

JANUARY - MARCH 2021

wellness

FOOD / HEALTH / BEAUTY / WISDOM

WIN
IN EXCLUSIVE
GIVEAWAYS

RECIPES

FOR CONSCIOUS KITCHENS

RESOLUTIONS

FOR HOLISTIC HEALTH

REFLECTIONS

ON MENTAL WELLBEING



R10 (incl. VAT) for Live Life Well Rewards card holders
Free with purchases of R1000 or more

GET
OVER
R300 OFF
IN STORE
VOUCHERS!



The Ultimate Multivitamin for Modern Life

When it comes to choosing a multivitamin – choose **science** and **quality**.

Solgar **Omnium**[®] is so much more than your average multivitamin supplement, and supports daily wellbeing with a synergistic blend of plant compounds, antioxidants and speciality nutrients like CoQ-10 and NAC.

Start your day with **Omnium**[®] and experience the Gold Standard in Vitamins.

Unlock the Power of Nature

Since  **SOLGAR**[®] 1947



DRINK DOPE™ FEEL DOPE™



EDITOR'S NOTE

I've always felt close to something. Close to happiness, close to success, close to another. Close to tears, close to losing faith, and close to being done.

Last year, however, I've never felt a further distance between the ground on which I stood and the horizon that beckoned.

I certainly wasn't a solitary participant in this now familiar drama. Our fixed, controlling surface identities have been blurred by a collective disarmament, and we've had to start again – many, many times over.

In the space of undoing, we've had to surrender our ambitions, and wait to see in what form they might return to us. To re-enter the world, as if for the first time.

We've survived the unsolid ground by finding a firm footing in the people, places and perplexities we've grown to love.

We've become more earnest than ever in our simple wish to find a way.

My hope for us all this year is that we continue to cultivate an identity that can live in the midst of it all without feeling beset and besieged. That we can re-imagine our worlds from a place of intimate interiority. And – most importantly – that we can declare ourselves ready – once more – to take another step along the courageous path.

Lara

SKOON.
NUTRICOSMETICS

NEW.

SK!NSIDE OUT

Skin care you can *drink.*

THE ALL-IN-ONE
BEAUTY SMOOTHIE.

www.skoonskin.co.za

@skoonskin

#SKOONBEAUTYSMOOTHIE

📺 📷 📱 📧





REGULARS

6 EDITOR'S CHOICE

From smart gardens to smart supplements, we review this season's must-have products.

8 SNAP, CHAT & WIN

We share some of your Wellness moments, and reward our latest favourite.

10 FROM OUR CEO

Simon Alston shares what's sprouting at Wellness this year.

12 STORE DIRECTORY

Find your nearest Wellness Warehouse and enjoy living life well with us.

20 PROFILE

Media personality and functional medicine health and lifestyle coach Zuraída Jardine opens up about her career, change, and how she lives life well.

42 WIN WITH WELLNESS

From pamper hampers to supplements and superfoods, we've got a great lineup of giveaways in this edition.

43 READER-EXCLUSIVE DISCOUNTS

We're rewarding you with reader-only discounts on some of our top health, food, beauty and home products.

78 ON OUR BOOKSHELF

Try a new recipe, escape into the pages of a good novel, and support wildlife conservation with our current favourite reads.

FOOD

FUEL UP ON RAW GOODNESS 14

Scheckter's RAW gourmet health café opens at Wellness on Kloof

PEACH & PINEAPPLE FROYO SQUARES 18

Our new favourite fruity summer snack!

ALOE JUICE 32

Support gut health and immunity with this green elixir

MACRONUTRIENT MINDFULNESS 40

Balanced eating for the active vegan

HEALTH

UNDERSTANDING DEPRESSION 22

Our Wellness Consultant offers hope and a holistic approach for dealing with the widespread illness.

LOVE YOUR LIVER 26

An Ayurvedic and Traditional Chinese Medicine approach to liver support

THE SCOOP OF YOUR POOP 30

Frank talk about the state of our guts

ALLERGIES ON THE RISE 34

We explore common allergies and effective natural solutions.



FITNESS

ELECTRIFY YOUR EXERCISE 37

Plug into the power of EMS training

THE CORE: YOUR PREGNANCY POWERHOUSE 38

Why connecting to the core is beneficial for both mom and baby

BEAUTY

PANTRY PAMPERING 48

Feed your face with DIY face masks

ECO HOME

GREEN RESOLUTIONS 54

Easy-to-implement eco habits that you can use to start making small changes for a big difference in 2021 and beyond...

