

[illegible]

No mata how pikin sabi book reach, e go still read book wen exam reach.

Fifty-seven-year-old Rebecca Nisanwisi from South Africa bin set up soccer grannies teams across di continent to improve di mental and physical health of older women.

Now, five teams from Africa dey currently take part in di soccer Grannies World Cup tournament for Limpopo, wey di oldest player na ova 80 years.

All across di kontri, reports sat at least 2,000 people don die.

Take am back, protesters for Port Harcourt run afia police wey fire teargas to scata dia protest.

Di protest dey hold for major cities across Naija

Di announcement touch Asian stock markets no be small.

One analyst tell us say na bloodbath.

Sabi people no gree say dire wolf don come back from extinction.

Hunger wan kill me.

en don go school now.

Na wetin dey inside heart, dey come out for mouth. If you no like the heat, comot for kitchen.

No dey wash your dirty linen for public.

Na after rain, sunshine dey come.

If you wan make friend, be friend.

No dey throw stone for glass house.

wetin you give, na wetin you go receive.

If you no get sense, you go suffer.

No dey bite the hand wey dey feed you.

Na from small, pikin dey learn how to climb tree.

If you wan live long, learn how to close mouth

No dey judge person until you waka for im shoes.

Na wetin dey sweet goat, dey kill am.

If you no get shame, you go do anything.

No dey put all your eggs for one basket.

Na from mistake, person dey learn.

If you wan be leader, learn how to serve.

No dey follow crowd, you fit enter wrong road.

Na wetin dey eye, dey fear.

If you no get plan, you plan to fail.

No dey look down on anybody, you no know tomorrow.

Na wetin you believe, na wetin you go achieve.

If you no get courage, you no go do anything.

No dey compare yourself to others, everybody get their own time. Na wetin dey mind, dey show for face.

If you no get focus, you go lose your way.

No dey take things for granted, appreciate wetin you get.

Na wetin you give attention to, dey grow.

If you no get discipline, you no go achieve anything.

No dey dwell on the past, focus on the future.

Na wetin you value, dey determine your life.

If you no get gratitude, you go dey suffer.

dis one mean say di world dey go into recession?

Adult wey drink human breast milk, believe say e get health benefit.

experts warn say to buy milk wey don spoil online and drink am dey pose serious health risks and raise concerns.

wetin di the science tok?

Health benefits dey for adults wey dey drink breast milk?

For di 2025 budget wey president Tinubu sign, Nigeria peg crude oil price for \$75 per barrel.

You don enter yankee before?

Dem fit no get di skills of Lionel Messi or Cristiano Ronaldo.

nothing dey stop dis African grannies from practicing dia goal kicks and tackling skills.

grannies from practicing dia goal kicks and tackling skills.

We hear how football don give di grannies a new lease of life.

At least 12 pikin and one teacher don die wen dia preschool collapse for Friday ogbonge earthquake for Myanmar.

Locals dey fear say dem fit discover more deadbody.

di military get history of covering up di scale of national kasala.

Video catch one yet to be identified officer dey fire teargas into di middle of protesters for di Rivers State capital.

Di case bin start from comments wey di politician bin make about di investigative journalist.

Nigeria President Bola Tinubu Tinubu invoke section 305 of di kontri constitution to declare a state of emergence.

E also set one world records on di same day for di 'heaviest locomotive pull'

Tinubu for fit solve di political crisis for Rivers state before dis time'.

President wey declare state of emergency don take di state back plenti years..

We tink say na bomb bicos of how loud e dey and how e bin dey shake evnriwa'.

Di speed wey you run depend on wetin dey pursue you.

Na old firewood dey turn charcoal.

Di first plane don land for Heathrow airport afia fire incident.

Na di striker Victor Osimhen net di two goals for Super Eagles.

How di second half go end?

Rwanda chop 2 goals to nil from Naija for di first half of dia 2026 World Cup qualifier match.

Victor Osimhen don show workings again as e net Nigeria second goal against Rwanda.

No mata how far your village dey, anoda village dey ahead.

Super Eagles dey show di Wasps say dem no dey di field of play to joke!

How dis match go end?

If house no fall, goat no go fit climb di roof.

Follow our live updates for here.

Wetin be your prediction for dis match?

In less dan 30 minutes, Nigeria go jam Rwanda on di field of play for dia 2026 World Cup qualifying match.

both teams go dey aim for di net.

I no know say one day go come for person like me to win Guinness World Record..

E cost me 80m naira to prepare for Guinness World Records longest distance catwalk by model'.

Oladade Ayelabola bin walk a total of 125.11km (77.75m) wen she stage a fashion show for Lagos last year October.

Dis na sake of a large fire wey break out for nearby electrical substation, but di cause o di fire no dey known.

Na at least 1,351 flights to and from di airport for west London fit dey cancelled, according to flight tracking website Flightradar24.

Heathrow airport closed for di whole day afia fire cause power outage

Di airport tell passengers say make dem no travel "under any circumstances" sake of say disruption fit dey.

At least 1,351 flights to and from di airport na im dem fit cancel today, according to flight tracking website Flightrdar24.

Heathrow na Europe busiest, and di world fifth busiest airport, and dem don warn passengers make dem no travel "under any circumstance" until dem open.

Oyo State High Court, Ibadan, strike out di charges against former Queen Naomi Ogunwusi, odas.

Abeg make una gettat!!!

Dem go land here any moment.

Na everything dey irritate una once una no like the person.

Ogbonge rains and floods don kill at least 33 people for Kinshasa, di capital of di Democratic Republic of Congo, according to officials.

Desperate residents dey try to run comot from di floodwaters by wading, swimming or paddling to safety in homemade canoes.

Wit more heavy rain forecast, di government dey try reduce di destruction.

Until lion learn how to write, evri story go glorify di hunter.

If dog bite you once na dog fault but if e bite you twice na your fault.

How you dey, Naija people?

**Di company dey plan to appeal di verdict, dem say di money** for di damages dey too much.

Eyewitnesses tok wetin cause di trailer explosion wey claim several lives for Abuja.

Di sole administrator of Rivers state dey expected to assume duty afia Tinubu swear am in.

person wey neva buy fake bfor no fit sabi original.



