

RELAXNOMIKS

Christmas Edition



NOTE FROM THE PUBLISHER

Dear Subscriber,

Welcome to the Christmas edition of the Relaxnomiks.

“It’s beginning to look a lot like Christmas” – and that’s because it is! November has disappeared faster than the last mince pie on a Christmas afternoon. The covid year has eventually come to an end!

Although restrictions on restaurants, travel, gatherings and gyms have largely been relaxed as we get into the festive spirit, coronavirus cases are surging to record numbers. As much as we all deserve to enjoy ourselves after what has been an incredibly challenging year, we must not forget that the virus is still out there. We all must take all the precautions to keep ourselves and our loved ones safe. Despite these issues, we can look forward to getting out of the pandemic next year, as vaccines are on the way!

We at FDC would like you to use this Relaxnomiks edition as a distraction from any problems or issues you have had this year. While your physical health is extremely important, in these hard times it is just as important to look after your mental health. Meditation is a very good outlet for cleansing your mind, so I’d strongly encourage everyone to practice it when they have the free time.

So sit back, relax, watch your favorite movie and enjoy our carefully selected articles ranging from the nutrition tips for your children, reviews of the latest Nigerian albums to hair maintenance tips and food menus for the festive season with a Nigerian twist.

You don’t want to miss this edition.

Enjoy your read!



Bismarck J. Rewane

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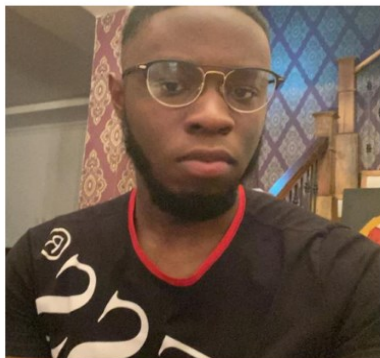
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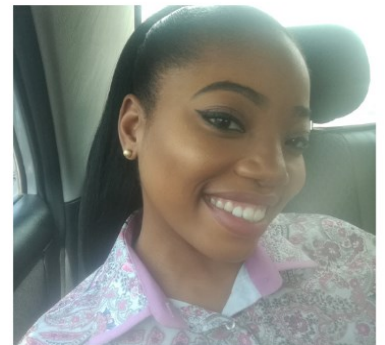
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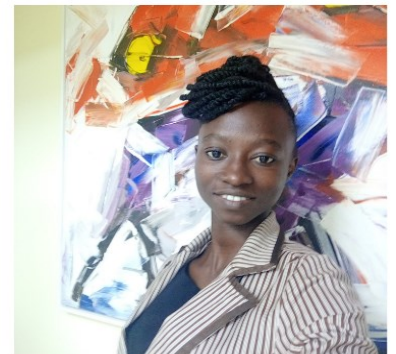
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Five things you can do to make your Christmas special

“When life gives you lemons, make lemonade” – a proverbial phrase used to encourage optimism and positivity in the face of adversity or misfortune. The phrase perfectly describes everyone’s efforts in 2020 to make the best of a perplexing situation. The year is almost over; the typical festive rumble is not as loud as in years past. As a matter of fact, everyone is just glad to be almost done with 2020 and looking forward to a better 2021.

Jingle bells, decorations, holiday travels, special Christmas outfits – none of these are hot topics at the moment. Most people are just glad to be alive and well as they try to keep out of the way and reach of the invisible COVID-19 monster. As we look forward to a vaccine, here are a few things you can do to make this Christmas a special one for you and your loved ones.

Resolve to always enjoy life

Sometimes taking the issues of life too seriously can be a problem, especially when you have no control over the situation. 2020 made us learn to go with the flow in life and be flexible enough to tweak our plans to suit the situation. So, as we remain forward looking with our goals, let’s plan the best for ourselves. Let’s resolve to have fun even on a weekday, try new things and just enjoy life. Live! Live!! Live!!! Try to just sit, relax, grab a cup of hot cocoa or a glass of wine and picture where you want to be in the next few years. Stay within that imaginary space for as long as you want. Then write it down. Every day from now until 2021 and beyond remember it, live it and love it.





(Continued from page 5)

Have a home cooked meal with family

Having a nice, delicious home cooked meal is almost always a great idea during the festive period. It's a time to just relish the beautiful moments, be grateful and enjoy the warm love from everyone. So, dust your cook books to get fresh recipes, send the invite and plan to have fun. Oh! You can include games too!

Reminisce and write

Do you keep a journal? Not everyone does, especially those who are always busy in the loop of the everyday hustle and tussle to earn money. Sometimes though, a big break is needed and reminiscing memories, tapping into those emotions and writing are just what you need to do. Take time during this unique yuletide season, for self-therapeutic sessions. Remember your childhood dreams; remember your good high school and college experiences. When you are done, write how you felt. The aim of this exercise is to help you press the reset button on your life, take a chill pill, stay soft and peaceful and if possible, take new steps.



