

10 Christmas spending tips:

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#### We wish you a Merry Christmas!

The Christmas season is upon us once again, and once again we find ourselves balancing between our work or studies, hanging out friends, scheduling time with family, and maybe even attending a party or two. The Christmas tree stands are up down at the corner, where they magically appear every year, full of the usual perfect, green triangular symbols of the season.

At some point though, in-between the parties, the family gatherings and the endless shopping crowds, the cheer of the holidays can quickly leave our rosy cheeks and send us into a downward depressive spiral. How do you keep that depression from affecting not only your mood, but the mood of others around you? And how can you keep the joy in the holidays and stop them from turning into yet another year of an endless parade of materialism?

Be realistic and put the "ideal" Christmas out of your head. Too many people have an idealized version of what the holidays should be like, instead of what they really are. Nobody, and I mean nobody, has an ideal, picture-perfect holiday. By setting expectations up-front — and keeping them realistic — you won't be disappointed that your family gathering devolves into another eating free-for-all, when it has happened every year since you can remember. Ensure you are contended with what you have. Don't live above your means just to impress anyone.



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Overindulging in food and drink is so often matched by overdoing our spending, with the result that the first part of the New Year turns into a damage repair exercise for our budgets

Of course, there are a range of things you can do to help turn Christmas into a financial success rather than financial excess. Here are my top 10 tips:

#### 1. Set a budget for your Christmas spending

First, draw up a budget for your Christmas spending not just presents, but the additional spending on food, drink and socialising.

Embed this Christmas element of your budget within the rest of the household budget, so that you can manage the overall effect Christmas spending has on your finances over a number of months.

Try not to allow yourself to be pressurised - even by your children or close family - into spending more than you can really afford.

#### 2. Use savings wisely

Make sure you know how your extra spend is going to be financed. Perhaps it means withdrawing funds from a savings account, in which case make sure you access the money from the account paying the least interest.

#### Cash in "Christmas Club" accounts and loyalty cards

You can also finance your spending by cashing in the balance held in a "Christmas Club" account - built up during the year to spread the burden of the Christmas spend.

Maybe you also have credits on your store loyalty cards. These don't earn you any interest, so cash them in to help finance your Christmas spending.

#### 4. Pay off credit cards quickly

If you use a credit card, try to ensure that you pay off the balance in full when the bill arrives in the New Year. Generally, credit cards are an expensive way to borrow money - and store cards are even worse, given that they generally have higher interest rates.

If you're taking advantage of credit card deals that offer 0% rates on balance transfers, make sure you know the date at which this introductory "teaser" rate comes to an end and pay off the balance before then.

#### Check your overdraft details

If you're funding your spend via an overdraft, make sure it's authorised and you know the interest rate and any other charges your bank applies to overdrafts.

Don't use an unauthorised overdraft, as this is likely to attract high charges. If in doubt, check with your bank first.

#### 6. Shop around and look for deals

When it comes to shopping, further good rules apply. Shop around and look for deals - many retailers are discounting their prices even as the festive season gets underway and there are good deals to be had.

Fashion retailers have had a difficult few months, as the warm autumn has hit spending on clothing designed for autumn and winter - many are discounting prices to get customers through the door.

Additionally, media stories have highlighted the fierce competition between the supermarkets, providing opportunities to secure your Christmas shopping at bargain prices.

#### 7. Give vouchers to use in the sales

Be prepared to give shopping vouchers or credits as a part of your Christmas presents - Christmas is always followed by the sales period (with some retailers starting their sales on Boxing Day).

Used after Christmas, these gifts will be able to buy their recipients more than prior to Christmas. You may even want to snap up the bargains in the sales to prepare for next Christmas too!

#### 8. Hold on to your receipts

As ever, keep your receipts in case presents need to be exchanged or refunded - and for those items you send to your friends, put in a gift receipt to enable them to return the goods, if needed.

#### Keep a running total

Keep a close check on your spending - maybe by compiling the running total on your mobile phone or tablet.

The bills will come in after Christmas as surely as night follows day, but you'll be better placed to manage them, if you know what the bottom line of your spend amounts to on each card.

10. Get your finances on track in the New Year Finally, once Christmas is out of the way, you might like to join our award-winning free online course "Managing My Money." It starts on 5 January and lasts eight weeks.

Supported by True Potential LLP, we'll cover all of the key aspects of personal financial management, including budgeting. And it'll give you the skills to manage the financial consequences of next Christmas even more effectively!

Good financial planning will help you enjoy not only the festive season's celebrations, but the New Year too.



by Prince Williams Njoku

- 1. Women are afraid of taking risk ... than men
- 2. All of the 20 richest women in the world 17 inherited there money from there husband or father.
- 3. Women spend nearly one year of the lives deciding on what to wear.
- 4. Women cry an average b/w 30and 64times a year, while men cry 6 or 7 times.
- 5. Men lies 6 times a day twice as often as women.
- Women's heart beat faster than men.
- 7. Women spend over 4years in total of there lives menstruating.
- Heart disease is the No.1 killer of women.
- 9. Over 80% of women wear wrong bra size.
- 10. Women have more taste buds then men.



- 11. Women are likely to remember what men with deep voices say.
- Women are much better listeners.
- 13. Women's eyes speak a lot, and its the doorway to her heart.
- 14. Women drop hints and express their opinions indirectly. Men are straightforward!
- Women are better than men at remembering faces.
- Women don't like when others compare them with someone, but they constantly compare



themselves with other women in their mind.

- 17. Friendship between two women is not so strong as friendship between two men.
- 18. Women take longer time to make a decision than men do but once they make a decision they are more likely to stick to it.
- 19. Women use both sides of the brain to solve problems while men use only the left part.
- 20. Women cheat in a much better way and have their reasons (men just do it and can't explain it when get caught)
- 21. When women are upset over something they like to share their problems with others and if you patiently hear their problem then they feel better.
- 22. Women keep account of daily expenses just for their knowledge or savings. (i have seen so many girls rough copy last page.
- 23. Women communicate more with non verbal gestures than verbally.
- 24. Women can understand and read emotions better than men, but sometimes they are emotionally vulnerable.
- 25. Women associate everything they see to be more beautiful, with perfection hence they like anything which is soft, beautiful, attractive.
- Women have better sensing powers, and they can sense danger beforehand.
- 27. Women have good intellect, intuition skills, with better decision making abilities.
- 28. Women have good memory power, and they can remember everything with the minute details.
- 29. Women are more nervous, as they tend to think quite a lot.
- 30. Women are quick to judge, and their judgment rarely goes wrong.

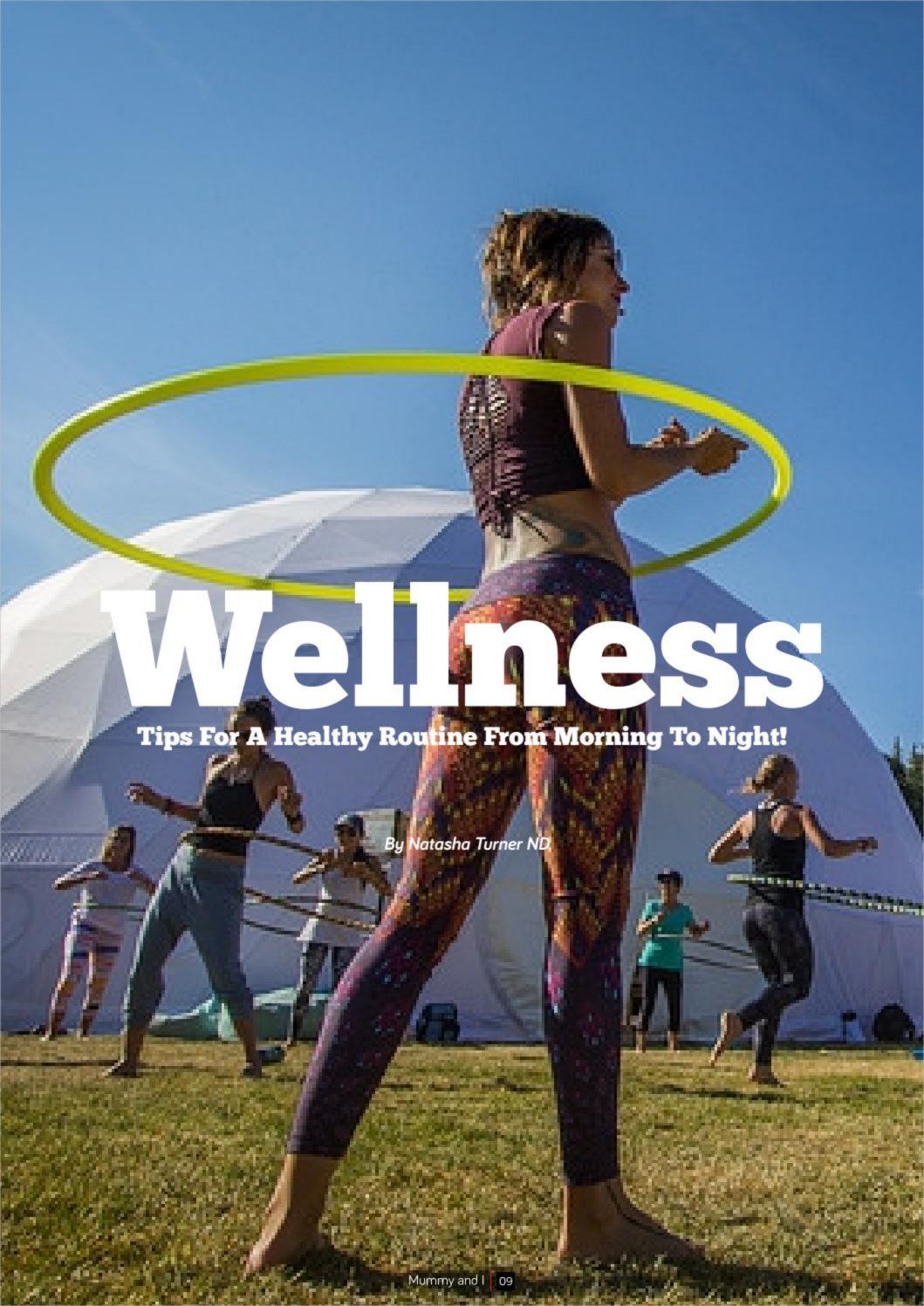
- 31. Women are more prone to extreme mood swings(Due to Reasons known only to them).
- 32. Women tend to think more of those who ignore them, than those who constantly talk to them.
- 33. Women can notice others presence, even without actually seeing them.
- 34. Women can empathize more, and can feel what others can feel, and are highly caring and protective of their loved ones.
- 35. Most Women if not all, have their own dream world, and wish them to be True one day.
- 36. Since Women seem to have the magical touch of empathizing with others easily, they make better Counselors/Doctors & Nurses/Healers.
- 37. Women smile a lot for no reasons and sometimes while looking at the mirrors.
- 38. Women's eyes speak a lot, and its the doorway to her heart.
- 39. Women share everything about herself to one best female friend and seek help from them, when they are in crisis.
- 40. Women are naturally God gifted to use their mental abilities, more than Physical abilities, and they can use it for benefit of others if they feel so.
- Women are more talkative than men are.
- 42. Woman can learn to read very easily as compared to men.
- 43. They can remember facts better than men.
- 44. Women take time in taking any decision but once they take a decision, it is more likely that they will

