

RADIANT

NIGERIA'S LEADING HEALTH MAGAZINE

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Beyond Skin Deep **Ogo**
Maduwesi
Vitiligo Warrior

Healthy
Habits
for **2015**

Transform
Your
Body
with Our 30-Day
Body Reboot Challenge

7-Day
Meal
Plan

The Rise of **African**
Cuisine

+ 9 Swallows for Every Palate

**10 MUST
KNOW
NIGERIAN
WOMEN**

in Fitness
That Will
Help You
Kiss Fat
Good-Bye