HA JESUS DEYYY!!!	
WHO DEYYYY!!	
Former Nigeria vice president Atiku Abubakar don announce say opposition figures for di kontri dey ready to challenge President Bola Ahmed Tinubu for di 2027 presidential election.	
SWEETIM, HOPE SEY YOU NO STILL DEY VEX FOR ME?	
IF NO BE FOR GOD SPIRIT WEY DEY INSIDE ME, YOU 4 SLEEP 4 OUTSIDE.	
Atiku wey bin run for presidency under Peoples Democratic Party (PDP) for 2023 general elections yam dis one for one press conference for Abuja on Thursday.	
WHO BE THIS? WETIN BE THIS?	
Oda opposition figures wey include former Kaduna State govnor Nasir El-Rufai follow dey di press conference wey shele for Yar'adua centre.	
NO BE LIE MARY TELL YOU , NA GOD DEY RUN THIS ONE, BUT COOL YOUR MIND, EVERYTHING GO SOFT	
SAY NAANGEL!! NO NA! YOU SEE ME DEY WEAR PAMPERS?	
Atiku say di gathering na di birth of opposition coming togeda ahead of di next elections.	
YOU TELL ME SEY YOUR ANCESTOR DON FOLLOW DONKEY TALK. I NO TALK SEY NA LAMBA MEN SHA!	
As e dey answer questions on weda di opposition coalition press conference na di coming togeda of opposition leaders, Atiku say, "Dis na di birth of di coalition of opposition ahead of 2027."	
HOW I WAN TAKE TELL JOSEPH THIS ONE NOW?	
HA! SISTER MARY??WHO GIVE YOU THIS ONE?	
SISTER MARY, NA YOU GO BORN THE PIKIN WEY GO SAVE THE WORLD.	
we no go pass another road go back.	
AH! WHY ME? BABES BOKU NA. I NEVA MARRY SEF.	
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AH! WHY ME? BABES BOKU NA. I NEVA MARRY SEF.	
If you no get influence, dem go treat you like trash.	
No dey form say you be innocent, when you be criminal.	
The thing wey dey make you strong, fit make you weak if you abuse am.	
If you wan win, you go fight dirty sometimes.	
No dey carry another person wahala, e go give you high blood pressure.	
The person wey dey admire you, dey plan to take your place.	
If you no get respect, dem go disrespect you anyhow.	
No dey form say you be perfect, when you be human being with flaws.	
The thing wey dey give you life, fit give you death if you misuse am.	
If you wan achieve something great, you go sacrifice many things wey you like. No dey carry another person load, carry your own destiny and make am better. If you wan go far, travel with people wey get sense.	
No matter how dark the night be, the sun go shine again.	
The patient dog dey chop the fattest bone.	
When you fall, dust yourself and move on.	
Justice Ladiran Akintola wey sidon on top di mata bin order make dem release di international passports of di defendants.	
Di judge advise di defendants make dem dey guided and avoid dat kain issues for future.	
Di Oyo State Attorney-General, Abiodun Aikomo, wen e tok to tori people afta di court session, describe di incident wey cause di death of plenti children as unfortunate.	
E say di law, wen death happun for circumstances wey no natural, go take im course.	
So di state bin respond by filing charges against di persons wey dey implicated for di investigation."	
If you no get power, dem go use you like tissue paper.	
No dey form say you be holy, when you dey do evil.	
The thing wey dey give you joy, fit give you sorrow tomorrow.	
If you wan succeed, you go face many challenges.	
No dey carry another person cross, e go kill you before your time.	
The person wey dey flatter you, dey plan to use you for money ritual.	
If you no get influence, dem go treat you like trash.	
No dey form say you be innocent, when you be criminal.	
The thing wey dey make you strong, fit make you weak if you abuse am.	
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No dey form say you be perfect, when you be human being with flaws.	
No worry. I go carry you go	
You no be good friend o.	
person wey im leg neva touch ground?	
but I don give you food chop.	
Vatican say Pope Francis get pneumonia for im two lungs.	
shebi you dey go school tomorrow?	
How I go take do am, na im make fowl no fit fly like oda birds.	
Animal wey dey use im teeth climb tree, know di tree wey bitter.	
Dat one concern you and her.	
Class wey God use rain cancel am who am I to attend ?	
I don hear you na.	
Wen you watch di games, you go see more problems dan solutions.	
No o,I want make we pass de same road.	
Paul Pogba suspension don finally end.	
no I no want.	
We go settle di mata.	
Yes, better say you hear	
Who dey ground already no dey fear to fall.	
I dey happy because I get good news.	
Govnor Alex Otti say im dey veri unhappy wit di state of facilities for Abia State University.	
I hear say my sister born	
Dat one dey sweet, congratulations!	
If you no sabi speak pidgin just shut up.	
When you want go there?	
i never know o.	
try go today na.	
why you want make I go today?	
Wetin dey make you love me?	
because u dey bring people together.	
Dat one na true sha.	
I dey thank God say I meet you.	
You na my rock.	
I dey rely on you.	
You na my shelter.	
I no fit imagine you go.	
You na my forever.	
How you dey do?	
You look sharp today oo.	
I dey happy see you.	
Wetin you dey do?	
Palm wine tapper wey dey talk eviritin e see on top palm tree, no dey last.	
pi Judiciary no go fit shut me down.	

[illegible]



Na small idea dey turn big company tomorrow.

But waiting dey worry most youth be pressure.

Social media dey make everybody feel like dem dey late.

People dey fake life online and e dey confuse person.

My sister you talk truth.

But remember say real life no be Instagram.

Real growth na process.

Education dey help you focus on long-term, no be just quick money.

I dey always tell myself say "slow success better than fast failure."

If I dey learn today, I dey invest in tomorrow.

My pikin, na true.

For life, na who get sense dey last.

Na why I dey pray make una carry this hunger to learn go far.

Another way to help yourself na mentorship.

Look for person wey sabi that thing wey you wan learn.

Humble yourself, ask questions, and observe.

Yes oh, and even if you no fit find mentor physically, read books, watch videos, listen to podcasts.

Anything wey fit open your mind.

So una dey talk say if person get right mindset, keep learning, and no give up, e go still make am?

Na so.

No be today the seed go grow, but if you water am well, e go turn tree.

Just stay consistent.

Na true talk be that!

Everybody no dey reason like that.

You wan make we run?

No na, I no talk say make una run na.

That one na true.

Education dey help people vote wisely, no just because of rice or wrapper.

You sabi say, even relationship dey better with education.

If you marry person wey dey reason well, una go settle matter maturely.

No be every time fight go start.

Hmmm...you talk well.

And for parenting too.

Educated parents dey raise children well because dem sabi how to talk to pikin, guide am, and encourage am.

Make I talk this one — even if person no finish secondary school, make e no stop to learn.

Learning no get age.

You fit still learn from phone, internet, church, or even workshop.

True talk.

Me I dey learn carpentry now, and I dey use YouTube join my training.

Education now dey everywhere — just get the interest.

Na mindset matter.

If you value knowledge, you go always dey grow.

Even if na small-small, every day na step forward.

So wetin una go tell pikin wey dey ask, "Why I go school?"

I go tell am say, "School go help you become better person, give you more choice for life, and help you understand the world well."

I go add say, "School no guarantee money, but e guarantee better sense.

And na better sense dey help person make money and live good life."

I go tell the pikin, "Learn as much as you fit.

Nobody fit collect your knowledge from you."

We don yarn well today.

Make we carry this message go give others.

Education na key, and we suppose dey unlock that door every day.

If you want a version for drama, debate, or maybe turn am into a short play or speech, I fit help too.

Just let me know!

Nice one, you don do your own na!

I like say you dey enjoy the flow.

Make we run plenty of the discussion, still on why Education Dey Important...

This time we go involve a teacher and a young person wey dey confused about school, to make the talk more real and relatable.

Una Good evening o.

I hear una dey talk about school.

Abeg make I ask — wetin be the use of all this school wey person go, come still dey hustle like person wey no go school?

Good question, my pikin.

But make I ask you, you think say na only money be the reason why person go school?

Na money we dey find now.

If school no go guarantee am, wetin be the point?

My brother school fit no give you money straight, but e go give you better tools to find the money.

E dey teach you how to think, plan, and handle things.

My dear, education dey open your brain.

Make I give you example — you sabi how to write business proposal?

No, I no Sabi.

But if you learn that, you fit take idea go look for support.

You fit write to NGO or even government.

That na power wey education dey give you.

I remember when I wan start my catering business.

Na one small training I attend teach me how to write plan, advertise online, and manage customer.

Now I dey get steady orders.

Even to use small app to sell something online, na education help.

No be everything be classroom.

Some na self-learning, but the mindset start from education.

Hmm... so una dey talk say education pass classroom?

Exactly, na en be that.

Education na anytime you dey learn new thing wey go better your life even if na tailoring, coding, farming or speaking English well.

No knowledge dey waste.

You fit mix school with handwork.

Some people wey go school still dey drive keke or do photography but dem dey run am like business because dem sabi book.

You don notice say even YouTube wey people dey learn from na people wey sabi something dey teach there.

If you no get small sense, how you go even understand wetin dem dey talk?

E be like say I dey see am small small now.

So even if I no get money reach to go university, I fit still learn something?

Yes oh!

Education dey for everywhere now.

Na to get interest and no give up.

Start with wetin you fit.

Even adult school or free online course fit help.

If you sabi one thing well, combine am with book knowledge.

Na so e suppose be.

Okay, I go try.

I go start with learning better English and small computer training.

From there, I fit build up.

