

MBOCKY

**CAN
POLYGAMY
BE A SOLUTION TO
UNFAITHFULNESS?**

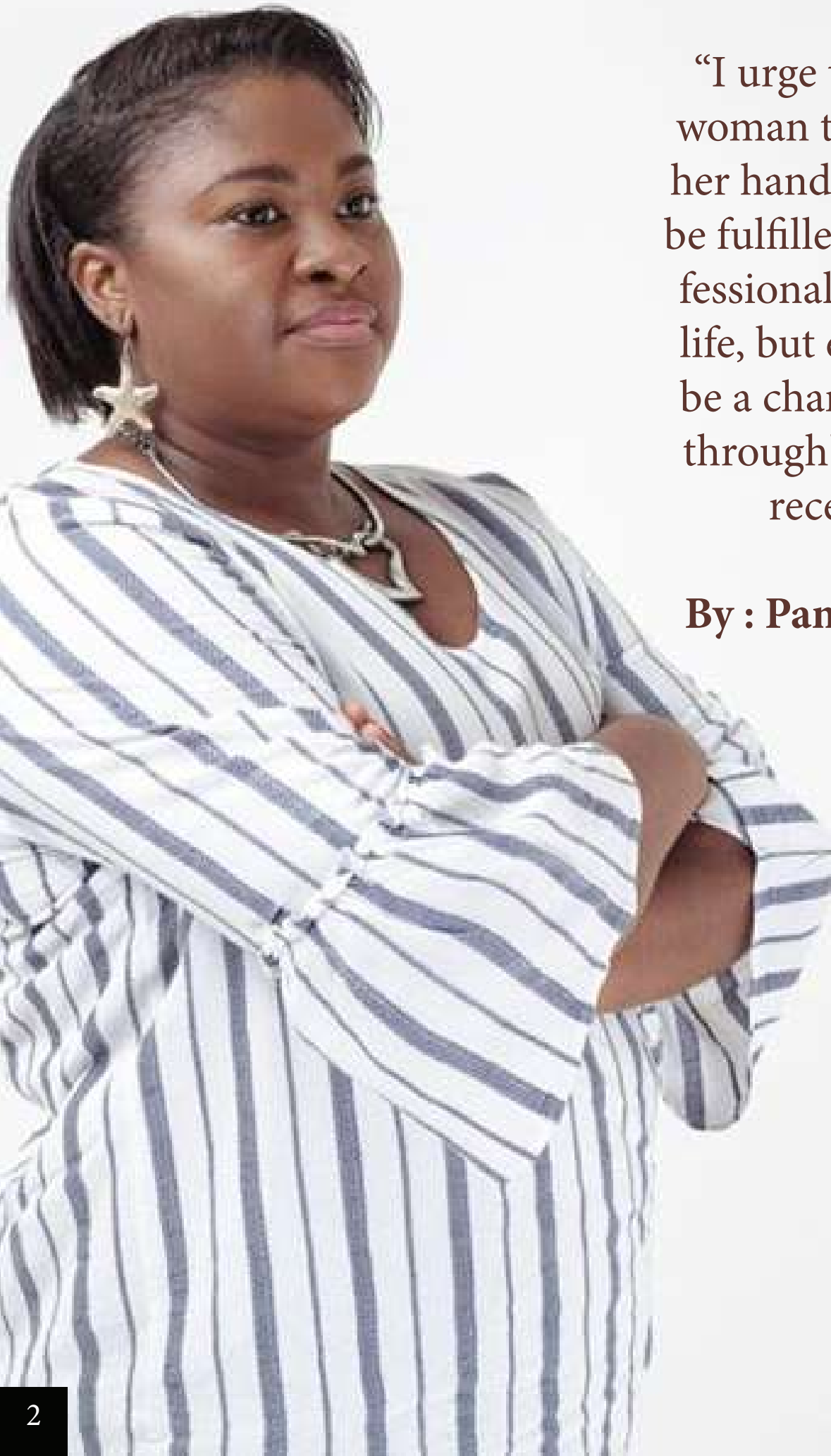
**HOW
TO DO YOUR
PERSONAL
HYGIENE?**

**THE
POWER
OF GOALS**

**THE
GENIUS
OF MRS
PAMELA
TAKAM WITH
LYVV BOX**



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“I urge the African woman to work with her hands not only to be fulfilled in her professional and private life, but especially to be a charitable ramp through" giving and receiving".

