table that shows a cross breed of different blood groups and their products:

A+A=A or O B+B=B or O A+B=A, B, AB or O A+O=A or O B+O=B or O A+AB=A, B or AB O+O=O only

Blood groups have a hereditary basis and depend upon a series of alternative genes, a fact sometimes utilized in solving the problems of disputed parentage.







JoelsBlog is a Nigerian controversial gossip blog owned by a young mediapreneur, Joel Hechimenum Williams, founded on the 18th of February 2016 and gets an estimate of 20,000 views and 12,000+ visitors daily.

How did Joelsblog become the fast rising Nigerian entertainment blog?

JoelsBlog gained popularity after its first controversial article, An article of a Facebook user criticising David Ibiyeomi for buying a private jet from the proceeds (offerings) of the poor in his church, it went viral after it was shared on Nairaland, the strength of this Article gained so many views and critics and supporters, To the surprise of many, The Article trended on so many Nigerian blogs including Nigeria's biggest News Media carried the news but they never gave credits.

JoelsBlog striving in its goal to publish unique articles for its readers kept growing and gaining popularity but something went bad, JoelsBlog Facebook page got deleted on the 3rd of December 2017 along with its huge readers , till today no reason was stated as to why the page was deleted which was a huge blow to the entire team and a very challenging one as well. It suffered a decrease in the numbers of views but a month a later it sprang up again as readers took to using google search to locate the blog.

What Inspired the birth of JoelsBlog?

JoelsBlog formerly called (Joelwilliamsblog) became a reality after Joel Hechimenum Williams decided to open a small blog for his literatures, then the blog got 100 to 150 views daily on the free blogger publishing platform. On the 23rd of October, 2016 JoelsBlog bought its first domain,www.joelwilliamsblog.com.ng, then it had 1500 - 2000,views daily,on seeing the growth after moving out of the free publishing platform Joel Hechimenum Williams decided to make it an Entertainment blog, that earned him his first 10k views,he kept pushing the blog till it got to where it is today.

Why and what caused the Change of Name?

The reasons for why Joelwilliamsblog changed it name was because of the following reasons,

Readers kept complaining that the URL was too long for them to type or even search, that cost me a lot of readers despite having the traffic the blog gained.

Readers complained about the Inability to engage them selves(comment) due to the rigorous process they had to go through, like logging in their gmail to comment, most people can't remember their password not willing to go through the stress of getting a new one .. they just remain like thin air on the blog, some readers said they didn't understand the Google recaptcha Bot detector and didn't want to go through the stress of verification. A lot of things led to the change of Name and URL.

How was your first day on your New platform/New Domain?

My first Day on my New platform was a special and happy day because I got the highest number of views that day, over 47,000 views, it kept coming because I anticipated the coming of the new URL/Name and it yielded a positive response from my readers and visitors.

What decreased the views to 20k then?

Its something I don't know,maybe JoelsBlog competitors converted them, I tried to figure out the reason why my traffic dropped, after my research I found out that my blog did nothing wrong, it was just that the views that came that very day was as a result of the give away we did on the blog, perhaps they left because we couldn't keep up with the give away because we weren't getting much money for Ads.

You said WE are there other people working with you?

Yes I have a total of 3 publishers, with names;

Joel Victor - Manager Elias Ifeanyi Alex - Editor Emmanuel Okafor - Author and myself. 1) You deserve Someone, who sees the pains in your eyes By Jerry Iwu.

While everyone else believe in the smile on your face...

You deserve someone who knows how to make things up to you after hurting you..

Not someone who is very good with just the word "Sorry"

Love is not in sight; but felt in the heart..

Love is not about sex, money, fun, romance, magical words etc
Is all about what the heart felt in the inside.

WHO DO I DESERVE?

- ✓ Someone who understand the" value " of time in a relationship..
- √A honest lover is a romantic lover...
- √ A friend who have your time and who can make out time for you...
- √ Someone who has regard and respect for your body...

eserve happiness, let your love be real.