Help the needy

When you bring joy to the life of another person, whether a child or a single mum, or a family in need, the happiness is surreal and it's an experience to remember. You don't have to break the bank to make this happen; from the little you have, share with someone who is in desperate need. Make them feel special this season and trust me, you will love the feeling.

Buy yourself a gift

Spoiling yourself every now and then is a good idea. The gift could be a book, a dress, or those shoes you have always wanted. It could also be an outing: go out to a fancy restaurant, have a luxurious delicacy and savor every bite and sip. It's one way to pat yourself on the back for a job well done during the year. Like the popular Dettol soap advertisement "if I don't take care of myself, who will?"





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Christmas activities for the pandemic period

Jhe Christmas season is usually exciting. It's a time people seem to enjoy due to the infectious holiday spirit or the religious significance in our lives. However, the COVID-19 pandemic may have put a wrench in seasonal festivities as people are staying indoors, mostly out of fear of the lingering virus. Even though the lockdown restrictions have generally eased, the Christmas festivities can still carry on despite this new reality: you just have to get creative.

- **Set up a game you can play with your family:** For those of you who are stuck indoors with your loved ones, this could be the best opportunity to just relax and enjoy each other's company. Pull out a board game like Monopoly or Scrabble, or even a video game and get everyone together for a night of games and fun.



- **Cook a Christmas meal:** Just because you're stuck inside unable to go out to a fancy restaurant doesn't mean you can't have a fancy dinner at home. If you have the resources (and the patience) you can cook up something fitting for a Christmas feast. Bonus points



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if the cooking is done with family members or friends who will make the meal preparation more enjoyable.

- *Plan a family shoot: Need an excuse to get the whole family dressed in their holiday best? Plan a fun family photo shoot for an activity you'll look back on for years. Just remember to bring hot cocoa and treats to keep the kids smiling all through to the end.*



- *Keep in contact with long-distance family: If you're living on your own, occasional visits to your family and friends is always a good idea. On some days you can set up a video call with everyone you care about and spend the day catching up.*

- *Virtual holiday tour: Did you have plans to travel to exotic foreign locations to spend your Christmas? Not to fear, though you may not be able to go physically, there is still a way to catch the sites, with a virtual holiday tour. This can be done through virtual reality (VR) headsets for maximum immersion.*

- *Compile a medley of Christmas carols: Of course, what Christmas season would be complete without a few carols? A compilation of some of the best seasonal carols is enough to brighten one's spirits in these times.*





Encouraging good eating habits in children

Yes, we are all busy, but have you taken time to study what your child eats? Eating well and healthy is essential for children. Food jags, or eating only one type of food item repeatedly, is a common behavior in early childhood.

It is the way some children show independence and is a normal development stage. It may also indicate the fear of trying new foods and thus is hard to get them to try other foods. But hang in there, your child will eventually get over their food jags. Here are some tips to encourage a picky eater to become more adventuresome.



Have regular family meals – If meal times become the bonding time for the whole family, children will look forward to it. A well-planned meal should consist mostly of staple foods (rice, yam, pasta etc.) paired with vegetables, protein and fruits. This will provide options for children to eat nutritious meals rather than snacks.

Offer varieties – Continuously offer the child a variety of food choices even if they insist on eating a particular food. Often times it takes a while before a child accepts a new food. Encourage the child when he/she tries a new food.

Stock varieties of food at home – Children, especially younger ones are more likely to eat with a friend or sibling. Plan to have a variety of food available so that they can always choose from different offerings without overwhelming them.

Avoid food battles – Do not bribe children with food or use food as a tool for punishment either. Instead associate a variety of foods with good behavior.

Be a good role model – Children often imitate the habits of their parents. Model healthy eating in the presence of the kids. If you as a parent eat sizeable portions, encourage your children not to force themselves to eat every morsel on their plate as they mimic you. Allow them to decide when they are full, but be careful not to encourage waste.

Include drinks and fluids – Children expend a lot of energy while in school especially during the break periods. The drinks and fluids included in their lunch pack prevent dehydration and aid digestion. Nonetheless, ensure that all the food groups are represented in the pack.

Make mealtime fun – Prepare meals with interesting colors and textures that might motivate the child to try other foods.

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Every Taste Maker's Delight



How to effectively create a good reading habit

According to W. Somerset Maugham, "To acquire the habit of reading is to construct for yourself a refuge from almost all the miseries of life." Reading is an enjoyable exercise but can seem like a chore if it involves trying to grasp complex concepts. One motivating force for reading more books is enjoyment. When we enjoy a particular book our motivation to continue reading is strengthened. Most of us would like to read more books, but keeping up with a consistent reading habit can be difficult. Here are a few tips that can help build an enjoyable reading habit:



Understand your purpose for reading

It is very important to find your main purpose for reading. It could be reading to prepare for an exam, to learn a new skill, to further your understanding on something, improving your vocabulary or just for entertainment. So, before you pick up that book, define your specific reason as to why you want to read and let this drive you.