Sliding scale where 1= areas in which men's and women's characteristics overlap least and 8= areas where men and women have most in common

- 1. Sensitivity
- 2. Warmth
- 3. Apprehension
- 4. Tension
- 5. Self-Reliance
- 6. Liveliness
- 7. Abstractedness
- 1. Dominance
- 2. Emotional stability
- 3. Rule Consciousness
- 4. Vigilance
- 5. Openness to Change
- Social boldness
- Privatenesss
- 8. Perfectionism

stick to it.

- 45. Breathing rate of females is slower than men.
- 46. They are good at multitasking.
- 47. A woman often uses "I am sorry", because she often feels that she has done it wrong.
- 48. Women are way more tolerant to pain than men. Most of the time women use silence to express their pain.
- 49. Women never forget things no matter how small it is even if they forgives ....but men forgive and forget.
- 50. Women never forget things no matter how small it is even if they forgives ....but men forgive and forget.



#### HEALTH

Follow this daily schedule and you'll be on your way to more effective exercise, a healthier diet and better sleep.

I always stress to my patients that it is not knowledge that ensures good health, but action. If you are not yet on the road to wellness, you can begin with this sample of a healthy day to get you moving. You can tweak the hours and supplements if you need to -just use this as a guide. Remember the old adage, one that definitely rings true when it comes to nutrition: "If you fail to plan, you plan to fail."

#### 6:30 - 7:00 am:

Drink two cups of water with lemon each morning. This simple habit keeps you hydrated, reduces constipation and is packed with lemon juice's nutrients and phytochemicals. Take one or two probiotic capsules for immunity and improved digestion.

#### 7:00 - 7:30 am:

Do 30 minutes of cardiovascular exercise on an empty stomach. This will reduce elevated morning cortisol levels and burn extra body fat. In fact, an older study published in British Journal of Nutrition showed that people can burn up to 20 percent more body fat when exercise is done in the fasted state in the morning than when it's done later in the day. Just goes to show you, timing is everything.

#### 7:30 - 7:45 am:

Enjoy a smoothie for breakfast each morning during the work week. In a blender, combine a whey protein isolate or vegan protein powder, one tablespoon natural almond butter (or coconut oil), 1 tablespoon ground flaxseed, 1/2 cup of frozen berries, and water. Turn it into a power smoothie by adding one of these: lecithin, cinnamon, greens powder, or unsweetened cocoa powder. If you need to, skip the berries and put it in a shaker cup and drink it during the day. Consume your nutrient essentials, such as a high-quality multivitamin, a vitamin D supplement, and capsules of omega-3 fish oils. This combo will help to reduce inflammation, boost immunity, lower blood pressure and ensure optimal health.

#### During your day:

Have a snack that contains protein at mid-morning and mid-afternoon each day. Pack two snacks and a lunch for the office each day. Options can include a small apple with some almonds, a boiled egg, tomatoes with balsamic dressing and a piece of feta cheese, hummus

with veggie sticks and 4% Allegro cheese, or a protein bar. Ensure you are eating every three hours, and aim to never miss your afternoon snack. Studies show individuals who eat frequent small meals enjoy greater weight loss. Eating regularly will avoid blood-sugar highs and lows that can affect your mood and energy.

Keep a big bottle for water on your desk and fill it each morning, keeping in mind that you should finish it by the end of the day. Fill a thermos or a nice teapot with hot water, put in three or four green tea bags and let it steep. Drink the tea throughout the day in addition to your water.

#### Get in a workout:

Aim to do a 30-minute, high-intensity resistancetraining circuit three times each week to maintain metabolically active muscle and improve insulin sensitivity. Be sure to follow up your workout with a sugar-free drink that includes amino acids and antioxidants, which aid energy, exercise recovery, insulin balance and cellular repair.

#### 6:00 - 8:00 pm:

Eat your dinner two hours before bed to promote uninterrupted sleep. Your plate should include lots of fibrous carbohydrates, made up of one-third salad and one-third veggies. The other third should be your protein. Your fats may fall on top of your carbohydrate selections (as an olive oil or salad dressing, for instance) or be consumed within your protein selections. I recommend including a complex carbohydrate like brown rice, sweet potato, or squash with your evening meal. Take your second dose of omega-3 fish oil capsules with this meal.

#### 9:30 - 10:00 p.m.:

Spend some time alone, even if it is just 15 minutes, to breathe deeply, meditate, ponder, review your goals, or write in a journal to wind down before bed and collect your thoughts. Designate this time as your time daily.

#### 10:30 - 11:00 p.m.:

Aim to get to bed before 11pm, sleeping in a darkened room for optimal recovery and to maximize the release of melatonin. Most sleep experts agree that seven to eight hours a night is optimal. However, some people may require more or less sleep than others. If you wake without an alarm and feel refreshed when you get up, you' re likely getting the right amount of sleep for you. If you have trouble sleeping due to high stress levels, you can add in a magnesium glycinate supplement.

Try this schedule, and see if it works for you.

# Wiflux Baby of the Month



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# Understanding **Behavior Problems And Tips To Handle Them** By Vera Uche Mummy and I 12

ealing with a teenager is not easy. No matter how good a parent you are, and how great your relationship with your children is, you are likely to face parenting roadblocks when it comes to your teenager. Behaviour problems are common in teenagers. But you can deal with them with ease if you are willing to put in the effort to understand what they are going through and what it is that they expect of you.

Mummy and I gives you insight into teenage behavioural problems and how you can deal with them without straining the relationship with your child.

#### What Is Normal Teen Behaviour?

"Is my teenager's behaviour normal?" If you often ask yourself this question, you are not alone. Parents could have difficulty understanding how their lovable little girl or boy has become so inscrutable. It is normal for teenagers to be moody, because of the hormonal changes they go through. Your teenager may need several reminders to finish his homework, to keep his room clean, or to finish simple chores.

They may seem defiant and distant, and even detached at times. That is typical teen behaviour, but it may seem abnormal to adults, making it difficult to differentiate between normal teenage behaviour and behaviour associated with a mental illness.

#### 10 Common Behavior Problems In Teenagers

Behaviour issues in adolescents are normal. For ease of understanding, common teenage behaviour have been categorized into risky and difficult teenage behaviors.

#### RISKY BEHAVIOR IN TEENAGERS

Teenage behaviours which can lead to self-harm or physical and psychological damage are considered as risky teenage behaviours. Keeping a close eye on your child can help you curb the issue before it blows out of proportion.

#### Sex, Alcohol, And Drugs

Teens are increasingly indulging in alcohol, drugs, and sex long before they reach the legal age. Don't be surprised if you find that your 15 or 16- year-old has started to drink socially and is sexually active. If you find that your child's friends and classmates are also indulging in such activities, then it is safe to assume that it is "normal" teen behaviour, and not a physical or mental illness. It is easy to get addicted to these vices. Substance abuse can often lead to depression, liver failure, and other chronicdiseases . Alcohol and drug addiction may be difficult to recover from.

As a parent, do not approve these activities but at the same time, do not panic and react instantly. Kids could take to alcohol early on due to violence or abuse at home, parent's

divorce or sheer peer pressure. One of the most effective ways to prevent alcohol or drug abuse is to talk about it. Talk to your teenager calmly and explain why they shouldn't be indulging in drugs, alcohol, or sex early in their life.

Avoid an accusing tone when you bring up the issue, and try to be friendly. Children are also at the risk of taking alcohol without their knowledge. Sometimes, teens worry that not having alcohol or drugs is uncool and may be under peer pressure to say yes to it.

To avoid that, teach your kids early on how to say no to alcohol or drugs when someone offers it to them.

#### 2. Increased Use Of Communication Devices And Social Media

Based on research, almost 73% of teenagers had access to smartphones in 2015 and more than 92% teens logged into social media every day using their smartphones. Use of communication devices and social media is not bad. In fact, it is necessary for teens to have a mobile phone so that parents can keep a track of their whereabouts.

However, the use of these devices can turn into an addiction and affect your kid's lifestyle and attitude. Social media can open doors for strangers who may want to take

undue advantage of your naive teenager, which can be dangerous.

#### Solution:

- \* Not giving your teenager a mobile phone or completely cutting off social media access is not a good idea. In fact, it may backfire and lead to stealing, hiding, and lying. It is common for teens to own a mobile phone. Get them one but have strict rules about what they use it for.
- \* Monitor how they use the Internet keep a tab on their browsing history if possible. Have an open arrangement about it so that you don't have to check on them behind their back. Also, encourage them to talk about what they do online, by being friendly and open to their ideas and interests.
- \* Another way to deal with this issue is to have restrictions on time spent on texting and calling their friends or on social media when they are at home.



#### 3. Mood Swings

Mood swings are common in teenagers, with them being happy sometimes and cranky the other times. Anything and everything can set them off, and they can go on endless tirades of how unfair you are. Mood swings can also indicate depression sometimes.