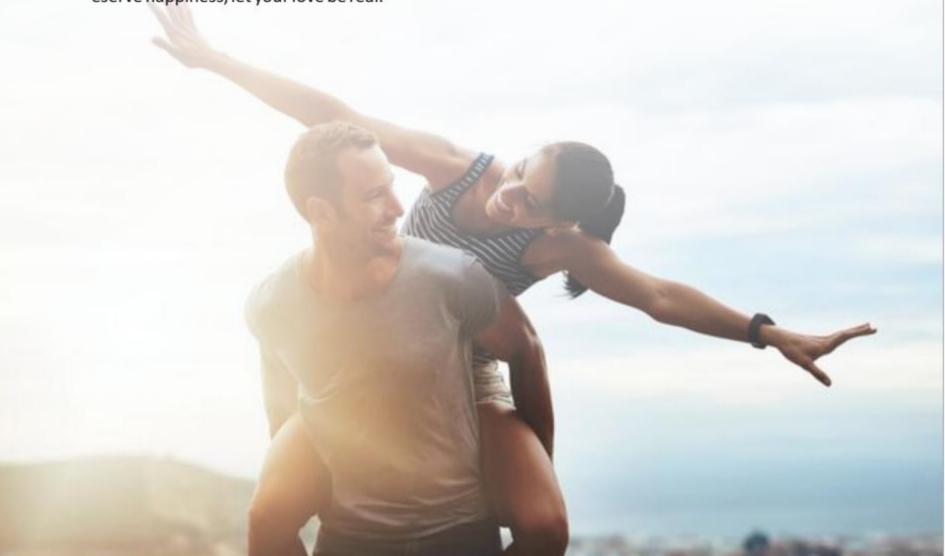
- √ Someone who doesn't run away from responsibilities but has what it takes to face challenges..
- √ A friend who "trust" you will do everything possible to keep you; you deserve someone who trust you and whom you trust in return.
- √ You deserve a friend; whom you have feelings for: love isn't enough because if you don't feel anything for him, there is no need to profess love..
- √ You deserve someone who have respect for your family, such respect will encourage the person to do the right thing..
- √ You deserve someone you don't beg for attention and care..

N/B Love is like a baby; it requires care and attention..

You deserve someone who believe in your vision and aspirations..

N/B The purpose of love is for partnership and companionship..

Everyone d



Know When To Wove On

By Jerry Iwu

The best love is the one that makes you a better person without changing you into someone other than yourself.

"Know when to move on" it is better than continuously hurting yourself over and over again.

Maybe is not always about trying to fixe something broken.

I guess is about starting over and creating something better..

If you don't "know when to move on" you will waste the most expensive commodity, which is (time)

Most people are dating on a dead concise, they prefer to pluck the flower than to water it.

Be wise never to fall a victim.

- <<< Factors To Put Into Consideration Before Moving On>>>
- √ When you observe that the feelings, care, attention are no more mutual....
- √ There is silence without reason; calls and SMS are neglected.
- √ You're trying so hard to fixe something broken yet there is no sign of coming back..
- √ Constant conflict in reasoning and understanding...
- √ In Most cases one person maybe asking for space and you begin to wonder if your presence has been a distraction...
- √ Everyone becomes a suspect; no more trust...
- √ Someone will start forming "busy" just because he/ she doesn't want you to talk about it.
- √ Excuses becomes order of the day, thereby creating distance in communication...
- √ You will observe that your conversation will become more official than intimate...
- √ There is act of negligence in one's responsibility..
- √ Most times you beg for attention, such person may even be online but never to say hi or hello...

The greatest mistake you can make is to allow someone to use you and find happiness in another..

No matter how hard or difficult it may look, don't trade your happiness for anything.

3) The Purpose Of Dating.

Don't love deeply until you're sure that the other person loves you with the same depth.

Because the depth of your love today is the depth of your wound tomorrow.

The purpose of dating is to find someone you can spend the rest of your life with, that's it...

You don't date to waste someone's time..
You don't date to have someone feed your ego..
You don't date to temporarily fill a void emotionally or physically.
You don't date because of sex...

You don't date because you're lonely..

Date to find that "one" person who you feel like you can spend the rest of your life with...

- > Having Known The Purpose Of Dating> What Kind Of Person Should I Date??
- √ Date someone who understands you even in the madness...
- √ Be in love with someone who takes your happiness as his/her priority..such person will never hurt you..
- √ Date someone who wants you; with such person you won't beg for attention..
- √ Date your friend, who supports you and who believe in your vision.
- √ Be with someone who is ready for marriage not wedding...
- √ Date a matured mind not matured body...
- √ Date someone who will see your strength in your weakness...
- √ Be with someone who is proud to have you and love to show it...
- √ Date someone that values communication, not overlooking compatibility and Care...