Correct, you too sabi					
Na so e suppose be!					
I dey feel the vibe — you dey enjoy the groove and e sweet me say you want more.					
Make we run Especially for our country wey still dey struggle with bad system.					
My children, I dey happy say una dey talk this thing.					
But truth be say, education don cost now.					
How poor person go fit train pikin?					
Na true talk.					
Some schools dey collect too much money.					
Even public school wey suppose cheap, dem still dey ask for different charges.					
Na government suppose do better.					
If dem fit provide free and quality education, people go benefit well.					
And make dem train teachers well too.					
Some teachers no dey serious, and some no even get passion for teaching.					
Hmm... Tunde, you dey right.					
As teacher, I know say some of my colleagues just dey teach because no other job.					
But if government pay teachers well and provide better training, dem go work with heart.					
Another wahala na say some schools no get materials — no books, no lab, no toilet seff!					
I go talk say community too suppose help.					
If we wait for government alone, we go wait tire.					
We fit come together do small repairs, donate books, or even start after-school lesson for children.					
E good say una dey think like this.					
In our time, we dey do community cleaning for school and support the teachers.					
Now everybody just face their phone.					
Speaking of phone — technology suppose help education now.					
But some children no get access to laptop or internet.					
E no go too hard if government and big companies fit donate tablets to public schools.					
Even solar system for villages fit help school use small tech.					
I hear say some people dey teach children coding inside slum areas.					
That kind thing dey sweet me.					
Na passion and support dey move am.					
Yes, weytin happen?					
Some NGO dey try well.					
But more people suppose join hand.					
Education no be government work alone — na all of us.					
Make we no forget adult education too.					
Plenty mama and papa no finish school, but if we give dem chance, dem fit still learn.					
Tori for anoda day.					
If mama sabi read and write, she fit help her pikin.					
And papa fit even use am boost his own business.					
I be example.					
I no go school well, but I later learn how to read Bible and count money for market.					
E change my life small.					
See? I tell you na					
Education no get expiry date.					
Any age, any place — person fit still learn something.					
So final point be say, make we all dey support education in our own way.					
Teach, donate, encourage, or just spread awareness.					
Na true talk!					
Education na light.					
Make we no let the light off.					
I dey go church.					
Which church you dey?					
How your body?					
I dey okay.					
Wetin dey happen?					
Abeg, help me.					
No wahala.					
I no sabi.					
Shey you dey chop beans					
I wan chop.					
I dey find peace of mind					
This food sweet well, well.					
How much last?					
I no fit.					
Wetin be your name?					
My name na John.					
Where you dey go?					
I dey go market.					
Make we go.					
I dey come that side					
No vex again abeg.					
Abeg, commot for here.					
I dey see your JPEGS.					
You too much.					
I like this film o					
Everything don tire me					
Shey you dey whine me? I no get time for that.					
Wetin you talk? I dey feel am.					
You dey craze? I dey vex.					
Make we gist! dey enjoy di party.					
Abeg, no dull!How far?					
I dey alright!No shaking.					
Wetin you chop? I no sabi wetin you talk.					
Shey you dey come? I dey wait for you.					
Abeg, no wahala! go like am.					
You dey make sene! dey see am.					
No be liel dey go sleep.					
Shey you dey hear me? I dey talk true.					
How far? I dey alright.					
Wetin dey happen? You don chop?					
I never chop, I dey H.					
Abeg, help me carry this load.					
No wahala, I go help you.					
Shey you sabi that guy?					
I no sabi am, but I hear say na aproko.					
How much be this thing?					
How much last?					
I dey go market Which market?					



[illegible]

Di Super Eagles go play against some top teams in di tournament, and many Nigerians dey hopeful say dem go perform well.  
Coach don talk say di players dey ready to give their best, but he also emphasize say teamwork and discipline go help dem succeed.  
Fans dey look forward to di matches, and everybody dey hopeful for a win.  
Di traffic situation for Lagos and Abuja don dey worse.  
For Lagos, people don dey complain say dem go spend hours for traffic because of bad roads and construction work.  
Dem say dem no fit move from one place to another fast again.  
For Abuja, di traffic don increase because of population growth and limited road space.  
People don call on di government to improve road network and find solution to di traffic wahala wey dey cause stress and delay.  
Some commuters don start to use public transport, but e still no easy.  
Easter celebration for Nigeria don dey go on, as many Christians across di country gather for church services to mark di death and resurrection of Jesus Christ.  
Di atmosphere don dey full of joy and excitement, with families and friends coming together to celebrate.  
Some communities also organize processions and events to mark di religious holiday.  
Many Nigerians also use di period to show love and kindness by donating food and clothes to those in need.  
Nigeria government don sign new agreement with international partners to improve electricity supply across di country.  
Di agreement go see more investment in di power sector and di government go provide more infrastructure for better power distribution.  
Di Minister of Power talk say this go help reduce di issue of blackouts wey dey affect businesses and daily life.  
Some Nigerians don express hope say dem go see better power supply soon, but others dey sceptical, as dem say na only time go tell if di plan go work.  
Di Economic and Financial Crimes Commission (EFCC) don arrest more suspects wey dem accuse of embezzling public funds.  
Di EFCC say dem go continue di fight against corruption to ensure say public resources go used for di benefit of di people.  
Some Nigerians don commend di EFCC for di work, but some people still dey complain say di fight against corruption no too clear and no enough high-profile cases don go to court

Dem say dem go like see more action.  
For entertainment news, new music releases don flood di airwaves.  
Artists like Burna Boy, Wizkid, and Tiwa Savage don drop new hits, and fans dey enjoy di tunes  
.Di Nigerian music industry still dey grow, with more collaborations between local and international artists.  
.Comedians and actors also dey get recognition globally, with Nollywood films still dey make waves, as Nigerians continue to dominate di African entertainment scene  
Na here be di continuation of the news naija Pidgin  
Di New Year celebration for Nigeria been dey full of life as many Nigerians gather for party, concerts, and family get-together.  
.Even though some people still dey feel di effect of di economy, dem still find time to celebrate di new year with joy.  
Di government also use di period to encourage people make them set goals and work together for beta future  
.In most cities, security been dey tight, this na to prevent any bad incidents during di celebration.  
.Di Federal Ministry of Health don launch new initiative to improve healthcare delivery across Naija  
.Di initiative go focus on providing affordable healthcare for low-income families and strengthening health services for rural areasDi government don promise to allocate more funds for di sector and ensure say health workers get better training and support.  
.Some health experts don commend di move, but dem talk say di government need do more to tackle di issue of inadequate healthcare facilities, especially for remote parts of di country.  
.Nigerian students wey dey study abroad don begin protest after some schools increase their tuition fees  
.Di students say di increase dey put pressure on their families, and they no fit continue to afford di high cost of studying abroad  
.Di Nigerian government don promise to step in and help negotiate with di institutions to reduce di fees  
.But many students still dey complain say di situation dey hard, especially for those wey depend on scholarships and their family support.  
.Some Nigerian celebrities don show love to their communities by giving back  
Actors, musicians, and influencers don organize charity events, donate food, clothing, and even offer scholarships for young students.  
.People dey praise dem for as them show care and use their platform for good  
But some critics still talk say celebrities suppose do more for their people, especially in terms of long-term contributions to education and health.  
.Di tech industry for Nigeria don continue to grow, with more startups emerging and attracting international investors  
.Companies dey develop new solutions for agriculture, fintech, and healthcare, wey dey help solve local problems and create jobs.  
.Tech experts don talk say Nigeria get plenty potential to become di leading hub for technology in Africa, but they also warn say government need to create better policies and infrastructure to support the growth.

