

...nurturing the future

MUMMY & I

- How Dangerous is Glaucoma? Ways to handle it!
- Choosing a Marital Partner? Points to ponder!
- Marijuana effects on your brain and to your unborn child.
- 20 Facts About Pregnancy every woman must not fail to know

After 19 Miscarriages, the miraculous stepped in and I'm now a Mother!

**SANDRA
HARRISON-
ONYEMACHI**

As she gives hope to expectant mothers worldwide.

N3,000



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EDITOR'S Note

Barrenness and empty arms have a way of making a woman feel homeless and out of place. Whether your barrenness is due to infertility or loss of a child, your empty arms can make you feel like you don't belong at church, or even in your circle of friends. You may be surrounded by pregnant women, newborn babies, or families with quivers full of children, and your arms ache to be a part of the club. But you're not. Is there a place for you in God's house? You hear the words of the Psalmist, "He gives the barren woman a home, making her the joyous mother of children" (Ps. 113:9), and feel even more alone.

He hasn't yet made you the joyous mother of children; does he still have a home for you? Maybe you are waiting for God to open your womb, or you are single without any hope of bearing children? You might feel like the Psalmist in Psalm 77 who says:

"In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refused to be comforted. When I remember God, I moan; when I meditate, my spirit faints." (Psalm 77:2-3).

In all of your pain and sorrow you desperately want God to hear your prayer and comfort you in this dark season. Baby showers, baby dedications, and even a stroll through Target can be a stark reminder that there is a deep longing in your soul for a baby you long to hold, either in heaven or yet to be formed. And when you cry out to the Lord it seems like he isn't there either.

I assure you, he is. Behind the dark clouds and frowning providence of this season is a God who cares about every detail of your grief. He may never remove the suffering in this life, but there is a grace for that. There is a tender-hearted Savior for that sorrow. His entire earthly ministry was to people who were outsiders, misfits, and people who did not fit within the world's definition of worthy and perfect—women who feel out of place at baby showers or in the baby aisle at Target, women who feel homeless in a world full of children.

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A close-up photograph of a person's eye being examined with a blue light from a medical device. The eye is the central focus, with the blue light illuminating the iris and pupil. The surrounding skin and the device are in soft focus.

How Dangerous is Glaucoma?

Ways to handle it!

By Prince Williams Njoku

Glaucoma is often linked to a buildup of pressure inside your eye. Glaucoma tends to be inherited and may not show up until later in life. The increased pressure, called intraocular pressure, can damage the optic nerve, which transmits images to your brain. If the damage continues, glaucoma can lead to permanent vision loss.

Glaucoma is a group of eye conditions that damage the optic nerve, which is vital to good vision. This damage is often caused by an abnormally high pressure in your eye.

Glaucoma is one of the leading causes of blindness in the United States. It can occur at any age but is more common in older adults.

The most common form of glaucoma has no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is at an advanced stage.

Vision loss due to glaucoma can't be recovered. So it's important to have regular eye exams that include measurements of your eye pressure. If glaucoma is recognized early, vision loss can be slowed or prevented. If you have the condition, you'll generally need treatment for the rest of your life.

Symptoms

The signs and symptoms of glaucoma vary depending on the type and stage of your condition. For example:

Open-angle glaucoma

Patchy blind spots in your side (peripheral) or central vision, frequently in both eyes
Tunnel vision in the advanced stages
Acute angle-closure glaucoma

Severe headache

Eye pain

Nausea and vomiting

Blurred vision

Halos around lights

Eye redness

If left untreated, glaucoma will eventually cause blindness. Even with treatment, about 15 percent of people with glaucoma become blind in at least one eye within 20 years.

Seek immediate medical care

Promptly go to an emergency room or an eye doctor's (ophthalmologist's) office if you experience some of the symptoms of acute angle-closure glaucoma, such as severe headache, eye pain and blurred vision.

Schedule eye exams

Open-angle glaucoma gives few warning signs until permanent damage has already occurred. Regular eye exams are the key to detecting glaucoma early enough to successfully slow or prevent vision loss.

recommends glaucoma screening:

Every four years beginning at age 40 if you don't have any glaucoma risk factors

Every two years if you're at high risk or over 65

Causes

Glaucoma is the result of damage to the optic nerve. As this nerve gradually deteriorates, blind spots develop in your visual field. For reasons that doctors don't fully understand, this nerve damage is usually related to increased pressure in the eye.

Elevated eye pressure is due to a buildup of a fluid (aqueous humor) that flows throughout your eye. This fluid normally drains into the front of the eye (anterior chamber) through tissue (trabecular meshwork) at the angle where the iris and cornea meet. When fluid is overproduced or the drainage system doesn't work properly, the fluid can't flow out at its normal rate and pressure builds up.

Glaucoma tends to run in families. In some people, scientists have identified genes related to high eye pressure and optic nerve damage.

The types of glaucoma include the following:

Open-angle glaucoma

Open-angle glaucoma is the most common form of the disease. The drainage angle formed by the cornea and iris remains open, but the trabecular meshwork is partially blocked. This causes pressure in the eye to gradually increase. This pressure damages the optic nerve. It happens so slowly that you may lose vision before you're even aware of a problem.

Angle-closure glaucoma

Angle-closure glaucoma, also called closed-angle glaucoma, occurs when the iris bulges forward to narrow or block the drainage angle formed by the cornea and iris. As a result, fluid can't circulate through the eye and pressure increases. Some people have narrow drainage angles, putting them at increased risk of angle-closure glaucoma.

Angle-closure glaucoma may occur suddenly (acute angle-closure glaucoma) or gradually (chronic angle-closure glaucoma). Acute angle glaucoma is a medical emergency. It can be triggered by sudden dilation of your pupils.

Normal-tension glaucoma

In normal-tension glaucoma, your optic nerve becomes damaged even though your eye pressure is within the normal range. No one knows the exact reason for this. You may have a sensitive optic nerve, or you may have less blood being supplied to your optic nerve. This limited blood flow could be caused by atherosclerosis — the buildup of fatty deposits (plaques) in the arteries — or other conditions that impair circulation.

Glaucoma in children

It's possible for infants and children to have glaucoma. It may be present from birth or developed in the first few years of life. The optic nerve damage may be caused by drainage blockages or an underlying medical condition.

Pigmentary glaucoma

In pigmentary glaucoma, pigment granules from your iris build up in the drainage channels, slowing or blocking fluid exiting your eye. Activities such as jogging sometimes stir up the pigment granules, depositing them on the trabecular meshwork and causing intermittent pressure elevations.

Risk factors

Because chronic forms of glaucoma can destroy vision before any signs or symptoms are apparent, be aware of these risk factors:

Having high internal eye pressure (intraocular pressure)

Being over age 60

Being black or Hispanic

Having a family history of the condition

Having certain medical conditions, such as diabetes, heart disease, high blood pressure and sickle cell anemia

Having certain eye conditions, such as nearsightedness

Having had an eye injury or certain types of eye surgery

Early estrogen deficiency, such as can occur after removal of both ovaries (bilateral oophorectomy) before age 43

Taking corticosteroid medications, especially eyedrops, for a long time

Prevention

You may not be able to prevent glaucoma. But these self-care steps can help you detect it early, limit vision loss or slow its progress.

Get regular eye care. Regular comprehensive eye exams can help detect glaucoma in its early stages before irreversible damage occurs. As a general rule, have comprehensive eye exams every four years beginning at age 40 and every two years from age 65. You may need more frequent screening if you're at high risk of glaucoma.

Ask your doctor to recommend the right screening schedule for you.

Know your family's eye health history. Glaucoma tends to run in families. If you're at increased risk, you may need more frequent screening.

Exercise safely. Regular, moderate exercise may help prevent glaucoma by reducing eye pressure. Talk with your doctor about an appropriate exercise program.

Take prescribed eyedrops regularly. Glaucoma eyedrops can significantly reduce the risk that high eye pressure will progress to glaucoma. To be effective, eyedrops prescribed by your doctor need to be used regularly even if you have no symptoms.

Wear eye protection. Serious eye injuries can lead to glaucoma. Wear eye protection when using power tools or playing high-speed racket sports on enclosed courts.

