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Kcee

on family, fame and the music that made him

*Rainy season,
better style!*

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needs now

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HAIRCARE COMBINATIONS
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EDITORIAL TEAM

Creators

Toke Alex Ibru, *Chief Executive Officer*
Anita Athena Ibru, *Chief Strategy Officer (Global)*

Editor, Guardian Woman
Ijeoma Thomas-Odia (07033422652)

Contributors
Musa Adekunle, Chidinma Enweani, Chinonso Ihekire, Mayowa Iyiola, Oluwagbemisola Sadare, Geraldine Akutu, Ashim Ojeh, Rotimi Agboluaje, Tobi Awodipe, Eniola Daniel, Jane Ibude

Design/Graphics
Mayowa Iyiola

Marketing/Adverts/Partnerships
Cyril Anyika (08030567059)
Blessing Oma (07088373524)

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Refine your look in Bermuda shorts

by Chidinma Enweani

You don't have to be from Bermuda or work in the military to wear Bermuda shorts. Originally designed to survive tropical heat while staying presentable, these knee-length shorts were born out of necessity. Today, they have evolved far beyond their practical roots. You can find them all over social media, at fashion weeks, and even in office wardrobes. Once considered simple vacation wear, they are now a must-have staple. Whether you style them with crisp shirts, simple tank tops, or oversized blazers, Bermuda shorts are a versatile trend that deserves a place in your wardrobe. If you are looking to integrate this trend into your daily rotation, the secret lies in balancing the structured fit of the shorts with thoughtful styling.

Here is how you can master the girlie approach to Bermuda shorts.

Professional Styling

One of the most appealing aspects of Bermuda shorts is their ability to transition seamlessly into a work environment. To achieve a professional yet contemporary look, go for a pair of high-waisted, tailored Bermuda shorts. Pairing these with a crisp, tucked-in button-down shirt creates a silhouette that is both streamlined and authoritative. The addition of a classic leather belt further defines the waist, pulling the entire ensemble together for a look that commands respect while remaining breathable for the office.

Monochrome and Matching Sets

If you are aiming for an aesthetic that feels curated and expensive, the monochromatic trend is your best friend. A matching vest and short set, such as the olive or maroon combinations, is an instant outfit solution that requires very little effort. By matching the top and bottom in a solid, cohesive colour, you create an elongated line that is incredibly flattering on various body types.

Earth-Toned Layering

For a more relaxed or quiet luxury vibe,

turn your attention to earth tones. Soft beiges, warm browns, and sandy tans are excellent choices for Bermuda shorts. You can create depth in your outfit by layering different shades of the same colour family for instance, pairing beige shorts with a chocolate brown tank top or bodysuit. This allows you to play with textures and tones, resulting in a sophisticated look that feels perfectly suited for a sunny afternoon or a relaxed social gathering.

Accessorize the Final Touch

No outfit is complete without the right accessories, and they play a crucial role in determining the final vibe of your Bermuda shorts. Footwear, in particular, is the deciding factor in how formal or casual your look becomes. Pairing your shorts with sleek slingbacks or block heels can instantly dress them up, making them appropriate for evening events or more formal brunch dates. Also, strappy sandals provide a grounded, airy aesthetic that is perfect for day-to-day wear. Regardless of the shoe, maintaining minimalist, elegant jewellery ensures that the focus remains on the sharp, clean lines of your Bermuda shorts.

Build on the Bermuda

At the end, the beauty of the Bermuda short lies in its versatility and its ability to flatter different figures. By focusing on the structured waist and the tailored fit, you can build an outfit that highlights your best features while providing the freedom of movement that shorter styles often lack. Whether you prefer the classic appeal of a white shirt, the coordination of a matching vest set, or the muted elegance of earth-toned layers, the Bermuda short is a garment that welcomes experimentation.



Ini Dima-Okojie:

“My journey from fibroids to motherhood”

by Musa Adekunle



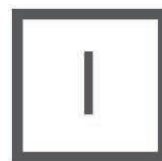
NEED TO KNOW

Ini Dima-Okojie began her Nollywood journey as a production assistant on *Before 30* before making her first television appearance in *Taste of Love*.

She gained wider attention through roles in *North East*, *Battleground*, *The Smart Money Woman*, *Namaste Wahala* and Netflix's *Blood Sisters*.

In 2020, she opened up about her fibroid journey, using her experience to raise awareness and give hope to women facing similar health struggles.

In 2026, Ini Dima-Okojie announced her first pregnancy and later welcomed her first child, a baby boy, at 36, marking a deeply personal new chapter in her life.



Ini Dima-Okojie has never been afraid to choose herself. Before Nollywood, she had a stable career in investment banking. It was safe, respectable and impressive, but she knew comfort was not the same as purpose.

So she walked away and followed acting. She went to acting school, committed to the craft, and slowly built her place in Nollywood. From *North East* to *Battleground* and *Namaste Wahala*, Ini became more than a familiar face. She became an actress with range, style and intention.

But her most personal story happened away from the cameras. When she shared her fibroid journey, she was not trying to look strong. She was trying to make another woman feel less alone. Her honesty became a quiet kind of hope.

Speaking exclusively with *Guardian Life*, Ini opens up about motherhood, vulnerability, fame, purpose and the legacy she hopes to leave behind.

Congratulations on becoming a mum. Everyone talks about how motherhood changes a woman. What has surprised you the most so far?

I knew motherhood would be beautiful, but I didn't realise just how intense the newborn phase would be. Nothing really prepares you for the physical demands, the emotional highs and lows, or how completely consuming those first few weeks are.

What has surprised me most, though, is how much it has changed the way I see women. I've always admired women, especially my mum, but becoming a mother has given me an entirely new appreciation for what mothers quietly carry every single day. It's deepened my respect for women in a way I never imagined.

Many actresses choose to keep their pregnancies private, but you shared parts of yours with the public. What informed that decision?

When I was diagnosed with fibroids, I felt incredibly alone. I searched for stories that looked like mine and found very few. That experience made an already difficult season feel even heavier.

“Recognition comes and goes. Success has seasons. But if your love for the craft is genuine, that will keep you grounded through every high and every low.”

— Ini Dima-Okojie

That's why I chose to share my journey. Not because I had all the answers, but because sometimes seeing someone else walk a similar path gives you hope that you can too.

So when I became pregnant, it felt natural to share that joy with the same people who had prayed with me, encouraged me and supported me through that chapter. It was also important for me that women understood that a fibroid diagnosis isn't the end of the story. Every journey is different, but there is always room for hope.

You left investment banking for Nollywood. Why? And was there anyone who thought you had completely lost your mind?

Investment banking gave me stability, but acting gave me purpose. I realised I was spending more time thinking about the life I wanted than the career I already had. Eventually, I had to ask myself a difficult question: was I willing to stay comfortable, or was I willing to find out

what I was capable of? I chose the second.