No mata, we go try make am.  
Their pikin no sabi weta dem go talk.  
How far na? I dey find you.  
Dem wan chop all di food wey di woman don prepare.  
Di rain no go stop, na so e go be.  
She no dey happy wit di news wey I tell am.  
Di money no go reach if you no help me.  
Omo, na you sabi!  
You no dey see wetin I dey talk?  
Di whole place full of people, we no fit move.  
I no fit talk anything now, I dey think.  
How you go leave di house like that?  
Di man no sabi how to handle di situation.  
Di food sweet, but no be all of us go fit chop.  
Dem no go believe until dem see am with dem own eye.  
E no get how e go take happen if I no come.  
Di girl too stubborn, she no dey listen.  
No need for noise, just follow me.  
I get one surprise for you later.  
Why you go talk like that? E no make sense.  
Di place too hot, I no fit stay here.  
I get something I wan show you.  
Dem go shout, but I no go answer dem.  
Di boy sabi how to manage di situation.  
You dey craze? Wetin you dey talk?  
Di news too bad, I no wan hear am again.  
Di woman dey cry, I no sabi wetin happen.  
If I no talk, who go talk?  
E no easy, but we go manage am.  
Di man sabi how to do am.  
I no go lie, di ting no sweet me.  
Di time no dey, but I go still try.  
Di people dey vex, dem no wan talk.  
Di pikin sabi how to dance well.  
I no go fit explain am well, but you go sabi.  
She no fit come because she dey sick.  
Why you dey look me like dat?  
Di way e take talk no make sense at all.  
Dem wan spoil di party, but we go still enjoy am.  
Di money no dey, but we go find way.  
Di woman sabi work hard, she no go stop.  
I no wan talk, but I go tell you later.  
Dem dey talk about me, but I no care.  
Di thing too much, I no sabi how to handle am.  
Di children go school, but dem no dey focus.  
I don't know why you dey ask me that.  
Dem no give me chance to explain myself.  
Di road no clear, we go need help.  
No wahala, I go do am for you.  
Di man no sabi how to talk to woman.  
I don't know if I fit talk.  
Di thing dey work, but e no go last.  
I go show you when time reach.  
She dey laugh, but I no get di joke.

[illegible]



[illegible]

[illegible]



I dey appreciate am.  
You dey go where today?  
I dey go my sister's house.  
She dey celebrate her birthday.  
Dat one dey follow you?  
I no get earpiece,I dey use phone.  
You fit come join us?  
I go try, but I no promise.  
No worry, I understand.  
Make we go listen.  
Yes, that thing they sweet.  
Every thing done cost.  
Yes, marriage rites dey go well.  
I dey thank God for my friend.  
You dey hear about di new music wey drop?  
I hear say dem get nice beat.  
Dat one dey make me wan dance.  
Wetin dey happen for your area today?  
I dey enjoy my life, no worry.  
You don hear about de new hotel wey open?  
I hear say dem get good service.  
Na which kind of service dem get?  
Dem get room service, swimming pool, and gym.  
Dat one go make me wan visit.  
Make we go there now.  
I no get money, I dey broke.  
No worry, I go lend you money.  
You be good friend, abi?  
I dey thank you for de help.  
No be small thing, na big thing.  
I dey appreciate am.  
You dey go where today?  
I dey go my brother house.  
En dey celebrate him graduation.  
Dat one go sweet.  
I dey love celebration.  
You fit come join us?  
I go try, but I no promise.  
No worry, I understand.  
Celebration dey bring people together, abi?  
Yes, celebration dey bring people together.  
I dey thank God for celebration.  
You dey hear about de new school wey open?  
I hear say dem get good teachers.  
Dat one go make me wan attend their opening.  
Children go like am?  
I no get uniform, I dey find am.  
No worry, I go help you find am.  
You be beta person.  
I done thank you na.  
No be small thing o.  
I dey like good things.  
You dey go where next week?  
I dey go my sister's house.  
She dey celebrate her wedding anniversary.  
Dat na good thing o  
I dey love anniversary.  
i fit follow you?  
yes you fit.  
No worry, I gat you.  
How many years Anniversary dem dey celebrate?  
na like 50 years o.  
But to celebrate now dey expensive, abi?  
Yes, o very expensive.  
I dey thank God for anniversary.  
You dey hear about de new hospital wey open?  
I hear say dem get good doctors.  
Dat one go help the community.  
Make we go see how e be.  
I no get appointment tomorrow.  
we go go together  
You be my paddy man.  
i dey thank Jah for you.  
No be small thing happen o.  
But every where good sha.  
You dey go market?  
yes I want go buy soup tins.  
ma go buy fuel  
You want waste person time .  
I dey love fish pie.  
You fit join them o  
but I no promise you na.  
I understand wetin you talk.  
Birthdays na for women.  
Yes, I go attend.  
But where this man go self.  
i see am for junction .  
but him no see me.  
You dey hear about wetin happen?  
I hear say dem get long list.  
how far your Barney?  
Make we go see her.  
I no get that kind time.  
No worry i go, go by myself  
You no be Beta friend.  
I dey laugh you.  
big big doings.  
I dey your side.  
i no dey go anywhere.



me want reach Ariel side  
Their party na tomorrow.  
She no tell me o  
I no go go.  
i no need anything.  
make every body mind th

Celebration dey bring people together, abi?  
Yes, celebration dey bring people together.

dey go for front.  
You dey hear the gist?  
every body dey talk am.  
that girl too fine  
every body want be her friend.  
I no get time for gossip.  
you sure say you well?

yes I well o.  
I no sure say you dey alright.  
No be small pikin.  
I dey appreciate wetin you dey do o.  
You na correct person.  
I dey thank God for good friends.  
make we go enjoy life together.  
Yes, we dey enjoy life together.

Life dey funny sha  
life dey sweet you na.  
But life dey hard sha.  
Yes, life dey hard.  
I dey thank God for life.  
i like dey on my own  
I hear say dem get nice environment

Dat one na their business.  
Make we go check out the place.  
I no get ticket o.  
No worry, I go buy for you.  
You be my correct nigga  
I dey see you for there na.

you no dey appreciate person.  
where you dey go tomorrow?  
I want go see my sister.  
She dey cook beta food.  
The food dey sweet?  
Yes na, the food dey sweet.  
You want follow me go?  
I for like follow you o.

e done tey I chop good food.  
no wahala, make we go.  
but the place far sha.  
how the place far reach na.  
We never still reach where we dey go?  
no e remain small we go reach.  
You dey hear that sound?

I dey hear am o.  
Dat one mean say we dey close.  
Make we go reach fast.  
I don dey tire self.  
No worry, we don reach.  
Ah correct, see beta chow  
thank God say you bring me o.

No be small thing dey here o  
I go appreciate you no worry.  
if you dey come next time carry me o.  
you get better longer throat o  
Ehn i gree, leave am.  
Dat your own big o.  
we no be mate o

lol for your mind you senior me o?  
make my small body no decieve you o.  
Close mouth chop food joor.  
i go show you my small bro later.  
wetin I one use am do?  
you go make am your paddy.  
na your age mate be that.  
I hear say you no get respect.

na today I confirm am.  
I no like police uniform.  
why you no like the uniform?  
the colour dey somehow.  
which colour you go like am to be?  
if na dark blue e for make sense  
dark blue na navy colour na.  
You no Sabi anything o.  
Tah I Sabi, ask another person na.  
Guy how far you?  
Guy I just dey o.  
shebi navy colour na dark blue?  
guy man I no too sure o.  
o ya make we leave the mata  
No worry I go ask my sis.  
wetin your sis Sabi?  
you want begin insult me?  
na question I ask o.

i no insult you.  
you get luck say I chop sweet food.

lol, wetin for happen?  
your teeth for done full ground na.  
you Sabi try person o.