Diagnosis

Your doctor will review your medical history and conduct a comprehensive eye examination. He or she may perform several tests, including:

Measuring intraocular pressure (tonometry)
Testing for optic nerve damage
Checking for areas of vision loss (visual field test)
Measuring corneal thickness (pachymetry)
Inspecting the drainage angle (gonioscopy)

Treatment

The damage caused by glaucoma can't be reversed. But treatment and regular checkups can help slow or prevent vision loss, especially if you catch the disease in its early stage.

The goal of glaucoma treatment is to lower pressure in your eye (intraocular pressure). Depending on your situation, your options may include eyedrops, laser treatment or surgery.

Eyedrops

Glaucoma treatment often starts with prescription eyedrops. These can help decrease eye pressure by improving how fluid drains from your eye or by decreasing the amount of fluid your eye makes.

Prescription eyedrop medications include:

Prostaglandins. These increase the outflow of the fluid in your eye (aqueous humor) and reduce pressure in your eye. Examples include latanoprost (Xalatan) and bimatoprost (Lumigan). Possible side effects include mild reddening and stinging of the eyes, darkening of the iris, changes in the pigment of the eyelashes or eyelid skin, and blurred vision.

Beta blockers. These reduce the production of fluid in your eye, thereby lowering the pressure in your eye (intraocular pressure). Examples include timolol (Betimol, Timoptic) and betaxolol (Betoptic). Possible side effects include difficulty breathing, slowed heart rate, lower blood pressure, impotence and fatigue.

Alpha-adrenergic agonists. These reduce the production of aqueous humor and increase outflow of the fluid in your eye. Examples include apraclonidine (Iopidine) and brimonidine (Alphagan). Possible side effects include an irregular heart rate; high blood pressure; fatigue; red, itchy or swollen eyes; and dry mouth.

Carbonic anhydrase inhibitors. Rarely used for glaucoma, these drugs may reduce the production of fluid in your eye. Examples include dorzolamide (Trusopt) and brinzolamide (Azopt). Possible side effects include a metallic taste, frequent urination, and tingling in the fingers and toes.

Miotic or cholinergic agents. These increase the outflow of fluid from your eye. An example is pilocarpine (Isopto Carpine). Side effects include smaller pupils, possible blurred or dim vision, and nearsightedness.

Oral medications

If eyedrops alone don't bring your eye pressure down to the desired level, your doctor may also prescribe an oral medication, usually a carbonic anhydrase inhibitor. Possible side effects include frequent urination, tingling in the fingers and toes, depression, stomach upset, and kidney stones.

Surgery and other therapies

Other treatment options include laser therapy and various surgical procedures. Possible complications include pain, redness, infection, inflammation, bleeding, abnormally high or low eye pressure, and loss of vision. Some types of eye surgery may speed the development of cataracts.

Witlux Baby of the Month



My unalloyed gratitude goes to "Witlux diapers" for choosing my baby as "Witlux Baby of the Month." I have tried many brands of diapers but "Witlux" stands out as the best among others. My Baby suddenly stopped having rashes on her pubic region.

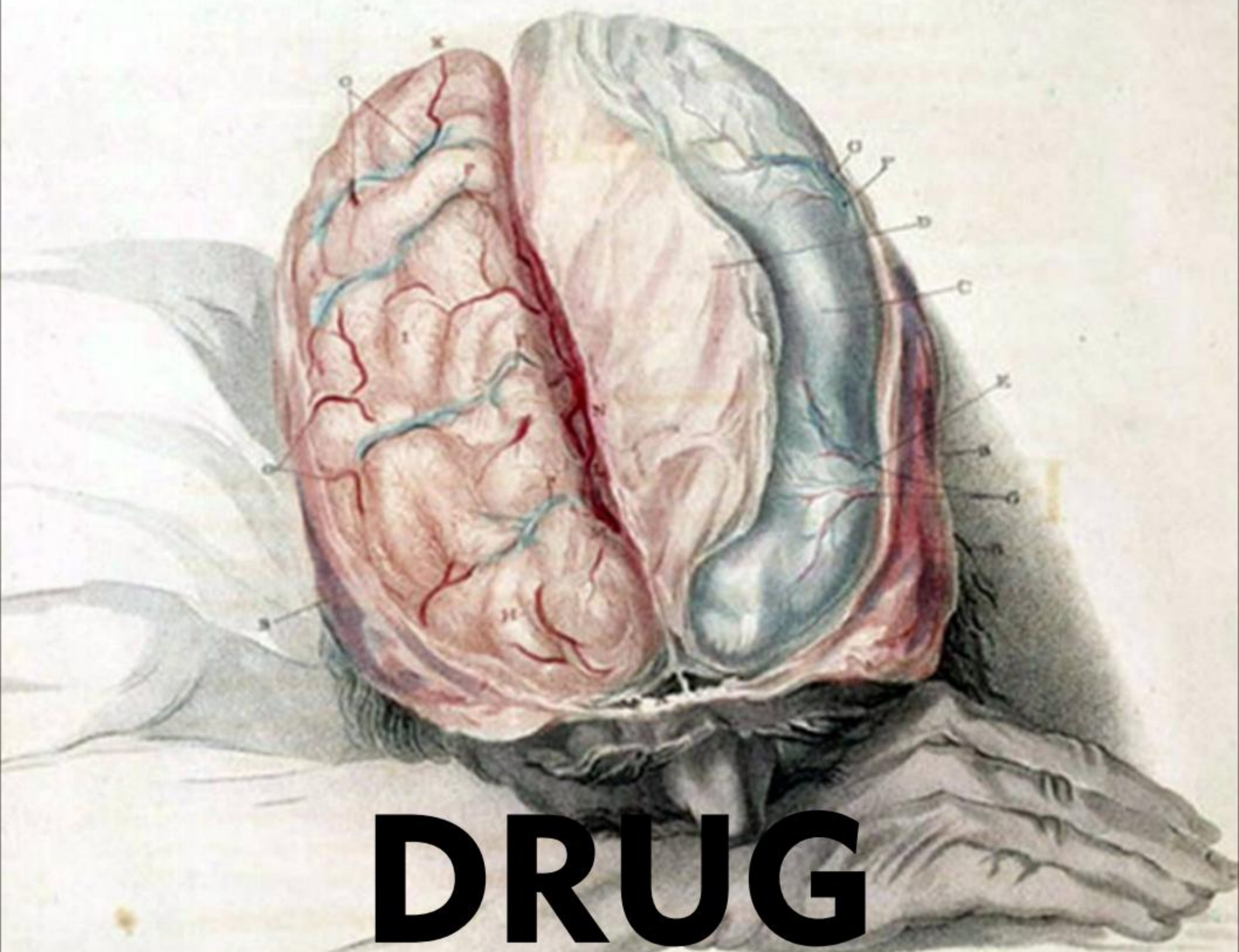
All thanks to "Witlux Diapers".

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DRUG ABUSE AS A BRAIN DISEASE

~ Chukwudi Okebaram

Every drug of abuse that has been scientifically investigated

possesses some characteristic ways of acting on the brain. These drugs directly or indirectly have conjoint effect on an important pathway of the brain.

Prolonged use of these drugs of abuse has been shown to markedly cause molecular, cellular, structural and functional derangements.