I went to acting school, committed fully to the craft, and the rest is history. And yes, people definitely thought I'd lost my mind! Some of the partners at the firm I worked for couldn't quite understand why I would leave what looked like a successful career. Looking back, I understand why it seemed like such a risky decision. Thankfully, they've been incredibly supportive over the years, and it's been lovely seeing how proud they are now.

What's the hardest "no" you've ever received in this industry, and how did it change you?

Actors hear "no" far more often than they hear "yes."

Early on, every rejection felt personal. But over time I realised that a "no" isn't always a reflection of your talent. Sometimes it's timing, chemistry, someone's creative vision, or simply that another actor was a better fit for that particular role.

Learning not to personalise every rejection made me more resilient and, I believe, a better actor. Every "no" simply pushed me to keep growing.

There was a time when you were auditioning for roles. Today, scripts come to you. When did you realise the industry had finally started taking you seriously?

It wasn't one defining moment when everything suddenly changed.

Looking back, *Battleground* was definitely a turning point for me. The conversations became different, the opportunities became more varied, and people started trusting me with more layered, complex characters.

That's when I began to feel that the industry was starting to see what I'd always believed I was capable of.

Every actor has that one role that changes everything. Which project made you stop introducing yourself and let your work speak instead?

I think different projects have shaped different parts of my journey.

North East introduced me to audiences and gave people their first glimpse of who I was as an actor.

Battleground was my breakout role and really changed the trajectory of my career.

Then, *Namaste Wahala* introduced my work to a much wider global audience through Netflix. It was such a unique collaboration between Nollywood and Bollywood, and being part of that moment was incredibly special.

Each project opened a different door, and together they've helped shape the career I'm grateful to have today.

You've become one of Nollywood's most stylish women. Have you ever felt pressure to always look perfect, even on days when you didn't feel your best?

Honestly, not really. I've genuinely always loved fashion. For me, it's another form of creativity and self-expression. The goal has never been perfection; it's simply about feeling like myself.

The only pressure these days is keeping up with increasingly elaborate event themes! (Laughs.) But even then, I try to have fun with it and not take it too seriously.

What's one thing you've deliberately protected from fame, no matter how successful you've become?

My sense of self. I never want to become so consumed by public life that I lose the version of Ini my family and closest friends know. Fame is part of my career, but it isn't my identity.

Staying grounded has always been important to me, and I hope it always will be.

Do you think Nollywood celebrates actresses enough after 35, or is there still an unspoken age limit for women?

I think we're moving in the right direction, but there's always room for more stories centred around women at every stage of life.

Women don't suddenly stop having interesting, meaningful stories to tell after a certain age. Audiences today are looking for authentic storytelling, and that means embracing characters with different experiences, perspectives and seasons of life.

The more diverse those stories become, the stronger our industry will be.



"Becoming a mother has given me an entirely new appreciation for what mothers quietly carry every single day."

— Ini Dima-Okojie

You've played lovers, wives, victims and strong women. Which character felt so personal that it stayed with you long after filming wrapped?

One of the first characters that really stayed with me was from *Oga Pastor*. Unfortunately, the project never got the opportunity to reach audiences, but it remains incredibly significant to me personally.

It was the first time I found it difficult to completely separate myself from a character after filming wrapped. It made me realise just how deeply we can immerse ourselves in a role, and how important it is to learn how to come back to ourselves afterwards.

That experience taught me a lot, both as an actor and as a person.

Has there ever been a role you regretted turning down or one you wish you had never accepted? Of course.

There have been projects I've had to turn down because of scheduling conflicts, and there have been one or two I've accepted that didn't quite become what I hoped they would.

But I've also learned not to dwell on the "what-ifs." I genuinely believe that what's meant for me will find me. Every decision, whether it feels like the right one or not in the moment, becomes part of the journey that's shaped my career.

What's the most ridiculous rumour you've read about yourself that made you laugh instead of getting angry?

Honestly, I can't think of one right now! Motherhood has completely occupied my brain these days, so if there have been any funny rumours recently, they've probably gone straight over my head.

You've openly shared your fibroid journey, and now you're embracing motherhood. Has becoming vulnerable made you stronger as a woman or simply more fearless?



I actually think vulnerability requires strength.

Sharing deeply personal parts of my life has never been easy, but every time someone tells me my story made them feel less alone, I'm reminded why it was worth it.

If being vulnerable has done anything, it's made me stronger. It has taught me that openness can create connection, and sometimes that's exactly what people need.

What part of becoming a mother has surprised you the most—not as an actress, but as Ini?

My capacity.

The capacity to love, to give, to keep showing up even when I'm exhausted. I didn't know I had that much strength in me.

Motherhood has stretched me in the most beautiful ways and shown me reserves of patience, resilience and love I didn't even know existed.

It's easily the most important role I've ever had, and one I approach with so much gratitude.

If a young woman walked into your house today and said, "I want your career," what would you warn her about before she takes the first step?

I'd tell her not to build her identity on applause. Recognition comes and goes. Success has seasons. But if your love for the craft is genuine, that will keep you grounded through every high and every low.

I'd also remind her to protect her joy, remain humble, stay curious and never stop learning. Talent opens doors, but character determines how long you stay in the room.

What's one dream you've quietly carried for years that even your biggest fans don't know about?

For years, one of the things on my vision board was hosting a competition or reality show. I didn't know what it would look like or when it would happen, but it was always there.

So getting the opportunity to host *GRIT* genuinely feels like watching one of those quiet dreams become reality. It's fresh, exciting and unlike anything audiences have seen from this part of the world. I'm really proud to be part of it, and I can't wait for people to experience it. Looking forward, what do you hope people will say Ini Dima-Okojie gave to Nollywood that nobody else did?

What I do hope people say is that I took the work seriously. That I chose stories with intention. That I gave everything I had to every character I played.

Beyond the work, I hope I'm remembered as someone who wasn't afraid to be honest, who used her voice when it mattered, and who helped make conversations around things like women's health a little more open.

If people trust my work, remember my performances and say they felt something because of them, that would be more than enough legacy for me.



Photo by Aj Collins

Kcee: Hits, Legacy and Highlife

by Chinonso Ihekire

After 27 years of reinvention, Kcee is leaning deeper into highlife, heritage and family history, proving that legacy is not just built on hits, but on staying power.