Parents can distinguish between teen rebellion and mood swings, and depression by considering the severity and duration of the mood swings and the domains that are affected by these swings.

#### Solution:

A common mistake that parents do is trivialize what their teen is going through. You may feel that your child is overreacting, but that will only make them feel misunderstood. That can shut them off completely. Avoid giving advice or diverting the topic. Rather than brushing off their reaction, try to listen and empathize. Let them talk about it and you may even be able to lead them to realize that the drama is not worth it.

#### 4. Aggression

Your teenager may get angry with you often and for reasons that are incomprehensible. They may become argumentative and talk back more than they did when they were kids.

Understand that anger is a normal human emotion, and it is common among teens. But if they don't

channelize their anger properly, it can become aggression and result in violence, which can be dangerous to them and others.

#### Solution:

Parents often react to an angry, shouting teen by shouting back. Avoid the temptation to be louder than your teen and 'win' the argument, because that does not always fetch the desired results. In fact, your teen may feel pushed to a corner and become even more aggressive when you try to dominate him.

- \* The only way to calm an angry teen is to be calm. Find ways to control your anger and listen to what your teenager has to say.
- \* Avoid arguments as far as possible and let your teen vent out all the anger. Once they run out of things to say, they will calm down. Encourage them to talk to you when there is a problem instead of bottling it up. Teach them healthy ways to express anger rather than being aggressive or violent.

#### Lying Or Hiding Facts

It can be devastating for parents to find that their child has lied to them, or has not revealed everything. The truth is that their new sense of independence makes it seem unnecessary for them to tell you everything. Also, the fear of being judged and punished may force your teen to lie, which could become a compulsive habit if not nipped in the bud.

#### Solution:

\*Honesty is a trait that you should encourage your children to build. Teach them to tell you the truth, by setting an example for them. Have an open channel of communication with your kids, which allows them to share anything and everything without hesitation. When kids see their parents being truthful and honest about everything, including their mistakes, they will learn to do the same.

Avoid being judgmental. If you point out flaws in everything and correct every mistake they make, they may fear that you will never approve of them, and may stop sharing and communicating with you.

#### DIFFICULT TEENAGE BEHAVIOUR

Difficult behaviors are not harmful per se, but they can strain the relationship you have with your teen.

#### 6. Defying Rules And Arguing Teenagers are rebellious.

They may not always want to do what you tell them to and would want to see the extent to which they can defy you. When teenagers argue with you and refuse to obey rules, do not punish them and act like a tyrant as it makes them more stubborn. They break rules more often. They may refuse to do chores, and talk back all the time.

#### Solution:

- \* Teenagers are confused and need guidance to stay on the right path. They need limits to help them stay in control. When you create rules, you also create limits to help them.
- \* Be clear about the rules, be it about how late they can stay out on a school night, or what they are supposed to do at home.
- \* Make the consequences clear if they defy the rules and enforce them, regardless of how trivial the issue may seem. Your teenager will know that you are serious about the rules, and that will instill a sense of discipline in them.

You could also involve them in setting rules and punishments. This way they would clearly know what they are in for, if they go out of bounds.

#### 7. Drastic Changes In Appearance

The 'rebellion' bug, combined with the enthusiasm to experiment, can make your teen do a lot of things you may not understand. One of them is a drastic

change in their appearance - your child may take to a specific style of dressing, may insist on having nothing but branded clothes, and may change their hairstyle without consulting you.

Girls may start using makeup, while boys may change their hairstyles and get tattoos. Teenage is when kids get in touch with their sexuality, and their newly discovered sexual preferences may also affect their dressing. Physical appearance and eating disorders are closely linked.

If your teen is eating too much or too little, starving herself, exercising more than needed, vomiting everything she eats, or constantly worries that she is fat or ugly, it can indicate serious problems like eating disorders, depression, and anxiety disorders.

#### Solution:

- \* The most important thing you can do as a parent is accept them as they are and help them do the same. Teach them to embrace who they are and how they look - this will help them deal with the pressures of 'cool' or 'hot' when they start high looking school.
- \* Getting your teenagers to dress like the way you want them to can be next to impossible. Instead of rejecting their choices outright, try to indicate subtly that the 'look' doesn' t seem so cool and give them better options they may like.

#### 8. Decreased Communication

Your teenager is not talking to you as much as you would want him or her to. But think about it, did you talk to your parents all the time as a teenager? Probably not. Also, your teen may seem to share more with her friends than she does with you. While you may want to know about everything that happens in your child's life, it is not a reasonable ask for a teenager.

#### Solution:

- \* If you force your teenager to tell you everything, they may end up fabricating stories to please you, which is not what you want. Accept that your teenager will not tell you everything. However, do let them know that they must inform you about all of the important events of their lives as you are the guardian.
- \* Emphasize that you'd like to know what's happening in their life only because you care about them and want to make sure they are happy.

#### 9. Spending More Time With Friends

Teenagers' sense of identity is based on who they hang out with. If they seem to be spending more time with their friends instead of with you at home, it is because they want to fit in, which is typical teenager behavior. The problem is when your teen spends more time with people you do not approve of (not that your teen cares about your approval), or with people who you think can influence your teen negatively.

#### Solution:

- \* You may not like your teenager's friends because of their appearance or because of their attitude. If it is appearance, remember that is not always a good idea to judge a book by its cover. Take the time to know your child's friends before rejecting them. If you think that you are not happy with the kids' attitude, you may want to bring that to your teenager's notice in a subtle way.
- \* If you find that your teen's behavior has significantly changed, bring it to their notice without making it seem like it is their fault.

#### 10. Indecisiveness

Teens are often confused and indecisive because of the physical and emotional changes they go through Whether it is something as simple as what to wear to school or something as important as what college to pick, your teenager may seem to have a tough time making a choice. Indecisiveness may also be a sign of depression although not always.

#### Solution:

- \* Teenage is the right time to introduce decisionmaking skills. Teach them different ways in which an option can be evaluated or gauged to make the right choice. Make sure that you do not, in any way, put them down or laugh at them for not being able to make a simple choice.
- \* Also, avoid the temptation to make the choice for them. If you offer too much advice, they may end up making the wrong choice just to be defiant or prove that they can make decisions too.

#### TYPICAL TEENAGE GIRL BEHAVIOR PROBLEMS

In addition to the behaviours mentioned above, teenage girls are exposed to a number of stress factors that put them at the risk of developing eating disorders, anxiety problems,

and substance abuse. Teenage girls are more expressive of their emotions and also have the maturity to process them and talk about them if needed, which makes parenting teenage girls easier when compared to parenting boys.

That said, teenage girls are vulnerable emotionally and physically, and can be influenced by the internal stressors like hormone changes and external stressors like peer pressure and academic pressure. Understand that it is as difficult for your daughter to be a teen, as it is for you to be a teen 's parent.

#### TYPICAL TEENAGE BOY BEHAVIOR PROBLEMS

When compared to girls, teenage boys are harder to handle. Boys are not as emotionally mature as girls, which makes it difficult for them to deal with their emotions. As a result, they tend to repress their feelings and not talk about them. In fact, a lot of teenage boys look at discussing their emotions as a sign of weakness.

Teen boys tend to start drugs and drinking earlier than girls, which is why parents need to be extra careful. Recklessness is yet another trait that teenage boys have, which draws them to speeding and indulging in risky activities.



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.

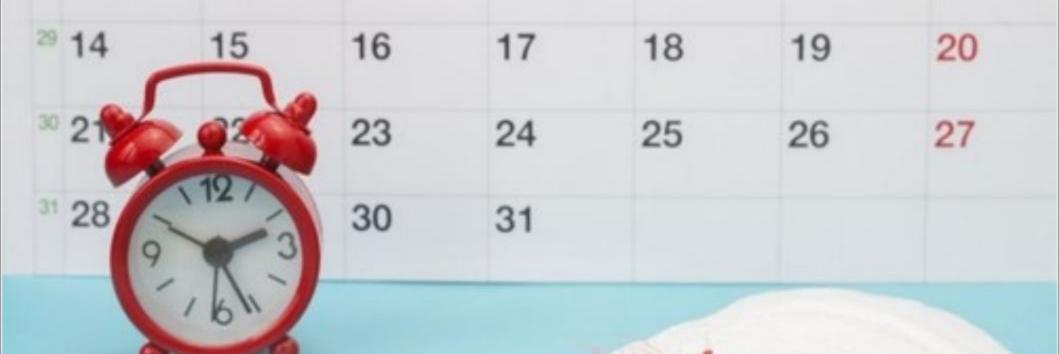
#### What decreased the views to 20k then?

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.



# **Antibiotics &** Menstrual Period: A Love-Hate Relationship

by Esther Ijeoma Ogbuka

ntibiotics and your period have a love-hate relationship. Although they get rid of the bad (and good) bacteria in the body, they also make estrogen less available. Without enough estrogen, proper menstrual cycle function is impossible.

When you take antibiotics, it can affect your menstrual cycle in a few different ways. First, it affects the speed that estrogen is metabolized. This is because antibiotics are metabolized by the liver, which is the same organ that metabolizes estrogen and progesterone.

When estrogen is metabolized at a slower pace, less of the hormone is available in the bloodstream. Why is this a big deal? Estrogen is required during the follicular phase of the menstrual cycle to stimulate the ovaries and also thicken the uterine wall. Lack of estrogen can cause a delay in ovulation or a woman to skip ovulation altogether.

Second, antibiotics kill off the good bacteria in your gut. To understand how this affects your cycle, you need to understand how estrogen works. Once the liver metabolizes estrogen, it's moved to the digestive tract and either reabsorbed or excreted. The good bacteria in your gut breaks down the estrogen into active estrogens, which can then be reabsorbed into the bloodstream.

If antibiotics are killing the good bacteria in your gut, active estrogens may never make it back into your bloodstream. On top of all this, many antibiotics cause diarrhea, which consequently causes you to excrete more estrogen. When estrogen is excreted too quickly, it can cause a dramatic drop in estrogen levels and affect your cycle.