By : Paméla Takam

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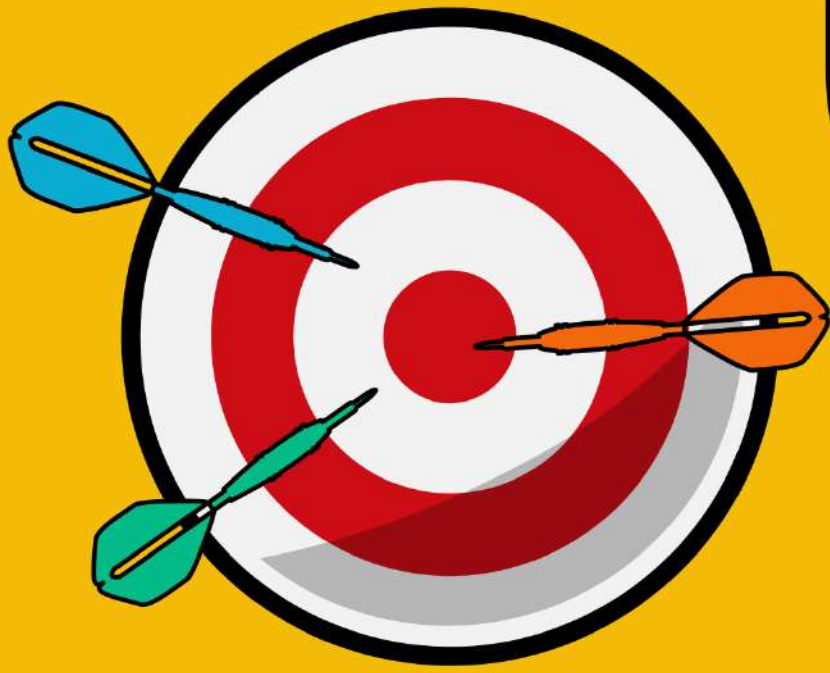


The case of
diabetes

THE POWER OF GOALS

Our daily life can easily be perceived as something boring and difficult to bear when we have no purpose in life. Indeed, without a concrete life plan, without a clear vision of our inner self, or our expectations, it will be difficult to anticipate our own future. Designing purposes is vital when we really want to enjoy life to the fullest. This will help us move forward with confidence.





Goals.

Set them.

Be them.

Reach them.

SET YOUR GOALS CLEARLY

Designing your goals is very important. This will help you set a course and remain committed into it, whatever the obstacles. Jim Rohn says, "It's not the wind that leads your steps, it's the direction you give your sail. The wind remains same for everyone." It is therefore crucial to know which direction you want to take, and most importantly, to stay focused against all odds.

SET YOUR GOALS CLEARLY

The power of goals is the ability to take one step at a time, to make a daily effort to move in the right direction, and never turn back. Once you have a target, then your path is all mapped out. Of course, the length of the road ahead will depend on the challenges and difficulties you will face; but above all, it will depend on your determination. The great risk here is to feel exhausted very quickly, and to lose the desire for accomplishment in the face of the harshness of the course. It is therefore essential to be aware of what awaits you. It is also important to remain aware that every day is a step closer to your goal. Of course, it is needless to precise that you will have to keep your goal in mind, and work on it constantly.

TAKE ACTION

The power of your goals will give you strength to move forward. You must have a decisive frame of mind. In addition to designing specific goals, you will have to learn, to understand the challenges before you, and to decide what actions to take for your goals to be achieved. Consider each challenge as an important step in the paths of your life.