WISDOM

EMBRACING WELLBEING 56

Age-old philosophies to help you live life well

COACH YOURSELF TO WELLNESS 60

Why virtual coaching has emerged as a popular means of achieving personal and professional wellbeing

A LONG WALK TO WELLNESS 62

A counsellor shares her own struggles and triumphs on the path to recovery from addiction.

COMPETITIVE EDGE 64

Lessons from the sporting world for sustained success in life

MANAGING THE PSYCHOLOGICAL EFFECTS OF A WORLD IN TURMOIL 66

A medical doctor shares his path to health.

REFLECTIONS OF A CONVOLUTED MIND 68

A brave personal account of living with bipolar disorder

PACE + PURPOSE = PERSEVERANCE 70

Lessons from a life coach on how to keep going when you're ready to give up

CHANGE THAT MINDSET 72

An invitation to examine the way you view yourself and your world

CALLED TO A CONSCIOUS CAREER 74

An elegant reminder that 'you are your only work'

FINANCIAL RESOLUTIONS FOR SMALL BUSINESS IN 2021 76

Equip yourself with the knowledge and skills to make the most of this financial year

OUTREACH

SOWING SEEDS OF CHANGE 80

We've partnered with Greenpop to grow greener



EDITOR'S CHOICE

WELLNESS WARES TO KEEP YOU CUCUMBER COOL

Although we may try our best to stay calm and collected through the wild rides of life, it's perfectly alright (and often wise) to give your body some extra stress support with safe and natural products. Lucky for you, you don't have to look any further than Wellness' brand-new GABA and L-Theanine vegecaps. Both of these vegan supplements harness the power of amino acids to regulate neurotransmitters, support nervous system functioning, promote healthy sleep, and fill the body with a sense of calm. In days as stressful as these, a little help can go a long way, and I can rest easy knowing that Wellness (as usual) has my back.



COMFORT & CARE

There's nothing like an at-home pamper session to get me ready to face the big, bold world, and Environ's beautiful City Comfort gift box has got easy luxury in the box. Containing a scented candle, satin mask, masque-removing mitt and brand-new Environ Focus Care Comfort+ Anti-Pollution Masque and Spritz, this box of treats is the full package, providing everything I need to rejuvenate my skin, refresh my energy, and put my best face forward, from the comfort and safety of my own little nest.



KEEP IT FRESH & FRUITY

Goodness knows 2020 has left us all in need of a proper cleansing ritual, and there's nothing like an enzyme exfoliator to freshen things up and put the spring back in my step, while keeping my face safe from harsh abrasives. Cue Naturals Beauty's Lotion Enzyme Exfoliator! This powerful yet gentle product harnesses the purifying effects of papain and bromelain (enzymes found in papaya and pineapple extracts) to remove dirt and impurities, while providing ample skin protection and hydration with rich oils of olive and avocado. With stunning eco-conscious packaging, pure ingredients, and effective powers of renewal, Naturals Beauty can count my skin in!



SHOP THE PRODUCTS

IN STORE, OR SCAN THE QR CODE TO BUY THEM ONLINE



GREEN SOLUTIONS FOR PERFECT PEARLY WHITES

As we work together towards more conscious consumption, we see a return to the world of natural ingredients and traditional remedies. Thankfully, Sri Sri is here to help us get our personal care (and planet) back on track with their natural Ayurvedic Tattva Sudanta Toothpaste, a gentle herbal formulation including clove, black pepper and cinnamon that offers long-lasting freshness while protecting against toothache, decay, bleeding gums and bad breath. It's non-fluoride, fully vegetarian, not tested on animals, and free of parabens for delicate dental care.



A TREE-T FOR YOUR GUT

We all know that an unhappy gut can wreak havoc with our physical and emotional health, and I'm constantly on the lookout for natural, eco-friendly products that will help me to keep a healthy, happy tummy. Enter Flora Force's Slippery Elm! This powerful supplement harnesses the power of ulmus rubra, a special species of American elm tree, to provide relief from symptoms of indigestion and abdominal discomfort. Made with nothing but pure, natural ingredients, this is the dose of goodness that your gut has been searching for!