# First

#### comes first

#### By Esther Ijeoma Ogbuka.

First aid kits are necessary so that you can treat ailments and injuries that happen at home. From the minor ailment to the more serious injury a first aid kit can help reduce the risk of infection or the severity of the injury. It might benefit you and your family to attend a first aid class through the Red Cross in order to know how to utilize all the supplies in a first aid kit.

Another good place to have a first aid kit is when you go out with your family. You can store it in your vehicle so if something happens when you are out somewhere you can start treating the problem immediately. First aid kits include a variety of items that will

help treat cuts, scrapes, injuries including sprains, burns, and supplies for a variety of ailments that are common.

You can either buy a prepared first aid kit from the internet or you can prepare your own first aid kit using a list of common items that are in first aid kits. If you make your own first aid kit, make sure to put it in an easy to access place so that anyone can access the kit in the case of an injury.

Also make sure the first aid kit is easy for everyone to open so when an emergency occurs it is not about where the kit is but that it can be used for the situation. First aid kits should include items like how to treat certain conditions and also explain what each item in the first aid kit treats and how it is used to treat that ailment. Make sure to include a wrap in case there is a sprain. If you take a first aid class you will feel comfortable wrapping a sprain appropriately.

Also include gauze to cover open wounds. Include a medical tape that can be used to keep a wrap or gauze on the skin. Another important item is Band-Aids that can be used in case of minor scrapes and cuts. Also include rubbing alcohol to clean out some open wounds.

Hand sanitizer can be used to wash the hands of the person that will be treating the injury. Antibiotic cream is also good for cuts and scrapes. The list goes on for



what is used in a first aid kit and those were just some of the important items needed for one.

First aid kits are necessary for every household no matter the age of who lives in the home. Injuries can happen anytime and anywhere. When you have a first aid kit within easy access of wherever you are you will ensure the safety of everyone.

First aid can reduce infections from open wounds and injuries. It can also reduce the severity of an injury. You cannot always keep your family from getting hurt but you can protect them when they get injured with a first aid kit.

#### What you need to create a complete First aid kit."

Include the following in each of your first-aid kits: v first-aid manual v sterile gauze pads of different sizes adhesive tape adhesive bandages in several sizes elastic bandage a splint antiseptic wipes soap antibiotic ointment antiseptic solution (like hydrogen peroxide) hydrocortisone cream (1%) acetaminophen and ibuprofen extra prescription medications (if the family is going on

vacation) tweezers sharp scissors safety pins disposable instant cold packs calamine lotion alcohol wipes or ethyl alcohol thermometer tooth preservation kit

plastic non-latex gloves (at least 2 pairs)
flashlight and extra batteries
a blanket
mouthpiece for administering CPR (can be obtained
from your local Red Cross)
your list of emergency phone numbers blanket (stored
nearby)

#### After you've stocked your first- aid kits:

Read the entire first- aid manual so you'll understand how to use the contents of your kits. (If your kids are old enough to understand, review the manuals with them.)

Store first-aid kits in places that are out of children's reach but easily accessible for adults.

Check the kits regularly. Replace missing items or medicines that may have expired.

Check the flashlight batteries to make sure they work.

If you're flying, be sure to pack the first-aid kit in your checked luggage. Many of the items won't be permitted in your carry-on bags.







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# How to treat your

by Oluwayemisi Fashola

stuffy nose can be uncomfortable for your baby, as well as affect his feeding and mean he doesn't sleep well. Although it can be worrying, common colds are common in young children as their immune system is still developing. According to the NHS, children will get colds far more frequently than we do as adults, and symptoms include a blocked or runny nose, sneezing or a high temperature.

Although colds aren't normally serious, you should visit your physician if you notice any of the following:

- Ø The cold has not cleared up within three weeks.
- Ø If your child is under three months old and has a temperatue of 38 degrees, or 39 degrees if they are between 3-6 months.
- Ø If your child is struggling to breathe.
- Ø If they are coughing up blood.
- Ø If they have a persistent sore throat.
- Ø If they seem to be getting worse rather than better.

#### HOW SHOULD I TREAT MY BABY'S BLOCKED NOSE?

- 1) Usually your baby's nasal congestion will clear up by itself within a week, but if not, there are lots of products to help clear his airways. You can use an infant nasal suction aspirator to help clear the mucus from his little nose, or saltwater nasal drops or spray.
- 2) If your baby's blocked nose doesn't clear and he still has problems breathing after suctioning, visit your GP to advice you on the best products to help ease congestion and treat your baby's blocked nose so he can breathe more clearly:

#### WHAT HOME REMEDIES CAN HELP MY BABY'S **BLOCKED NOSE?**

putting a few drops of saline into each nostril. You can then use a bulb syringe to remove mucus. This simple home remedy works by thinning the mucus which can help your baby feel more comfortable. It's suitable for babies of all ages, however older babies may get fussy when using the bulb.

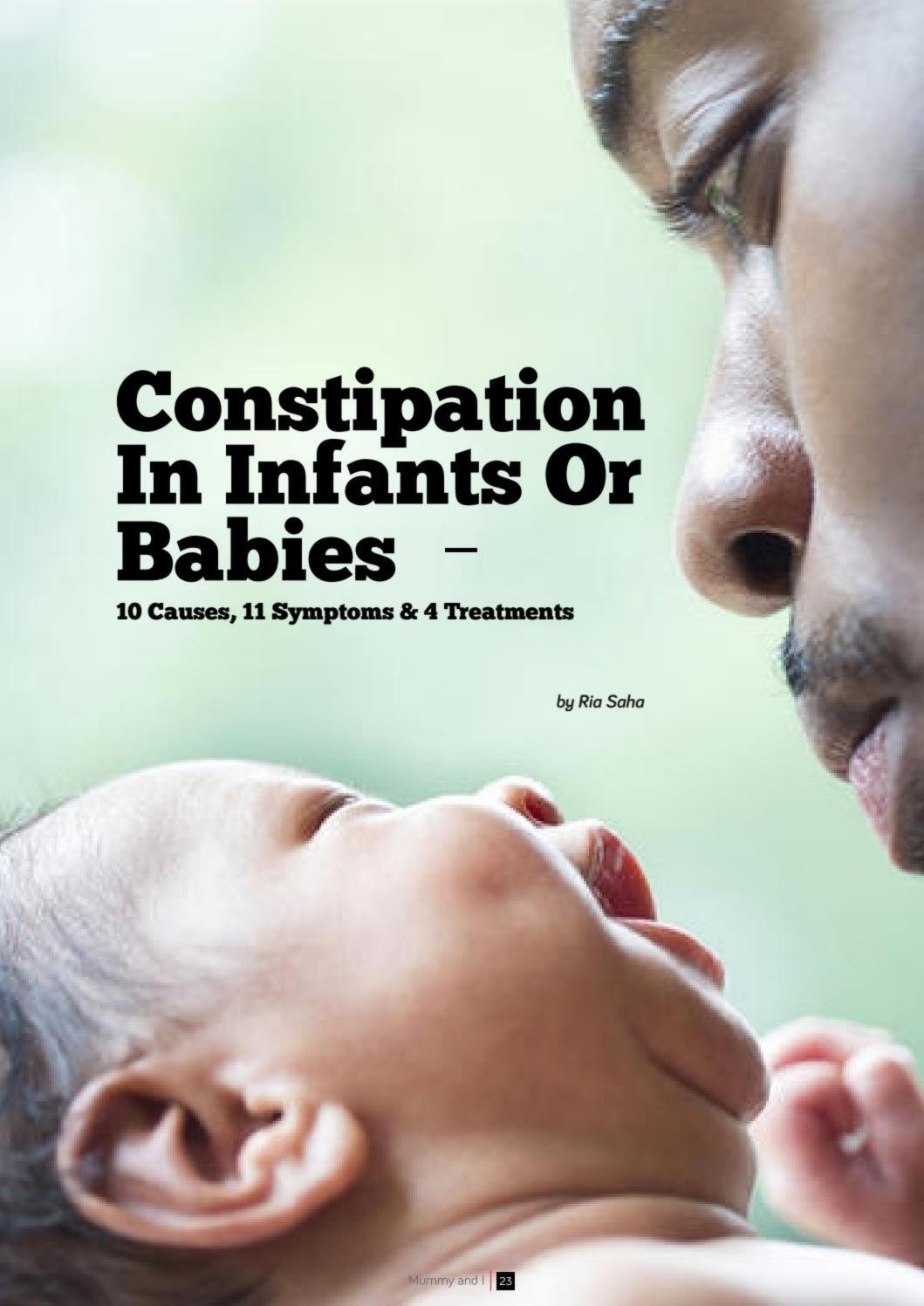
- 2. Removing any hard mucus: You might notice your baby's nose looks crusty or sticky, however it can help to clean this away to prevent it blocking the nose. You can clean this with cotton wool and warm water.
- 3. Sit in the bathroom together: If you don't want to buy a vaporizer, sitting in a steamy bathroom for a few minutes with your baby is just as good.
- 4. Keep your baby hydrated: Being hydrated thins mucus. Use the saline steps above to try and clear congestion if your baby is reluctrant when feeding.
- 5. Keep your baby upright: This can help mucus drain. Try and encourage your little one to nap in her car seat or swing (whilst keeping an eye on her) so she gets some much needed sleep!

#### HOW CAN I HELP MY BABY SLEEP BETTER AT NIGHT WHEN THEY HAVE A BLOCKED NOSE?

As you know, when you've got a cold things can seem much worse when lying down, and this is the same for your baby. For her daytime naps, try and keep her as upright as possible to help the mucus to drain: if you can, try and encourage your baby to sleep in her car seat or swing.

You might also want to slightly elevate her head when sleeping as this will make breathing easier - fold a small towel and place it underneath your baby's mattress. However, be sure to keep an eye on your baby.

1. Saltwater: If your baby is under six months old, try





onstipation can be a 'tough' problem for your little angel, pun not intended. Irregular

bowel movement can lead to many complications. The problem occurs when your infant starts consuming formula milk and solid foods. With the right line of treatment, you can help your baby feel much better. If your baby seems to be suffering from constipation, you might want to read our post about constipation in infants or babies, and find out how you can help him!