[illegible]

nga go find wetin go fit me.  
 every where suppose stew.  
 I hear say your guys don come back.  
 yes o, I go visit them tomorrow.  
 Which place them go self?  
 I no fit remember the place name o.  
 i go ask them later.  
 oya na make we see tomorrow.  
 this country done tire me o.  
 No be small thing, every thing just cost.  
 goods na times two the normal price.  
 You dey go shopping?  
 shopping with which money na?  
 you no dey hear say goods don cost?  
 Goods cost pass people salary.  
 my salary no dey even carry me one month.  
 you dey talk one month, my own na two weeks.  
 small time things go change.  
 Make them begin Change now o.  
 Just get patience na.  
 this rice sweet sha  
 Yes, but you too like food.  
 who no like food na?  
 me o, I no dey too eat food.  
 I dey like drink juice instead.  
 which kind juice, you dey like?  
 that juice wey get plenty fruits mix together.  
 oh na mixed fruit juice you like.  
 that thing na children drink na.  
 you supposed dey drink adult drink.  
 wetin be adult drink?  
 adult drink na beer na.  
 which brand of beer you dey like?  
 i dey like the once way no dey too bitter.  
 so bitter things dey fear you.  
 no be say bitter things dey fear me o, i just no like am.  
 ok o, go drink your sweet beer.  
 Be like something dey worry you.  
 No Person wey no well dey gree say e no well?  
 me I well o, I no know wetin you dey talk.  
 ok I don hear, you well na.  
 Everything just dey go left, left.  
 any better for me?  
 who dey drive that your old car.  
 I done sell that car na.  
 My money hang for ATM.  
 Nationwide protest wey dem plan against bad governance don kick off o  
 this thing dey across various states for Nigeria.  
 Na de organisers of de nationwide protest talk am  
 na to call attention to demand end to lockdown o  
 bad governance for de country no be here.  
 de organisers say make people gada for different locations  
 wia dem don identify across de country so dem go fit press home dia demands.  
 The way e be the movement go get head so?  
 Dem add say de govmnet dey use de Cybercrime Act to silence citizens  
 So we want make dem stop de Act.  
 de demonstration dey take place for several cities o  
 Anything wey no dey add to my account I no need am  
 very few people for Nigeria sabi de name Andrew Martin Wynne.  
 On Tuesday morning de name rank number three on top searches on Google in Nigeria.  
 This na becous de Nigerian police declare Andrew Wynne wanted.  
 him na British man.  
 dem accuse am say e dey fund terrorism and dey incite people to mutiny.  
 Also en name appear for de court papers too  
 wey de Nigeria government take charge 10 people wey dem arrest  
 Even though de two no follow for de accused persons for dat court matter  
 de government say dem ginger de protesters to cause katakata for Nigeria  
 Them dey shout "Tinubu must go, na military wey want".  
 And according to govmnet, this na offence wey amount to treason o  
 and e dey punishable unda section 97 of de penal code.  
 But who be this person?  
 Like we been don tok, oga no be pesin of any particular interest before now,  
 so nothing much bin dey known about am before now.  
 de things we know now bin from wetin e tok for some interview e get wit some Nigeria tor  
 E say im na accountant and financial consultant  
 En don work wit some state governments for Nigeria.  
 E don dey come Nigeria since 2000.  
 Oga Wynne say im first visit to Africa na almost 50 years ago  
 wen e bin dey teach for one Secondary school for where don become Sudan now.  
 E get bookshop for de second floor of de headquarter building of Nigeria Labour Congre  
 According to am, e don dey run de bookshop for seven years.  
 En marry one Nigerian woman, her name na Helen.  
 According to her, dem don know each oda for eight years before dem marry last year.  
 de British national don talk say e no sabi why Nigerian police dey accuse am say e dey p  
 E still talk say e no sabi why dem declare am wanted and put bounty for im head.  
 Nigeria police talk on Monday, 2nd September, say Andrew Wynne and one other person  
 Dem say e don run comot from de country after last month cost-of-living protest.  
 Oga Wynne, wey dey UK, talk for Channels Television say e no know about de accusation  
 E say e dey run one bookshop for Abuja and dey come Nigeria for 25 years without  
 Nigeria police don offer 10 million naira reward for anybody wey get info to help dem cat  
 Oga Wynne, wey dem also call Andrew Povich, talk say en dey more happy to talk f  
 E also talk say en fit talk with dem for WhatsApp or Zoom and en fit even go London go  
 Nigeria police declare am fugitive de same day dem charge 10 Nigerians with treason o  
 Anambra state Govnor Charles Soludo go run for second term for office afta im win de A  
 Govnor Soludo, stand as de sole candidate of APGA during de party convention for de fo  
 of accredited delegates been also take part for APGA convention on Saturday.  
 Out of which 3,175 cast dia votes.  
 Na only 3,168 dey valid, wit only four invalid entries  
 each one of de valid votes go Soludo.

chairman of de electoral committee, don officially declare make Soludo return as de party candidate.

de votes come from Anambra.

Governor Soludo for im acceptance speech, pay homage give de founding spirit of APGA.

e describe am as de first registered progressive party for Nigeria, dating back to 2002.

Anambra na APGA, and APGA na Anambra,"

em talk am, im supporters hail am.

Governor Soludo list im administration accomplishment.

Em cite de recruitment of over 8,115 teachers and public servants

from across de country as part of im push to revamp human capital development.

Soludo torchlight dia gains for security and law enforcement,

e tok how dem dey scala criminal hideouts and gradually dey restore peace

Em speak passionately about de economic transformation way dey go on like de support for micro and small businesses

and de empowerment of artisans and traders among every every

E construct massive infrastructure development, especially road construction.

Em tell im party members and de entire state say de journey dey far from ova.

We don only scratch de surface,

I no fit and I no go take this trust for granted.

Him just dey talk talk

De state Governor use de opportunity to confam plenty things.

As im running mate, e say dia partnership, don produce visible results

En add say dem go continue to drive de next chapter of transformation.

Corner kick for Nigeria, e dey cleared

Zimbabwe equalise for de dying minute

Zimbabwe make substitution

Chance for Zimbabwe but Nwabali block am

Very close call for Zimbabwe to use score.

E hit de cross bar!!!

Osimhen score for de Super Eagles.

Arokodare pass de ball to Aina for de side way give am back to Osimhen for de final touch

Anoda chance for Nigeria but Arokodare no fit control de ball.

Nigeria just never fit convert any of de chances wey dem don get for de game.

Back to back Corner for Nigeria

but dem dey well defended sha

Walter don commot for Terrence

Na lookman take Free kick

but de defenders defend am well.

Corner kick for Nigeria

Lookman take am straight inside de goal keeper hand

Zimbabwe fire shot outside de box but e no enter

Camera just show Peter Obi for de stand

e wear Nigerian jersey

Iwobi miss fantastic chance to put Nigeria in de lead

Chance for Nigeria as Iwobi pass to Chukwueze

but e make a wrong move and play am wide

Second half don start

Referee blow whistle for Half Time

Referee add two minutes extra time

Nigeria dey try again

Iwobi get de ball and fire shot but e go over de bar

Nigeria dey try hard to find de net

back to back defenders dey

dem dey tight for de box and no dey gree dem

5 minutes to de end of de game and both sides still dey struggle to find de net

Chance for Nigeria! Chukwueze fire shot

de goal keeper catch am easily

30 minutes of play and de game still dey goalless for de Uyo stadium

Ekong concede throw in for Nigeria to avoid stories for de box

Nigerians dey press Zimbabwe

Moses Simon get anoda chance for de box but again, na missed chance

Nigerian Lookman get de ball inside de box and fire shot wey hit de bar

de Nigerian defence and fire shot wey hit top of de net

Anoda foul against Aina and Nigeria

Zimbabwe take am but e go over.

Zimbabwe keeper dey down

e try to catch ball from de Nigerian player but injure imself

Lookman take de piece

Oshimhen head find de ball but dat na almost as de keeper catch am

Corner kick for Nigeria, Lookman dey play am

Zimbabwe with anoda chance but dem play a wide

Foul against Nigeria by Chukwueze

Zimbabwe play de free kick but e no go anywhere

Chance for Nigeria as Iwobi pass to Simon but e fire am straight enter Zimbabwe keeper hand

Referee don blow whistle match don start

Security officials already bin bust drugs for de last one month

de national intelligence bureau bin intercept one consignment

cocaine wey dey weight 3.3 tonnes wey dey travel from de western region to Accra

dem bin confam say de packages na high purity cocaine between 50% to 70%.

de street value of de cocaine wey dem tok say enta de country thru sea vessel no be here

Police don remand de two suspects Isaac Quiair and Kenneth Cobinnah for custody for this mata.

In February, de national security been raid one warehouse for sapeiman for Accra where dem seize twelve 20-foot shipping containers wey contain plenty box of counterfeit dollar and cedi notes and fake gold bars.

de national security coordinator wey dey in charge of operations tok say dem dey pursue de kingpin for this syndicate.