STRUCTURE YOUR GOALS

The power of goals also requires you to find the road to follow at the various stages. Indeed, it is vital to have an idea of the road ahead if you want to reach the top. More than a sprint, this is a marathon. Structuring your goals will help you experience the journey in different stages of varying importance. The aim is to be able to reward yourself every time you complete a stage successfully. Be happy and enjoy your success after every battle. This will help you not to give up. In addition to structuring your goals, consider writing them down, matching specific actions to be taken. This will help you never lose sight of your plans.

All things considered, our goals are what makes our life worth living. This does not necessarily mean that our life will definitely be easy because we have goals. It simply means that designing goals will help us develop ways and means of improving our life, and by so doing, to be fulfilled as a human being, by making specific choices, and by getting ready to face any challenges faced in working to make our dreams come true.







**CAN
POLYGAMY
BE A
SOLUTION TO
UNFAITHFULNESS ?**

Are you looking for a possible solution to unfaithfulness ?

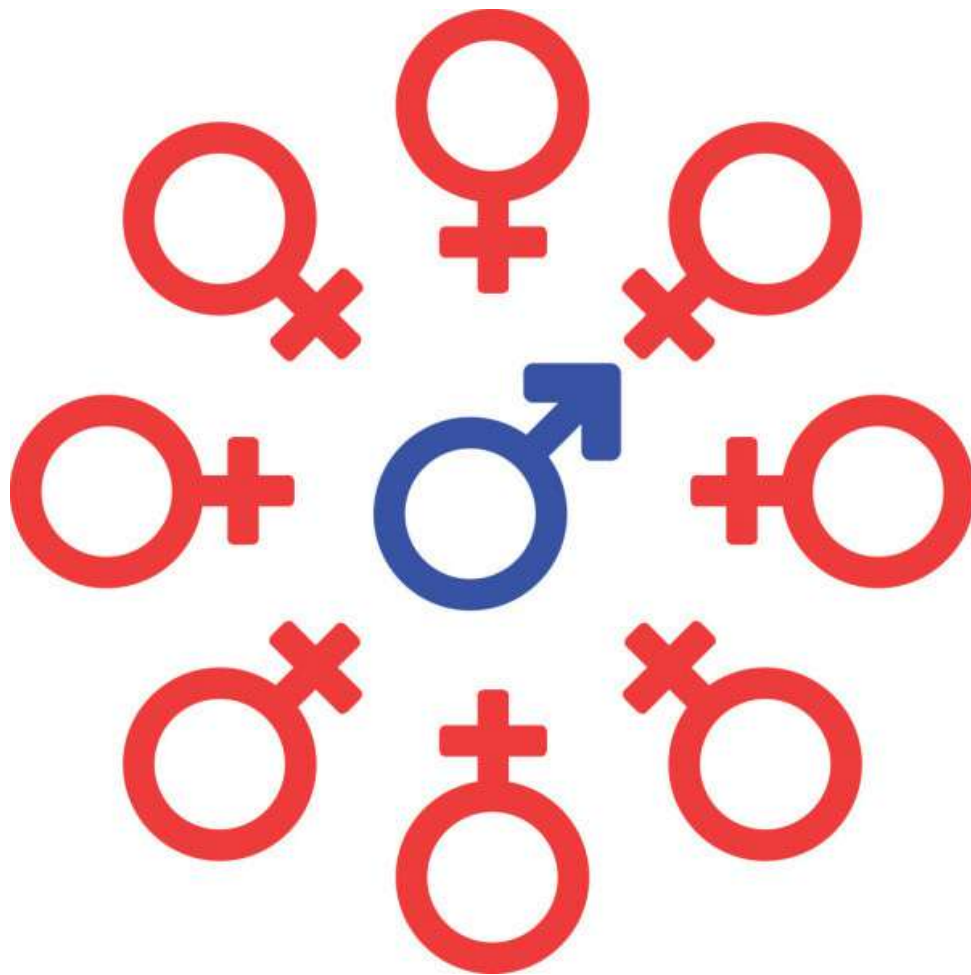
Do you wonder if polygamy may not be the solution you are looking for ?

We provide answers to your questions !