Start small

After identifying the main purpose for reading, the next step will be to try reading at least one page a day. This makes it easy for you to get used to reading. Another advantage of this is that, no matter how tight your schedule is, you will be able to learn something new within a short time.

Ditch your phone for a book

Most people spend their time surfing the internet, playing video games or watching TV. Once

you've recognized these patterns, it is easier to trade off some of that time to reading books instead. This does not mean that you have to set aside a large amount of time for reading. It's a gradual process and you'll be surprised how easily your time with a book increases.

Make a reading list

Your reading purpose will influence your reading list. You should only pick books that interest you and meet the standard of your reading purpose. This makes reading a book enjoyable.

Have a reading space

Your reading space does not have to be big or have plenty of bookshelves. It can be a corner of the bed or a chair in your room. Your reading space should have enough light which will make reading convenient and enjoyable.



Embrace e-books

The world is going digital, so it's time to get comfortable reading books on your iPad, tablet or Kindle. It is more convenient with little need for light unlike hardcopy books.

Note: Without reading, learning becomes almost impossible



How to uncover skills to start your side hustle

Do you often feel like you don't belong to the side hustle gang? Ever been so interested in starting a side hustle but it feels like you don't have any skill set to help start it? Most times we think we're not good at anything because we believe side hustles equal some grandiose, highly technical skill that will take us years to achieve. But that is wrong. Anything you're good at could be turned into a skill which could be useful to others.

Here are some questions you need to consider to uncover those skills you probably don't think you have and make them work for you.

Q1. What do you enjoy doing in your spare time?

What you enjoy doing in your spare time could bring you closer to figuring out what type of person you are. It could be watching TV or YouTube, surfing the internet, playing video games, hanging out or trying new restaurants. Just think about it, if you spend time on these activities, other people do too and there probably is a sure way to turn that to a side hustle.

Q2. What did you enjoy doing as a kid?

For me, it was reading storybooks; I just liked the idea of flipping through a new book, I even started writing a book at one point. Yours could be cooking, reading comic books or playing dress-up. Remember, what you did in play is most likely what you love doing and it can easily be your side hustle.

You could be a writer, you can proofread books, have a fashion blog, write your comic – just remember what you loved doing as a child.

Q3. What do your friends always need your help for?

Is there a particular thing that your friends think you are the best at? Be it recommending the best restaurant, where to get affordable shoes or clothes, a recipe for great food or maybe you are just an incredibly good listener. Try to recall as many instances as possible, write them down and see which one suits you, research

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about how people make money from it and start from there.

Q4. What product, content or course do you enjoy spending time on?

Now is the time to check what you mostly spend time on. What have you invested in recently? Is it a data science course, a cooking class or did you just buy the new PS5? Here are ways to make a side hustle out of that – you could review a product for a brand online (provided you have enough media presence), you could blog about the new course you are taking, stream your PS5 games on Twitch etc.

Q5. What projects do you love working on?

It is event planning for me. I enjoy meeting with vendors, looking through menus, preparing the venue, selecting the appropriate décor and working with caterers. Yours could be gardening or organizing events. The projects that you see as fun could be the basis of your next side hustle and could be molded to be a brand that people know you for.

Finally, a side hustle should be something you enjoy doing; even if it doesn't generate money in the first instance you still would be interested in doing it.



An Ode to Diego



In 1928, Argentine Sports magazine, El Gráfico's editor, Borocotó wrote describing what a statue to be erected to the soul of the Argentinian game would depict...

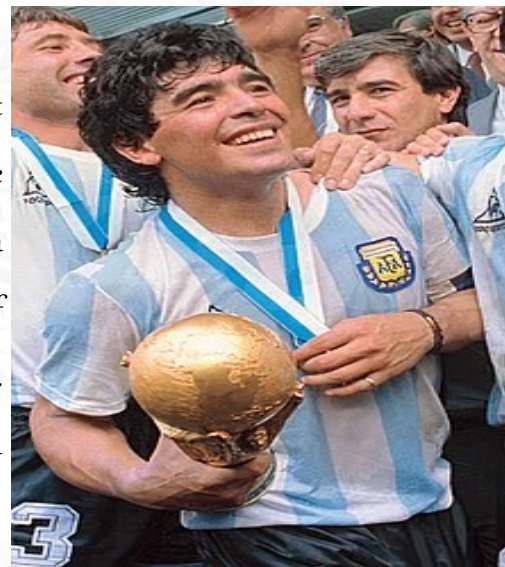
“a pibe [urchin] with a dirty face, a mane of hair rebelling against the comb; with intelligent, roving, trickster and persuasive eyes and a sparkling gaze that seem to hint at a picaresque laugh that does not quite manage to form on his mouth, full of small teeth that might be worn down through eating yesterday's bread. “His trousers are a few roughly sewn patches; his vest with Argentinian stripes, with a very low neck and with many holes eaten out by the invisible mice of use ... His knees covered with the scabs of wounds disinfected by fate; barefoot or with shoes whose holes in the toes suggest they have been made through too much shooting. His stance must be characteristic; it must seem as if he is dribbling with a rag ball.”