#### What Is Constipation In Babies?

Constipation in infants is a common problem, and the early symptoms include irregular bowel movements or hard, dry, dark-colored stools. There are many factors that can lead to constipation in your baby. But some vital factors are changes in diet, inadequate quantity of fiber in food and dehydration. Constipation is a temporary health condition, and you can treat the disease implementing effective remedies and curative measures.

Encourage your growing baby to eat fiber-rich fruits and vegetables and adequate quantity of fluids. With suitable dietary changes, you can alleviate the symptoms of baby constipation. If the doctor approves laxative intake, you can also give them your little one. It is not only the frequency of bowel movements or straining that symbolizes your baby's constipation, but it is also the consistency of the stool.

When your baby 's poop appears firm, dry or pebbly it is a clear indication of constipation. Soft and watery poop indicates that your baby is not suffering from constipation. Excessive crying while pooping, abdominal pain, reduced appetite and bleeding from the anus are some of the common signs of constipation in babies

What Causes Constipation In Babies Or Infants?

Some of the common causes to alleviate constipation in your baby are:

#### 1. Inadequate Fluid:

Is your little angel gaining enough weight for her age? Is she not wetting six or more diapers every day? If your answer is yes, your baby is not getting an adequate amount of

fluid. Inadequate amount of fluid in the body can lead to constipation. Your breastfed baby does not require any extra fluids until she starts eating solid foods. As soon as you

introduce solid foods or formula milk in your baby's diet, try to feed her sufficient quantity of water daily.

Water and other additional fluids keep her hydrated and digest the food easily. Depending upon the atmospheric condition, you can decide the quantity of fluid. If you live in warmer climate, you have to feed extra fluids to your growing baby.

#### Consistency Of Formula Milk:

While preparing formula milk for your baby; make sure to add the right number of scoops of formula powder to water. It is advisable to follow the dosage as recommended by the manufacturer. Do not overfill the scoop and thicken the consistency. Concentrated formula milk becomes difficult to digest for your little one and result in constipation.

#### 3. Switching Formula Milk:

The constant switching of formula milk brands or opting for cow's milk changes the consistency of your baby's stool. In some cases, the stool becomes hard, while, in other cases, the stool turns loose and runny. Until your baby's tummy gets used to the formula milk, the problem continues for a shorter span of time. Some types or brands of formula milk appear more constipating than others. If constipation persists for longer days, try to avoid that formula milk completely.

#### 4. New Foods:

It is common for your breastfed baby to experience constipation when you introduce solid foods into her diet. Her little tummy cannot digest anything other than breast milk. Try to introduce the foods slowly and allow her adequate time to adjust to the dietary changes.

#### 5. Low Fiber:

Fiber is present in cereals, fruits, and vegetables. When your baby consumes breast milk and formula milk, her body does not get enough fiber, and she becomes constipated.

#### 6. Medications:

There are certain medications that induce constipation in your little one. The list includes antibiotics, painkillers (containing Paracetamol, Acetaminophen, and Ibuprofen), iron supplements, and Antacids containing aluminum.

#### 7. Changes In Routine:

Any significant change in your baby' routine like travel, hot weather or stress can affect the bowel movement. In such conditions, your little one is prone to suffer from constipation.

#### 8. Allergy To Cow's Milk:

Some infants cannot easily digest cow's milk or other dairy products, which can lead to constipation.

#### 9. Family History:

Babies having a family history of constipation are more likely to develop the troublesome condition. It is due to the shared genetic or environmental factors.

#### 10. Medical Conditions:

Constipation in babies clearly indicates an anatomic malformation and digestive problem. Other medical conditions linked to constipation are Hypothyroidism, Diabetes, Down syndrome, nerve disorders and Cystic Fibrosis.

Symptoms Of Constipation In Infants Or Babies:

Here are some of the common symptoms of infant constipation you should remain alert of:

- 1. Less than three bowel movements a week
- 2. Experiencing severe pain while passing stool
- 3. Stool appears hard and dry
- 4. Nausea
- 5. Abdominal pain
- 6. Blood on the surface of hard stool
- 7. Decreased appetite
- 8. Reappearing urinary tract infections
- 9. Vomiting
- 10. Urinary incontinence or bedwetting

11. Infants experience painful bowel movements Complications Associated With Constipation In Infants Or Babies:

Constipation makes your little one feel uncomfortable, and she becomes more fussy and irritable. Though infant constipation is a temporary condition, if it turns chronic it induces these complications:

- Stool withholding
- Painful breaks appearing in the skin around the anus region.
- Due to irregular bowel passage, the stool accumulates in the colon and rectum and imposes

- severe health discomfort (Encopresis)

Diagnosis Of Constipation In Infants Or Babies:

To diagnose baby or infant constipation, the pediatrician will gather complete medical history and ask questions about your baby's past illnesses. The doctor further interrogates about your little one's diet and physical activity patterns. After completing the verbal investigation, the doctor conducts a physical examination. He places a finger in your baby's anal region to check for any abnormalities. Some of the other extensive medical tests to diagnose chronic constipation in infants are:

#### 1. Abdominal X-ray:

The standard X-ray diagnosis helps the doctor in the detection of any unwanted tumor or blockages in your baby's abdomen.

#### 2. Barium Enema X-Ray:

In the following test, barium dye coats the inner lining of your baby's bowel. The X-ray clearly pictures the rectum, colon and other parts of the small intestine and detects any abnormalities easily.

#### Anorectal Manometry Or Motility Test:

In the test, the placement of a thin tube known as catheter occurs in your baby's rectum. The tube measures the coordination of the muscles that your baby utilizes for stool passage.

#### 4. Rectal Biopsy:

In the test, doctor extracts a small portion of the tissue from the lining of the rectum. The tissue extract is closely examined to check if the nerve cells are normal or not.

#### 5. Transit Study Or Marker Study:

In the test, your baby needs to swallow the capsule containing markers. With the passage of time, the marker slowly moves through your baby digestive tract, and the doctor keeps a track of the route through Xrays.

#### 6. Blood Tests:

Blood tests like thyroid panel help to check if your baby is a victim of hypothyroidism or

not. Such elevating thyroid levels triggers constipation in babies.

How To Treat Constipation In Infants Or Babies:

Depending upon the severity of the disease, the doctor prescribes effective treatments to cure constipation:

#### 1. Over-The-Counter Fiber Supplements:

When your infant doest not acquire an adequate amount of fiber in her diet, the doctor prescribes intake of over-the- counter fiber supplement, like Metamucil or Citrucel. It is also crucial for your little one to intake plentiful amounts of fluids and get rid of dehydration. According to your baby's age and weight, the doctor prescribes an appropriate dosage of the supplements.

#### 2. Stool Softeners:

Popular stool softeners such as Glycerin suppositories soften your baby's stool and ease your little angel's bowel movement.

#### 3. Laxatives:

When your little one suffers from severe constipation, the doctor suggests a laxative. The accumulation of the fecal material in the rectum induces severe abdominal pain and

blockage. The laxative helps to clear the blockage. Some of the recommended laxatives for babies are polyethylene glycol (Glycolax, MiraLax, others) and mineral oil.

#### 4. Acupuncture:

The traditional Chinese treatment procedure treats baby constipation effectively. The treatment involves insertion of fine needles into various parts of your baby's body. The therapy helps your baby to overcome severe abdominal pain.

Preventing Constipation In Infants Or Babies:

- 1) Follow the effective preventive measures to soothe your baby's condition and help her overcome constipation easily: Include fiber-rich foods including fresh fruits, green vegetables, whole-grain cereals and beans in your baby's diet.
- 2) As your little one adapts the dietary changes, she recovers from constipation eventually. However, if you intend to introduce fiber rich food in your baby's diet, add few grams of fiber in the initial days to prevent gas and bloating.
- 3) Always encourage your little one to drink the plentiful amount of fluids including water, fruit juices, and soups. Fluid maintains the pace of digestion and helps your angel to overcome constipation.

4) As your baby reaches to 7-8 months, incorporate some physical activities in her daily regime. Slow walking or crawling stimulates the normal bowel function. It is important for your growing baby to follow a strict toilet routine. Set a time for toileting every day.

#### When To Consult The Doctor?

Get in touch with the doctor immediately when you see the following symptoms of constipation in infants or babies:

- When your baby cries while straining. When your baby does not gain weight with growing ages.
- When the number of wet diapers starts decreasing, it indicates that your baby is probably a victim of dehydration.
- When your baby's poop looks unusual and appears pebbly with strains of blood.
- When you notice any bleeding from the anal region of your baby.
- Before the inclusion of laxatives, it is further recommended to consult with the doctor and get adequate information about the dosage.

Diet For Your Constipated Baby:

You can minimize the risks of constipation and also the associated symptoms, by giving a proper diet to your growing little angel. With the inclusion of dietary foods and lots of fluids, it eases the symptoms of constipation effectively.

Let Us Pay A CloserLook To The Recommended Diet Of Your Growing Baby:

#### 1. Less Than Two Months:

As your baby is too young to ingest solid foods or formula milk, try to breastfeed your little one at a regular time interval. If constipation persists for the longer time span, it is better to consult the doctor as soon as possible.

#### 2. Older Than Two Months:

As your baby becomes two months, older include at least 3 ounces of water in his daily diet. Additionally, you can also include two ounces of diluted grape or apple juice.