Can polygamy be a solution to unfaithfulness ?



Despite the adoption of several therapies including couple counselling or family coaching, and spiritual care for believers, fighting unfaithfulness as a whole, and male unfaithfulness in particular, seems like a losing battle. Indeed, this still constitutes one of the main, if not the first cause of divorces in the world. The "natural" insatiability of most men could be the basis for resorting to a social norm that tolerates harm to the greater benefit of all. In line with this idea, we offer to explore the issue of polygamy, a practice as old as the institution of marriage, as a possible solution to men unfaithfulness.



THE CHARACTERISTICS OF UNFAITHFULNESS : INSATIABILITY

“Flighty husbands”, “Dom Juan” or “smutty husbands”, are such names used to describe unfaithful men. This instability or rather passion, seems to be rooted in the male biological constitution. In fact, it is held that, unlike women who have periods of specified “heat” during their menstrual cycle, male-sex hormones are constantly active.

Unfaithfulness is therefore a battle men have to wage against themselves, and this, for their wives. However, this is a very challenging task most of them fail to achieve, as it is generally believed that satisfying a desire is easier than controlling it.

Some men have changed their extra-marital relations into a real profession ruled by a well-established scheduling, a specific communication coding, and a periodic payment of “taxes on their unfaithfulness”. In this respect, they act with particular caution, like avoiding love affairs with their wives’ acquaintances.

Loveless

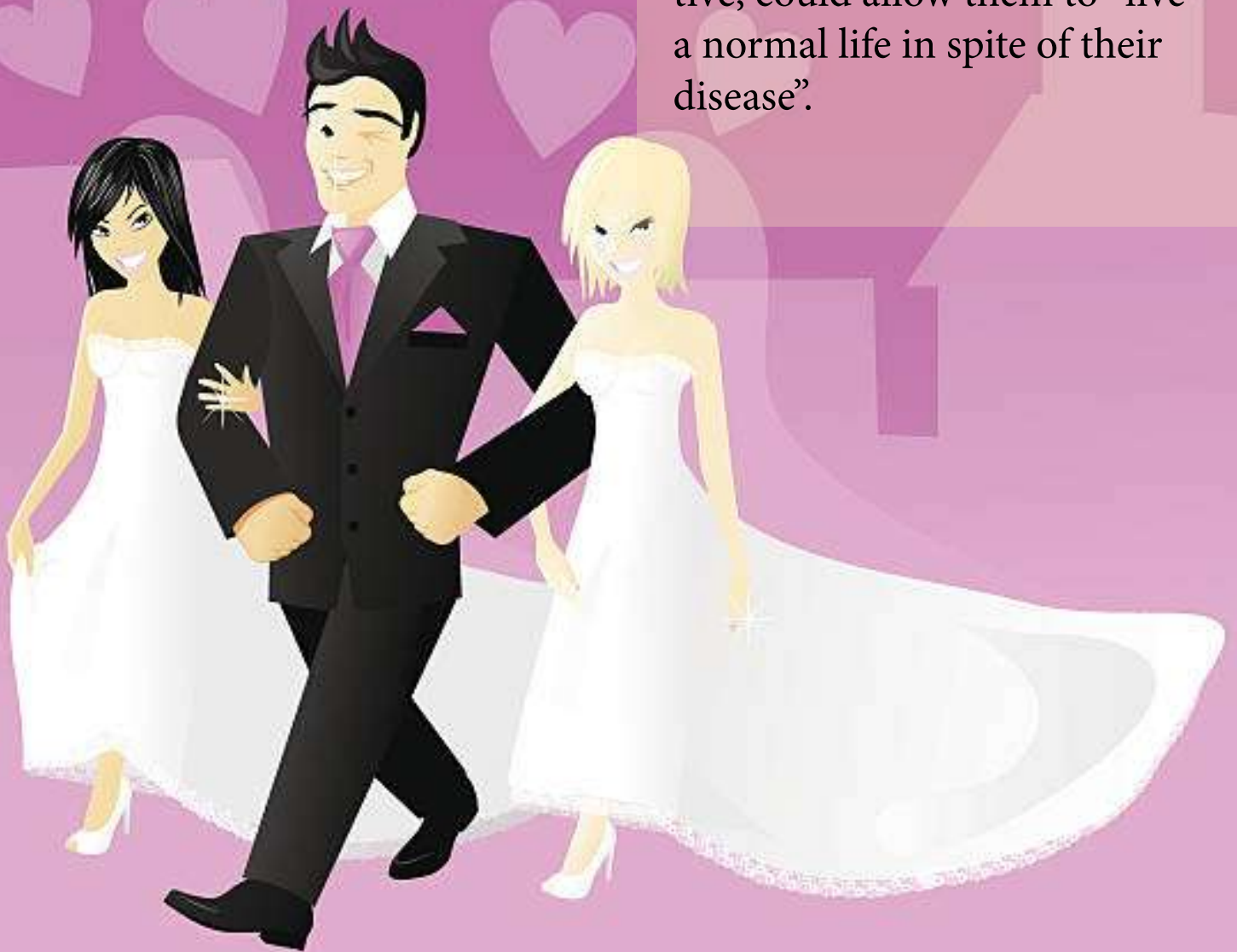
The word "Loveless" is written in a black, cursive font. The letter 'o' is replaced by a large red heart. A red arrow points from the heart towards the top right, and another red arrow points from the heart towards the bottom left. Three small red hearts are floating above the main heart.