All it took was one hit song. By the summer of 2013, Kingsley Okonkwo, better known as Kcee, had stepped fully back into the limelight with the release of his smash record, *Limpopo*. Roughly two years after his split from the defunct Afropop duo KC Presh, the Five Star Music frontman reintroduced himself to the scene with a mesmeric run of highlife-leaning pop bangers. Raised in the bustling streets of Ajegunle, in Lagos, and shaped by the soundscape of a disc jockey father, Kcee’s journey has been a testament to purpose and perseverance. From travelling across the country, selling music through Alaba-based distributors, performing to new crowds, Kcee has evolved as one of Afrobeats’ most durable hitmakers in the last 27 years. In recent times, he has found a renewed centre in highlife. From the viral anthem *Ojapiano* to the devotional highlife gospel series, Cultural Praise, and now his latest deeply personal album, *Okonkwo and Sons Unlimited*, he has continued to explore his Igbo heritage with strong ambition. Presently, Kcee is still stamping his

longevity with confidence. His recent club hit, *Idi Bad*, featuring Olamide, extends that mission, pairing both Igbo and Yoruba music traditions in one song. From groovy highlife-folk fusions to club-ready pop bangers, Kcee has aged into a versatile crooner reinterpreting heritage with hit songs. Catching up with *Guardian Life*, the father of three welcomes us into his unique world of highlife, heritage and harmonies. In this conversation, he reflects on his evolution from KC Presh to solo stardom, the discipline behind building a sustainable career, the emotional story behind Okonkwo and Sons Unlimited, and the joys of being a family man and business mogul, among others. How would you describe your evolution from Kcee Presh till now? It has been a long run. I think we have 27 years in the music business. Twenty-seven years of hard work and of experiencing different eras and different genres and all of that. When I started, we used to do things differently. You needed to make sure

that when you were going to the studio to record your harmonies and your lead, there were no mistakes. That era came and passed. Now, we are in the era of autotune, voice correction and whatever you are doing. There was no social media then. We had to travel to Calabar, Benin, Port Harcourt, Kano from Lagos to make sure our songs were being heard in all of those states. Now you just put it out of your house, and everybody is hearing it. So, it has been a very beautiful experience, coming this far. For me, I am kind of privileged to still be very active, because most of the people I started with are no longer active or doing the music business right now. So, I feel blessed and privileged to still experience what the music business is right now.

“Consistency is the only thing that can make you a legend.”
— Kcee

Also, there is streaming now. Then, we were selling our music through direct sales from us to Alaba marketers and all of that. But today, we have streaming. You just need to sit down and have it come to your doorstep and to your account. One thing I also miss is that back then, we used to write music with a lot of time. We would think of it, write the music, think of what we wanted to say, what message we wanted to pass, before we got into the studio. We would rehearse it and all that. But I think it is the reverse now. Even if you think of the idea of what you want to sing or what you want to say, sometimes you need to be in the studio for the beat to direct you. The beat needs to tell you what to do. That is the age we are in right now.

In the past couple of years, you have been full-on in this high-life direction. What is that drive towards making highlife popular again for you? When I started my journey, I started with the normal dancehall vibe because I grew up in Ajegunle. That was where we had the dancehall energy, where you had the likes of Daddy Showkey, Baba Fryo, Marvellous Benjy, African China and all of that. We were used to that dancehall energy. That was how I started my musical career. At some point, when I noticed that the energy back then in Ajegunle was going down, I joined the Afrobeats energy. I switched because I am very, very versatile, and I do different sounds and different genres of sound. So I was quick to move from that dancehall energy to the Afrobeats sound with my partner, Presh, and we did about 10 years with different hits. Shokori Bobo, Jangolova, name it. From that era to this point, I think I have been able to have different experiences and different sounds.

Read the full story on www.guardian.ng/life

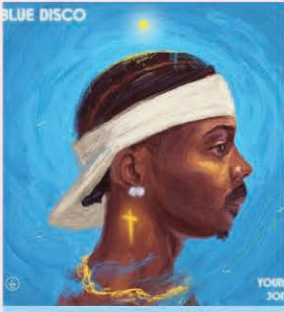
PLAYLIST OF THE WEEK

by Mayowa Iyiola

Celebrate the weekend with friends, family and of course, great music. Whether you are dancing, partying or making new memories, these recent music releases are the perfect soundtrack for your weekend vibes.



Back Outside – BNXX Ft Sarz



Elumelu – Young John



Morocco – Joshua Baraka Ft Axon



Oshe – Wande Coal Ft Wizkid



On my mind – Yame ft Adekunle Gold



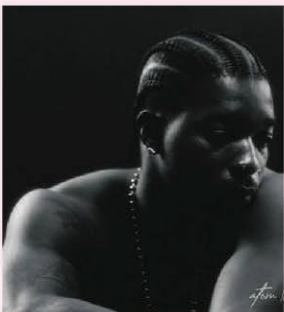
YBTM – Joeboy



Rock Me Gentle – Olamide



Uche Jombo – Taves



Feel Am – Magixx



Motide – Barry Jhay

Haircare pairings you should avoid

by Oluwagbemisola Sadare

Building a good haircare routine is not just about buying the right products, but also understanding how those products work together. Some ingredients complement each other and boost results. Others clash, cancel each other out, or even damage your hair. The tricky part is that when something goes wrong, people often blame the product instead of the combination. The good news? Once you know what not to mix, avoiding mistakes becomes much easier.

Here are six ingredient combinations to keep out of the same routine.



Protein + More Protein

Protein treatments, keratin, hydrolysed silk, wheat protein, and bond-building treatments can be excellent for repairing damaged or chemically treated hair. But using too much protein can backfire.

Layering several protein-heavy products in one wash day or treating hair that already has enough protein can lead to protein overload. Hair may start feeling stiff, dry, brittle, and more prone to breakage.

The solution is balance. Alternate strengthening treatments with deeply moisturising, protein-free conditioners, and pay attention to how your hair responds. Hair that snaps easily when wet may actually need moisture, not more protein.

Silicones + Moisture Treatments

Silicones are common in conditioners, serums, and anti-frizz products because they coat the hair and make it feel smooth and shiny.

The downside is that this coating can also make it harder for moisture-based products to reach the hair shaft. If you apply hydrating masks or leave-ins on top of heavy silicone buildup, you may not get the benefits you expect.

This can be especially frustrating for textured or high-porosity hair that depends on moisture. If hydration is your goal, consider silicone-free products occasionally or use a clarifying shampoo to remove buildup before deep conditioning.

Bleach + Permanent Hair Colour

Bleaching and permanent colouring too close together can put serious stress on the hair. Bleach opens the cuticle aggressively to remove pigment. Applying permanent colour immediately or trying both processes at once increases the risk of breakage, uneven results, and severe dryness.

Hair professionals generally recommend leaving at least two weeks between services and focusing on repair and conditioning in between. If you are colouring at home, extra caution matters even more.

Apple Cider Vinegar Rinses + Highly Alkaline Products

Apple cider vinegar (ACV) rinses are popular for reducing frizz and adding shine because of their acidic nature.



Problems arise when they are paired immediately with highly alkaline products such as baking soda treatments or certain clarifying cleansers. Moving too quickly from one extreme pH level to another can stress the hair cuticle instead of smoothing it.

If you use ACV, pair it with pH-balanced cleansing products and follow with conditioner for a gentler routine.

Oils + Water-Based Leave-Ins (in the wrong order)

Oils and water-based products actually work well together, but timing matters.

Applying oil first creates a barrier that can stop water-based leave-ins from penetrating the hair. In other words, your moisturising product never really reaches the strand.

For better results, apply your leave-in conditioner to damp hair first, allow it to absorb, then use oil or butter

to seal in moisture. Water first, oil second.

6. Relaxers + Henna

This is one of the riskiest combinations, and one many people do not realise can be problematic.