#### 3. Older Than Four Months:

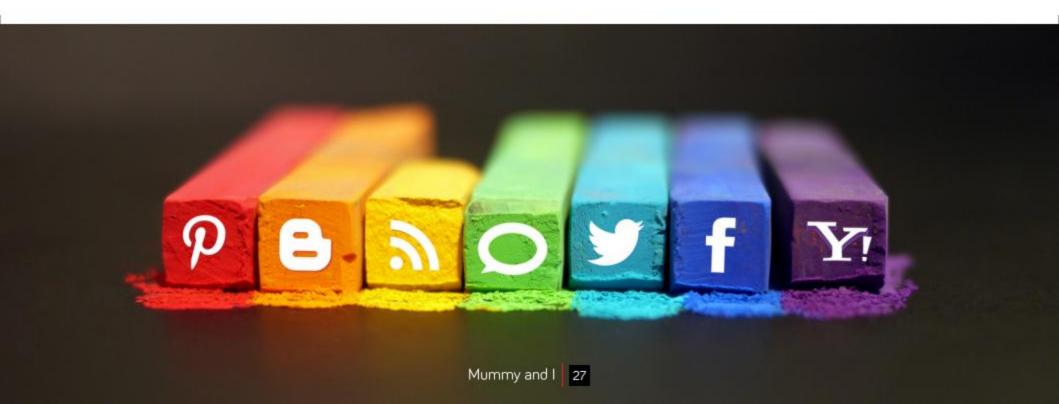
When your baby reaches the age of four months, you can think of including formula milk in her diet. But it is extremely important to pay attention to the

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by Esther Ijeoma Ogbuka





consistency of the formula milk. Use the recommended scoop of formula milk, as suggested by the manufacturing brand. Higher amounts of milk powder induce constipation.

#### 4.5-10 Months Old:

At this age, you can introduce solid foods into your baby's diet. Make sure that the foods are in perfect puree form. Ensure that there are no lumps in your baby's food, as it becomes difficult to digest.

#### 5.1-Year-Old Infant:

As your baby reaches the age of one year and above you can include dietary food elements like fresh fruits and vegetables.

Natural Remedies To Cure Constipation In Infants Or Babies:

The painful and irritable syndrome of constipation makes your baby's life more stressful. It is very difficult for you to see your little angel suffering from this health ailment. The introduction of solid foods, dehydration, and usage of dairy-based products or formula milk are some of the major factors to trigger dehydration in your infant. But before opting for natural remedies for constipation in babies, it is advisable to consider the age.

Let us check out some effective, natural and simple remedies to treat infant constipation:

#### 1. Stomach Massage:

Stomach massage is an effective way to soothe your baby's abdominal pain or cramps and aid in smooth bowel movements. Gently massage your baby's little tummy in a clockwise direction using your fingertips. Massage around the naval region and rotate the fingertips in a spherical motion.

Stomach massage eradicates the tummy pain and helps your child feel relief from the severe painful symptoms of constipation. However, avoid pressing your baby's tummy too hard, as it makes her feel uncomfortable.

#### 2. Increase Water Consumption:

Dehydration is one of the crucial factors to lead constipation in your infant. Whether your little one is breast or bottle fed, try to make sure that she consumes adequate amounts of water daily. If you notice any of the signs of constipation in your baby, feed her an additional 2-4 ounces (1/4 -1/2 cup) of water every day.

Elevating the amount of water consumption helps to regulate the bowel movements.

#### 3. Sugar Solution:

Sugar solution soothes infant constipation and helps in regulating the irregular bowel movements. Add a half teaspoon of sugar in a single ounce of plain water.

Feed the solution to your little one, thrice a day. Your baby can have the solution before intake of formula milk. It is advisable to use brown sugar, instead of white sugar for the preparation of the sugar solution.

#### 4. Prune Juice:

Prune juice serves as an effective home remedy to relieve constipation in infants. The natural juice extracted from prunes acts as a laxative to help your baby get rid of constipation easily. If your baby's age lies above four months, mix four ounces of breast milk with one ounce of prune juice. Feed your baby the diluted mixture of prune juice twice a day.

If your baby's age is less than four months, mix one tablespoon of prune juice with four ounces of breast milk and feed your baby. The mentioned proportion is sufficient to regulate bowel movements of your little one.

#### 5. Dark Corn Syrup:

Dark corn syrup is a perfect combo to treat baby constipation effectively. Take four ounces of water in a saucepan and bring the water to a boil. Add one teaspoon of dark

corn syrup to the cooled boiled water and mix well. Feed one teaspoon of the mixture to your baby twice daily.

If you' re already feeding your baby the sugar solution, avoid using dark corn syrup.

#### 6. Warm Bath:

A warm bath helps relax the stomach muscles and helps baby constipation. Utilize lukewarm water to bath your little one. While drying your baby try to massage the tummy gently using soft circular movements.

#### 7. Include High-Fiber Foods:

During the early years, some of the common foods fed to your infant are a banana, carrots, cheese and rice cereal. All these food elements contain fewer fibers and exhibit a binding effect on the stool. As a result, your little one becomes a victim of constipation. Include high-fiber foods in your baby's diet like peaches, plums, prunes and apricots. These are better choices to avoid constipation in childhood days.

8. Give Your Baby "Bicycle Legs":

Regular exercising aids in smooth bowel movement and help to overcome constipation

easily. As your small one cannot practice jogging, walking or swimming you can think of some other effective exercising technique.

Making your baby's leg swirl in bicycling or paddling motion eases in a smooth bowel movement. Place your baby on her back on the bed. Lift up her legs and move them in circular motions. The movement exerts an abdominal pressure, and your baby feels the urge of popping.

#### 9. Rectal Simulation:

Rectal simulation eases the bowel movements and helps your baby to pass the smooth comfortably. Use a small amount of Vaseline to lubricate the tip of the rectal thermometer. Carefully insert the lubricated thermometer into your baby's bottom portion.

Gently wiggle the tip of the thermometer for few times. The effective wiggling of the thermometer initiates the urge of passing stool, and your baby gets relief from severe constipation.

#### 10. Lubrication To Anus:

Gently apply a water based lubricate around your baby's anal region. The lubrication aids in a smooth bowel movement and decreases the discomfort around the anal region of your baby. At the time of changing the diaper, rub the anus and wipe out the lubricant

gently. It encourages your little one to poop.

#### 11. Castor Oil:

Castor oil serves as a common home remedy to treat constipation in baby effectively. Take a betel leaf and dip the leaf along with its stalk in castor oil. Smoothly inject the soaked leaf stack inside your baby's rectum. The castor oil lubricates the passage and aids in relieving severe constipation.

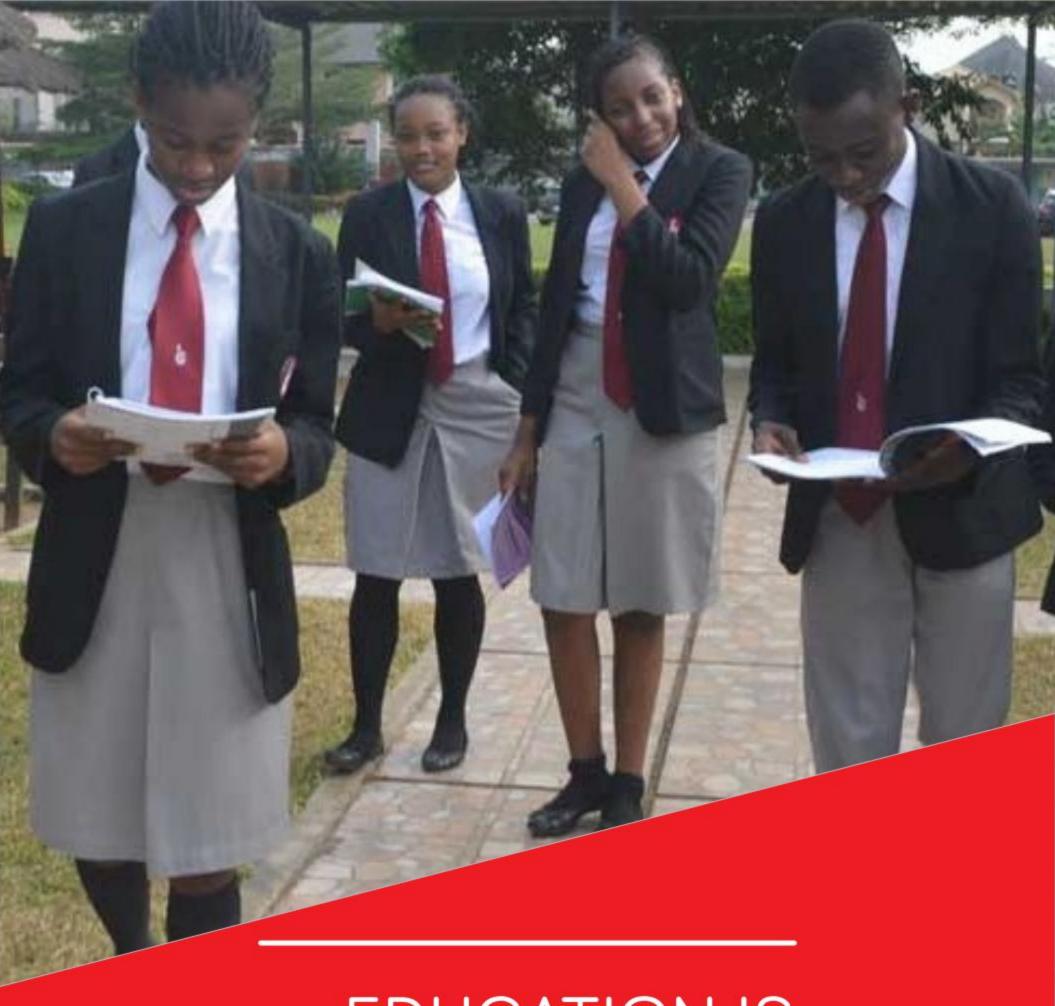
If your baby's age lies above two years, you can mix one teaspoon of castor oil in a glass of milk and feed it to your little one. The dosage of castor oil solely depends on the

age of your baby. Important Points To Remember:

- 1. Always try to keep your baby hydrated. Feed her adequate amount of fluids at regular interval of time.
- 2. Set a regular toilet time for your little one and encourage her to poop and eliminate the wastes.
- 3. Before giving any variation of fruit juices such as apple, grapes, pear or prune dilute them with plain water. Concentrated juice imposes diarrhea or gas.
- If your baby cannot digest dairy products or cow milk, try to eliminate these foods from her diet.
- Use few exercising techniques like rotating your baby's legs or massaging her tummy to initiate bowel movements. Try to include physical activities like jumping, running and walking in her daily regime. Physical activities regulate the digestive system functioning.
- 6. Avoid feeding cow's milk to tour little infant, as she faces difficult to digest the compounds of cow's milk. Alternatively, try feedingsoy milk as it is nutritious and easily digestible.
- 7. While switching to distinct brand formula milk, never choose a low-iron formula. It does not affect in constipation, rather in hampers your baby's growth processes.
- 8. Avoid giving bananas, dairy products, white bread, potatoes or pasta to your constipated baby. It is better to include high-fiber foods in her diet.