THE CREAM OF THE CROP

Anyone who knows me knows that I have a borderline-unhealthy love of bulletproof coffee. Unfortunately, for the sake of my wallet and waste, I have said goodbye to my multiple-times-a-day MCT treat. However, all is not lost, thanks to The Harvest Table's delicious Collagen Creamer! Made with MCT oil and high-quality hydrolysed collagen, this miracle worker provides my morning cuppa with the delicious creaminess of a restaurant cappuccino, while affording me the long-lasting, bulletproof energy I need to live every day well.



GIVE YOUR HOME THE GREEN LIGHT

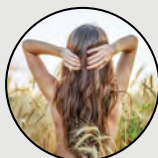
I'm always looking for ways to introduce more greenery into my home, boost my intake of fresh produce, and enhance the greenness of my thumbs... Luckily, the Veritable Smart Garden has got me covered on all fronts! This sleek, fully-automated, award-winning feat of eco-engineering allows me to grow my very own mini-harvest of flowers, fruit, veggies and herbs anywhere and anytime, without having to lift a (green) finger. The Smart Garden is engineered to create the perfect growing environment for bountiful botanicals, with an automated LED grow light system, automatic silent watering, and Adapt'light™ technology. Plus, Veritable offers a wide range of 'lingots' – ready-to-grow seed kits for every flower, herb, microgreen, fruit and veggie that you could imagine. My (super) Smart Garden is able to monitor, control and care for its own little ecosystem, allowing me to focus on doing the same for mine.





BEAUTY GREENS®

YOUR DAILY 5^{IN}1 BEAUTY SUPPLEMENT



HAIR



SKIN



NAILS

Every scoop of Beauty Greens® offers you generous servings of:

Pure Hydrolysed Collagen: which promotes plump, wrinkle-free, supple skin, strengthens hair and nails and promotes joint and bone health.

Buffered Vitamin C: which helps prevent hyperpigmentation, provides anti-ageing antioxidants and is a co-factor of collagen synthesis in the body.

Dairy-Free LactoSpore® Probiotics: which alleviate skin issues, promote thick, shiny hair and help to nourish nails.

Omega-3s: a natural anti-inflammatory, which helps tackle skin issues, strengthen skin barrier function and combat dry scalp and brittle hair while strengthening brittle nails too.

50 Organic Superfoods: which improve all processes in the body and fight the signs of ageing with antioxidants.

AVAILABLE IN THREE FLAVOURS



BLUEBERRY



COCONUT
VANILLA



RAW CACAO

HOW TO TAKE YOUR BEAUTY GREENS®



Add to chilled water



Blend into smoothies



Stir into yoghurt

AVAILABLE TO PURCHASE
ONLINE AND IN-STORES.



www.beautygen.co.za
info@welliam.co.za

Brought to you by

welliam

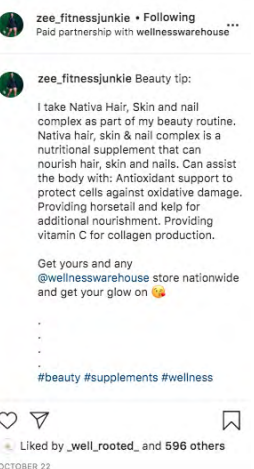
SNAP.CHAT.WIN

share your wellness moments



CONGRATULATIONS
@THEEEE_VEGANLADY!

Your chia pudding looks delicious!
Now you've got a R500 Wellness voucher to stock up on ingredients for more healthy creations...



Share your Wellness moments with us on social media and stand a chance to WIN a R500 voucher to spend at any Wellness Warehouse! Remember to tag us in your posts: @WellnessWarehouse on Facebook and Instagram, and @Wellnews on Twitter.

Brain-boosting biohacks

- How to balance neurotransmitters naturally

by Brent Murphy – B.Pharm (Rhodes), Pharmacist

Biohacking is the latest trend in natural medicine therapy. Unlike conventional pharmaceutical medicines, which typically treat the symptoms of disease, biohacking natural medicines change the underlying biochemical imbalances that cause ill health in the first place. By restoring balance to your body

and brain's natural biochemistry, biohacking treats the root causes of health problems, instead of superficially treating symptoms only.

Biohacking is particularly useful for balancing brain hormones, also known as neurotransmitters.