Apart from de counterfeit dollar and cedi notes, and de fake gold bars, dem also seize military uniform and boots.

In response to pressure from government opposition to provide update about de cocaine bust and de oda raid for de warehouse.

de national security operations director explain say dem still dey investigate de mata.

We neva touch de tins we seize for dat raid, we dey keep dem as we dey investigate this mata.

We still dey pursue de people behind de warehouse wey we still dey track two oda containers

Intelligence wey bin show say de people carry dem comot de warehouse bifer de security people reach dia.

Oga Richard Jakpa tok say them get solid evidence wey dey connect de crime to one ogbonge network wey dey do plenty illegal activities for de country.

na only a matter of time before we gbab dem.

Sabi people bin tok say make government pursue every mata way dey relate to drugs and money laundering for de country.

Topics Wey Dem Resemble

delegation go Washington to argue against de new trade measure.

My biggest concern na de immediate closure of factories and job losses," na wetin im tell tori people AFP on Thursday.

One of Trump plans wit im tariff announcement na to reduce im country trade deficit wit de rest of de world.

And this give people clue as to why dem hit Lesotho hard.

This gist sha long.

For dia calculations, US officials use de difference between de value of imports and exports to set tariff rates for different countries

Lesotho don dey successful to sell textiles to US, dem use de African Growth and Opportunity Act (Agoa) well-well.

dis US law from 2000 allow eligible African countrys to send some goods to US without any tariffs on top.

Na President Bill Clinton sign am as law.

de koko about Agoa na to help African countrys to grow dia economies and create jobs  
but this tariffs fit threaten dia future.

Lesotho garment factories dey make jeans for major American brands  
Clothes dey make up nearly three-quarters of wetin Lesotho dey export to US.  
dem be de second biggest trading partner afta South Africa.

de value of dat US trade amounts to more dan 10% of dia total annual national income.  
American buyers fit reduce demand and e go affect Lesotho economy.  
dis na devastating day for us

Im say de whole day im industry colleagues and de goment tok about wetin to do next.

Although im business, wey Oga Kobeli say dey employ around 2,000 people, fit look for oda markets.  
US dey so significant so "we no fit just shun de US market  
We need to do everything wey we fit to bring [am] back".

Colette van der Ven, one lawyer wey specialise for international trade, tell BBC say de 50% figure wey Trump impose on Lesotho "make small sense logically".  
She describe am as "ironic" say US dey punish Lesotho for de success wey dem enjoy under Agoa.  
Na de idea say countrys dey take advantage of US becos of trade deficit.

dis na new format about trade wey don make people to reason who dey benefit and who no dey benefit  
oda African countries wey US hit wit extra tariffs include 47% for Madagascar, 40% for Mauritius, 37% for Botswana and 30% for South Africa.  
Dem hit Nigerian exports too - at a rate of 14%.

Kenya, Ghana, Ethiopia, Tanzania, Uganda, Senegal and Liberia dey among those countrys wey exports to US go dey subject to de baseline tariff of 10%. US no dey run a trade deficit wit dis countries.

Trump say de reciprocal tariffs na "for countrys wey treat us badly  
During Wednesday announcement for White House, de Republican president say "cheaters" bin dey take advantage of US wey dey "pillaged" by foreigners.  
For more dan 50 years, dem dey rip off our taxpayers, but e no go happun again," Trump tok.

South Africa dey among de long list of countrys wey dem call  
worst offenders", dat list also include China, Japan and de European Union.  
Dem now dey face higher US rates - payback for unfair trade policies, Trump tok.  
Some bad tings dey go on for South Africa.

You know, say we dey pay dem billions of dollars, and we cut funding because a lot of bad tins dey happun for South Africa,  
im tok, bifo im begin name oda countrys.  
US-South Africa relation begin get K-leg since Trump presidency start for January.  
South Africa biggest export to US na platinum.

wey dem fit comot from de import tax.  
But dia second biggest export – wey be cars – dem go hit am hard.  
For statement, South African presidency been condemn de new tariffs as "punitive".  
e say e fit "serve as a barrier to trade and shared prosperity".

Na now we get ourself  
Trump add 34% to de existing 20% duties on all Chinese imports to US, to make am de highest rate globally.  
In addition, Trump impose 25% tariff for all di cars wey them make outside.  
US dey expected to start to charge dem 10% tariffs on 5 April,  
while de higher duties for certain nations go start on 9 April.

African countrys like South Africa, Nigeria, and Kenya get long-standing trade relations wit US.  
How we go take respond to this issues?  
Make we enhance our work for African continent and collabo go dey important  
de tariff rates wey US go impose on wetin Trump call "liberation day" for American people big,  
and de new tariffs fit significantly affect existing economic ties.

Annabel Bishop, chief economist for Investec, one South Africa-based banking and investment firm, believe say de impact go dey "very negative  
But she tell BBC say de tariffs fit increase de current shift for Africa trading practices.  
Wetin we go expect to see na greater trade wit de Global South  
wia possible, [dia] e dey likely to see some switching in trade partners."

de tariffs also come in as many African countrys already dey struggle wit de effects of US foreign aid cuts.  
wey dey provide health and humanitarian assistance to vulnerable nations.  
Trump announce de aid freeze on im first day for office for January as part of a review on top US goment spending.  
Friday, de Vatican tok say im health dey improve and e dey  
in good spirits as e kontinue im work activities.

Dem admit de Pope to hospital on 14 February for an infection wey result in double pneumonia.  
One of im doctors say e get two critical episodes during im  
treatment wia im "life dey for danger".  
As of Friday, de Pope don improve slightly in breathing, movement and speaking, na so de Vatican tok.  
Recent blood tests been also show slight improvement for im lung infection.

de Pope dey require less supplemental oxygen,  
but kontinue to receive am during de day.  
At night, e dey receive high-flow of oxygen through im nose as e need am.  
E bin suffer plenty health issues throughout im life  
Even part of one of im lungs wey dem remove when en been dey 21 years and this come make am more open to infections.  
Pope Francis been make surprise appearance for St Peter Square in de Vatican following de discharge from hospital afta en don dey there for five weeks dey receive treatment.  
de Pope bin briefly appear on stage for wheelchair, wit oxygen tube under im nose.

Hello to everybody," e tok, as e wave to de crowd wey dey cheer am.  
Happy Sunday to all of you, tank you veri much."

de Pope na 88 years and dem discharge am from hospital for Rome on 23 March and e bin appear for im window den to offer blessing.  
Pope Francis na from Argentina and e don be Pope for 12 years  
No be only Simon Ekpa dey inside dis gbege o.  
e also get some oda four pipo wey dey for di alleged terrorism activities and di freeing of assets go affect dem too.  
Di big queions still dey about wen dem go carry Simon ekpa go court for trial.  
And also if oda amended charges dey.

Dis no be di first time wey Ekpa go dey entia gbege for Finland and even Nigerian goverment too.  
During di 2023 general elections for Nigeria, Finland authorities bin gbab Simon Ekpa sake of di tok tok wey put am for gbege.  
Na di Nigerian goverment bin ask make dem check di activities of Ekpa.  
becos e bin dey call for a boycott of di general elections for Nigeria dat time.  
Dem gbab Ekpa for February 2023, but di Finnish police later release am afta dem ask am qestion for some hours.  
Now, e dey face anoda gbege again.