Does unfaithfulness mean lovelessness?

It is broadly assumed that, by violating the love pact of marriage, the unfaithful husband has stopped being in love with his wife. Therefore it is no surprise the betrayed wife considers that her husband has taken the love he felt for her to his new sex partner. Moreover, even married, lovers should fight to keep the flame of their romance sizzling on a daily basis. It is obvious that cheating on your partner can create a feeling of lovelessness and destroy your marital home. We should precise that there is a slight difference between “feelings of love” and “passionate satisfaction”. In fact, it is generally accepted in the male world that unfaithful men are most of the time in mere search for new thrills that they do not always find with their wives. Thus, they will continue to love and cherish their wives, while secretly having a good time elsewhere.

THEN WHY NOT POLYGAMY?

Given the fact that unfaithfulness is as old as the institution of marriage, getting rid of it remains a big challenge. Faced with the manifest failure of most men to control their bodies, or rather their crotches, one may wonder whether polygamy might not constitute a therapy which, if not curative, could allow them to “live a normal life in spite of their disease”.



POLYGAMY AS A FORM OF INSTITUTIONALIZED UNFAITHFULNESS

Polygamy is no other thing than a matrimonial regime in which men live a kind of unfaithful faithfulness, or faithful unfaithfulness that suits the consenting parties, with the sole difference that, the meticulous organization of their extra-marital relationships is here regulated with the full participation and approval of their wives.

Those who support polygamy use demographic indicators according to which there are more women than men in the world. They also rely on

the fact that some men including priests and monks, deliberately opt for celibacy. From that perspective, polygamy seems to be a guarantee for the stabilisation of men's love/sexual behaviour in favour of women, with the aim at making man a faithful husband to each of his wives. It therefore appears that a woman who freely accepts to share a man in accordance with laws could feel less betrayed.

THE EFFECTS OF POLYGAMY : THE DUTY OF FAITHFULNESS

Polygamy may have rather positive effects. Knowing that unfaithful men have many reasons to cheat on their wives, the main of which is their insatiable appetite for sex, polygamy helps them indulge their passion legally. And to achieve this with greater success, they create a healthy competition among their wives who will feel the constant need for being better than their co-wives, to the greater satisfaction of their common husband.

The idea of “multi-faithfulness” fos-

tered by polygamy is recognized as a duty in societies where this regime is accepted. Indeed, in African and Muslim societies where this practice is encouraged, laws are quite clear about the husband's duty of faithfulness. For a better organization, cooking and “night tours” are organised so as to keep the husband close to all his wives. The husband in turn has the duty to respect his wives, and this is one way of making him faithful. It is worth noting that extra-poly-marital relations are forbidden.