Through diet, lifestyle techniques and supplementation, you can boost specific neurotransmitters for specific benefits, since each neurotransmitter has unique effects on the body.

HAPPINESS HORMONES AND HOW TO HACK THEM

 <p>SEROTONIN Mood-boosting neurotransmitter¹ <ul style="list-style-type: none"> • meditation, yoga, deep breathing • exercise • bananas, oatmeal, chicken, milk Supplement: SOLAL® 5-HT1™ – one capsule daily</p>	 <p>ACETYLCHOLINE Intelligence and memory neurotransmitter³ <ul style="list-style-type: none"> • choline-rich foods such as eggs Supplement: SOLAL® Brain Booster™ – two capsules daily</p>
 <p>GABA Calming and relaxation neurotransmitter⁴ <ul style="list-style-type: none"> • low to moderate alcohol consumption (but not alcohol excess or binge drinking) Supplements: SOLAL® CBD Drops – 0.5ml daily SOLAL® Theanine – two capsules daily</p>	 <p>OXYTOCIN Love and contentment neurotransmitter^{2,3} <ul style="list-style-type: none"> • kissing, hugging, holding hands, touch • playing with a pet Supplements: SOLAL® Magnesium Glycinate – two tablets daily SOLAL® Vitamin D₃ – one tablet daily</p>
 <p>DOPAMINE Reward and motivation neurotransmitter² <ul style="list-style-type: none"> • finishing a task • exercise and selfcare activities • kindness and gratitude Supplements: SOLAL® Tyrosine – two capsules twice daily SOLAL® SAME – one tablet daily SOLAL® Krill Oil – two capsules daily</p>	 <p>ENDORPHINS Pain-relief and comforting neurotransmitter^{5,6} <ul style="list-style-type: none"> • exercise, laughter • dark chocolate Supplement: SOLAL® Stress Damage Control™ – two capsules daily</p>

REFERENCES:

1. Corsica, J. A., & Spring, B. J. (2008). Carbohydrate craving: a double-blind, placebo-controlled test of the self-medication hypothesis. *Eating behaviors*, 9(4), 447–454. <https://doi.org/10.1016/j.eatbeh.2008.07.004>
2. Love, Tiffany. (2014). Oxytocin, Motivation and the Role of Dopamine. *Pharmacology Biochemistry and Behavior*. 119. 49-60. 10.1016/j.pbb.2013.06.011.
3. Natural Medicines [database on the Internet]. Somerville (MA): Therapeutic Research Center; 2020 [cited 2020 Nov 23]. Available from: <https://naturalmedicines.therapeuticresearch.com>. Subscription required to view.
4. Bardi, J. (2002) The effects of alcohol on the brain, part 2. vol 2, issue 6. The Scripps Research Institute; www.scripps.edu/newsandviews/e_20020225/koob2.html
5. Welsh J. 2011; Why Laughter May Be the Best Pain Medicine - Laughter with friends releases endorphins, the brain's "feel-good" chemicals; Scientific American; www.scientificamerican.com/article/why-laughter-may-be-the-best-pain-medicine
6. Magrone, T., Russo, M. A., & Jirillo, E. (2017). Cocoa and Dark Chocolate Polyphenols: From Biology to Clinical Applications. *Frontiers in Immunology*, 8. doi:10.3389/fimmu.2017.00677

A Word

FROM OUR CEO



One of the greatest privileges of working at Wellness is learning about our customers' journeys to natural wellbeing. Often, this is a very personal process linked to a deeper sense of self-awareness and, in time, connectedness to others and even nature. And once someone makes the conscious connection between their lifestyle choices, general wellbeing, and place in this world, it is very hard to go back.

Our purpose at Wellness is to enable these personal journeys by empowering people to make lasting positive changes in their lives, no matter how big or small. For some it is reducing consumption of animal products and incorporating more plant-based foods into their diet. For others, it may be ditching toxic cleaning products for natural solutions,

or processed for whole foods. Whatever the change, we understand that this individual process has the power to improve our collective wellbeing, and that a better world is therefore possible.

This may seem idealistic, but if 2020 has taught us anything, it is that big ideals matter! Many of us have spoken about using the challenges of last year as the impetus to make permanent changes in our lives. The COVID-19 pandemic has focused minds and raised awareness around things we once took for granted - like good health or the freedom to choose where we go, and when. My wish for 2021 is that we do not lose this sense of urgency to make the positive changes that will improve our individual and collective wellbeing. The will is there, but - as always - the proof is in what we do about it.