Love with purpose..

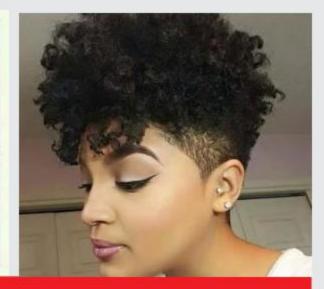
Without purpose love affairs becomes a mockery to the heart..



Twist and scarf updo









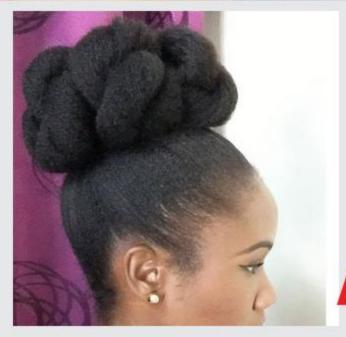


2) Bantu knot updo

For a long natural hair, the Bantu knot is another gorgeous way to rock your hair beauty.

Put the knot in an updo with a cute scarf or you could ignore the scarf if you want. There you go!





French braids

This natural hair fabulous style is a good way to manage your hair and look chic and stylish while at it.



The luxurious, posh and exclusive Virgin Rose Resort is designed to meet the characteristic needs of any wise, tourist, traveller, Corporate organizations, Government Parastatal, National and International delegates with an unquenchable passion for class and par- excellence services, state of the art facilities, perfect Spa treatment, exotic wines, tasty local and continental dishes with amazing culinary skills.

Virgin Rose Resort is designed with your class, elegance and reputation at heart and we guarantee your stay with us will leave an indelible and remarkable experience. You surely, will come back for more.

OUR SERVICES

24- hours terrace and wine bar A multilingual Staff (French, English)

24- hours room service Free WiFi Internet services

24- hours surveillance International and Local proven restaurant

24- hours constant power supply Virgin Spa for all body treatment

24- hours tight police security
Standard Gym

24- hours Laundry services Relaxing pool

14- Sitter shuttle bus for guest transport
Various Halls (20 - 400)Capacity

Airport pickup/drop off View of Bar beach

Car Hire Services Large parking space

Standby Elevator
Air purifier service

Mini- bar • Specials like Catfish pepper soup, Barbeque fish, etc

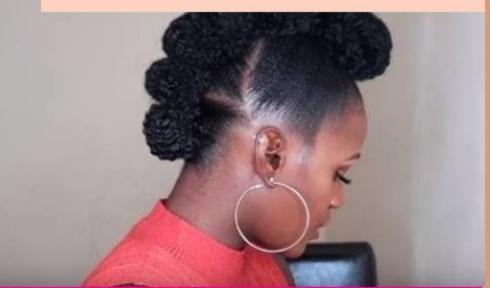
Turn down services available also, on request.



High bun

For works, weddings, dates and any other event, high bun fits into all giving you the effortless yet stylish look you desire.

With the right pins and gel, you can achieve the bun look for your natural hair.