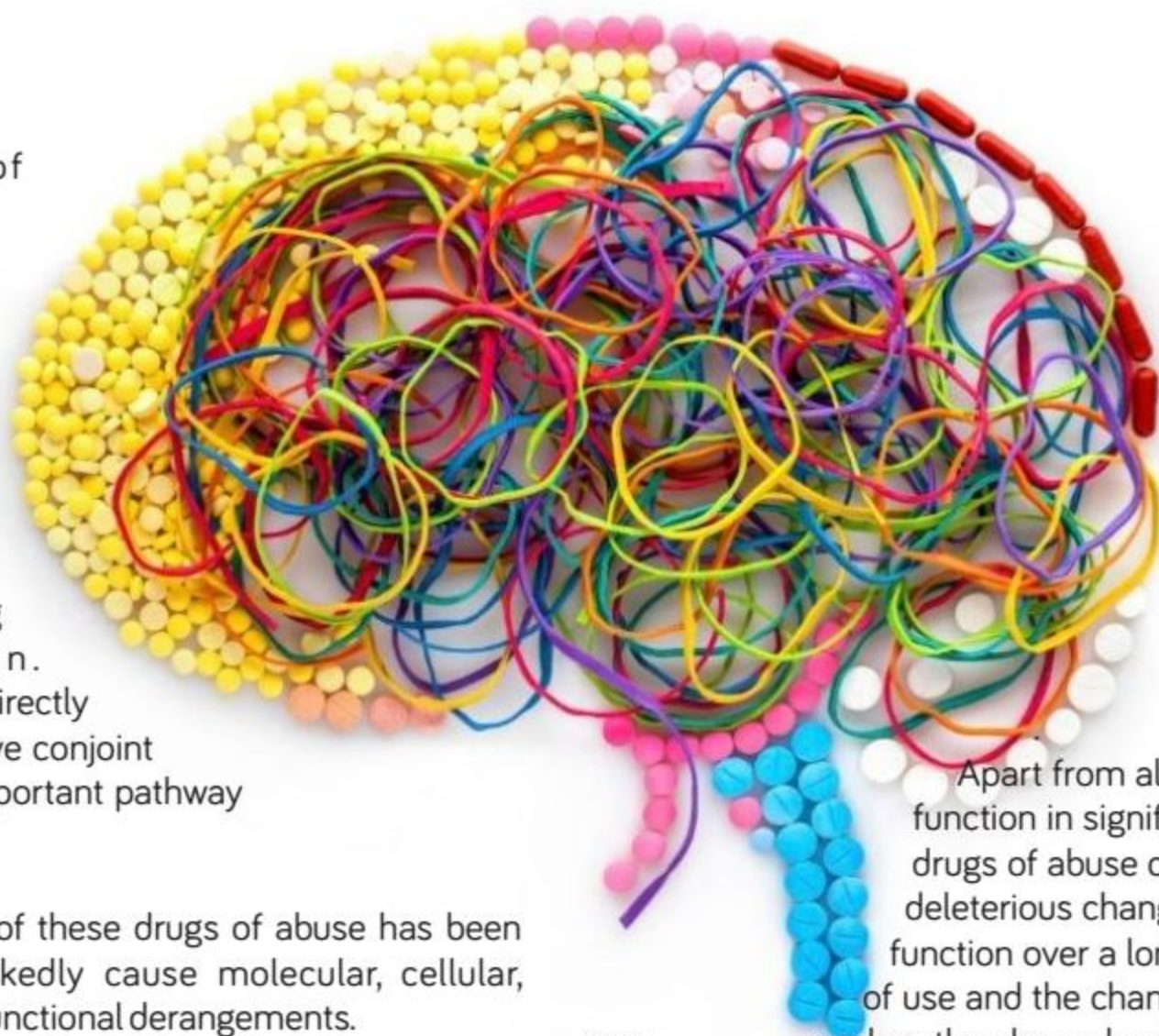
This pathway which is common to all drugs of abuse is known as "mesolimbic system". It is also referred to as "mesolimbic reward system".

The pathway is like an electrical circuit which extends from a part of the brain known as the Ventral Tegmental Area (VTA) to another crucial part called Nucleus Accumbens (NA). Its projections intertwine with the limbic system and orbitofrontal cortex.

Once this mesolimbic system of the brain is stimulated and especially repeatedly, a "compulsive web" ensues. The victim now finds himself trapped, losing the capacity to bridle cravings.

Unfortunately, all drugs of abuse contribute individually to this loss of bridling capacity in different shades. My beloved people (especially the youth), the simple explanation is that the brain has higher and lower function pathways; drug abuse kills the higher and leaves the abuser with just the lower.

This is why they lose symbolic "executive" (ability to execute right brain judgement- not one of the arms of government) function of the brain. The abuser thus becomes a slave or if you like someone in "bondage".



Apart from altering brain function in significant ways, drugs of abuse cause deleterious changes in brain function over a long duration of use and the changes remain even when the abuser has managed to quit. Additionally, a part of abusers' population suffers permanent destruction of certain brain pathways.

Studies have shown crystal-clear difference between the brain of an abuser and that of a clean person; the former has dysfunctional metabolism, receptor activity, genetic expression of biological information, and reaction to environmental cues unlike the later.

The fact that drug abuse is inalienably connected to alterations of brain function and structure avers that it is principally a brain disease. The disease is a result of loss of a normal switch in the brain's structural excitatory and inhibitory communication and balance.

Drug use usually begins on a voluntary note but culminates into addiction state over time with characteristic loss of restraint in drug seeking and its abuse.

Against this backdrop, a critical goal towards its possible remedy is reversal or compensation of brain changes. Therefore from its first principle, amelioration can only come via the use of behavioural treatment programmes or corrective medications in standardised calibrations.

A pregnant woman with blonde hair tied back, wearing a white long-sleeved shirt, is shown in profile from the waist up. She is looking out a window with a blurred view of a city street and buildings. The text "20 FACTS ABOUT PREGNANCY" is overlaid in large, bold, black letters. Below it, in smaller black letters, is "(A must read)".

20 FACTS ABOUT PREGNANCY

(A must read)



Pregnancy is one of life's miracles. You are growing a life, a child inside your body. It's incredible.

Sure there are discomforts, the weight gain, the swollen ankles, the need to use the washroom every ten minutes – but the end result is the best gift you will ever receive.

We hear so much about the uncomfortable details of pregnancy from our friends and family.

From this facts we give respect to God and to women..

Learn this facts about pregnancy today...

(1)...A woman's body is an incredible thing. Did you know the uterus enlarges up to 500 times its normal size? It can go from a couple of ounces to 1-2 pounds in weight. Once you have delivered it gradually goes back to its original size and weight.

(2)... Yes it grows with love for your child, but did you know your heart organ actually enlarges while you are pregnant? It works harder and beats at a more rapid pace due to the increased volume of blood in your body. Your blood volume alone increases by 40-50%!

(3)..... In order to prepare your body for birth, it produces a hormone called relaxin which softens your ligaments. This softening helps your baby pass through your pelvis during labor. Amazing isn't it?

(4)..... People say that your hair gets thicker when you are pregnant, while that isn't technically the truth, it is fuller and more abundant then usual. Higher levels of estrogen during your pregnancy prevents your hair from shedding at it's normal rate. This results in fuller hair and the dreaded hair loss after pregnancy. You notice more hair falling out postpartum because so little was shed during pregnancy. No harm done

(5).....
The relaxin hormone we were just talking about in the previous slide? They can also loosen the ligaments in your feet. That combined with your increased body weight adds to your foot's width

and length. Not to worry as your feet will go back to their normal size a couple of months after pregnancy.

(6)...High increased sense of smell because of high levels of estrogen and human chorionic gonadotropin (HCG). That's sounds great right?

(7)...During your pregnancy, the nutrients from the food you eat goes to your baby first before it passes over to you. Even if you skip a meal your body will take the nutriece from you to keep baby healthy. This is just one of the reasons why it is so important to eat regularly and healthily.

(8)...The funniest part of it all is...
did you know that some dads experience symptoms along with their wives? It's called couvade syndrome and has been documented in dads around the world who experienced pregnancy symptoms from the end of the first trimester all the way to the end.

(9)...Do you know that you grow a new organ? Yes, your placenta is a multi-talented brand new organ that passes oxygen and nutrients from your blood stream to your growing baby. It also protects your baby from infection and helps to remove your baby's 'waste products', such as carbon dioxide. Linked to your baby by the umbilical cord, your placenta will weigh around 1.5lb by the time your baby is born, Eating a well-balanced healthy diet will help your placenta do its best job.

(10)..... Your skin changes
Hormones mean skin can dry out. Extra collagen in your skin tears when it stretches, causing stretchmarks. They won't go after the birth but may fade ,use a body moisturiser to improve the condition of your skin.

(11)... Do you know you're more stretchy
To prepare your body for childbirth, the hormone, relaxin, reduces cartilage and ligament density, so you can stretch parts of your body a lot more than normal,go gently,void exercises like sitting cross-legged and pushing your knees to the floor as they strain your muscles.