About half a century later, Diego Maradona made his debut for his country. Even at 16, he was not just a sublime footballer, he was the fulfilment of the prophecy.

Born to a poor family of 8 children in the slums of Buenos Aires, cabecita negra didn't just rise from the bottom to dine with kings, he went on to become everything that defined Argentina's football principles. Gifted, without question, and a genius by any definition of the concept, Maradona developed an almost superhuman ability to do with the ball what great artists

do with a paintbrush, composers with music. The Argentinian writer Juan Sasturain said: "He is an artist, because where there is nothing, he creates something."

His cocaine abuse began at Barcelona, where he never quite fit in. His stint at Catalonia would be defined by a brawl in 1984. He moved to Naples where he was happier, where he was the focus, and achieved god-like status. Italy had a north-south divide that extended into football. The football powerhouses of Milan, Inter, Juventus and Roma were all located in the more industrial north. No team from the considerably more rural southern Italy had dared to win a Scudetto until Maradona went to Napoli, and none has done so ever since.



He brought success. He brought hope and inspiration as he turned Napoli into an Italian giant. He didn't just win, he did so against star-studded opposition at Milan with names like Van Basten, Baresi, Maldini, Ancelotti, Rijkaard, Ruud Gullit - Football royalty. If ever anyone single-handedly dragged a team to win, it was Maradona and he did so while receiving some of the most vicious and malicious tackles ever - at a time you practically needed to stab someone to get booked. People didn't just come to watch him in matches. 30,000 turned up to watch him in training. But even that spell was turbulent, his performances coming against a backdrop of rumors about his drug-taking, his partying and his relations with the Camorra, the Neapolitan mafia.

But nearly 30 years after he left the city, his glittering legacy endures there - as it does elsewhere. As Naples Mayor Luigi de Magistris eloquently put it "Diego made our people dream, he redeemed Naples with his genius." He was immortalized at Naples long before his death.

His finest moment? It's hard to pin down just one, but 1986 was his apotheosis. His performances in 1986 remain the greatest by any individual at a World Cup. He didn't just score goals, he didn't just score brilliant goals, but scored brilliant goals with gambetas, the slaloming dribble characteristic of the pibe. He had come from the potreros, he still played the game of the potreros, and he had won a World Cup by doing so; even better, he had done it against England. In full glare of the world he dragged the entire English team across half the pitch and slid the ball into an empty net. Those who thought it was a fluke called him a deity when he repeated same mazy run against Belgium. In 1986, he led Argentina to win the world cup.



Rules remained something to be got around, on the pitch and off. His handball against England in 1986 was the first of three in high-profile games. The Hand of God he called it. Willing to do anything to win. The English say he cheated. I say anyone unwilling to do the same for country if confronted with the exact same circumstance is unworthy of wearing the jersey.

His biggest rival was drugs. He began to fail drug tests in the 90s. After he led Argentina to victory against Italy in the 1990 world cup, his Italian fans and a section of the mafia turned against him. And he was suspended from football for drugs. He ran to Argentina and was arrested for cocaine possession. Then he failed a drug test after the match against Nigeria in 1994. He had played the match loaded with ephedrine. For years him and drugs went head to head. Unseen battles I suspect we never really got an inkling of.

Diego Maradona once said that when you've been to the moon and back, things get difficult. "You become addicted to the moon and it's not always possible to come back down." This might be a not so tacit explanation for his drug use. His body was simply unable to do things his mind would conjure. The drugs set him on a high that helped him forget that even he was human after all. That a god was dying.

"Heroes get remembered, but legends never die" ...Babe Ruth

After Maradona's death was announced, the Brazilian Pele, his pre-eminent rival for the title of the world's greatest player, paid tribute. "I lost a great friend and the world lost a legend. One day, I hope we can play ball together in the sky." Lionel Messi offered a stiff and poetic tribute. "He leaves us but does not leave, because Diego is eternal."

The debates about who the footballing G.O.A.T is will endure in most of the world. However, it has long been settled in Argentina and Naples where the fans worshipped him till the end.