News people find more update on wetin lead to di arrest of Ekpa.  
And wetin be the thing wey them fine?  
I never hear all o, but make we dey listen.  
To find out why di Finland goverment bin go afta Simon Ekpa and wetin be in offence for di kontri.  
we follow Ilkka Kopra, wey be im lawyer tok.  
Mr Kopra confam say true-true Simon Ekpa dey prison.  
but add say na di decision of di Finland court of law to put Ekpa for prison.  
Lawyer Kopra say dem neva sabi how long e go dey for di prison as dem dey wait for di trial of Ekpa.  
Mr Ekpa dey imprisoned by di decision of the Finnish Court of Law  
We no know yet how long e go stay prison or wen di trial go take place," di lawyer tok through email reply.  
Meanwhile, e say dem dey try do everitin within dia power to ensure say e dey free, but e neva clear wen tins go dey sorted.  
According to Kopra, e say im no go fit tok much on di matter but e " hope to do all to get am free as soon as possible."  
But how soon the matta want dey cleared na we no know.  
The way people dey kpai now ehn,e dey shock me.  
E still get anoda kwesion if dem go extradite Simon Ekpa to Nigeria?  
Normally, no sovereign nation dey under obligation to surrender a criminal to anoda nation.  
bicos evri sovereign nation get legal authority over pipo wey dey live within dia borders.  
Dis na why bifo extradition go happun, di two nations involved suppose don get extradition agreement between dem.  
Also, di nation wey dey request for di extradition must to get proof say di arrested suspect bin commit di crime for dia territory.

or say di crime affect pipo wey dey live for dia territory.

Meanwhile, for June 2024, Nigeria Chief of Defence Staff,bin accuse di Finnish goverment say dem dey give Simon Ekpa protection. and e call di Nigeria government to explore diplomatic options to make sure say di secessionist leader dey arrested.

Now wey, Finland govment don gbaab Simon Ekpa, Gusau di tok-tok pesin for di Nigeria Defence react to di arrest.

E say di Chief of Defence Staff dey happy wit Ekpa arrest for Finland.

wit di hope say dis go be a step towards im extradition to Nigeria so dat he go face justice

But wetin be di possibility of di Finnish goment extraditng Ekpa to Nigeria to face trial?

But you sure say dem go send am com Nigeria?

We never dey too sure,make we dey listen.

Pipo dey call am "liquid gold." Some experts even say na source of "magical powers

Scientists agree say breast milk dey provide nutrients and antibodies for babies and e dey essential for dia growth.

But some adults dey bank on dia perceived superfood abilities.

39-year-old Jameson Ritenour, na father of three, im take im first sip of breast milk wen im partner Melissa bin dey breastfeed.

she bin dey produce extra milk wey she no need.

I dey put am inside my shakes, even though she bin feel say e dey one kain, Im tell news people.

Jameson bin dey curious about di benefits of breast milk afta im watch YouTube video wia a bodybuilder bin tok about di effects of drinking milk.

But the body builder no talk say na breastmilk na.

Leave that man,make we share hear wetin happen.

To drink im partner breast milk don become part of Jamesons' patan.

im dey take two bags a day, each dey about eight ounces.

I bin dey di best shape of my life, im tell news people.

E bin help me build muscle.

I bin dey lose weight, wen I also put on about 5% of muscle mass for about eight weeks.

Jameson say im no fit remember ever falling sick or catching cold while human milk bin dey part of im diet.

I want grow like baby and sleep like baby.

so I decide say I go also eat like baby," Im say. "I bin feel good and I bin look good."

Buying online dey risky sha.

Sabi pipo say scientific evidence no dey to suggest say to drink breast milk get any benefits for adult body.

But leading experts say e fit still dey beneficial, dem point to di anecdotal evidence.

E get a lot of protein - baby dey grow muscles quick- quick, and of course dat na wetin bodybuilders want.

We just no know di science behind it for now.

But Dr Bode advise caution for now, sake of di questionable sources wey pipo dey buy human milk on Facebook, Craigslist and Reddit.

Dis news go sweet most men well, well.

Bodybuilders dey very much in tune wit dia body, so something fit dey dia.

But Dr Bode advise caution for now, sake of di questionable sources wey pipo dey buy human milk on Facebook, Craigslist and Reddit.

Dat milk dem neva test am, den add di health risks," Dr Bode. warn pipo.

E fit be a vector for diseases like HIV or hepatitis."

Breast milk also dey only as good as di diet and general health of di pesin wey dey produce am.

and e fit be a vector for a number of infections.

Women most times dey pump for environment wey no dey controlled or sterile, and so di milk fit easily dey contaminated.

One study for 2015 wey Nationwide Children Hospital for US conduct reveal say out of 101 samples of breast milk wey pipo bin buy online, 75% get harmful pathogens and 10% of di samples bin dey mixed wit cow milk or baby formula.

This one na highest news o.

After Jameson sperate from im partner Melissa im bin no longer get access to di breastmilk im bin store inside freezer.

na wen im decide to start to buy online.

Im say im no dey aware of di risks of di milk to dey contaminated.

I buy am off one random pesin for internet.

but I do small investigation for Facebook and she look normal," Jameson tok. "So, I decide to take my chances."

Di lack of scientific data no be concern for am, becos im say im own experience dey extremely positive.

Wetin wey dey less positive, im tok, na di stigma im dey face.

Pipo definitely dey use side eye look am.

becos mentally milk na for babies. But e no dey as weird as pipo think."

Abeg that thin na somehow behaviour na.

Wia dis foto come from?

Breast milk dey provide nutrients and antibodies for babies.

What about vulnerable babies?

I no ever tell adults to drink breast milk,"na wetin Dr Meghan Azad, wey dey research how human breast milk dey support infant health talk.

I no think say e go harm dem o.

Dr Bode say pipo suppose donate excess human milk to babies wey need am, rather dan sell am for profit.

but e fit potentially harm babies wey really need breast milk - like premature babies - and dey struggle to get am.

We no get enough milk to feed di most vulnerable babies.

Breast milk get properties wey fit cure diseases for preterm infants. E fit save lives.

Dr Azad tok to di fact say if struggling mothers feel say dem fit make money by selling milk to bodybuilders online, dat fit further escalate di growing and risky trend of buying breastmilk for adult consumption.

But Jameson say im no dey feel guilty.

Pipo don accuse me of starving babies.

But no be like say I dey stand outside hospitals, to ask mums to give me all dia milk!"

In fact, im say im don get ova100 women wey don contact am, to try to sell dia extra breast milk.

Say e get people wey dey beg am to buy, every time.

Human milk na largely one area wey sabi pipo neva too do research.

For a long time, pipo wey dey fund research no really care about breast milk.

becos dem see am as an unimportant women's issue," na wetin Dr Azad tok.

But dat dey change now.

Apart from di risks of adult wey dey drink breast milk, some components now dem dey study am as potential treatments for a number of adult conditions.

This condition include arthritis, heart disease, cancer and irritable bowel syndrome.

This na new tok tok, wey many never hear o.

Guy some guys .go begin turn am to cash out point o.

That no go too bad o,na to see woman wey go dey bring am.

Dr Azad dey particularly excited about di potential health benefits of human milk, wey be di prebiotic fibres wey dey inside breast milk.

Dis fibres humans no dey digest am but dem dey used by beneficial gut bacteria to promote a healthy microbiome for babies.

Researchers dey look whether adults fit use di HMOs to help wit conditions like inflammatory bowel disease," na wetin Dr Azad tok.

We know say microbiome dey important for so many aspects of our healt.

For one study in mice wey dem publish for 2021, Dr Bode find out say one HMO reduce di development of atherosclerosis.

so if we fit discover new ways to manipulate and improve di gut microbiome, dat fit get all sorts of benefits.

And HMOs from breast milk dey show a lot of promise

dat na di blockage of arteries wey dey lead to heart attack and stroke.

Human milk components dey remarkably unique," na wetin Dr Bode tok.

Na di only tin wey dey developed by humans for humans

Unlike most pharmaceuticals, wey dey develop am through artificial compounds wey pipo go come put inside dia bodies.

im say human milk compounds dey potentially safer and more effective.

But while dem hold significant promise, di clinical data still dey scarce.

If ongoing clinical studies prove successful - wey Dr Bode dey confident about, these compounds fit play a major role to prevent heart attacks and strokes.

Stroke wey dey cause millions of deaths every year.

Imagine say we fit reduce di number of pipo wey dey die from heart attack and stroke by a million.

E go be ogbonge development, o.

Oya na make we move to anoda tori.

E shock Luisa wen she find out say she get breast cancer o.

E dey completely unexpected," na so di 38 years old mother of two from Brazil tok.

I bin dey young, healthy, fit and no get any risk factors - dis tin no suppose happun to me.