One of the changes we have adopted in order to make your journey to natural wellbeing a bit easier in 2021 is the introduction of a tiered loyalty programme that will give a greater percentage of each sale back to our members. We are always looking for ways to offer more value, so look out for information about our Live Life Well rewards programme over the coming months. We are also looking for more ways to give back to our community, and for this we are grateful for your support. In 2021, we will continue our sponsorship of feeding schemes, initiatives that support job creation, and environmental causes.

As always, I am pleased to welcome our extended Wellness community in Gauteng following recent store openings in Honeydew Village (Roodepoort), Castle Gate (Waterkloof Ridge) and Verdi (Randburg). Looking forward, I am excited to welcome La Lucia Mall (Umhlanga) in April. We have had so many requests for more stores in KZN that La Lucia will play host to the first store in our exciting new format, which will offer a fresh look and experience.

I wish everyone a happy and healthy 2021, and hope that - despite the difficult circumstances - we continue to fight for our ideals and a better world.

Yours in wellness,

Simon Alston



wellness magazine

helping you live life well

Publisher:
Dr. Sean Gomes

Editor:
Lara Potgieter
lara@wellnesswarehouse.com

Designer:
Inge Smit | inge@ivdesign.co.za

Advertising & Directory Enquiries:
Sue Dall
084 707 4477
wellmag@wellnesswarehouse.com

Print & Production Consultant:
Lorraine Lines 082 886 2424

Wellness Support Office
50 Kloof Street, Gardens, Cape Town

Wellness Magazine takes no responsibility for the content of the advertising material supplied directly by advertisers. We accept advertising in good faith, and do not research advertising claims. Kindly consult a professional should you have any doubts as to the efficacy of any claims made.



Printed by
novus print
A division of Novus Holdings



Wellness Warehouse is a proud member of the Health Products Association (HPA), a trade association that protects and promotes the health products industry.

CONTRIBUTORS



Dr. Geraldine Robson-Parsons
Registered Homeopathic Doctor,
Advanced Nutrition Mentor &
Wellness Chef



Debbie Ellis
Owner of Debbie
Ellis Makeup
Artistry



Mpho Tshukudu
Registered Dietitian &
Co-Author of *Eat Ting*



Mpho Masenya
Writer, Communicator & Advocate
for Basic Nutrition Education &
Awareness for Wellness & the
Prevention of Future Disease



Jennifer Ward
Acupuncturist, Pilates
Instructor & Practitioner
of Ayurvedic and East
Asian Medicine



Victoria Soroczynski
Founder of Mana
(Movement for
Motherhood)



Alison Reid
Director of Personal
and Applied Learning at
the Gordon Institute of
Business Science (GIBS)



Isla Stone
Counsellor, Reiki
Practitioner &
Author of *The Art
of Determination*



Cyrus Rogers
Television Producer,
Motivational
Speaker & Author of
Competitive Edge



Dr. Raoul Goldberg
Medical Doctor &
Founder of Path to
Health Centre



Dr. Samke Ngcobo
Medical Doctor, Founder of
Sisters for Mental Health &
Author of *Reflections of a
Convuluted Mind*



Nkulu Madonko
Life, Business and
Executive Coach &
CEO of the Common
Good Foundation



Iman Rappetti
Journalist, Radio Host
& Author of *Sermons
of Soul*



Maria Kostelac
Founder of
Contrapposto
Consulting



Montaque Swanepoel
Chartered Accountant
& Founder of CFO360

OUR STORES

GAUTENG

JOHANNESBURG

Benmore Centre | 011 883 3453
 Clearwater Mall | 011 475 1914
 Dainfern Square | 010 495 7459
 Honeydew Village | 010 494 9028
 Kyalami Corner | 011 468 1047
 Morningside | 011 784 1444
 Nicolway Bryanston | 010 495 8741
 Parktown Quarter | 011 327 6416
 Riverside Shopping Centre | 011 463 2350
 Thrupps Illovo Centre | 011 268 6403
 Village View | 011 450 0000
 Verdi Shopping Centre | 010 494 9027