Album Review of Recent Nigerian Music

by FDC Think Jank

Wizkid - Made in Lagos

Made in Lagos is an embodiment of how Wizkid's sound has evolved from when he burst onto the scene in 2011. His 2011 songs, such as "Pakuromo", "Holla at Your Boy", "Don't Dull," represented a typical Afrobeat song that you would hear at a UNILAG house party or University club scene. With Made in Lagos, he has embraced and incorporated different genres such as reggae and dancehall, which is evident in the songs "Blessed" (featuring Damian Marley) and "True Love" (featuring Tay Iwar and Projexx). They feature elements of reggae and dancehall in the beat and lyrics of the songs. However, he still brings shades of the party vibe that we have come to know and love Wizkid for in the song "Roma" featuring Terri.

Overall, this is a very strong body of work that showcases Wizkid's maturing and evolving sound. It is this evolution that leads me to say that Made in Lagos is Wizkid's best piece of work so far, and for that reason I score it an 8/10.

5 Best Songs: "True Love" ft Tay Iwar; "Ginger" ft Burna Boy; "Roma" ft Terri; "Piece of Me" ft Ella Mai; and "No Stress."



Davido- A Better Time

As usual, Davido brings a star-studded lineup of collaborations to his album, with a mix of well-known US artists such as Chris Brown, Young Thug, Nicki Minaj, Nas and Lil Baby and Nigerian talent such as Mayorkun, and Tiwa Savage. The album has some hits, with the collaborations with Chris Brown and Young Thug ("Shopping Spree"), Nicki Minaj ("Holy Ground") and Mayorkun ("The Best") standing out. We all know what to expect from Davido now, so with his next piece of work I'll be intrigued to see if he tries something different. Making this bold move is the next step in his music evolution.



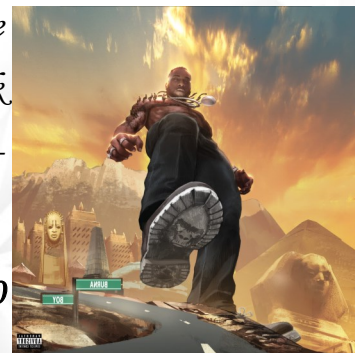
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A Better Time is a solid album, but not an improvement on his last piece of work (A Good Time). Therefore, I'll give this album a 6/10.

5 Best Songs: "The Best" ft Mayorkun, "Jowo", "Tanana" ft Tiwa Savage, "Shopping Spree" ft Chris Brown and Young Thug, "FEM."

Burna Boy- Twice as Tall

Twice as Tall would be a career-defining album for almost anybody except Burna Boy. I say this because of the high standards he has set in his previous albums, African Giant and Outside. Although I credit him for trying to broaden his fan base and make it more international, I believe that in trying to do this, he lost some of the uniqueness that made his previous albums so special. While there are glimpses of the old Burna Boy in songs such as "Comma", "Onyekà" and "Bank on It", and there are some hits such as "23", "No Fit Vex" and "Real Life" featuring UK rapper Stormzy, this album feels like its missing something.



Overall, it is a decent album, but I cannot give it a score of more than 6/10 since it has not surpassed his previous work.

5 Best Songs: "Comma", "23", "Real Life" ft Stormzy, "No Fit Vex" and "Bank on It."

Carpe Diem- Olamide

Carpe Diem (Latin for seize the day) is a mix of the old and the new, as Olamide mixes the happy, joyful music that we saw from him in songs such as "First of All", "Shokì", "Science Student" and "Wo!!" with some elements of new school Nigerian afrobeats that you would expect to see from Rema. In order to help him add these new elements to his music, Olamide enlisted new school artists such as Omah Lay, Fireboy DML and Bella Shmurda. I applaud Olamide for trying to evolve and adapt his music to the ever-changing music scene, and after listening to the album I can say he has done a good job of it.



Carpe Diem is among Olamide's finest work, so for this reason I will give the album a score of 7/10.

5 Best Songs: "Loading" ft Bad Boy Timz, "Green Light," "Infinity," ft Omah Lay, "Another Level," and "At Your Service."



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Essential oils for a healthy hair care

Do you know your hair deserves care to make it healthier and presentable? Sometimes wigs become a burden and you just wish you could flaunt your natural hair. Also, sometimes you just need some fresh air and a good hair treatment to give you the confidence to flaunt your hair.



The use of essential oils can help make your hair care routine more productive. These oils, which are basically plant extracts, help to boost growth and add glow to your hair. However, they are usually used as supplements to carrier oils due to their high potency level. Carrier oils are support systems that help to promote the effectiveness of essential oils. They are the more common types of oil such as the olive oil, avocado oil, almond oil and coconut oil. Now, let's explore five essential oils and their benefits to the hair.