(12)..... Do you know you produce more blood
Your total volume of blood is 50% higher than usual and cardiac output (the amount of blood pumped out with each heartbeat) increases by 40%. You manufacture 20% extra red blood cells to carry more oxygen around your body. It's normal to feel out of breath at times in the later months. But breathlessness can be a sign of anaemia so if you're concerned, ask your midwife to check your iron levels.

- Aerobic activities, such as walking or swimming, will help to keep your heart healthy, but avoid taking up any form of exercise that you're not already familiar with.

(13).. Do you know you can breath deeper
As your uterus grows, the diaphragm is compressed, It seems difficult to breathe deeply, but you actually breathe more air.

Don't fight the tendency to hollow your back. This counteracts the increased weight at the front and opens up your ribcage to let more air in.

(14)...Do you know your pelvic muscles stretch
Incontinence caused by childbirth is decreasing as women get better at doing pelvic floor exercises.

- Clench the muscles round the back and front passages, "lifting" your internal muscles. Hold for a count of four, then release. Repeat whenever you can.

(15) Your face may darken
The 'mask of pregnancy' is caused by a change of pigment in your skin across your nose and cheeks in a butterfly shape. It only seems to affect some women, but no-one knows why. It isn't unsightly, but you can disguise it with makeup. It will fade after birth.

(16)..... Your boobs keep changing
Many women worry unnecessarily that breastfeeding will ruin the shape of their boobs. In fact, any change in shape is actually caused by the pregnancy itself and not by breastfeeding your baby. Proper support at this time is vital to support the muscles in your chest wall as there's no muscle tissue in your breast.

- Get re-measured and fitted for a good quality support bra during your first trimester as this is the time of the biggest changes. However, you will feel your size changing as your pregnancy progresses.

(17).....Digestion slows
Progesterone slows your digestion early on so your body can absorb more nutrients to pass to your baby. It can cause constipation.

- Have plenty of fluids, fruit and vegetables. Light exercise will also help digestion.

(18).....Your blood clots faster
Your blood clots more easily now, a protective mechanism so you don't bleed to death when the placenta is delivered. There's a concern that a clot in the calf may fragment, and cause clots elsewhere, particularly if you've had thrombosis or are overweight.

- Regular exercise is important. If you're planning a long car journey, stop every hour for at least 15 minutes to get the circulation going in your legs.

(18).. Pregnant women have less oxygen in their blood, which is what causes "pregnancy brain," or forgetfulness.

(19)...In utero, babies develop a waxy, cream cheese-like coating called vernix. Many babies are born with vernix residue.

(20).... Pregnant women have what's called a mucous plug — that is as disgusting as it sounds. It is at the opening of the cervix and serves to prevent bacteria from reaching the womb. It will pass as your body gets ready for labour.





JoelsBlog Media

Giving you The Breaking News in Nigeria

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 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 its 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 themselves (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?

It's 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.

A close-up photograph of a pregnant woman wearing a blue long-sleeved sweater. Her hands are gently resting on her pregnant belly. The image is used as a background for a text overlay.

CAUSES OF IRREGULAR OR MISSED MENSTRUAL PERIOD IN WOMEN.

Many women have between 11 and 13 menstrual periods each year. You may be different: You may have more or fewer. Missed or irregular periods must be looked at in terms of what is normal for you.

Menstrual periods are often irregular during the first few years after menstruation starts. It may take several years for the hormones that control menstruation to reach a balance.

Menstrual periods also may be very irregular at the other end of the menstrual years. Many women realize that they are approaching perimenopause and menopause when their otherwise regular periods become irregular. Menopause occurs when it has been 12 months since you had a menstrual period.

Pregnancy is the most common cause of a missed period. If you might be pregnant, treat yourself as if you are pregnant until you know for sure. Use a home pregnancy test as the first step to finding out whether you are pregnant.

If you are not pregnant, other causes of missed or irregular periods include:

Excessive weight loss or gain. Although low body weight is a common cause of missed or irregular periods, obesity also can cause menstrual problems.

Eating disorders, such as anorexia or bulimia. For more information, see the topic Anorexia Nervosa or Bulimia Nervosa.

Increased exercise. Missed periods are common in endurance athletes.

Emotional stress.

Illness.

Medicines such as birth control methods, which may cause lighter, less frequent, more frequent, or skipped periods or no periods at all.

Hormone problems. This may cause a change in the levels of the hormones that the body needs to support menstruation.

Illegal drug use.

Problems with the pelvic organs such as imperforate hymen, polycystic ovary syndrome, or Asherman's syndrome.

Breastfeeding. Many women do not resume regular periods until they have completed breastfeeding.

Remember, you can still become pregnant even though you are not menstruating. Practice birth control if you do not wish to become pregnant.

Premature ovarian failure is when you stop menstruating before age 40. Surgery, chemotherapy, and radiation therapy to the abdomen or pelvis may cause premature ovarian failure.

Other diseases such as irritable bowel syndrome, tuberculosis, liver disease, and diabetes can cause missed or irregular periods, although this is rare. But if any of these diseases are present, you will usually have other symptoms besides menstrual irregularities.

If you've skipped a period, try to relax. Restoring your life to emotional and physical balance can help. Many women miss periods now and then. Unless you are pregnant, chances are your cycle will return to normal next month.

DANGERS OF IRREGULAR PERIOD

In women with a regular cycle, normal ovary functioning releases one egg about every 25 – 28 days. Although the average time between periods varies depending on the woman, especially during puberty and the perimenopause periods, most women will have their periods once monthly when they're in good health.

When a woman stops getting her period – which is called “amenorrhea” – it's a solid indication that something isn't right. Primary amenorrhea is when a young woman never got her period to begin with during puberty, while secondary amenorrhea is when a woman has had her period in the past but stops getting her monthly period for three or more months.

Having a regular, moderately pain-free period each month is a good indication that hormones are in balance and the reproductive system is working properly. The opposite is also true: Irregular periods, missed periods, or very painful and intense PMS

symptoms are a sign that levels of one of more hormones are either lacking or are too high. Whether it's an underlying health condition, chronic stress levels, a poor diet, too much exercise or low body weight, frequently missed periods —when you're sure you aren't pregnant that is — are not something to ignore.

Alarming, some reports show that many women choose not to speak with a doctor about frequently missed periods or irregular periods, which is a big risk considering the fact that irregular hormones and amenorrhea are linked with a number of serious conditions, including an increased risk for: osteoporosis, heart disease, infertility and other further hormonal complications.:

amenorrhea may be the manifesting feature of a wide array of anatomic and endocrine abnormalities. Amenorrhea results in impaired fertility. When estrogen levels are low, changes in mineral, glucose, and fat metabolism accompany amenorrhea. These metabolic changes affect bone and cardiovascular health, increasing the risk of osteoporosis and coronary heart disease in later life.”

In the case of secondary amenorrhea “There are five factors that usually play into hypothalamic amenorrhea (abbreviated as HA): restricted eating, exercise, low weight/BMI/body fat, stress (which can be from many sources such as family, job, grief, work, etc.) and genetics.”

MORE EMPHASIS..... MAIN CAUSES OF IRREGULAR PERIOD

Aside from being pregnant and going through menopause, which both normally stop a woman from getting her period, here are the other major causes for irregular periods or amenorrhea.

1. High Stress Levels

When you're under a lot of stress for an ongoing period, your body can start to conserve energy by preventing ovulation. Experiencing a traumatic event, or even a lot of “ordinary” stress, can suddenly cause the adrenals to work overtime, which can disrupt the production of thyroid hormones, estrogen and other reproductive hormones. Among other factors, like restrictive eating and over-exercising, stress can contribute to hypothalamic amenorrhea (HA). When you don't have a lot of estrogen—and

levels of other hormones including luteinizing hormone (LH) and follicle-stimulating hormone (FSH)—fall below normal, you aren't able to properly build up the uterine lining, and as a consequence you don't get your period.