PRETORIA & CENTURION

Brooklyn Mall | 012 460 9159
 Castle Gate Lifestyle Centre | 012 492 9958
 The Grove Mall | 012 807 5445
 Central Square Menlyn Maine | 012 348 4444
 Southdowns Centre | 010 109 6431
 Woodlands Boulevard | 012 997 3022

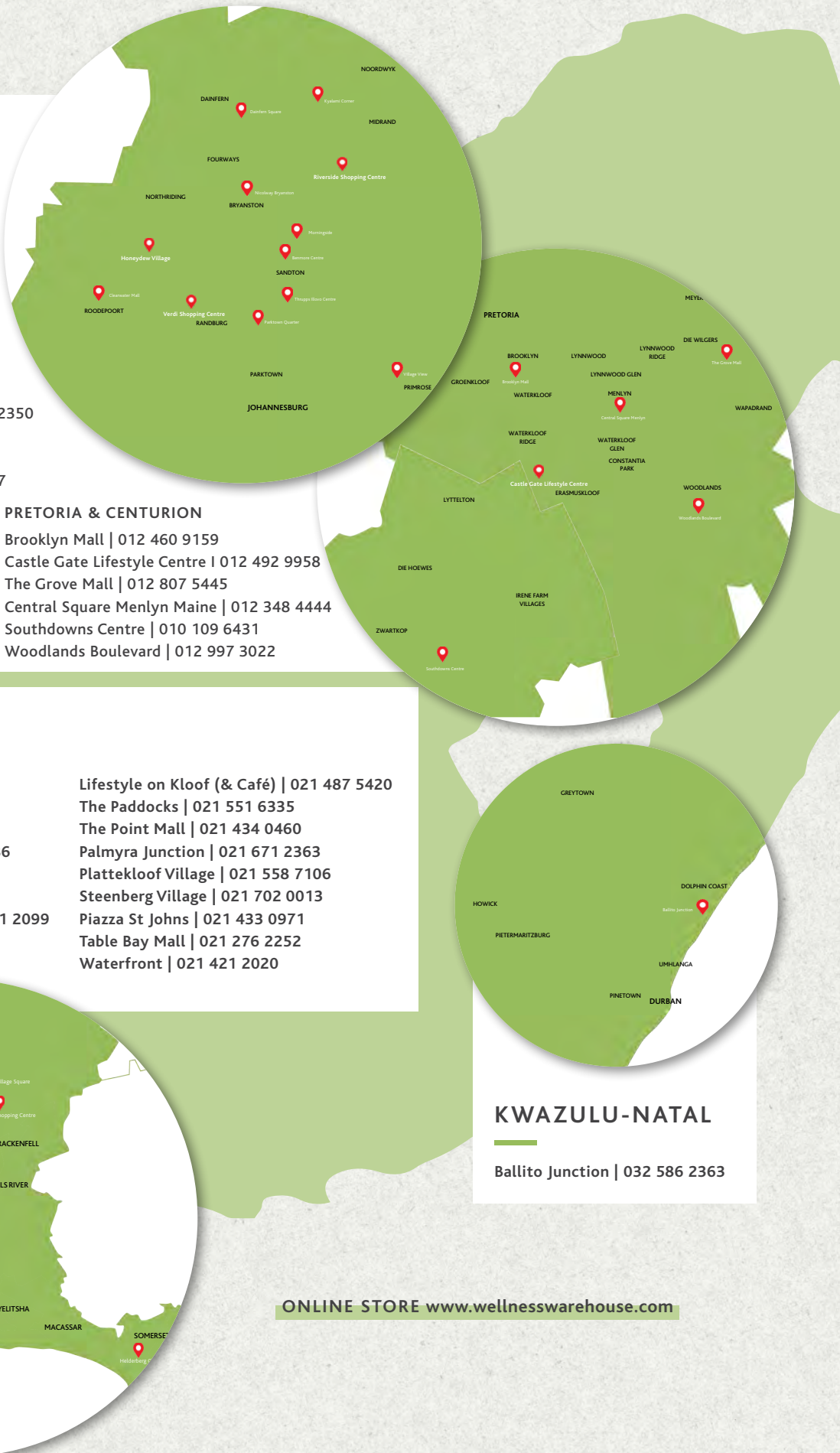
WESTERN CAPE

Canal Walk | 021 180 2605
 Cape Quarter | 021 425 7007
 Cavendish Square | 021 673 7200
 Constantia Emporium | 021 795 1386
 The Village Square | 021 492 7821
 Gardens | 021 465 8787
 Glengarry Shopping Centre | 021 981 2099
 Helderberg Centre | 021 851 1949
 Howard Centre | 021 532 1186