Argan Oil

- Argan oil is an extract from the Argan fruit kernel, which traces its roots to southwestern Morocco.*
- It is commonly used in treating hair breakage due to its rich moisturizing potential, which helps to prevent dryness and lubricate the scalp.*
- Argan oil is usually used along with one or two carrier oils to enhance its effectiveness.*
- Argan oil also contains anti-inflammatory and antioxidant properties, which provide some protection for the scalp against free radicals.*



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Aloe Vera oil

- *Aloe vera oil is derived through the combination of aloe vera gel and a carrier oil, usually coconut oil.*
- *It can be produced in the comfort of your home.*
- *It provides some remedy against dandruff due to the anti-inflammatory and antioxidant components of the aloe vera gel.*
- *It also helps to repair and condition the hair strands while adding some glow to the hair.*



Rosemary oil

- *Rosemary oil is obtained through a steam distillation of rosemary flowers.*
- *The essential oil is widely acclaimed for its potency in promoting hair growth linked to its importance for blood circulation.*
- *Rosemary oil facilitates effective blood circulation to hair follicles, which supports hair growth.*
- *You also need to be mindful of your eyes while using the rosemary oil.*



Peppermint oil

- *Peppermint oil is extracted from peppermint leaves.*
- *Peppermint oil is used for scalp treatment and hair growth.*
- *Like rosemary oil, it also enhances blood circulation, which promotes blood flow to hair follicles and improves hair growth.*
- *Peppermint oil also has an inviting fragrance and cooling sensation on the scalp.*
- *However, it should be diluted with a carrier oil to protect the scalp as it can cause a burning sensation on the*



Lemongrass oil

- *Lemongrass oil is an extract from the stalks of the lemongrass plant after it has been crushed and infused into a carrier oil.*
- *The oil is effective for dandruff treatment due to its antioxidant, anti-inflammatory, antifungal, and astringent properties.*
- *Like aloe vera oil, the lemongrass plant is also an easily accessible plant therefore, you can extract the lemongrass oil yourself*



The Christmas menu – Nigerian delicacies with a twist!

*N*igerian meals vary across ethnic groups and tribes. This Christmas, you can change the game, add a little twist to the typical festive meals like jollof rice and chicken. Be adventurous and daring with your food options this period. There is always a first time and who knows it just might become the new tradition until another option comes your way. Let's help you start the process. Here are a few meals to spice up your Christmas menu.

- *Shrimp party jollof with green salad and any protein of your choice*

This is just your usual Nigerian party jollof rice with some shrimps. You can pair with a green salad. Fish, chicken or turkey will go well with this dish. If you are a party jollof extremist who just likes your jollof as jollof, you can have tiger prawns on the side instead of in the rice. If you do not like sea food, take your proteins as desired and let the green salad be the magic in the meal for you.



Ingredients

Shrimp Party Jollof	Green Salad	Protein
Rice	Cabbage	Fish, chicken or turkey, all you have to do is marinate, refrigerate and either steam, fry or grill.
Shrimps	Lettuce	
Tomatoes	Cucumbers	
Peppers (scotch bonnet, cayenne and red bell)	Green bell peppers	
Onions	Green peas	
Vegetable oil	You can make your dressing, or you just sprinkle the salad with olive oil	
Spices (salt, curry, dried thyme, seasoning, jollof rice spice, shrimp powder, ginger, garlic)		

- ***White rice and shredded beef sauce***

A bowl of boiled white rice garnished with spring onions and shredded beef sauce is a simple yet exquisite delicacy you can try this Christmas.



Ingredients

White Rice	Shredded beef sauce
Rice	Beef (you can either shred yourself or buy shredded beef)
Salt	Beef stock
Spring onions	Bell peppers (Green, Yellow & Red)
	Soy sauce
	Corn flour
	Spices (salt, curry, dried thyme, seasoning, basil, ginger, garlic)

- *Chicken stir-fry pasta with steamed mixed vegetables*

This is stir-fry pasta with chicken chunks and a lovely bowl of steamed vegetables

Ingredients

Stir fry	Vegetable mix
Pasta (Please don't break the pasta)	Red cabbage
Chicken (Boil and cut into large chunks)	Carrot
Bell peppers (Green, yellow and red)	Broccoli
Vegetable oil	*Just steam for a few seconds and add a little salt* The crunchier, the better!
Soy sauce	
Spices (salt, curry, dried thyme, seasoning, basil, ginger, garlic, turmeric)	

- *Pounded yam with any preferred soup*

We would recommend ofe nsala (white soup) or efo elegusi (egusi soup)

Ingredients

Pounded yam/Poundo yam	Soup (You can choose any soup you like) Just try to spice it up a bit with substantial quantities of these condiments
Yam	Your preferred protein (chicken, goat meat, beef)
	Stockfish
	Dry fish
	Cow skin (ponmo)

Other special delicacies or confectionaries you can try are:

- *Pepper soup (chicken, goat meat or fish)*



- *Lemon cake*



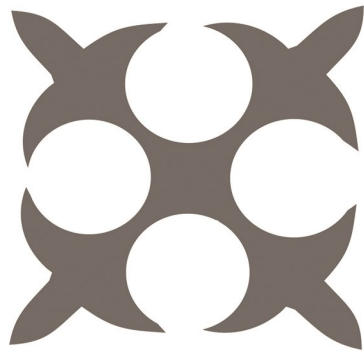
- *Banana bread*



- *Chocolate chip cookies*



Remember to stay hydrated (drink lots of water), increase your fruit intake and once in a while take some wine or chilled beer.