Henna coats and bonds to the hair over time. When a chemical relaxer is applied over henna-treated hair, the results can be unpredictable and can move from uneven straightening to serious breakage.

Because henna lingers in the hair long after application, always tell your stylist if you have used it recently. A strand test is essential before any chemical treatment.

A simple rule to remember

Introduce one new product at a time and give your hair a couple of weeks to show you how it responds. Haircare works best when products are treated as a system, not individual miracles.



Photos by Magnific

IYALODE OF REMOLAND: CELEBRATING 80 YEARS OF GRACE, LEADERSHIP, AND LEGACY

Family, friends, dignitaries, and well-wishers gathered to celebrate the 80th birthday of Chief Sade Ogunbiyi, the Iyalode of Remoland and wife of renowned academic, journalist, and entrepreneur, Dr. Yemi Ogunbiyi. The occasion honoured her remarkable legacy of leadership, service, and enduring influence. The photo spread captures the warmth, elegance, rich cultural heritage, and memorable moments that defined the milestone celebration. Chairman and publisher of The Guardian, Lady Maiden Alex-Ibru, was also among the dignitaries who felicitated with the Ogunbiyi family.



This rainy season

...every man's guide

by Geraldine Akutu

As the rainy season settles in, bringing grey skies and the familiar scent of wet earth, many city dwellers are faced with a range of challenges. From flash floods and endless traffic jams to rising transport fares, the season can be difficult to navigate. For men, another concern often emerges—how to dress appropriately for the weather without sacrificing personal style.

While men's fashion is often associated with practicality and functionality, the rainy season provides an opportunity to combine comfort with timeless style. One wardrobe essential during this period is the hoodie. Popular for its casual appeal, the hoodie offers warmth and protection from chilly weather while allowing wearers to express their individuality through different colours, prints and designs. Durable and easy to wear, it remains a favourite for everyday outings.

No rainy-day outfit is complete without an umbrella. Beyond its primary function of shielding against rain, an umbrella can also serve as a stylish accessory. Available

in various designs and colours, it can complement both casual and urban-inspired looks.

Choosing the right fabrics is equally important. Materials that absorb water easily, such as untreated linen and suede, should be avoided as they can lose their shape and appearance when soaked. Instead, opt for water-resistant fabrics that protect without compromising style. For formal occasions, darker-coloured suits in shades like navy, brown, charcoal, or black are ideal, as they conceal water spots more effectively. Ankara prints can also add personality and vibrancy to rainy-day outfits. For that street style look, you can top up in Ankara bomber jacket and pants or shorts.

Footwear deserves special attention. Water-resistant sneakers, polished leather boots and rubber-soled loafers are practical options that keep feet dry and provide better grip on slippery surfaces. By prioritising breathable fabrics, quick-drying materials and sensible footwear, men can remain comfortable, confident and stylish throughout the rainy season.



Photos by Magnific

BEAUTY

I'm a nail tech, and these are my tips for caring for your natural nails after a set

by Ashim Ojeh

As a nail tech and nail enthusiast, one thing I quickly realised is that many people don't know how to care for their nails properly, whether before, during, or after getting a set.

That's why I've decided to share some essential tips on caring for your natural nails at home, including how to maintain healthy nails and safely handle removals and soak-offs when going back to your nail tech isn't possible.

Never rip off your nail sets

I've seen people use their teeth, scissors, or whatever sharp object they can find to remove their nail sets. While it may seem like the quickest option, it's also one of the easiest ways to damage your natural nails. When you forcefully pull or tear off a nail, part of your natural nail could come off with it, leaving your nails weak, thin, and damaged.

For gel, Gel-X, and acrylic nails, start by cutting the nails, then file off the topcoat and as much product as possible. Soak cotton wool or pads in 100% acetone (not nail polish remover), place them on your

nails using soak-off clips or foil wraps, and leave them on for 15–20 minutes. Once the product has softened, gently scrape it away with a cuticle pusher or orangewood stick. If it doesn't come off completely, repeat the process rather than forcing it off.

Finally, don't forget your aftercare. Acetone can easily dry out your nails and cuticles, so always finish with cuticle oil and hand cream to keep your nails healthy and moisturised.

Keep them short

Keeping your nails short is one of the best ways to protect them and prevent cracks, splits, and painful injuries. After removing a nail set, trim your nails to a manageable length, push back and clean the cuticles, and lightly buff the surface without over-buffing. Finish with a strengthening treatment or protective base coat to help support your natural nails.

Let the nails rest

While it can be tempting to switch up your nails often, constantly removing and reapplying products can put stress on your



natural nails. After removing a set, consider letting your nails rest, whether by switching to Gel-X, press-ons, or regular polish, or taking a couple of weeks off altogether. Giving your nails time to recover can help reduce breakage, dryness, and thinning, keeping them healthier in the long run.

Hydrate constantly

Many of us do a lot of household chores, from washing clothes to doing the dishes, which means our nails are frequently exposed to water. While it's not realistic to avoid these tasks altogether, you can help protect your nails by wearing gloves whenever possible.

Most importantly, keep your nails and the surrounding skin hydrated by applying cuticle oil daily and following up with a good hand cream. Consistent hydration helps reduce brittleness and keeps your nails healthy and strong as they grow.

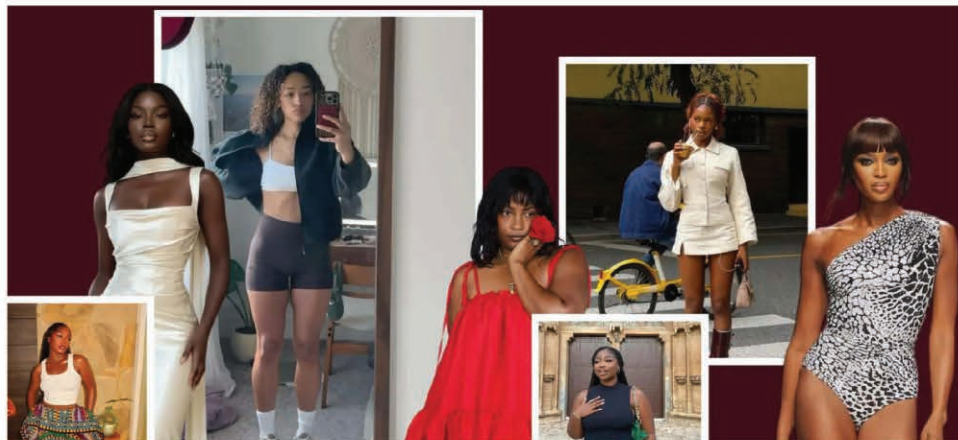
Your diet helps

Your nails are made of keratin, a fibrous protein that is also found in your hair and skin. Eating enough protein provides the amino acids needed to produce keratin and support healthy nail growth. Combined with proper hydration and essential vitamins, a balanced diet can help your nails grow stronger and become less prone to breakage.

FASHION

Our simple guide to styling yourself according to your body type

by Ashim Ojeh



When I look at myself in the mirror, I notice all the little details that make me, me. I see my body every day, so I understand how it looks and spend a lot of time figuring out how to dress in a way that makes me feel my best.