All in all, unfaithfulness is an incurable disease mainly originating from natural dispositions of individuals. However, it would be immoral and even irresponsible to advocate unfaithfulness. In this regard, and considering anthropological data (natural instincts), demographic issues, social realities and cultural contexts, the implementation of "pluralistic unfaithfulness" in the context of polygamy can be beneficial.



HOW TO DO YOUR PERSONAL HYGIENE?

The delicacy of woman's intimacy strongly opposes traditional and modern medicine. In fact, whereas one, the so-called traditional medicine, is blamed for using uncertain and dubious natural products, modern medicine on its part is just as unreassuring because it uses chemical products which, in the long term, cause many problems, such as vaginal dryness from which 6 out of 10 women suffer. So how can we achieve optimal protection of the vaginal flora, even if it is a refuge for bacteria that are harmful for some, but useful for others?

Here are some tips for better care regarding your personal jewelry...

- When buying your underwear and linens, choose Cotton material to avoid the feeling of constant humidity caused by sweating ;
- Avoid using soaps and bath gels that are too fragrant; opt for Marseille soap, or simply use cold water, insisting on your vagina's lips and cap ;
- During your personal hygiene, always start from the vagina to the anus, because doing it the other way round exposes you to a fungus infection ;
- Change your underwear and sanitary

pads regularly during your period ;

- Avoid fingering during sexual intercourse ; protect yourself. Otherwise, urinate immediately after intercourse ;
- Avoid wearing clothes that are too tight often ;
- Regularly wash your toiletries and your bathroom ;
- While trimming your pubic hair, avoid removing them completely, as they are a protective barrier against germs ;
- Let your vulva breathe while sleeping. Your intimate health can be assured thanks to these few tricks that we have just explained to you. There are obviously many other methods you may take advantage of, in taking good care of private parts. Do not hesitate to share them massively with your friends, as we are all potential sick or ignorant people.

By ANGEL L



Pamela Takam with Lyvv Box and addo-line

Pamela Joyce YOUNBONG Epse TAKAM is 34 years old and has a degree in Accounting Audit. In 2017, she resigned from her position as Purchasing and Project Manager in a financial institution in the city of Douala, not only to focus fully on her passion, but also and mostly to start her own business. Thus she launched her online beauty products shop named **LYVV BOX**, which provides beauty boxes with natural cosmetics and hair products made in Cameroon, Wax Touch accessories and make-up products. Pamela also provides Addo-line virtual assistance solutions from Online Administrative Support.

LYVV BOX is a shop that provides monthly beauty boxes at CFAF 15,000 with 3 beauty products and 1 beauty accessory or make-up product. **LYVV BOX** also provides its customers with a choice of boxes for special events (birthdays, Mother's Day, weddings, etc.). To benefit from it, all you have to do is subscribe for a minimum of 3 months at CFAF 10,000, or call 677.069.079.

Its values: creativity, autonomy and professionalism.

Interview

Mbucky Magazine: Hello madam! Can you introduce yourself in a few words?

Pamela Joyce: I am Pamela Youbong Epse TAKAM, former Chief Accountant in a financial institution and promoter of Addo-line virtual assistance solution in Accounting/Administration, Social Media Communication and Marketing, since 2 years. I have also created the Lyvv Box concept, which is actually a personalized beauty box.

M.M.: What made you start your own project?

P.J.: I can say I felt the need for an autonomous professional life when I was working and managing my online shop LYVV BOX, and I have realized that there is a real need for entrepreneurs in Cameroon, Africa and the world.

M.M.: What is the philosophy of your services?

P.J.: Helping companies and self-entrepreneurs to build their own world.

M.M.: How does your company survive in today's competitive market context?

P.J.: Competition is not the biggest difficulty I face in my services. The hardest thing is to integrate the concept of virtual assistance which is still not very popular into Cameroonians' mind.

M.M.: How can potential consumers contact you?

