

# RADIANT

NIGERIA'S LEADING HEALTH MAGAZINE

## Reinvent *your* Health

Your Best Health At Any Age  
20s, 30s, 40s, 50s+

**5** *HEALTHY*  
*DRINKS*  
*to keep you hydrated*

**NIKE**  
**OSHINOWO**  
ENDOMETRIOSIS  
AND NIGERIAN  
WOMEN

## Exclusive **Mill** Magese **Men**

ONE OF AFRICA'S TOP SUPER MODELS ON LIVING WITH ENDOMETRIOSIS

YEMISI  
ILO SETS  
THE RECORD  
STRAIGHT ON  
HER BATTLE  
WITH MULTIPLE  
SCLEROSIS

RAIN BOOTS TO  
KEEP YOU STYLISH  
THIS RAINY SEASON



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