As women, and honestly, as humans, our bodies are all different. That's why learning how to style yourself starts with understanding your body shape, your proportions, and ultimately, yourself.

Our goal is simple: to help any girl who feels stuck or unsure about how to dress for her body figure out where to start. Hopefully, this guide helps someone out there feel

a little more confident and realise that there are no real limitations to how you can dress. Understanding your body is simply the first step. Once you know what works for you, everything else becomes so much easier.

Triangle (pear)

The pear-shaped body, also known as the triangle body shape, is characterised by hips that are wider than the shoulders and bust, with a defined waist, creating a naturally curvy silhouette.

Styling a pear body shape is mainly about balancing your proportions by

drawing attention to your upper body while highlighting your waist. Tops with puff sleeves, ruffles, bold prints, or wider necklines work well, while high-waisted trousers, A-line skirts, wrap tops, crop tops, and belted outfits define your natural curve. Fit-and-flare, wrap, and A-line dresses, along with structured jackets, also help create a balanced silhouette.

Hourglass

In an hourglass body shape, the bust and hips are roughly the same width, while the waist is noticeably defined, creating balanced curves.

Dressing an hourglass figure is all about working with those balanced proportions and making the waist the standout point. Fitted and tailored pieces, wrap dresses, body-skimming tops, high-waisted bottoms, and belts work especially well. Slightly fitted tops, pencil skirts, straight-leg trousers, and tailored fits help maintain your shape, while avoiding overly baggy clothing keeps your natural proportions defined.

Rectangle (Straight)

The rectangular body shape is characterised by a bust, waist, and hips similar in width, with little waist definition.

Styling this body shape is about creating the illusion of curves and defining the waist. V-neck, peplum, wrap, and basque-waist tops, along with ruched details and ruffles, help add dimension. Low- to mid-rise trousers, wide-leg pants, A-line skirts, and styles that add softness around the hips also help create a more sculpted, balanced silhouette.

Inverted Triangle

The inverted triangle body shape is similar to the apple shape, but the upper body is noticeably wider than the lower body. The shoulders and bust are broader than the hips, creating a body shape that is wider at the top and narrower at the bottom.

The best way to style this body shape is to keep the upper body streamlined while adding more visual weight to the hips and legs. Simpler tops like V-necks and scoop necks work well, while A-line skirts, wide-leg trousers, palazzo pants, ruffle skirts, and dresses that flare from the waist help create a more balanced silhouette.

Spoon

The spoon body shape is similar to the pear shape but has fuller hips and thighs, a more prominent lower stomach, a defined waist, and a smaller upper body.

Styling this body shape is about drawing attention upward while gently skimming over the lower half. Tops with puff sleeves, ruffles, bold prints, or wider necklines help balance the silhouette, while high-waisted skirts and trousers, wrap tops, and belted outfits define the waist. A-line skirts, wide-leg trousers, and empire-waist, babydoll, and A-line dresses also create a flattering shape.

Visit www.marieclaire.ng to read more



Dr. Monisola Adanijo: I don't see myself as female, I see myself as human

by Geraldine Akutu

Dr. Monisola Adanijo is a renowned clinical cardiologist, public speaker and educator. In her over 25 years of work experience, she has been in the public sector, attaining the peak of her career in the civil service. She currently serves as cardiologist/physician at First Cardiology Consultants (FCC Healthcare) and is the co-founder of Naveen TeleElectrocardiogram Healthcare and Technology Services. In addition, she is an avid health content creator on social media, a health and workplace wellness advocate pushing for better health and productivity. In this interview, she speaks on her profession and thriving in the healthcare sector.

What drew you to the specialty of cardiology?

I did my one-year post-induction internship (housemanship) in the cardiology unit at the University College Hospital (UCH), Ibadan. The consultant, Prof. Ayo Falase, made cardiology very interesting and fun. He was an excellent mentor and I decided to follow in his footsteps

How has the journey been so far?

Twenty-seven years after my medical degree and 17 years post my fellowship, qualifying as an internal medicine specialist in cardiology, I can say it's been a journey of many parts. Some good and some scary, where I questioned my career choices, others were fulfilling.

Who has inspired you most in your medical journey and how has mentorship affected your career?

I mentioned my first cardiology inspiration during housemanship. During residency, strong female cardiologists, Professor Jane Ajuluchukwu and Professor Ammam Mbakwem, showed me that I could be female, have a family and still excel in my chosen profession. Mentorship has been

extremely important in my career, because you learn from people who have already walked the path and made the mistakes so you don't have to. They are a proof of concept that my dreams were valid.

As a practicing female physician, do you feel there are still gender injustices in the cardiology field?

Honestly, I don't see them, because I don't see myself as female. I see myself as human and would encourage other women in medicine to do the same. I work hard and my watchword is excellence. You can't ignore that and focus on my gender.

What do you think is the greatest barrier to women practicing cardiology today?

Family support. Because, if you want to be treated as an equal, periods, pregnancy and children can't be an excuse for not showing up. Good family support to take care of the home front is essential. This includes the person you marry and proximity to trusted family for child care and emotional support. Unfortunately, our male counterparts don't have the domestic burden we have as females. So, if you want to be taken seriously, those

aspects of your life must not be seen to take over your work life. If the man you marry must eat fresh food daily or you can't bear to leave your children for days, when you are on call or reading for exams, please, choose another profession.

Who has been your strongest supporter in your cardiology journey?

My family and close friends have been wonderful. From words of encouragement to child care, school pickups, hospital runs and just freeing my time to enable me be the best doctor I can be.

How do you handle stress and maintain a work-life balance?

Balance? I would rather say work-life harmony. Because there can never be a true balance. At any point in time, one leans more towards work or life. I handle stress by slowing down, unpacking the issues and asking, "what do I need to solve this problem?" and "who can help me do this?" I don't carry all my work issues home, and I discourage non-emergency after-work calls by patients. I generally find ways to spend time with my children, doing fun activities and socialising with

friends and family.

What is the biggest lesson you have learnt in the cardiology field?

To be humble enough to know I can be wrong, so I listen to the patient, I keep on learning. Every member of the healthcare team has something that they can teach me. So, I listen, even when I appear to have more experience.

As an expert in the field, what advice would you give women concerning their heart health?

Heart disease is the number one killer of women. It kills more women annually than all cancers combined. Know your life numbers, blood pressure, blood sugar, weight and cholesterol, by going for your annual medical checkup and take decisive steps to ensure these numbers are normal. Exercise daily, regardless of your weight. Avoid sitting for prolonged periods, eat less sugar and less junk/processed food, eat more whole food, complex carbohydrates, protein and healthy fat. Avoid smoking and alcohol consumption. Get at least seven hours of sleep daily. Reduce and manage stress.

At Eve's Lounge 3.0, gender advocacy takes lead

From Rotimi Agboluaje, Ibadan

Stakeholders drawn from government, business, media, civil society and development organisations have called for greater inclusion of women in leadership and decision-making positions, stressing that gender advocacy must move beyond conversations to tangible outcomes.