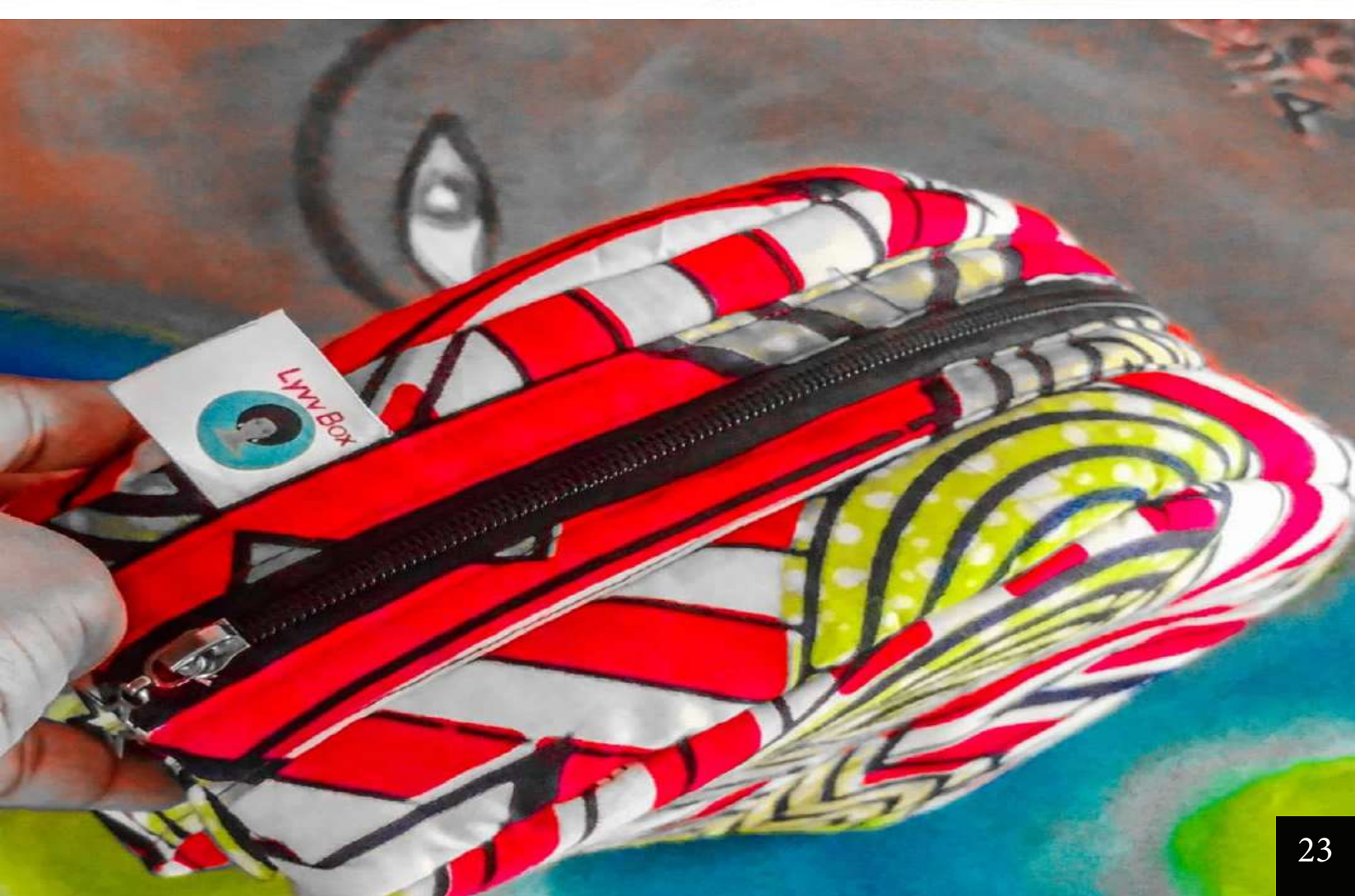
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recipe 2

Covid19

Hot drink

For 4 persons

Preparation : 2 minutes

Cooking : 5minutes

Ingredients:

*tea (Cameroonians CTE)

2 onions	1 garlic bulb
50 g of ginger	50 g turmeric
10 cloves	2 lemons
2l of water	

Preparation :

Mix all the ingredients in water, put on fire for 5mins, then remove and sieve.