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Healthy habits you should not neglect

One important thing to remember is that, while working towards your set goals, your health and well-being should not be neglected. Here are simple healthy habits that we overlook while going about our day-to-day activities.

- **Don't skip breakfast**

You can't hear enough of the saying "Breakfast is the most important meal of the day". It is vital as it helps to set-up the body for the rest of the day. It curbs your early morning hunger and helps kick start the body metabolism. So, start your day with a balanced meal to give you energy until your next meal.



- **Take short mental break**

Having a mental break does not necessarily mean going to sleep. It can just be taking a walk, listening to your favorite music, taking a deep breath or just chatting with a friend. Whether you are at work or at home, you can still take that short mental break which will allow you to quickly rejuvenate and get back on track without wasting time.

- **Exercise! Exercise!! Exercise!!!**

Exercise forms an important part of good physical and mental wellbeing. Interestingly, you do not have to go to the gym to exercise or keep the body active. You could take evening walks or use online videos to plan your own gym routine at home.



- **Managing stress and having enough sleep**

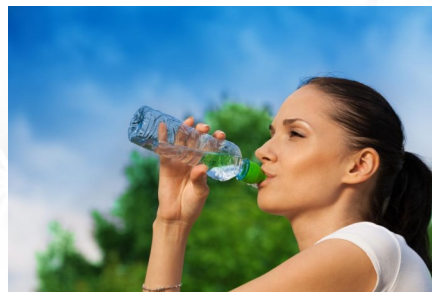
It is normal to feel stressed after a work day. Too much stress has serious health implications espe-

cially when not being complemented with enough rest. However, it is very important to find a way to manage stress in order to keep the body in shape and ready for the day's activities. Ways in which we manage stress can range from setting aside leisure time out of your busy schedule, doing something you enjoy every day, prioritizing and breaking down your daily tasks, and delegating your duties where possible. Irrespective of your daily schedule, it is very important to get enough sleep, manage your stress levels and prepare your body for the next day's activities.



- *Staying hydrated*

We know that it is important to drink plenty of water daily. The common recommendation is eight glasses a day. So, ensure that you do whatever you can to remind yourself to drink water daily. You can even download an app where you can track your water intake and receive reminders. Some of the benefits of drinking water include helping to refresh the body's organs, aiding metabolism, and regulating blood pressure.



Healthy habits are something that we should all have. We need to find which ones are going to work best for us and then make sure that we put them into our daily routine.

The food cure for your bloat

It's that season of the year where you may want to indulge when it comes to food. This is the time to have fun and be merry but unfortunately, the Christmas festivities comes with a lot of food that causes bloating. These foods don't break down well and won't digest properly in your system. Stomach bloating is one of the most common digestive issues and it causes a lot of discomfort especially when you're trying to fit into those special jeans. Many times, a simple diet adjustment can make a big difference. Below is a list of foods and drinks that will help you relieve gas fast or prevent bloating.



Coconut oil



Cook your food in healthy vegetable oils such as coconut oil. This contains triglycerides which help the body to absorb nutrients and releases enzymes to break down foods in the stomach, preventing bloating in the first place.



Cucumber

This green fruit has a high water content and is high in nutrients and minerals. Eating cucumber can help flush the digestive system of waste and reduce bloating from intestinal gas.



Ginger

This is a common spice which contains powerful anti-inflammatory and digestive properties that fight bloating in the stomach and intestines. It is rich in gingerol and zingibain, the digestive enzyme that relieves your bloating and gas fast. You can make fresh ginger tea by thinly slicing ginger root and steeping in boiling water.



Yogurt

Yogurt can increase gut bacteria for better digestion and helps to regulate the body's digestive system. Also, yogurt is a pre-digested milk and the milk sugar is broken down, whereas in milk it's not, which can create gas and bloating. Opt for yogurt to stop bloating and gas easily



Avocado

Rich in healthy and filling fat and potassium, avocado is known for its healing benefits for the entire body. Add avocado to your salads to reduce your bloating.



Lemon juice

Both lemons and limes contain citric acid which helps the stomach to break down foods and prevent a build-up of gas. Add 2tsp of freshly squeezed lemon juice to a glass of water and drink alongside a meal. This soothes the digestive system and helps to get rid of your bloat for good.



Apple cider vinegar

This powerful natural vinegar is one of the best remedies in the world for bloating. It strengthens the stomach acid so that it may break down foods quickly. This allows the body to eliminate waste and thereby prevents bloating of the stomach.