The call was made at the third edition of Eve's Lounge, a women-focused leadership and advocacy platform held in Ibadan, Oyo State, under the theme: "The Liberated Woman: Power, Voice and Choices."

The event, convened by broadcast journalist and media entrepreneur, Damilola Amoo, brought together policymakers, elected officials, corporate leaders, development practitioners and gender advocates to examine pathways for advancing women's participation in governance, leadership and socio-economic development.

Speaking as Special Guest of Honour, Adewole Adebayo said no society could attain sustainable development without investing in the welfare, rights and empowerment of women.

According to him, the progress and stability of communities are closely linked to the well-being of women, adding that promoting gender inclusion is both a moral imperative and a practical necessity for national development.

Also speaking, Tolulope Akande-Sadipe challenged societal structures that continue to limit women's participation in politics and governance.

She questioned the extent to which discussions on gender inclusion had translated into increased female representation in elective offices. "How many women will be in the House of Representatives and Senate in 2027? We must ensure that



Broadcast Journalist, Oluwafunmilayo Alex-Oni (left); Veteran Broadcaster, Anikeade Funke-Treasure; Convener of Eve's Lounge, Damilola Amoo; official of KEA Groups, Kemi Irinoye and official of DAWN Commission, Dr Omolara Ejiade.

these conversations produce measurable results," she said.

Akande-Sadipe maintained that leadership and public service should be based on competence rather than gender, stressing that women possess equal capacity to contribute meaningfully to national development.

The Head of Good Governance at the Development Agenda for Western Nigeria Commission, Omolara Ejiade, described a liberated woman as one who possesses agency over her voice, body and decisions. "A liberated woman is one who can make informed choices, exercise her rights and participate fully in society without fear or restriction," she said.

Representing the Chairperson of the Oyo

State House of Assembly Committee on Women Affairs and Community Development, Hon. Yetunde Tinuola Adeoye said education, confidence and the ability to create solutions were essential attributes of a liberated woman.

Delivering goodwill remarks, Adeolu Gboyega cautioned against misconceptions surrounding women's liberation, noting that empowerment should not be equated with rivalry between men and women. According to him, a truly liberated woman is one who understands her worth, maximises her potential and contributes positively to society.

The Head of Station, Crest 91.1FM, Ibadan, Olaide Abioye urged women to uphold integrity and self-worth, describing these values as critical to personal and professional success.

Foundation inspires next generation of innovators at TechSpark 2026

by Ijeoma Thomas-Odia



Some speakers at the conference with the Executive Director, TalentMakers Foundation, Omotoyosi Edeboh, and the Programme Coordinator of TalentMakers Foundation, Divine Asolo (both in the middle)

Technology-focused non-governmental organisation, TalentMakers Foundation has reaffirmed its commitment to youth empowerment and digital inclusion as it concludes TechSpark Conference 2026, which brought together secondary school students across Rivers State.

Held in Port Harcourt, it served as a platform to spark curiosity, build digital awareness, and expose young learners to emerging opportunities within the global technology ecosystem.

The event attracted key stakeholders from government, education, and the technology sector, reinforcing a shared commitment to preparing young people for participation in the digital economy.

Representing the Chairman of Emohua Local Government Area, Chidi Lloyd, the Chief of Staff, Peter Ugari, commended TalentMakers Foundation for prioritising technology education and youth development, particularly within underserved communities.

He reiterated the administration's commitment to ensuring that students in rural communities are not excluded from critical conversations around technology and innovation. He further disclosed ongoing plans for collaboration between the Local Government Council and TalentMakers Foundation to provide ICT training opportunities for residents, aimed at strengthening digital literacy

and employability.

In her address, the Executive Director of TalentMakers Foundation, Barr. Omotoyosi Edeboh, explained that the TechSpark initiative was born out of a desire to spark curiosity in young minds and inspire them to develop solutions tailored to challenges within their immediate environment. She emphasised that the foundation's broader mission is to ensure that young people in underserved communities are not left behind in the rapidly evolving digital economy.

According to her, "Innovation begins when young people are exposed to the right knowledge, encouragement, and opportunities to act on their ideas."

Barr. Edeboh further urged members of the public, development partners, and stakeholders to look closely at the activities of the foundation, noting that TalentMakers Foundation will continue to roll out more programmes targeted at equipping young people with relevant digital skills and creating pathways for them to access opportunities within the digital economy.

Delivering the keynote address, Saifur-Rahman Yusuf, a Technical Project Manager, encouraged students to translate ideas into action, stressing that innovation is most impactful when ideas are implemented step by step rather than remaining theoretical. He noted that meaningful change in society often begins with simple, consistent actions taken by individuals willing to solve problems within their immediate environment.

Other speakers at the conference include Sophia Nei, Founder of Females in Gaming Network (FIGN), who engaged students through interactive sessions and encouraged them to embrace experiential learning as a pathway to growth and innovation; Barr. Ochibry Promise, a technology lawyer; Fatima Alhassan, Women Techmakers Ambassador and Community Manager at GDG Gwagwalada; and Qahharat Ibrahim, a Software Quality Assurance Engineer. Across their various sessions, the speakers exposed participants to diverse opportunities within the technology ecosystem, while offering practical insights into career development, digital skills acquisition, and personal growth.

HerStory campaign restores Nigeria's forgotten women to classroom

by Tobi Awodipe

After a successful maiden outing, HerStory of Nigeria School Tour recently held at Vivian Fowler Memorial College for Girls in Lagos, deepening an ongoing effort by ASIRI Magazine to restore the largely undocumented contributions of Nigerian women to mainstream educational consciousness.

The initiative, which combines in-school engagements with a developing digital archival platform, is designed to introduce secondary school students to female figures whose roles in Nigeria's political, social and cultural development have received limited attention in standard curricula.

Founder of ASIRI Magazine and curator of the project, Dr. Oludamola Adebawale, said the initiative emerged from what he identified as a persistent gap in the documentation of women's history in Nigeria, particularly for the period spanning the nineteenth and early twentieth centuries.

He explained that the programme operates through two complementary channels — a structured in-school engagement series and an online archival platform being developed to house photographs, documents, oral histories and biographies of Nigerian women. The repository, he said, is intended to serve scholars, educators and the general public as a central research resource.

"The very core of Nigerian history is because of these women that did amazing exploits in the 1800s and in the 1900s. So, the history is not really out there as it should be. This is more like a wake-up call to preserve, archive and document this history," he said.

Adebawale said schools visited as part of the tour have since gone on to establish history clubs and invite mentors for ongoing engagements, which he described as the initiative's most visible measure of impact. He added that the target for the current cycle is ten schools in Lagos, with plans to scale nationally in subsequent editions.

He noted that the programme is currently self-funded, with contributions from personal resources and a limited network of partners, which he described as a labour of love in the absence of full-scale sponsorship.