Why does this happen? Essentially, your body makes sure that emergencies get priority. Comfort is nice and being fertile is important, but it's still secondary to survival. A built-in survival mechanism that is ingrained in all of us is the ongoing production of crucial “fight or flight” stress hormones like cortisol and adrenaline. Adrenaline and cortisol are the two major players related to our stress responses that help us get away from threats (whether real immediate ones or just perceived ones). Adrenaline and cortisol are completely necessary and sometimes beneficial —helping us to run, climb, exert energy, sweat and regulate our heartbeat, for example—but too much can become a problem.

The body always grants priority to producing these stress hormones that will help you survive a crisis, so sex hormones can take a backseat when your body perceives that “times are tough.” Under chronic stress, there's not enough raw materials available – such as amino acids that help neurotransmitters to work – to make both sex hormones and stress hormones in some cases, so a choice must be made and the body always chooses stress hormones. Severe stress conditions like dieting, heavy exercise training or intense emotional events are all situations that can induce amenorrhea with or without body weight loss.

2. Poor Diet

A poor diet low in nutrients, antioxidants and probiotic foods yet high in stimulants can tax the adrenal glands and thyroid. For example, a high intake of sugar, hydrogenated fats and artificial additives, or pesticides is linked with thyroid issues and adrenal fatigue that can raise cortisol.

Excess cortisol hinders the optimal function of many other essential hormones, such as sex hormones. It can also promote the breakdown of bones, skin, muscles and brain tissue when high over a long period of time. This cycle of excess cortisol can lead to protein breakdown, which results in muscle-wasting and potentially osteoporosis.

If you're struggling with menstruation, make sure to eat enough food and make it the right kind. Eat high antioxidant foods that are nutrient-dense, especially plenty of fats (even saturated fats that are good for you) and proteins. Also, choose a high-calorie supplement if you are underweight, have low body fat or are an athlete.

3. Extreme Weight Loss and Low Body Weight

When your body mass index (BMI) falls below 18 or 19, you can start to miss your period due to having too little body fat. Body fat is important for creating enough estrogen, which is why very thin women or those with serious conditions like anorexia and bulimia can experience absent or missed periods. Increased physical activity and nutritional demands of intensive exercise can sometimes lead to a low body weight that put you at risk for hormonal problems.

A low-calorie, low-fat diet can also result in nutrient deficiencies and lowered body-fat percentages that may contribute to irregular periods and bone loss. Some reports also show that very lean vegans and vegetarians, including those on fully "raw" diets, might also be at a higher risk – likely because they are more prone to becoming underweight and suffering deficiencies. However not every women with irregular or missed periods will be underweight; many are at a normal weight, and some are even in what's considered the "overweight" or "obese" BMI range.

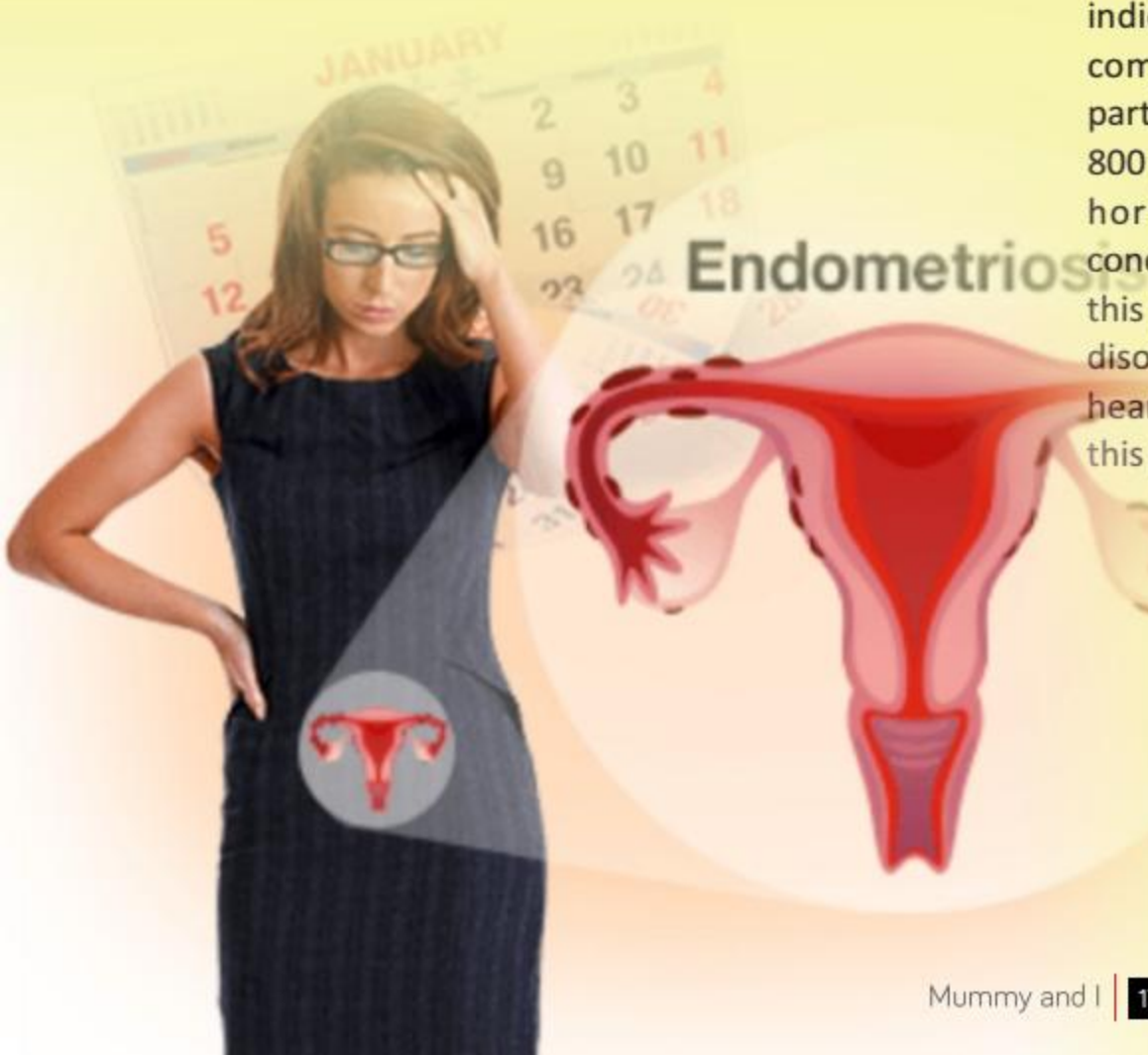
4. Over-Exercising

Although moderate exercise is very important for ongoing heart health, mood regulation, sleep and maintaining a healthy body weight, too much exercise can also put excess pressure on your adrenal, thyroid and pituitary glands. Women who rapidly start exercising at high intensities — for example, by training for a marathon or some other major event that requires a high level of physical exertion — can stop getting their period suddenly.

Like other stress hormones, cortisol is released in response to any real or perceived stress, which can be physical (including exercise) or emotional. Such stressors include overworking and overtraining, in addition to things like under-sleeping, fasting, infection and emotional upsets. Today, with pressure to stay thin and in shape, some women feel they need to exercise intensely and "break a good sweat" too much and too many days per week.

This kind of exertion can actually increase stress and deplete the body of energy needed to regulate sex hormones. One University of Michigan report found that running and ballet dancing are among the activities most closely associated with amenorrhea. As many as 66 percent of women long-distance runners and ballet dancers experience amenorrhea at one time or another! Shockingly, among women bodybuilders, 81 percent experienced amenorrhea at some point and many had nutritionally deficient diets!

"Exercise-induced amenorrhea" can be an indicator of an overall energy drain and is most common among young women. In fact, female participation in high school athletics has increased 800 percent in the last 30 years, and at the same time hormonal imbalances have also risen. Other concerning issues that sometimes come along with this phenomena include bone density loss and eating disorders. That's why addressing skeletal problems, heart complications and nutritional deficiencies in this population is a very high priority for physicians.





HELLO DO YOU SPEAK IGBO?

(Marijuana's effects on the brain)

By: Chukwudi Okebaram

In one of my frequent trips, I met a black guy and was very excited. You know that feeling you get meeting a fellow black person in a predominantly white community. Incidentally he was a fellow Nigerian who had lived in that part of the world from age 16; he was now 27.