I no fit believe am, Cancer dey very far from my reality."

Dem diagnose Luisa say e get stage three cancer for March 2024, wey mean say e don already advance.

She do four and half months of chemotherapy, do surgery to remove some part of her breast, and den radiotherapy.

Luisa complete her treatment for August, but still need to take medication to prevent cancer from returning.

Nawa o,how she no use know till e reach stage 3?

Na same thing me I go like no o,abi e no dey show?

Chemotherapy dey aggressive, but my body hold am well, dis na sake of say I dey active, dey young and resilient body," na so she tok.

Den surgery come I still face am.

I happy say I no get to remove di whole breast sha.

Di hardest part na wen I loose my hairs.

Evertin happen so quick and intensely wen I look inside mirror, fear go catch me, and e affect my pikin dem too

Luisa tori no be di only one, but e dey help highlight di trend as e dey grow for world.

more young adults don dey get diagnosed wit cancer, even wen some no get any family history of di disease.

Cancer dey more common for older pipo due to biological, environmental and lifestyle factors.

for example, ageing dey increase cell divisions, wey dey lead to mutation build-up and higher cancer risk.

Oncologists don already link early cancer diagnosis for younger pipo to wetin dem inherit, like BRCA1 and BRCA2 mutations for breast cancer.

but, more patients, like Luisa, bin no dey show any clear signs say e dey her family.

And e dey strange sey e no show for her family o.

While she get di cancer already,nawa o.

One recent study wey BMJ Oncology publish find out say, early stage cancer among adults under 50 across di world increase by 79% between 1990 to 2019.

while cancer related deaths from di same group rise by 28%.

Di study analyze 29 types of cancer across 204 countries.

Also, one report from Lancet Public Health reveal say di rates of 17 types of cancer don steadily rise across generations for US, particularly among Gen X and di millennials (born between 1965 and 1996).

Oda cancers like nasopharyngeal, stomach and colorectal cancer don increase among young adults according to di BMJ oncology report.

This news so don put fear for person body o.

Naso na, person gats dey careful.

Researchers dey try identify di causes, even as di Lancet study dey warn say if di growth continue, e go reverse di many many years of progress wey dem don make for cancer prevention.

So far, dietary factors like diets wey dey high in red meat and sodium and low in fruits and milk - along with alcohol consumption and tobacco use, dey among no suspected culprits according to di BMJ Oncology and Lancet reports

And obesity dey strongly linked to increased cancer risk o.

through wetin dem dey call inflammation and hormonal deregulation, according to di World Health Organization.

Di Lancet report note say 10 of di 17 cancers wey dey increase among young pipo for di US dey obesity related.

E sey including kidney, ovarian, liver, pancreatic, and gallbladder cancers.

Any how sha dis factors no explain all di cases.

Scientists dey also explore oda potential contributors.

Some say na constant exposure to artificial light from devices or street lights dey disrupt di biological clock.

And sey increase risks for cancers like breast, colon, ovarian and prostate go dey link to artificial light too.

Oda studies dey suggest say shift work, wit very long exposure to light for night, fit also lower melatonin levels wey dey promote cancer growth.

For June 2023, colorectal surgeon Frank Frizelle for New Zealand call for research into di kain tin wey microplastics dey do for bowel cancer.

Im dey suggest say dem dey damage di protective colonic mucus layer, wey dey similar to putting pinholes inside condom.

Other researchers don argue say ultra-processed food additives like emulsifiers and colourants, fit drive gut inflammation and DNA damage.

And sey Gut disruptions dey linked not only to colorectal cancer but also to breast and blood cancers according to American Association of Cancer Research.

Antibiotics use go up by about 45% through out di world since 2000 - especially among young kids.

dis fit be anoda culprit as e dey disrupt di gut microbiome. Na so one group of Italian researchers tok for di 2019 report, as dem say e get link to some cancers.

Even increasing heights across generations fit get hand for rising cancer rate, na so Malcom Dunlop tok.

Im be professor of coloproctology for University of Edinburgh, Scotland and co-author of di BMJ Oncology report.

Humans across di world don dey grow taller... and e get strong connection between height and orishirishi cancers, including colon cancer, for instance.

E add say link dey between cancer risks to more cells, and exposure to natural growth hormone and larger colon surface area.

And e dey increase opportunities for mutations.

E say screening younger population for cancer no dey cost effective due to low absolute risks, despite di relative increase in cancer cases.

According to wetin di US National Cancer Institute (NCI), 80% of cancer cases na for pipo wey dey age 55 and above dem dey see am.

Make God continue to help e people.

Di economy situation for Nigeria don begin make pipo find replacement for food items wey dey too costly.

na wetin come start di cucumber stew trend.

Cucumber stew na meal wey dem prepare wit cucumber fruits afta dem blend am as replacement for tomatoes.

tomatoes wey dem bin dey use make di traditional Nigerian stew don change.

Dis na afta one period wey high cost of tomatoes and pepper begin make citizens dey look for alternatives.

In di height of di tomatoes scarcity, and as at di time cucumber stew begin dey trend, e bin no dey possible for pipo to prepare di basic tomatoes stew without spending at least 5000 naira and above.

For market, dat time, about five pieces of tomato bin dey go as high as 1,000 naira o

while small basket of tomato bin go up reach 30,000 naira for small basket for di North while di big basket dey cost around 45,000 naira

Every body begin find anoda way once de price go up.

I been hear the gist too, that time.

One oghonge cook Gaz Azah wey also be food content creator of Gaz kitchen follow news people tok.

She open up say na sake of di need for anoda alternative for tomato make am begin use cucumber to make stew.

Wetin inspire me to use cucumber make stew na di high cost of living for Nigeria.

becos pipo dey complain say no alternative to tomato and even if pepper and vegetables dey, we need fruit wey we fit use make stew."

Wen di cucumber stew begin dey trend for social media, pipo begin dey try am to see how e go be for mouth.

And me I never try am o,I need try am asap.

But I no sabi cook am.

Wash your cucumber very well and cut am into small sizes

Put am for inside blender, blend am till e dey smooth small.

Afta dat, carry sieve to comot excess water wey dey inside di cucumber wey you blend becos too much water go spoil di stew.

Put your oil for fire make e fry small,any oil you like

Cut your onion and put inside di hot oil to allow am fry small

Afta frying small time, add your paste wit pepper and mix am well ontop fire.

Add salt and spices wey dey available to use for stew.

Come add di cucumber wey you blend wey too much water no dey inside

Mix am well ontop fire to allow am mix wit di oda ingredients inside pot

Add your fish, meat and assorted proteins wey you get

Mix am small and cova di pot make e cook well

Afta some minutes, comot am ontop fire and your stew don done to chop.

Di process na like di same way wey dem dey cook normal stew.

But na just di cucumber bin dey different for inside di stew.

Health benefits of cucumber plenty well,well.

One dey go sha try this stew.

Wia di stew wey you cook?

normally, cucumber supposed dey served raw so you go fit enjoy di taste, texture and how e be for mouth including di nutrient wey e go provide for di bodi.

You no need to peel or even cook cucumber bifor you chop am

plenti pipo dey even use cucumber make different meals including salad.

Cucumber get about 96% water and e dey di family of fruit and vegetables.

Cucumbers na good source of vitamin C o.

Cucumber na good source of mineral molybdenum too.

Cucumber na also good source of vitamin A.

Cucumber also contain nutrients like potassium, manganese, folate, dietary fibre and magnesium.

Di body of cucumber contain phytoosterols, wey fit reduce blood cholesterol.

You no suppose dey peel di back of cucumber.

Cucumber na good addition to weight-loss diets.

Cucumber dey do plenty plenty things.

Some we never find out self.

Tomato dey keep your heart healthy.

Tomatoes dey provide daily potassium and to dey chop food wey dey rich in potassium fit reduce di rate of stroke and heart disease.

Tomatoes also contain one compound called lycopene, wey dey make am get red colour.

Dat lycopene get nutrient wey fit reduce di risk of cardiovascular disease.

Even if we no make much from crude oil, we fit still make money from selling solid minerals na.