Director of Vivian Fowler Memorial College for Girls, Olufunke Leila Fowler-Amba, who received the delegation, described the tour as timely and significant, noting that access to women's history had shaped her own understanding of global events and civic realities.

"If we knew more about the history of Nigeria and the women especially who paved the way for us, I think we would understand that Nigerian women are mighty," she said.

Womenovate, MTN Foundation champion inclusive digital future for women

by Eniola Daniel

As technology continues to shape the future of work, industry leaders, policymakers, and development partners are intensifying efforts to ensure women are not left behind in Africa's digital transformation.

This commitment took centre stage at the fifth edition of the Women in Technology and Engineering Summit (WITESA), where Womenovate, in partnership with the MTN Foundation, called for deliberate action to close the digital gender gap by expanding opportunities for women and girls in Science, Technology, Engineering, Agriculture, and Mathematics (STEAM).

Held at the MUSON Centre in Lagos, the summit, themed "Engineering Africa's Future: Innovation, Infrastructure, and Inclusive Technology," brought together stakeholders from government, the private sector and academia to examine practical pathways for increasing female participation in technology-driven industries.

Beyond conversations, the summit focused on creating access by connecting female secondary school and university students with industry professionals, exposing them to emerging technologies and mentorship opportunities designed to strengthen their confidence and career aspirations in STEAM.

Representing Lagos State Governor Babajide Sanwo-Olu, the Commissioner for Innovation, Science and Technology, Olatunbosun Alake, stressed that Africa's technological advancement must be built on inclusion. "Innovation and infrastructure alone are not enough; they must be inclusive," he said, noting that initiatives such as WITESA provide young women with the visibility, mentorship and recognition needed to pursue careers in engineering, artificial intelligence, data science, renewable energy, advanced manufacturing and other emerging sectors.

The summit also highlighted the growing role of the private sector in advancing gender-inclusive innovation.

Speaking on MTN Nigeria's commitment to bridging the digital divide, General Manager, Enterprise Marketing, Njideka Jack, said the company is embedding gender equity into its business strategy through deliberate investments in female leadership and entrepreneurship.

According to her, women currently make up 41.4 per cent of MTN Nigeria's workforce and 46.4 per cent of its executive leadership, while thousands of female entrepreneurs have also benefited from the company's empowerment initiatives, including its Yellopreneur programme.

3 national archives to visit

by Oluwagbemisola Sadare

The National Archives of Nigeria, comprising three major centres in Ibadan, Enugu, and Kaduna, together preserve more than a century of the country's history. The archives were established through the efforts of historian Kenneth Dike. In 1949, while reviewing government records, he found many valuable historical documents damaged by neglect, insects, and poor storage. His campaign to preserve them led to the creation of the National Archives of Nigeria, safeguarding the country's documentary heritage for future generations.



National Archives, Ibadan

The Ibadan branch is the largest of the three and the first purpose-built archival building in tropical West Africa. Located inside the University of Ibadan campus, it officially opened on 9 January 1959.

Its collections include government papers, local authority records, family archives, private correspondence, church records, and official publications covering present-day Oyo, Ogun, Lagos, Ondo, Kwara, and the former Bendel region.

The inventory stretches across colonial records, newspapers, maps, photographs, official gazettes, court documents, magazines, currencies, and reports. It also preserves approximately 600 linear metres of records, including correspondence between colonial administrators, provincial files, wartime materials, and decades of Nigerian newspapers.

Spend time in the newspaper section and one thing becomes obvious: many of the political anxieties of the 1940s still feel surprisingly familiar.

Pinned in the search room is a newspaper clipping from 1986 recounting how a university lecturer and an accomplice removed historical documents from the archive and were sentenced to ten years' hard labour. It remains there as a reminder that preservation depends as much on discipline as storage.

Visitors register on arrival, pay a small fee, receive a guide, and may request up to six files per session. Weekday mornings are usually the best time to visit.

National Archives, Enugu

The Enugu branch is quieter and more academic. Its collections date from the late nineteenth century to 1960 and include colonial government records, court files, native authority documents, petitions, personal letters, missionary records, and family collections.

For anyone trying to understand southeastern Nigeria, this archive offers one of the richest starting points.

What makes Enugu distinctive is the story hidden inside its paperwork. Eastern Nigeria was central to British commercial interests, first during the slave trade era and later through the palm oil economy. That history survives here through treaties, correspondence, trade records, and administrative documents.

Researchers studying the road to the Nigerian Civil War, regional politics, or colonial administration often begin here.

The archive opens from 8:00 am to 2:30 pm on weekdays. Registration cards are valid for one year. First-time visitors should bring a passport photograph. Visitors may request up to six files, four volumes, or two newspapers at a time.



National Archives, Kaduna

Located on Yakubu Gowon Way, Kaduna holds some of the oldest records in the entire archive system.

Its most remarkable collection is its Arabic manuscript archive, containing thousands of documents dating from the eighteenth century to the 1930s, alongside extensive Hausa-language materials including chronicles, correspondence, legal documents, and religious texts.

Many Nigerians outside the north have never encountered this body of historical writing, yet it offers one of the most detailed records of political, intellectual, and religious life in the region.

Beyond the manuscripts are more than 40,000 volumes and files covering colonial and post-colonial governance, provincial administration, annual reports, gazettes, and records connected to traders, missionaries, and local authorities.

For anyone interested in understanding the Sokoto Caliphate, indirect rule, or northern Nigerian history beyond textbook summaries, Kaduna is difficult to ignore.

Opening hours run Monday to Thursday from 8:30 am to 2:30 pm and Fridays until 12:30 pm.

State of the archives

It would be misleading to describe these archives as perfectly preserved.

All three repositories, many built decades ago, have faced years of underfunding and maintenance challenges. Preservation issues, including humidity, pests, and ageing infrastructure, continue to threaten parts of the collections.

Digitisation projects supported by international institutions have helped preserve vulnerable materials, but many records remain accessible only in person.

Plan your visit

National Archives, Ibadan

University of Ibadan campus

Weekdays only

Register on arrival; maximum of six files per session

National Archives, Enugu

3 Colliery Avenue, GRA, Enugu

8:00 am–2:30 pm, weekdays

Bring a passport photograph for the first registration

National Archives, Kaduna

29 Yakubu Gowon Way, Kaduna

Monday–Thursday: 8:30 am–2:30 pm

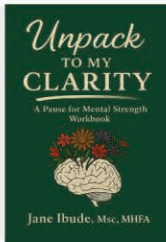
Friday: 8:30am–12:30pm

No document requests within one hour of closing

COLUMN



Jane Ibude is a mental health nutritionist, researcher, author, and founder of Thrive and Heal Hub. She writes on The Unpack Nigeria, a weekly column on practical mental and physical well-being for Nigerians. She is also the author of *Unpack to Clarity: A Pause for Mental Strength*.



When every meal becomes a calculation

by Jane Ibude

On a plate of rice, a nation's mental health is quietly being served and falling apart.