We warmly shook hands and exuberantly engaged in heart-warming stories about homeland. He told me how he had spent his early years in the south eastern part of Nigeria before fate took him and his family beyond Nigerian shores.

So in my usual inquisitive nature I probed to know if he could communicate in Igbo Language. The following conversation thus ensued:

Me: Do you speak Igbo that much?

Him: Yea brother, I do so much but I am gradually stepping it down due to a programme I started recently, you know 'wo-rai-min'?

For seconds, I was dazed by the inappropriateness of his response, but I had to quickly deploy the skill of quick mental state examination. I found out that he had abused Marijuana/Cannabis-containing substances popularly known as "IGBO" for several years.

My earlier question arguably sounded to him like "Do you smoke "IGBO" that much"?

Me again: That's right bro, it is what it is dear. Make sure you stick to that programme religiously to be able to benefit maximally from the gains thereof.

So dear friends this is how an exchange of pleasantries led to the discovery of a drug-ravaged brother in yonder places....

From the first episode of VitanePh series "ALIQUOTS", one would recall that reference was made to the fact that this huge problem of drug abuse begins from a little 'trial-start' which inadvertently heralds the shackling web. A little leaven leavens the whole dough!

"IGBO" has been identified as the usual first drug tried by persons commencing the journey through the murky waters of drug abuse. Once tried and continued on, it brings into the fancy several other illicit drugs for a fellowship with the victim's neurons.

People use/abuse cannabis by smoking, eating or inhaling a vaporized form of the drug. Cannabis often precedes or is used along with other substances, such as alcohol or illegal drugs.

Outlined below are the 'tell-tale' signs of use/abuse of Marijuana/Cannabis-containing substances popularly known as "IGBO".

Signs and symptoms of recent use can include:

- ~A sense of euphoria or feeling "high"
- ~A heightened sense of visual, auditory and taste perception
- ~Increased blood pressure and heart rate
- ~Red eyes
- ~Dry mouth
- ~Decreased coordination
- ~Difficulty concentrating or remembering
- ~Slowed reaction time
- ~Anxiety or paranoid thinking
- ~Cannabis odour on clothes or yellow fingertips
- ~Exaggerated cravings for certain foods at unusual times

Long-term (chronic) use is often associated with:

- ~Decreased mental sharpness
- ~Poor performance at school or at work
- ~Reduced number of friends and interests

Caveat: the above list of signs are not exhaustive and can also vary from person to person depending on their biological make-up.

So don't ask your neighbour "do you speak IGBO that much"; rather ask them "do you speak IGBO at all? Remember the proper thing is to seek help, for help is available.



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When a body gives off a
scent
others may find
unpleasant,
it is known as body odour

by Oluwayemisi Fashola



Body odor usually becomes evident if measures are not taken when a human reaches puberty. People who are obese, those who regularly eat spicy foods, as well as individuals with certain medical conditions, such as diabetes, are more susceptible to having body odor.

People who sweat too much, such as those with hyperhidrosis, may also be susceptible to body odor. However, often the salt level of their sweat is too high for the bacteria to break down. It depends on where the excess sweating is occurring and which type of sweat glands are involved.

Sweat itself is virtually odorless to humans. It is the rapid multiplication of bacteria in the presence of sweat and their breaking down of sweat into acids that eventually causes the unpleasant smell.

Body odor is most likely to occur in the following places:

feet
groin
armpits
genitals
pubic hair and other hair
belly button
anus
behind the ears
the rest of the skin, to a lesser extent

Body odor can have a pleasant and specific smell to the individual and can be used to identify people, especially by dogs and other animals. Each person's unique body odor can be influenced by diet, gender, health, and medication.

Causes

Body odor is caused by bacteria breaking down sweat and is largely linked to the apocrine glands. Most body odor comes from these.

These glands are found in the breasts, genital area, eyelids, armpits, and ear. In the breasts, they secrete fat droplets into breast milk. In the ear, they help form earwax. Apocrine glands in the skin and the eyelids are sweat glands.

Most of the apocrine glands in the skin are located in the groin, armpits, and around the nipples. In the skin, they usually have an odor. They are scent glands.

The apocrine glands are mainly responsible for body odor because the sweat they produce is high in protein, which bacteria can break down easily.

What causes foot odor?

Most of us wear shoes and socks, making it much more difficult for the sweat to evaporate, giving the bacteria more sweat to break down into smelly substances. Moist feet also raise the risk of fungi developing, which can also give off unpleasant smells.

Prevention

A large concentration of apocrine glands is present in the armpits, making that area susceptible to the rapid development of body odor.

The following steps may help control armpit odor:

- 1) Keep the armpits clean: Wash them regularly using anti-bacterial soap, and the number of bacteria will be kept low, resulting in less body odor.
- 2) Hair: When armpits have hair, it slows down the evaporation of sweat, giving the bacteria more time to break it down into smelly substances. Shaving the armpits regularly has been found to help body odor control in that area. Reusable razors are available to purchase online.
- 3) Deodorant or antiperspirant: Deodorants make the skin more acidic, making it more difficult for bacteria to thrive. An antiperspirant blocks the sweating action of the glands, resulting in less sweating. Some studies, however, have indicated that antiperspirants may be linked to breast cancer or prostate cancer risk.

This study suggests that current research is inconclusive on the risks of antiperspirant sprays.

Deodorants and antiperspirants with natural ingredients are available to purchase online.

Tips on preventing foot odor

Smelly feet are less of a problem socially than underarm B.O. because the unpleasant odor is usually contained by shoes and socks.

However, the smell may become obvious if the person with smelly feet visits a home where shoes are taken off before entering, as is the custom in various countries and homes.

The following steps may help control foot odor:

1) Wash your feet at least once a day: Warm water is better at killing bacteria than cold water. Make sure you dry your feet thoroughly afterward, including in between your toes.

2) Socks: They must allow the sweat to evaporate. The best socks are those made of a combination of man-made fibers and wool. Wear a clean pair of socks each day.

3) Shoes: If you wear trainers or shoes with plastic linings make sure it is not for long. A leather lining is better for sweat evaporation. If you have a problem with sweaty feet, do not wear the same pair of shoes two days in a row. Shoes do not completely dry overnight.

4) Pumice stone: Bacteria thrive on dead skin. If the soles of your feet have patches of dead skin remove them with a pumice stone. These are available to buy online.

5) Deodorants and antiperspirants: Ask your pharmacist for special foot deodorants and antiperspirants. If you have athlete's foot, you should not use deodorants or antiperspirants. Treat the fungal infection with appropriate medication.

6) Walk around barefoot: Whenever you can, walk around barefoot, or at least slip out of your shoes regularly.

Treatments

The following steps may help control body odor:

Wash daily with warm water: Have a shower or bath at least once a day. Remember that warm water helps kill off bacteria that are present on your skin. If the weather is exceptionally hot, consider bathing more often than once a day.

Clothing: Natural fibers allow your skin to breathe, resulting in better evaporation of sweat. Natural-made fibers include wool, silk or cotton.

Avoid spicy foods: Curry, garlic, and other spicy foods have the potential to make some people's sweat more pungent. Some experts believe a diet high in red meat may also raise the risk of developing more rapid body odor.

Aluminum chloride: This substance is usually the main active ingredient in antiperspirants. If your body does not respond to the home remedies mentioned above, talk to a pharmacist or your doctor about a suitable product containing aluminum chloride. Follow the instructions given to you carefully.

Botulinum toxin: This is a toxin produced by *Clostridium botulinum*; it is the most poisonous biological substance known. However, very small and controlled doses are today being used in various fields of medicine. A relatively new treatment is available for individuals who sweat excessively under the arms.

The individual is given approximately 12 injections of botulinum toxin in the armpits - a procedure that should not last more than 45 minutes. The toxin blocks the signals from the brain to the sweat glands, resulting in less sweating in the targeted area. One treatment can last from two to eight months.



Surgery: When self-care and medicinal measures are not effective at treating severe body odor, a doctor can perform a surgical procedure called endoscopic thoracic sympathectomy (ETS) that destroys the sweating-controlling nerves below the skin of the armpits.

This procedure is a last resort and runs the risk of damage to other nerves and arteries in the area. It can also increase sweating in other parts of the body, known as compensatory sweating.