Twist

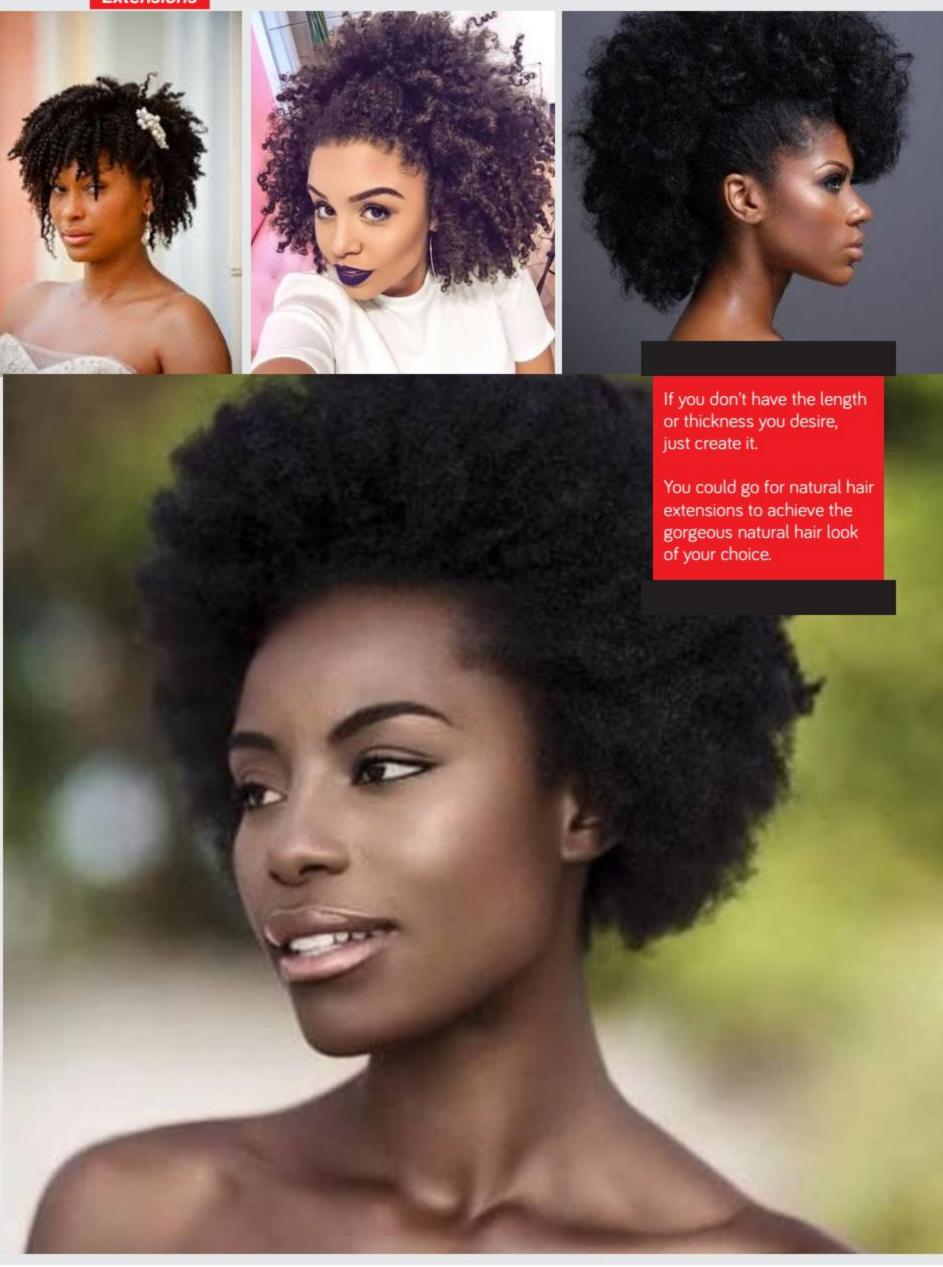
Twist is one of the popular hairstyles for naturalistas. Twist are versatile and go well with any length of natural hair. You can either pack it or leave it.

Afro

Who can ever ignore the beauty of Afro? Traditional afro is our expressive and simple way to style natural hair.



Extensions







1) Everyone knows you as the host of the popular Jokotade show. Tell us other things your fans may not know about you.

The Jokotade Show is only one of the many ways I inspire others. My full name is Vivian Jokotade Adeniyi. I am fondly known as "Jokotade". I am a Nigerian-American artist, creative entrepreneur and speaker. I inspire a global audience with my art, words and voice. This is only a brief summary. (Laughing out loud)

2) What inspired your media career?

It's funny you asked that. I didn't set out to pursue a media career. It happened as I sought ways to inspire and serve others. I'll tell you more about it during the interview.

3) Whatprompted The Jokotade show and how long have you been on it?

In 2013, I launched Jokotade.com as a style blog and set out to inspire women to rethink style, become authentic and live beautifully. Back then, there were hardly any blogger s who featured classic, polished and tastefully styled African clothes. So, you know what I did? I raised my hand and rose to the task. My selections and features quickly became a hit on social media. It literally caused a renaissance and the Jokotade platform took off! What followed was life changing...

As I continued posting more photos, I noticed my audience wanted more. The women who followed me reached out to ask me more questions about other areas of life:

They asked about personal development;

They asked how I started my business;

They asked how I balanced my passions with my marriage;

They asked about raising a family;

They asked so many questions I could relate to.