Lifestyle on Kloof (& Café) | 021 487 5420
 The Paddocks | 021 551 6335
 The Point Mall | 021 434 0460
 Palmyra Junction | 021 671 2363
 Plattekloof Village | 021 558 7106
 Steenberg Village | 021 702 0013
 Piazza St Johns | 021 433 0971
 Table Bay Mall | 021 276 2252
 Waterfront | 021 421 2020

KWAZULU-NATAL

Ballito Junction | 032 586 2363



ONLINE STORE www.wellnesswarehouse.com

NEW

WHAT'S NEW FROM *Wellness?*

By Jackie Foot (Wellness Warehouse
Product Technologist) & Shannon Meihuizen
(Wellness Warehouse Brand Ambassador)

MORE ESSENTIALS

Our Wellness Essential Oils are made using one of the best possible extraction methods, with no pressure or heat added so as to retain all the therapeutic qualities of the raw material. They are also certified organic and made in South Africa. We've recently extended the range to include bergamot, cedarwood, cinnamon, clary sage, grapefruit, patchouli, rose geranium, rosemary and ylang ylang.

*Bergamot - A popular essential oil with uplifting properties and a reported usefulness in treating colds

*Cedarwood - This sweet, woody aroma may help to encourage lymphatic drainage, and is widely used in skin and hair care.

*Cinnamon - Cinnamon essential oil can be added to a carrier oil and rubbed over the skin to increase circulation and help relax tight muscles.

*Clary Sage - The musky, herbaceous aroma of clary sage is known for its uplifting, cooling and soothing properties.

*Grapefruit - A popular oil for its positive effect on mood!

*Patchouli - This fragrant floral oil is often used as a regenerating skincare treatment.

*Rose Geranium - A popular floral oil that's widely used in the treatment of PMS and menopausal challenges

*Rosemary - Considered a tonic for the central nervous system, rosemary is said to help improve memory, stimulate the brain and relieve headaches.

*Ylang Ylang - Boasting a beautiful floral aroma, ylang ylang is known for its relaxing effect on the nervous system.



HEALTH HEROES

We are always looking for ways to expand our health range, as our customers look to us to provide them with affordable supplements of the highest quality. We are very excited to announce the introduction of three new products to the Wellness collection...

*GABA - an amino acid that can support the body during times of anxiety, panic disorders, stress and sleeplessness. It may also promote a calm, restful and relaxed state. The Wellness GABA is vegan, and contains 500 mg that can be taken once a day, or as directed by your healthcare professional.

*L-Theanine - an amino acid that may support the body in achieving a sense of calm, as well as promote restful sleep. It can also help to improve focus and frame of mind. The Wellness L-Theanine is vegan, and contains 200 mg that can be taken once a day, or as directed by your healthcare professional.

*L-Glutamine - L-Glutamine is an amino acid that can improve gastrointestinal health by supporting the integrity of the mucosal lining. It may also aid in muscle growth and recovery, and support healthy immune function.

Note: Always check with your healthcare professional before adding a new supplement to your regime

FRESH FOODS

Our fresh department continues to grow and innovate! We are proud to share two exciting new offerings with you...

*Frozen Meals - The new Wellness Frozen Meals have been lovingly made with the freshest ingredients by the talented chefs at La Cuccina. They will be available at our Cape Town stores, and are certainly as good as home-cooked meals - conveniently shared from the La Cuccina kitchen to yours!

*Gluten-Free Sourdough - Our gluten-free sourdough has taken 18 months to grow to an acceptable reproduction stage. We feed and care for it lovingly each day, before making vegan, gluten-free and yeast-free bread and rolls for you!

We are so excited to launch these products for you to enjoy in the new year. Remember to keep watching this space for even more newness in the Wellness range...

SHOP IN STORE & ONLINE
www.wellnesswarehouse.com


wellness warehouse



Live Life Well

WITH RAW GOODNESS

Scheckter's RAW gourmet health food café opened at our flagship store in the Lifestyle on Kloof Centre in Cape Town at the end of last year, and we just can't get enough of the plant-based goodness!