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Quick tips to jumpstart a successful weight loss journey

COVID-19 induced lockdown and social distancing measure has forced a number of companies to adopt the 'work-from-home strategy'. Staying at home comes with its pros and cons. While it tends to give you more control over your time, sitting for longer hours and not being able to resist the temptation of going to the kitchen at intervals could pose some challenges to your physique. Do



you know that just having a healthy diet and regular exercise can perform the magic? Below are suggested menu and exercise to help you jumpstart the journey of shedding those extra weights.

Healthy Eating habit: To start with, you have to control what you consume. You will ask me why? It is because you are a reflection of what you consume. It is important that you have your food schedule. Having a weekly grocery shopping list could help you stay focus to achieve your desired weight target. Research has shown that adding vegetables to everything you eat could fast track the process. Vegetables contain less than -third of the calories in other foods. They also have high water content and lots of potassium, which helps to regulate blood pressure. Water is another component that must not be missing in your meal. Drinking 72 ounces of water on a daily basis would help you maintain a healthy body. Not comfortable with taking ordinary water, you can try flavoured water – water mixed with slices of pear or grapefruits. Below are menu to fuel yourself throughout the day

Healthy Eating Habits



Suggested Breakfast

Oatmeal with Apples

1/2 cup of dry quick oats

1/2 cup of soy milk

1 tablespoon of preferred nuts

1 small chopped apple



Procedure

Boil the dry oats and soak in soy milk

Garnished with chopped apples and any nut of your choice (walnut, cashew, almond, pecan)

Suggested Lunch

Spinach Salad

2 cups of spinach

1 large hard-boiled egg

1 medium baked potato

1 cup of carrots

2 tablespoons of vinaigrette salad



Procedure

Dice or shred the baked potatoes and carrot

Slice the boiled egg

Add the diced/shredded baked potatoes and carrot as well as the sliced boiled egg to the spinach

Dress with the vinaigrette salad

Suggested Dinner

Chicken Vegetable with Brown Rice

1/2 cup of cooked brown rice

3 ounces grilled chicken breast

1 tablespoon of almonds

1 tablespoon of fresh cilantro

1 cup of mixed vegetables



Procedure

Dice the chicken breast, slice the almonds and chop the cilantro

Top chicken with the sliced almonds and chopped cilantro

Put with the cooked brown rice and mixed vegetables

Frequent Exercise: Research has shown that exercise is one of the most efficient ways of maintaining healthy living. So, it is paramount you have a work out plan. Depending on what makes you comfortable, you can work out in the morning, afternoon or evening. Timing is not as important as the frequency of the exercise. Getting a new pair of athletic shoes could give you the initial push. You can try out exercises such as :

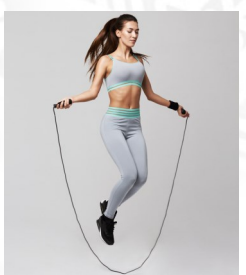
- push-ups



- leg lifts



- skipping rope



- chest press with dumbbells



The struggles of Arsenal this season and how it can get better



Before the start of the season, there was a lot of optimism about Arsenal. Fresh off a 2-1 FA Cup final victory against Chelsea and a newfound defensive stability engineered by the bright young football manager, Mikel Arteta, there were ambitions of re-entering the Champions League after a 3-year absence, and in the longer term challenging for the Premier League Title. The summer transfer window also brought even more optimism, as captain and star striker, Pierre-Emerick Aubameyang, signed a new contract, Brazilian defender Gabriel joined from Lille, Brazilian midfielder Willian joined from rivals Chelsea and Ghanaian midfielder Thomas Partey joined from Atletico Madrid with much hype.

The season so far can only be described as a disaster, with the Gunners ranking 15th after 12 games with only 13 points, 9 points away from the coveted Champions League places. While the additions of Gabriel and Partey have contributed to Arsenal's defense improving (15 goals conceded, which is the 5th best in the league), the attack has been woeful with only 10 goals scored, which is the 4th worst record in the league. This poor attacking record is holding the team back and is an antithesis of the attacking and free-flowing football that Arsenal built their reputation on in the glory days of Arsene Wenger.

Arsenal is lacking creative players who can pick out a killer final pass and create high quality chances for its strikers, particularly Aubameyang who has gone from scoring 22 goals in a season to only 2 goals in 12 premier league games. Thomas Partey being injured hasn't helped, but a team of Arsenal's caliber should not be in the position it currently finds itself in. Arsenal needs to play some of its young players such as attacking midfielder Emile Smith Rowe and striker

Folarin Balogun more; the team has played well in the Europa League so far, and with the senior players underperforming so badly, it might be worth bringing in fresh faces. If Arsenal has the funds, it should also consider buying an attacking midfielder, as we have seen at Manchester United with the signing of star player, Bruno Fernandes, how much difference that can bring.



Merry Christmas and a Happy New Year!!!!