A year later in 2014, I felt inspired to start a podcast. I titled it The Jokotade Show. I had no idea what it would evolve into. The Jokotade Show became an avenue for me to cover a diverse set of topics to meet the many different needs of my audience. The JokotadeShow quickly grew into a network of shows including The Idea to Influence Show for creative and entrepreneurs, The Before I Do Show – a show that seeks to inspire the next generation of lasting marriages benefitting

both men and women. I also developed The Jokotade App. The APP organizes all of the resources I offer and helps my audience access their favorite shows on their mobile devices at any time.

4) Do you think your husband is happy with your fame? What makes you think he is?

Firstly, let me say that he is grateful I am able to make much impact and touch lives all over the world – for this reason alone, yes, he is happy I am known. Naturally, we are both very private and conservative people. We work diligently to keep our family business off social media, so we may have a chatter-free place to come back to. He trusts my judgment to know what to share and what not to share and I do my best to honor that. Secondly, I know he is happy with the reason for the former when he prays and asks the LORD to give me more inspiration and ideas to reach more people. On the other hand, if I were just famous because of what I have or wear alone – the man would not be a happy camper(lol).

5) Are there other projects you've carried out to inspire and encourage women all over the world?

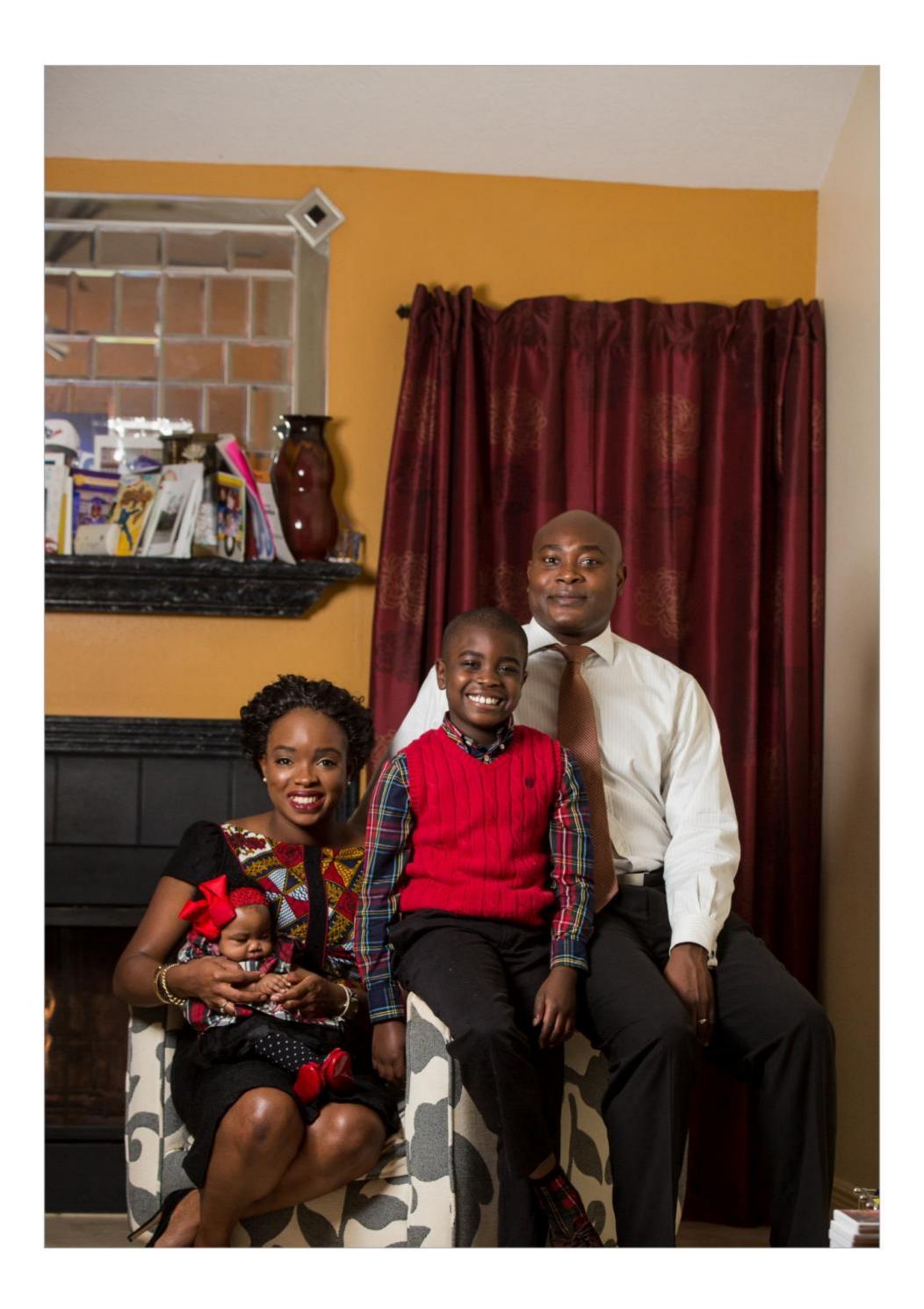
Oh, Yes! There are several. If you haven't noticed, I am one serial problem solver. (laughing out loud).