Serve hot.

Very good antibiotic!

Your health is our concern!

Bon appétit!

Marius



Chef Saatena Nguimatsia

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fredash photography

ANNOUNCING A DIAGNOSIS IN THE AFRICAN CONTEXT: THE CASE OF DIABETES



Owing to the precarious situation in our countryside together with the high cost of health care services, meeting a physician is not only a chore, but also a luxury which is however essential. In the corridors, we can recognise a physician on his white coat. He is also celebrated as a “saviour” and has a great impact on the doctor-patient relationship. His duties also include announcing the patient his health situation after screening : this is known as **diagnosis**.

According to Larousse dictionary, a diagnosis is the moment during the medical act that makes it possible to identify the nature and cause of the disease a patient is suffering from. It is therefore all about identifying a disease on the basis of the symptoms (latent and manifest), analysing the causes of a situation, or the disease in question. The announcement of a diagnosis can be fatal to a patient. This is therefore a moment to be prepared psychologically, by both the doctor and the patient. This short moment of suspense and patience can change from a moment

of anxiety to a moment of shock, linked to the fear of dying, in view of the precariousness of the health care system. In this situation, some information can remain misunderstood. So, it is necessary and even essential to establish a specific communication process, including verbal and non-verbal, empathetic and adequate communication tools, while respecting the personality, culture, beliefs, and desires of the patient.

In the light of the above-mentioned points, the following questions may trigger our mind: Is the doctor actually scientific in his way of speaking to the patient, or is he emotional or rough? Does the doctor have enough time and tact? Will he take into account the patient’s medical history? How does he or she communicate? Does the patient have good capacity for understanding? How does the patient receive the message from the attending physician? Is the patient alone or accompanied?

A sudden diagnosis can change a patient's life. In fact, the fragility of the patient's body at that particular moment does not allow him to reason properly. Also, he will undoubtedly find difficulties adapting, and finding a balance. After the patient is aware of the diagnosis, despair can be seen in his eyes, and everything seems lost in advance at that particular moment. The newly-announced diagnosis is not a direct cause for concern, but rather the impact that the disease and treatment will have on his daily life.

The diagnosis is accompanied by useful information that will guide the patient during his or her convalescence period. This information, when not processed well, will end up in the trash, especially if the discussion was too scientific or too emotional. Announcing a diagnosis, and especially that of chronic diseases such as diabetes is a difficult medical exercise which requires a lot of tact from the treating physician. Also, receiving such news is not always a fatality. The information addressed to the patient is somehow a call: that of urging the patient to pay more attention to his or her health from that moment on. A treatment is then prescribed, and the patient becomes the master of his own destiny.

We have set to let the reader be aware of what should be done when a diagnosis of Type 2 Diabetes Mellitus, with visual impairment is made. Here are some important tips for this purpose :

Let your emotions flow, and then find answers to the following 10 questions:

- 1) How old am, and what does that age represent for my current state?
- 2) What is diabetes, and how does it affect my daily life?
- 3) How long have I been suffering from diabetes?
- 4) What are the direct and indirect consequences of diabetes?
- 5) What is my medical history? High blood pressure? STROKE? Kidney stones? Obesity? Other?
- 6) What are my eating habits?
- 7) Is there anyone in my family who suffers from diabetes?
- 8) What is my current lifestyle (Cigarette? Alcohol? Sports?)?
- 9) If I am a woman, am I pregnant?
- 10) What are the various treatments available for diabetes, and which one is suitable for me?

It should be noted that the treatment of diabetes lies in two main points : medication and a healthy lifestyle. This also involves the education and follow-up of the patient, which unfortunately often do not exist in our context.

In short, there are two things to remember:

3. A well-received diagnosis encourages the patient to live.
4. Information that is understood and well processed can save lives.

By Carine Kech





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