Did your little angel suffer from constipation during her childhood days? What measures did you take to comfort your adorable baby? Share some constipation remedies with other mummies here in our next edition.

Send answers to mummyandimagazine@gmail.com



# **EDUCATION IS** THE MOTHER OF LEADERSHIP





t was the beginning of spring, Amie and I had taken a tour round the city to some tourist destinations. We had just emerged overground from the Toronto intra-city underground train when our discussion took a certain direction.

"...Uche..." she called as she looked up to me. "...Usually, whenever I read studies in journals and get to those odds ratio, hazard ratio, mean difference, graphs, etc; I get so bored. I just get so confused as it makes no single meaning to me..." she continued as we looked through the window of the train to admire the lush greenery of the countryside. I gave her a toothy smile and told her that within those meaningless words and figures lie the true meaning and essence of the study.

Amie doesn't share alone in this. Most medical doctors/students I' ve seen have always shown their displeasure over Epidemiology or biostatistics. I' m not sure we had a fair share during lectures too in Med school, so we are not to blame.

Ehen! The good news is that you are not alone. I recall being asked by one of the most powerful personalities on earth if Epidemiology actually meant, in her own kind words: "the study of the skin".

As I drew closer to Amie, she could see in my eyes the passion which engulfed me. But whether we both understood what we were getting into that day is what none of us, till date, can say.

There are three lectures I want to give in my lifetime. These are the inaugural lecture, Ahiajoku lecture and the Nobel lecture (written in no particular order). So, Amie just afforded me the opportunity to test my mic.

.Inaugural lectures traditionally present an opportunity for scholars, on elevation to a professorial chair, to share their contributions to the body of knowledge. Despite being a non-starter here, I have a clear vision of what my title will be. So, this piece, with bias, bears that title.

The Ahiajoku lecture strikes a rhythmic chord to both my emotion and conscience. This lecture was conceived by De Sam Mbakwe (the former governor of old Imo state) who ordered, in 1979, that the Ikoro be sounded to reawaken the consciousness of Ndi Igbo to their proud heritage.

Through time, Ahiajoku lectures blossomed and showcased the finest of Umu Igbo. From Prof MJC Echeruo who gave the first lecture with the beautiful title "Ahamefule - A matter of identity" to the brilliant delicacies served in the years after by Prof BN

Okigbo, Prof Anya O Anya, Prof Ben Nwabueze, etc. down to our own Prof Chinua Achebe who gave the shortest Ahiajoku lecture ever given.

I remember being glued to my small transistor radio at Uturu for almost 4 hours in 2003 when Prof MA Nwachukwu gave a heart-moving lecture titled "Beyond Teknuzu (Technology)".

I was thrilled to learn that Ndi Igbo, nay, Africans far developed their technologies before the West and would have gone far in their ingenuity but for colonisation.

Sadly, since the demise of Ohakim's administration, statues have now replaced this intellectual think-tank while it's conference centre has been given out to the state's chamber of commerce.

Ehen, before I digress much, then is the Nobel prize lecture which needs no further introduction. Don't bother! I don't know if I'm a dreamer but I know that dreams are personal, albeit, selfish.

I quickly browsed and got a recently published study of mine. Amie and I were glued to our phones as we explored the beauty in the figures and graphs.

We glanced through different sections to the results section. "...you see, when it says the odds ratio (OR) for sleeping after taking drug X is 1.59, it simply means that you are 59% more likely to sleep on taking drug X compared to those who didn' t ... "

She nodded in admiration. I continued "...on the other hand, if they say hazard (HR) of disease X is 0.24 among boys, it simply means that boys are 76% less likely to develop disease X compared to girls..."

She quickly chipped in "...what do they mean by 95% confidence interval of the hazard of the disease being 0.18 to 0.36?..."

I took it over from her in a haste and explained thus: "it means we are not 100% certain that anything occurs. Rather, we are 95% confident that boys are between 64 and 82% less likely to develop disease X compared to girls... that p-value of 0.03 means that this is actually of some effect (significant)...

As we continued with these questions and in this positive energy; we gradually began to give breath to those jargons that have confused and confounded my peers.

The figures became real. The numbers came alive. These became not just another statistics but the experience of my brothers.

The mean differences took lives of their own and became the stories of my sisters and the pain or peril of my children.

Governments are very good in reeling out statistics but always intentionally forgetful that each figure or number represents someone's parent or child or sibling or peer.

Each maternal mortality leaves a child orphaned and a man widowed.

Each infant mortality leaves a gaping hole in the heart of any mother or parent.

The Beauty of Epidemiology lies in its ability to make you see figures beyond the realm of 0 to 9.

It loads and unpacks the realities behind percentages and proportions.

This is the Beauty of Epidemiology.

It gives voice to pie charts and histograms. It draws genealogies from flow diagrams and paints reality from graphs with brush of certainty.

This is the Beauty of Epidemiology.

It's makes you realise that when a child dies of diarrhoea, he doesn't die alone - he dies with our humanity and resurrects the failings of health system and uncharted society.

This is the Beauty of Epidemiology.

It brings reality to the fore; sends message home; and pokes and pricks our consciences.

This is the Beauty of Epidemiology.

As our health agencies call out figures concerning health issues, Epidemiology calls us to ponder and reflect and dissect these figures to see how much of it we are or will later become.

As Amie and I rose to check if we had gotten to our stop, we noticed we had already passed it. As we checked the route map inside the train, we observed that we passed our stop by 13 stops!

"What...!?" Exclaimed Amie. "...not just by a stop or two did we miss our stop, but by whooping 13 stops...!"

"That is also the Beauty of Epidemiology" I retorted.

I am Uche Anyanwagu. I' ve just had a makeover to attain this beauty.

This is the 3rd in a series of essays on "Medical Myths - Tales by Doctors"

(Though not originally intended to be the 3rd, my recent graduation called it in).

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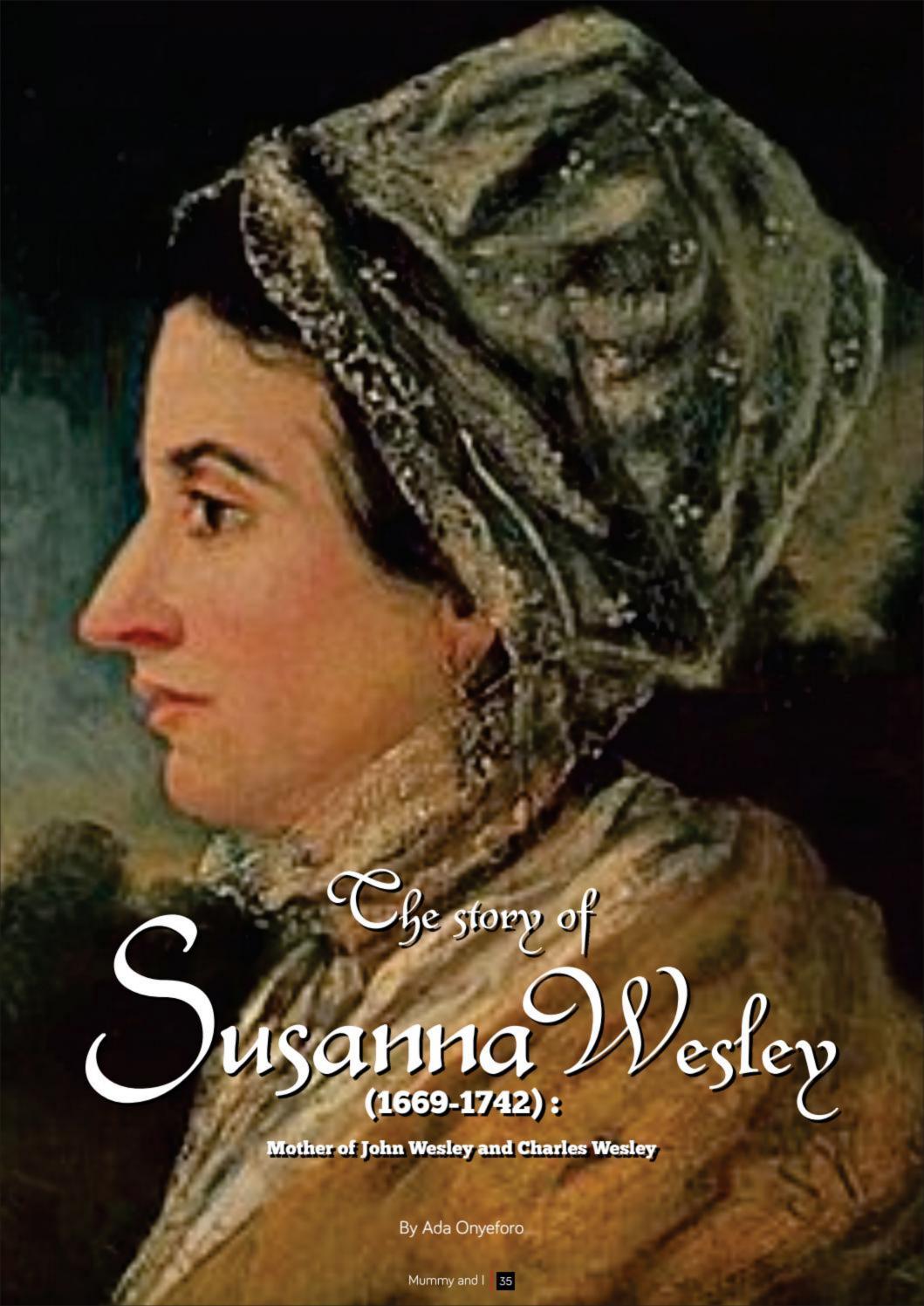
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idden behind the door of many homes is the reality of hardship. Secret things happen that few want the world to know. Yet, from some people (presently and historically) we are given the inside story, whether they want it told or not.