Tell us about those projects.

Let me share two with you for now...

In 2017, I ran "The 7-Figure School" – offering online classes to help others start and grow profitable businesses. It was a hit and greatly impacted the lives of several women globally. For me, my journey as a serial entrepreneur and innovator began at an early age of six and for many years, I struggled with rising above the cultural label – "Jack of all trades, master of none." Now, with many successful startups, it is my desire to teach other multi- passionate, multigifted creative how to choose and embrace their many talents, focus on their personal goals, and rise above cultural limitations.

Coming into 2018, I picked up my childhood dream of becoming a professional artist and began to draw again. It is my hope that by simply answering this call, I would inspire others, particularly women to not give up on their childhood dreams of being great even after



getting married or having children or pursuing a first, second or third career. I truly hope to inspire another woman that there is still so much more inside of her, if she'll tune out on all of the noise in our world, focus on her goals and live out her life regardless of her fears or failures.

7) How would you describe your childhood?

I would describe my childhood as a defining period for my future. I was born in Lagos and spent most of my teenage years in Lagos before finishing secondary school in Federal Government College Lagos in Ijanikin. It was during those years, I developed my entrepreneurial, leadership and service skills. In 1997, I moved to the United States with a suitcase and a very big dream. I was hungry for the opportunity to move forward after experiencing a very rough and downward financial season with my parents back home in Lagos. We literarily had to start all over.

8) How did you meet your husband?

It's a bit of a long story but let me simply summarize it for you. He found me when I was tired of the "no suitable man to marry" situation. He found me after I changed my focus from all of that pressure to serving the LORD and people at church – (laughout loud). I share the whole story on The Jokotade Show and on The Before I Do Show – both shows are available on the free Jokotade APP – available on iTunes and on PLAY.

9) As a wife, mother and presenter, how do you strike a balance between home making and career building?

I'll be honest, I am not perfect, but I have learned to be diligent with setting and sticking to daily schedules for myself, my children and running my home. I run my home like an organization and I do my best to prioritize what matters and NOT overcommit to social or business functions preparing and attending several events all at the same time can be extremely draining a n d distracting (sighs). I will tell you though, one big secret for me is this - I make myself a priority. I schedule time for me, time for prayer and daily devotion. This truly is the foundation for me. I have found that when I do this, I can be more to and for others. In other words, I try not live my life on an empty tank.

10) What advice do you have for women suffering Domestic violence?

I am not qualified, neither am I in the position to advice any woman suffering such a heartbreaking condition. I think many times as a people, we are quick to say what someone should and s h o u l d not do without ever fully understanding what it means to walk and live in that person's shoes. For me, I can only offer my heart, my love and my time to listen and care for any woman facing domestic violence and point them to the best suited professionals and counselors who have firsthand knowledge and experiences with these lifethreatening situations. Now, if this were me or a family member, I would make life, safety and a stable financial resource the priority.