When to see your doctor

Some medical conditions may change how much a person sweats. Others can alter how we sweat, changing the way we smell. It is important to see a doctor to identify these conditions.

For example, an overactive thyroid gland or the menopause can make people sweat much more, while liver disease, kidney disease, or diabetes can change the consistency of sweat so that the person smells differently.

You should see your doctor if:

You start sweating at night.

You start sweating much more than you normally do, without any logical reason.

You have cold sweats.

Sweating disrupts your daily routine.

You should also see your doctor if your body smells different than usual. A fruity smell could indicate diabetes due to high levels of ketones in the bloodstream. Liver or kidney disease can often make the individual have a bleach-like smell due to a build-up of toxins in the body.

A portrait of a woman with dark, curly hair pulled back, wearing a dark blue lace off-the-shoulder top. She is looking slightly to the side with a soft expression. The background is a solid, vibrant pink. The text is overlaid on the left side of the image.

Interview with

**MRS
SANDRA
UGOCHINYERE
HARRISON-ONYEMACHI**

by Esther Ijeoma Ogbuka

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SUBMISSION

DOES NOT MAKE
YOU STUPID

IT GIVES YOU THE CAPACITY TO
CONTROL YOUR HUSBAND

ADEME EJEH
(Temperament Pastor)

1) Tell us more about you?

My name is Mrs Sandra Ugochinyere Harrison-Onyemachi, I'm a graduate of mass communication, Federal polytechnic, Nekede. I'm a playful, care spirited, jolly good fellow. I Have never gotten angry in my life, I can only be sad, but angry, never. Been married for 6 years, this is my first child.

2) What do you do presently?

I have my own business empire called SANDY'S PLACE, which consists of a lot of things. We have the cooking section SANDY'S FOOD PLACE which handles in and outdoor events, we have the clothing line SANDY'S CLOTHING which deals on all kinds of wears for all ages, male, female, adult and kids. We have the jewelry line SANDY'S JEWELRY BOX, which, like the name implies takes care of everything Jewelries, from wristwatches to necklaces etc. We have the accessory line SANDY'S ACCESSORY HAVEN, which handles accessories like eye glasses, bags, shoes, belts etc. We also have SANDY'S COSMETICS, where we deal on all kinds of skin products, we make our own cream, soap, body scrub, etc. I also have SANDY'S HAIRS AND UNISEX SALOON, where we sell and install all kinds of 100% human hair. The men are not left out. We barb, shave and dye their hair.

3) You just welcomed your bundle of joy and it went viral like wildfire. Share your testimony in details with us.

Like Tiwa Savage and Dr Sid of Mavin Records sang, "If I start to talk, the thing wey baba God Don do, e no go end". It was a long horrible story that seemed like it was not coming to an end, but God did it for me and shut the mouth of the devil. Years ago, Medical doctors in owerri said I had fibroid, my fallopian tubes were tilted and that my hormones were imbalanced. After trying and failing with hospitals and medical doctors, I had to try traditional doctors, herbalists and of course they had their own reports. Ukwu oku, Ehie afor, and the rest of them. Herbs (ogw igbo) took me to different parts of the East, Aba, Mbaise, Anambra, Orlu, Ngwa, just to mention a few. It's not like I wasn't getting pregnant, I was, but I kept losing the pregnancies. I stopped counting when I had lost over 19 babies (19 miscarriages), because after all, it was not an achievement, I told myself there was no point keeping records.

I took drugs and drank concoctions till I was almost shapeless, people kept telling me "Sandra you're getting fat oh, "You better watch it," without knowing what I was going through, how would I have told them that it was the hormonal drugs that was making me fat.

A lot of things were said, a lot of gossip went out, I heard them all but still smiled with the people that said them, after all, they were "friends," and some family.

One said she went with me to where I did the abortion that cost me my womb, another said I have plans of leaving my husband that's why I didn't want to get pregnant for him. They also said I should keep buying cars, instead of building my home and filling it up with children. Another said God has not given me my own kids because I don't appreciate other people's children. Some said I'm eating the children in my womb through witchcraft, another said God will not bless me with my own children because I have a bad character. I was called barren, a man, a wood, infertile, a witch..... the list of names and gossip is endless.

I prayed, oh believe you me, I prayed, I fasted, I cried, I went to different churches, I was in the choir, I cleaned the church on Saturdays. To a large extent I was faithful to God, yet nothing happened, and I kept asking God why He hated me so much.

But when it was time, it was time. God showed up, He proved himself strong, he showed me He didn't hate me.

After 6 years of marriage, 6 years of waiting, 6 years of praying, 6 years of crying, 6 years of fasting, 6 years of mockery, 6 years of gossip, 6 years of pain, God decided to dry my late night tears with this beautiful miracle, MY BABY GIRL. I call her CHIZARAMEKPERE. KENDRA. OLAOLUWA. FAVOUR. ONYEMACHI.

4) How do you feel having a child after having 19 miscarriages?

It still feels like a dream, during my stay at the hospital, after my daughter's birth, I still felt like I came to visit someone that put to bed and that when I was leaving I would leave her behind. It dawned on me when it was time to leave the hospital and they asked me to go with my baby. I cried all the way home. Tears of joy of course.

5) What was your attitude towards these delay all these years?

Every night was for tears and prayers, during the day I'm that lively jovial sweetheart. When my period comes out every month, I'm depressed for the 4, 5 or days it would last. The worst question in my life was when I loose a pregnancy and my husband wakes up in the middle of the night to find me crying whilst looking for a pad and asks "is it out AGAIN? ", I die 7 times over, my heart breaks to pieces.

The good thing about me was I never allowed people see the pain in my eyes, I was always laughing, happy, in good spirit, the Joy of the Lord was literarily my strength. I was always cheerful, genuinely happy to see other kids, go to the motherless babies home, I always found a way to distract myself from my reality. Work was another thing that helped. I drowned myself in my business.

6) Was your husband very supportive?

My husband always told me, relax, it's not yet your turn, the one that would stay would come. Most of the time he was too calm for my liking, I would always wonder why he was so calm. I'm not saying there were no times he reminded me of "my situation" ooo, once in a while when he goes for a child dedication of people we got married before and I do anything to annoy him, he would flare up and say some unspeakable things, but after some time, he would look for an indirect way to apologize. Apart from my mother, he was my biggest support in those trying times. Some nights we cry and pray together. He so much loves me and stood by me in spite of all the pressures the entire world threw at us.

7) Were you ever depressed in any way?

Like I said earlier, every night was for tears and prayers, during the day I'm that lively jovial sweetheart. When my period comes out every month, I'm depressed for the 4,6,7 or 8 days my period lasts and whenever I lost a pregnancy but the good thing about me was I never allowed pple see the pain in my eyes, I was always laughing, happy, in good spirit, I always found a way to distract myself from my reality. Work was another thing that helped. I drowned myself in my business.

8) What message do you have for women all over the world who are anxiously awaiting the fruit of the womb?

My darling, your time will come, believe you me, I heard that a lot too, and I was always asking when will the time be, but like I said in my testimony, "WHEN IT WAS TIME, IT WAS TIME". God would find you. Stop the herbs, find a good doctor and obey all his instructions while backing yourself up in prayers. Some would say I've prayed, therefore I will sit at home, NO, go out, go to the hospital, if a doctor feels like he wants to dupe you , leave that hospital and try another.

9) How will you correct their attitude of insecurity and feeling that everyone around them is mocking them?

You're a human being like them, don't ever feel less human. If they have children, you have cars, you have a roof over your head, you have a job. Find a way to make yourself happy with the things you have. I always danced, it was my hobby, so whenever my Husband permits and I'm free from work, I went for parties and danced. Distract yourself with every little thing, even as little as a butterfly passing by. You will be fine. Where you will have problem is if you allow your problems to weigh you down, always angry, a child cannot come to a home where there is no peace, be at peace with yourself first, then you will see that being at peace with even your enemy will be easy. Don't feel insecure, they have children, but there are things u have that they don't have, they might have kids but their husbands treats them like trash, you may not have children but your husband adores you. All I'm saying, be grateful for the things you have, forget about the children you don't have, they will come.