Picture yourself in the market on Saturday at 7 am. Everywhere is hustling and buzzing, and tomatoes are stacked high, but priced as if they grew on another planet. A woman ahead of you squeezes every option, puts two things back, and settles for less than what she came for. She is doing arithmetic that has nothing to do with taste and everything to do with what the weekly food budget allows.

This is happening in markets across Nigeria every day, and while we discuss the food crisis in terms of inflation and naira figures, we rarely ask what it does to a person on the inside.

Food is beyond fuel; It is jollof at a naming ceremony, pepper soup after heartbreak, or egusi soup on a Sunday your mother made without being asked. Food is how Nigerians say: I see you, you belong, you matter. When affording it becomes a daily negotiation, the loss is cultural, psychological, and nutritional, and it is happening quietly.

Another 40% say they now eat whatever is available, compared to more intentional diets in 2023. One respondent put their feelings plainly: "Going out and coming back safely, having food to stop hunger when it comes, just staying alive."

"I think I view food as a source of escapism. I use it to quiet down the noise in my head. Sometimes I just eat mindlessly, and food becomes a tool."

And then someone else, in four words: "Eating anything to live". The distance between those two sentences is where many Nigerians are quietly living right now.

WHAT PEOPLE ARE DOING

Despite all of this, 82 respondents said they are still trying to eat intentionally for their health. In this economy, that is not a small thing; it is a deliberate act of self-preservation. 30 others said food is their primary comfort. Both responses are honest and show people reaching for something to hold on to.

WHAT CAN ACTUALLY HELP

The World Health Organisation is clear that the relationship between food and mental health runs in both directions. How you feel shapes what you reach for, what you eat shapes how your body reacts, and when both are under pressure at once, small intentional choices carry weight.

As a mental health nutritionist, these are the shifts that are both evidence-based and genuinely doable:

1. Eat something before anything else. Even groundnuts, leftover beans, or an egg in the morning can help stabilize blood sugar and reduce cortisol (the stress hormone).
2. Keep fermented foods in the picture. Ogi, fura, yogurt, even slightly fermented zobo. Research on the gut-brain axis, supported by WHO nutrition frameworks, shows that fermented foods support serotonin (feel-good hormone) production.
3. Bring routines back to eating. Choose one meal time without a screen. Making eating an experience rather than a



Photos by Magnific

transaction has been documented to have psychological benefits and costs nothing extra. Thriving does not always have to be dramatic. Sometimes it looks like choosing

tomatoes, even the small ones, and making something from them.

82 people in my "Surviving and Thriving: Mental Health in Present-Day Nigeria" survey are still choosing to thrive regardless.

TIPS

Affordable foods that still nourish

Beans for protein and fullness

Rich in protein and fibre, beans keep you fuller for longer and provide lasting energy.



Eggs when available

A simple source of high quality protein and essential nutrients that support brain and body health.



Groundnuts as a cheap snack

Affordable, filling and packed with healthy fats, protein and magnesium.



Seasonal vegetables

Buying vegetables in season is often cheaper while providing important vitamins and minerals.



Pap or oats for a simple breakfast

A warm, easy breakfast that helps start the day with steady energy and keeps hunger at bay.



40%

Say the economy severely or moderately affected their ability to afford nutritious food

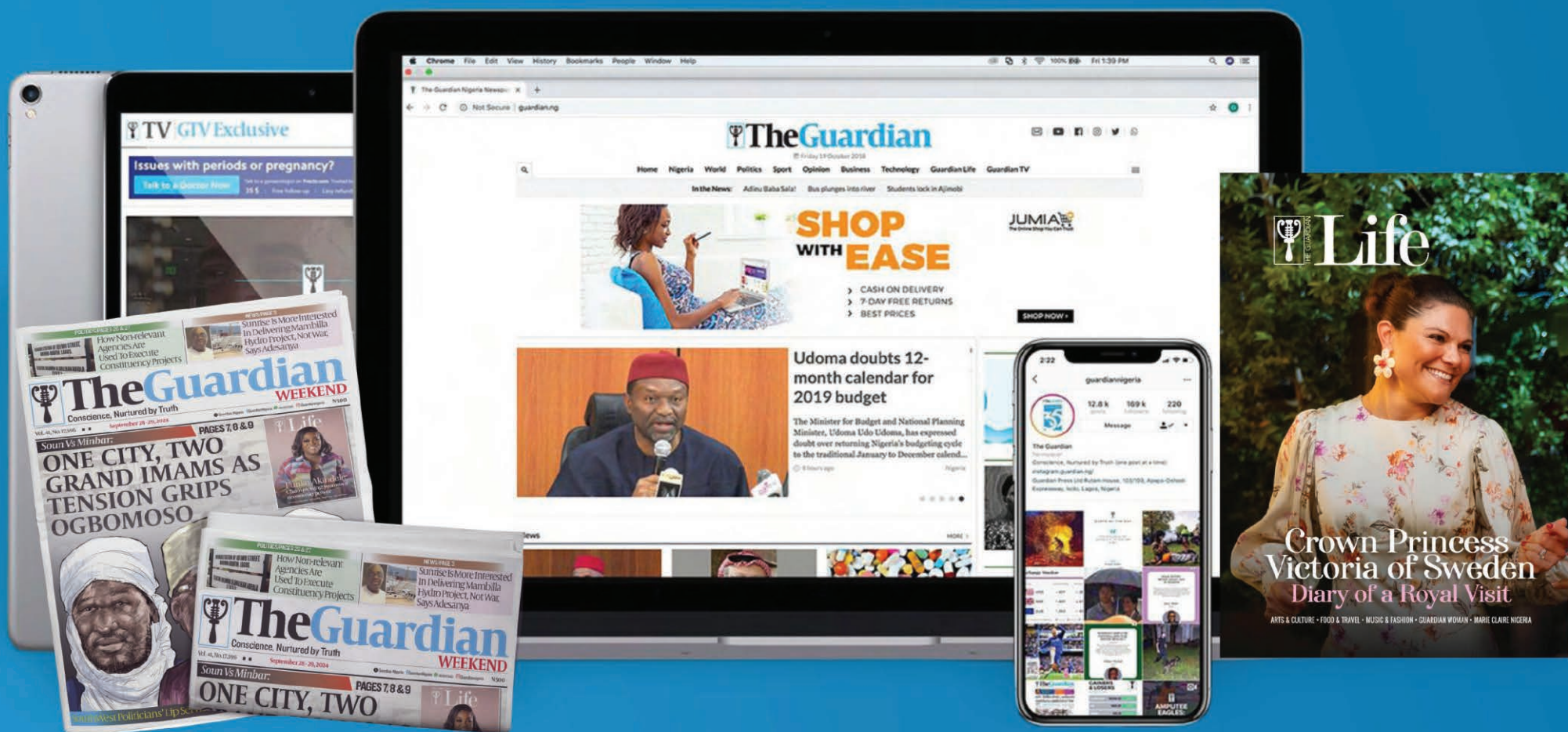
67%

Respondents skip meals often or always, not as a diet, but as a daily reality

74%

People describe their current relationship with food as simply: survival

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