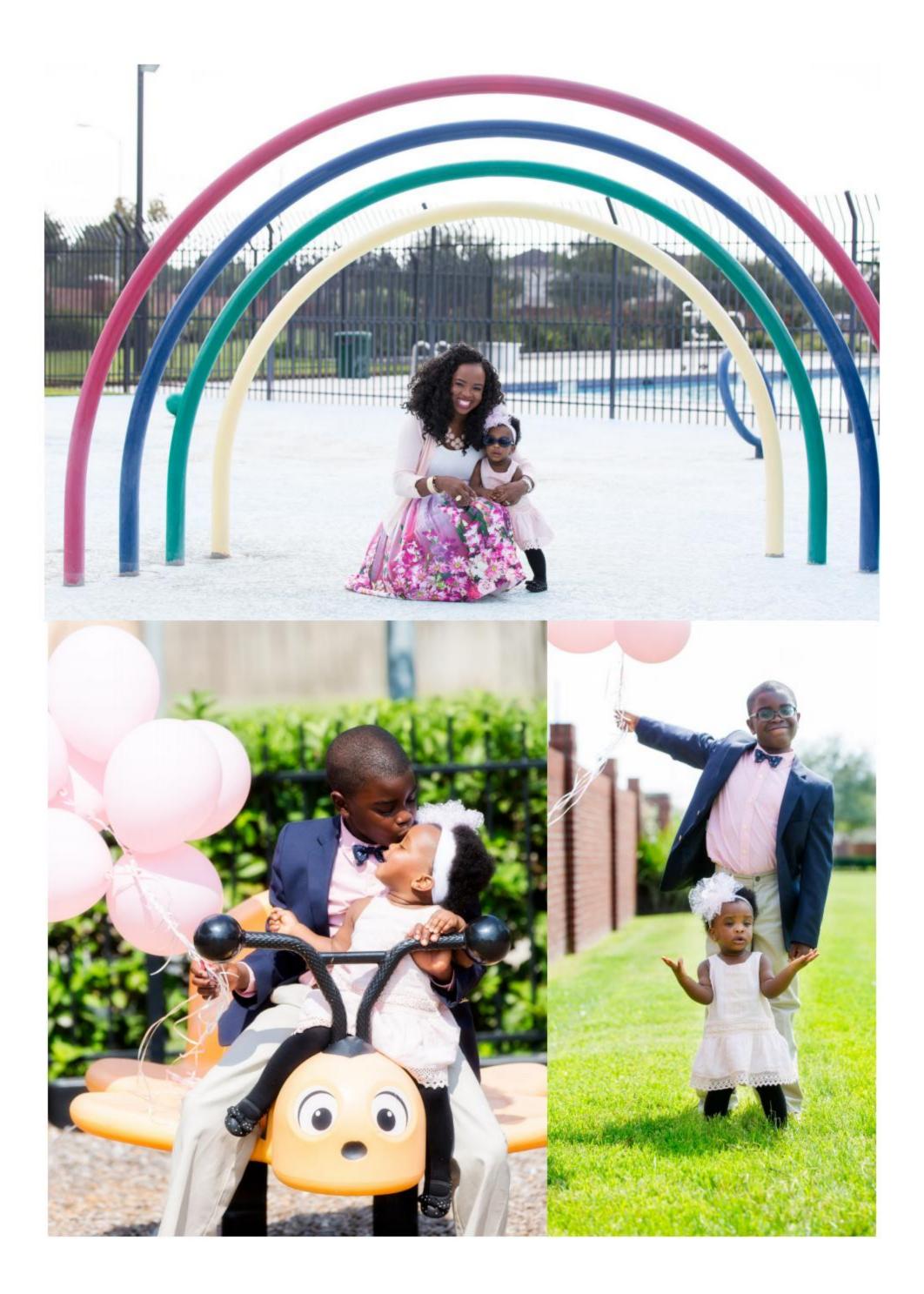
11) Do you think women are in anyway the major cause of this abuse?

I'll add one more point to my previous comment – I don't believe the responsibility or cause of any abuse should ever be passed on to its victim for any reason.

12) In what areas do you suggest women should sit up to avoid domestic violence in their homes?

I'd like to be careful to not use the phrase "women should sit up", for me it almost implies that women are responsible for the cause of abuse. What I may suggest to "us", women, particularly young women, is to pay closer attention – to the signs of abuse early on in a relationship. I once heard, Oprah echo a quote by Maya Angelou, "When someone shows you who they are, believe them the first time."

Like many women, I am loyal, and I tend to make excuses (and often unhealthy excuses) for people, even when the negative signs are there. I remember, my first heartbreak, I made so many excuses for him until I almost lost my mind. I am grateful for the – courage to listen to, open up, and receive the support of people who truly love me – who helped me see that I was worth more than "just a relationship" or a person





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