10) What advice do you have for men whose family yearns for the cry of a child?

Men, Men, Men, no matter how much you think you understand what your wife is going through, I can assure you, you don't. Always stand by her side, she needs you. She goes out, faces ridicule from the world, still come home, put on a brave face and cook your meal, take care of you, trust me, it's not easy. Sometimes we just want to run away, the pressure is too much, then instead of coming home to a lovely husband, our husband

now treats us bad unintentionally. Please love your partner, forget what the world has to say, even when she nags or talk to you in a way you don't like, some times don't flair up or beat her up, sometimes call her and asks her the problem. It might be that she just got a call from a so-called friend, reminding her how barren she is.

It's our duty as women to submit, it's you men that has the duty of loving us.

11) What would you tell women who are passing through domestic violence in their marriages?

Domestic violence has only one solution. Take a walk, even if you won't or don't want to divorce your husband, leave first, then stay far and be judging the case, for the sake of your life. Even if you leave and he asks you never to come back, God will take care of you. Don't be scared of what people would say, Even when things are good, they would still find something negative to say. Don't give them chance. Leave immediately. I'm speaking from experience.

12) What message do you have for women based on the testimony of what God did for you?

Be strong, the God that did it for me, will do it for you.



SOCIAL MEDIA ACCOUNTS

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by Esther Ijeoma Ogbuka





Relationship *Column*

The background of the entire page is a photograph showing the silhouettes of a man and a woman standing back-to-back in a field of tall grass. They are facing away from each other, looking out towards a bright, hazy sunset or sunrise sky. The man is on the left, and the woman is on the right. The overall color palette is warm, dominated by oranges, yellows, and dark silhouettes.

7 COMMON WRONG CONCEPTS AMONG SINGLES IN CHOOSING MARITAL PARTNERS

by Ijeoma Esther Ogbuka

If you are single, there are many things that may attract you to a man or woman for marital relationship which have nothing to do with marriage, but you may be willfully ignorant of that. Here is the list of such things:

TALENTS

When you see a brother who can play musical instrument very well or a young lady or man who has a good voice, and you feel attracted to the person for marital relationship, now what does singing or musical instrument has to do with marriage? It is called the ignorance of the singles. You may not realize this until you get into marital relationship or you get married that you will know that what attracted you to the person in the first instance has nothing to do with having a successful marriage at all. That is one of the reasons celebrities marriages do not last, those talents are not really needed in marriage, only on stage. Then you will remember James 5:13, it's when people are happily married that they appreciate their spouses singing melody to them, but if not, the voices and singing become ugly.

PHYSICAL ATTRACTION

This is very funny, but to many singles out there, it is not funny at all, it is rather a costly ignorance. When you are attracted to a man because he knows how to dress very well, or to a lady because she has straight legs, because the person is tall, slim, light skin or glowing skin, or because the person has good set of teeth, long hair, or has a good smile, you are under the influence of common single's ignorance, because none of these things have anything to do with having a good marriage.

If you go into marital relationship or get married wrongly to a person because of physical attraction, when the agony of bad marriage overwhelms you, you will wish to use cutlass to cut off the straight legs or whatever that lured you to the person.

PHYSICAL BEAUTY

In the book of Proverbs 31: 30, the Bible says, "Charm is deceitful and beauty is passing, but a woman who fears the LORD, she shall be praised." If you are single and you are still overwhelmed with single exorbitance, this Bible verse will not make any sense to you, you will feel like, "No oh, beauty is something to me o, I want to marry a beautiful woman, that is my

longtime dream." Or "I want to marry a handsome man; in fact I can't marry less than that." And you even quote Bible to back it up, that God gives good things to His children. You know what? To the single, beauty is something or everything, but to have a successful marriage, beauty is nothing.

If you see a beautiful lady or a handsome young man over there, and you are attracted to the person for marital relationship, because of the beauty, you know what? You are under the influence of single ignorance which will soon clear from your eyes when you get into it.

Physical beauty has nothing to do with a good or happy marriage. If physical beauty has anything to contribute to happy marriage, why do celebrities have more divorce rate? Why do most men with beautiful wives still cheat on their wives or abuse them physically or verbally? It is simply because physical beauty has nothing to do with having a good marriage, and just as the Bible says in Proverbs 31:30 that beauty is passing – meaning the impression that the beauty of person has on you will shortly pass away in marriage and you will face the reality.

FINANCIAL & MATERIAL INFLUENCE

If you marry somebody because the person is financially okay or has a good job or business, after you get married, you then realize that God had already destined you to be prospered on your own without the person, then you will wish you had married the right person and prospered together.

When you marry somebody because of their financial or material influence, you will not have respect of the person and you will not have rest of mind. Later you will realize that you could have made it richer without the person, that you could have married the poor but right person and make it together.

When you see a couple in a brand new latest SUV, wearing same designers, when you see a couple spending their vacation or summer in an expensive place outside the country, and you envy them and wish you have such marriage? What a fool! You don't know that all those things have nothing to do with happy home. Money, materials and others have nothing to do with a good and godly home. For example, there is no amount of money your husband may have that can console you when you realize he is cheating on you.



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When you marry a visionless rich guy that has a Television and ignore a visionary man without a Television now, then one day you will watch the visionary man on your husband's TV. Also when you marry a wrong lady without the inbuilt capacity to support your vision, but because she is beautiful to behold, soon you will have no major project than to spend on her beauty with latest makeups.

ACADEMIC QUALIFICATIONS

Another common ignorance among singles in choosing partner in marriage is academic qualification. You want to marry, and you have this idol of academic qualification in your heart that the lady you want to marry must be very educated or the man you want to marry must not have lesser education than you.

When you ignore the perfect will of God for your life because he is not as educated as you want or because her academic qualification is too low, and you think, "How will people feel that after all my academic qualification I will now marry this person with low academic qualification." Will it not sound well for people to hear that the person you want to marry graduated from so-so university, or s/he is a Dr, Lawyer, Engr. Etc.? You know what? People you are trying to impress by marrying a wrong educated person will not be there with you in the marriage when tragedy of wrong marriage starts to let loose on you.

TRIBE

Do you want to marry a particular tribe person or you want to marry the perfect will of God for your life? Will it not be so painful that the heart-breaking wrong person you marry is from your tribe? Rather, will you not be so peaceful that the loving, godly and right person you marry is from another tribe? Which one is better for you?

It is funny when I see people saying they must marry from their tribe or town or village as if they have not seen the worst husbands or wives from that their tribe, as if marrying in their tribes is more important than marrying in the Lord.

PARENTAL INFLUENCE

When you allow your parents to choose for you instead of allowing God to choose for you or when you choose to marry somebody because his or her parents are good or godly, and you go into marital relationship with somebody because it is the wish of your parents or because the parents of the person are ministers, popular, or powerful in the society, such is called ignorance of the single. When you enter into the wrong marriage, your parents or the parents of your spouse will not be there with you.

THE ONLY RIGHT CHOICE

If you don't want to marry and mar your life, destiny, ministry and eternity, but if you want to marry and make it in life, and also make heaven, then the only person you can marry and never regret it is the person who is the will of God for you. God has created a person for you that fits your life, destiny, God's program for you and that is what is called the will of God in marriage. You may miss the right school, the right carrier for you or the right job, but please do not miss the right person God has created for you because if you miss it, you may miss everything including heaven.

HOW TO DISCOVER THE WILL OF GOD IN MARRIAGE

- 1, Surrender your life to Jesus. Only in Christ you have the will of God, until you are genuinely saved.
- 2, Surrender your will and ways to God. Let His will be your will and His way be yours, no idol.
- 3, Seek Him for guidance. Lean not on your own understanding
- 4, Settle for God's will, not your permissive will
- 5, Stay pure till marriage. No premarital inordinate affection or sexual immorality. Indulging in premarital sex beclouds you and makes you find it difficult to run away from warning signs. Withdraw immediately from such.

Here is the word of God – Isaiah 1:19, 20:

"If you are willing and obedient,

You shall eat the good of the land;

20 But if you refuse and rebel,

You shall be devoured by the sword";

For the mouth of the LORD has spoken."

May we never be devoured by the sword in Jesus name.



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