A devastated home isn't always apparent on first impression, is it? Susanna Wesley was married to a preacher. They had 10 children of which, two grew up to bring millions of souls to Christ. That would be John and Charles Wesley. It's a powerful story if you stop there, isn' tit?

But, behind the door of her home, hopeless conditions were the norm. She married a man who couldn't manage money. They disagreed on everythingfrom money to politics. They had 19 children. All except ten died in infancy. Sam (her husband) left her to raise the children alone for long periods of time. This was sometimes over something as simple as an argument.

One of their children was crippled. Another couldn't talk until he was nearly six years old. Susanna herself was desperately sick most of her life. There was no money for food or anything. Debt plagued them.

Sam was once thrown into debtor's prison because their debt was so high, which doubled their problems. Twice the homes they lived in were burned to the ground, losing everything they owned. It was assumed that their church members did it because they were so mad at what Sam preached in the pulpit! Someone slit their cow's udders so they wouldn't have milk, killed their dog, and burned their flax field!

When Susanna was young, she promised the Lord that for every hour she spent in entertainment, she would give to Him in prayer and in the Word. Taking care of the house and raising so many kids made this commitment nearly impossible to fulfill. She had no time for entertainment or long hours in prayer! She

worked the gardens, milked the cow, schooled the children and managed the entire house herself. So, she decided to instead give the Lord two hours a day in prayer!

She struggled to find a secret place to get away with Him. So she advised her children that when they saw her with her apron over her head, that meant she was in prayer and couldn't be disturbed. She was devoted to her walk with Christ, praying for her children and knowledge in the Word no matter how hard life was.

One of her daughters got pregnant out of wedlock and the man never married her. She was devastated, but remained steadfast in prayer for her daughter.

In the end, she knew that one day her hard life would be over and she alone would stand before the throne of God and give an account of how she lived her life.

We can be the best mom, wife, friend, person in the world and still have untold hardships. We need to take Susanna's example, flip our apron over our head and pray in the middle of it all.

Back to the beginning of my story...

Her son's John and Charles were powerhouses for the glory of the Lord. John Wesley preached to nearly a million people in his day. At the age of 70 he delivered the gospel message of salvation to 32,000 peoplewithout the use of a microphone! He brought revival everywhere he traveled! His brother Charles wrote over 9000 hymns, many of which we still sing today.

Hidden behind the door of our homes, we want our children to find a mom who prays diligently- no matter how busy or how hard the circumstances. We want to raise up John Wesley's out of our family line! Where's your apron? Shalom!



NKY HARRY NGONADI

Simply Classy, Decent but yet Sexy



- 1. You can tell how ripe an avocado is by popping off the stem and checking the color underneath. If it's yellow or green, you're good to go. If it's brown, the avocado is too ripe. (If it doesn't come off easily, it's not ripe enough.)
- 2. Chopping herbs? Use a pizza cutter!
- 3. Impress your guests with crystal-clear ice cubes by using boiled water to make ice cubes.
- 4. Use an apple cutter to cut potatoes into wedges quickly.
- 5. If you crack eggs on a flat surface instead of on the edge of a bowl, they will open more cleanly.
- 6. You can fish eggshells out of eggs easily by wetting your fingers first.
- 7. Here's how long to boil your eggs just the way you like them: Boil for 7 minutes
- 8. Or go totally crazy and BAKE your eggs. It takes a bit longer (30 minutes at 350° F), but the result is a much creamier —and much less smelly —hard-boiled egg.
- By the way, a muffin tin is perfect for baking your eggs.
- 9. If you get distracted and the water keeps boiling over while you're cooking pasta, simply lay a wooden spoon on the pot.
- Use a small glass with a little water in it to peel your hard-boiled egg quickly and easily.

- 11. If that's a little too exciting for you, just sprinkle  $\frac{1}{2}$  teaspoon of baking soda into the boiling water. The finished egg will peel like a dream.
- 12. Keep your knives in a knife block? Turn the blades to face up and they won't dull as quickly.
- 13. Here's a little tip for peeling mangoes without getting mango all over the place:
- 14. And here's how to remove the stem of a strawberry simply and elegantly:
- 15. If you wrap the tops of bananas in cling wrap, they will last three to five days longer.
- 16. Place an apple in with your potatoes to keep them from sprouting.
- 17. This may sound like absolute madness, but sprinkle a little salt and/or cinnamon into your ground coffee before brewing.
- Salt helps cut the bitter flavor of the coffee, and adding cinnamon will change your life completely.
- 18. Okay, back to the avocado. Here's the easiest way in the world to get that stubborn pit out.
- 19. And while you're at it, just go ahead and slice it up in the shell, and use a spoon to scoop out your perfectly cut pieces.
- 20. And if you need to store them, let them cozy up to some lemon slices to keep them from going brown.





#### 1) We know you as the CEO of Ella Kids Couture. May we know more about you?

My business name is Ms.Izella kids couture as rightly stated, but my names are Mrs Adanze Uche Njoku. I am IBO by tribe and a graduate of Law from Igbenidion University Okada, Benin Edo State. I am happily married with four kids, two boys and two girls very balanced right?

Response: Yes, very balanced!

#### 2) What has been the major challenges you have encountered so far as a woman since you assumed this business?.

The challenges have been numerous but my philosophy in business is that one should take challenges as gift, it gives room for re-strategising. I will mention a few which are, getting workers to be on the same page with you that is having the same vision as I do. Most times, you have to train and re-train to get them to the stage at which their work output will be at its peak.

Customer satisfaction; The road to satisfying customers are enormous as they come with different shades of request not forgetting their various temperaments. We face challenges meeting their tall orders and surpassing their demands to put smiles on their faces because customer satisfaction and delight is key in my business. I ensure my customers leave with smiles on their faces.

#### 3) What distinguishes your brand from other Kids Couture.

Being outstanding has been part of me and I ensure that I have a distinct touch to my clothes. My kids ball dresses are finished perfectly and our detailed sewing is second to none, making these kids look like princesses. I bring their fairy tale imaginations to reality. Beautifying the clothes is the most interesting part of my clothing line maybe because I love decorating and beautifying.

#### 4) If you were not the in this line of business, what other career path would you have chosen?

Hmmm that's a tough one but I would have probably gone into interior decorations. Like I said earlier I love anything that has to do with beautifying.

#### 5) What do you like most about the fashion industry?

I love the elegance in the fashion industry and the fact that it makes you stand out and gives you that

unflinching confidence and glam. And trust me Nigerians are very fashionable people and love being unique in their fashion style. This in turn has caused a boost in the Nigerian fashion industry.

#### 6) How best would you describe your childhood experiences? Did it in any way influence your perception of life?

I had a fantastic childhood from a nuclear family, though it saddens me that I lost both parents very early. My mother was into the fashion line of business so I drew my inspiration from there.

#### 7) Most importantly, how do you strike a balance as a wife, Mother and a business woman?

Being a mother of four kids,I don't allow those three roles overlap each other. And as a time management expert and with good planning, I make myself available for those functions.I attend to my husband's need efficiently, have time for my kids' well being, attend their school functions and assist them with their home works. I love this question because the family comes first. I strike a good balance.

#### 8) Considering the harsh economic realities, what advice do you have for African women who are still struggling to stand up to the game in the business world?

My advice to African women especially under this current economic climate is that they should not be deterred. The truth is you can start small financially and build upon it. I started small and shortly after the recession set in,it got pretty rough at the point I was trying to build my clientele base and was pressured to quit but I never did.I pushed and soared eventually and this is how far I have come today.

#### 9) What were the challenges you encountered this year 2018?

You can never rule financial challenges out and coping with staff proved challenging as well.But I developed strategies that helped me overcome those areas.

#### 10) What advice do you have for women who think they are married to the wrong husband?

By the grace of God,I celebrated 10 years in marriage on the 29th of November 2018. My advice to women, is to be Submissive and respectful. Trust me it does the magic, also with a load of prayers. Never relent in carrying out your conjugal duties ,so business or work should not be an excuse to deprive your husband his pleasures as his wife. LOL...



# 11) What unique lessons do you wish to share based on your years of experience in marriage?

I come from a very religious background and with age, maturity and experience I have come to understand that prayer is the key. Whatever challenges faced by women to make them think they are married to the wrong husbands, all they need to do is to go on their knees and pray. Also a woman should be supportive. God has said we should be supportive therefore engage yourself and mind with productive things and add your own quota to the home. Trust me that turns most men on, men want both beauty and brains.

# 12) Can a woman ever rise to the citadel of her career without a supportive husband?

Having a supportive husband is very vital as in my story, my husband has been a pillar and adviser and that has aided my business career, however we also have single mothers who I know can attain success in their careers even without a men in their lives. I will say holding unto God is the best support ever.

# 13) Do you believe in "Submission?" How does this help in the smooth running of the home?

No doubt! total submission from the wife is very key in the smooth running of a home. This has worked for me for the past 10 years. When a woman submits to an understanding husband, you see that there will be no rancour or arguments at all. Please the act of submission should come from the heart and willingly (just want to point this out). And when you have a very understanding man like mine, you can't help than to be

#### 14) How do you relax?

these women.

Hmmm how do i relax? I relax best in the comfort of my husband arms and gist away.

# 15) What other roles have you played in moving women forward and help them to be more using your platforms?

I am very open with people when ever they contact me for tips on how to start their businesses, sometimes they even want to delve into same business. I render full consultancy at no cost at all and I don't hide any secrets to them. I even tell them where to buy certain materials just to enable them grow their businesses. I have also talked many housewives in starting their own businesses and being supportive to their husbands and there are amazing testimonies from

## 16) What advice do you hazve for women facing so many challenges in their homes?

Just know that there is no situation God cannot change. He has turned around broken marriages to the best of marriages.

Also women should not remain as house wives but become industrious. Staying at home doing nothing has its own frustration it brings and might not know when you lash out on your partner. My advice to women is for them to look for what they love doing and make something out of it.





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