Scheckter's was one of the first 100% plant-based restaurants to open in South Africa, and they continue to lead the way in the space. Owner Toby Scheckter grew up on an organic farm, and his now-renowned café was inspired by his father's immense passion for healthy, honest food.

The Scheckter's team prides itself on being cruelty-free in all its offerings, and works with the best local and international organic superfood suppliers to create uncompromisingly nutrient-dense food that tastes as good as it looks. As an environmentally conscious brand, they use only biodegradable and sustainable packaging.

The partnership between Scheckter's RAW and Wellness Warehouse has been an organic, exciting and seamless development. Our brand values are perfectly aligned, and their 'high-vibration' foods are the perfect addition to our 360° natural health offering.

It's all about helping you live life well - one delicious, healthy bite at a time...



All you need for *good health* in 2021!



boost
your
immune
system

Starts working
in 2 hours!

relax
muscle
tension &
tightness

Highly absorbable
magnesium

cleanse
& detox
your
liver

Supports vital
digestive health

improve
energy &
restore
calm

Targets stress &
nervous tension

Please note complementary health products do not replace a healthy lifestyle or claim to cure or treat any disease(s). Add these products to your overall healthy lifestyle for optimal benefits.



ANCIENT WISDOM. TODAY'S NOURISHMENT.

The Harvest Table is a family-run business based in KwaZulu-Natal. 20 years ago, at the age of 20, owner and founder Catherine Clark began to study the importance of a good quality diet and living a well-balanced life in order to improve one's health and wellbeing.

This led her on a journey of discovering the power of quality nutrition, complete nourishment, and how to harness nature's bounty to build up a strong, healthy body.

Follow Cath on #wholehealthyme

OUR CORE VALUES

- Nutritional education on making better food choices
- Providing the purest quality products on the market
- Our product is always preservative-, filler- and additive-free.
- We strive to source and use earth-conscious packaging where possible.
- We believe that there is strength in unity. Creating employment in South Africa is a focus for us.
- Community support is a passion of ours. We engage in and assist with various community initiatives.



ZERO PRESERVATIVES, ADDITIVES, FILLERS & FLAVOURANTS

Our promise is to provide an additive-, flavourant-, filler- and preservative- and colourant-free honest, wholefood product range.



COLLAGEN GRANULES 350g

Product Information:

Our grass-fed Collagen Granules are 100% pure, containing no additives, preservatives or fillers. It is tested at 90% protein and provides both type I and type III collagen which are the major components in skin, hair, nails, muscles, tendons, ligaments, bones, teeth, eyes and blood vessels. Our collagen granules are a granulated product and, as such dissolve rapidly into liquid and food. This product has a neutral flavour.

Serving



2 TBS (16g)

Usage



Hot Drinks



Hot Food



Cold Drinks



Cold Food



Baking



MARINE COLLAGEN 220g

Product Information:

Our Marine Collagen contains type I collagen which will assist with the repair of your skin, hair, nails, joints and ligaments. The results will be thicker hair, stronger nails and fewer aches and pains! This is a great option for people who prefer not to consume collagen made from beef.

Serving



2 TBS (16g)

Usage



Hot Drinks



Hot Food



Cold Drinks



Cold Food



Baking



BONE BROTH 350g

Product Information:

Our Bone Broth is an excellent source of protein, collagen, essential amino acids and minerals. Bone Broth provides a complete protein source as it contains all 9 essential amino acids, as well as glycine and proline, which are the key amino acids for collagen production.

Serving



1 TBS (9g)

Usage



Hot Drinks



Hot Food



Cold Drinks



Baking



HOT CHOCOLATE 220g

Product Information:

Our Hot Chocolate is packed with antioxidants and is a delicious protein and mineral rich source of healthy fats. It is linked to improved cognitive function and may assist in reducing cholesterol and improving heart health. Add 2 tablespoons to boiling water to dissolve and add your milk and sugar of choice to taste.

Serving



2 TBS (16g)

Usage



Hot Drinks



Hot Food



Cold Drinks



Cold Food



Baking



COLLAGEN CREAMER 220g

Product Information:

Our Bulletproof Collagen Creamer is a 100% pure blend of our Collagen Powder and high quality MCT oil powder containing no additives, preservatives or fillers. Our MCT (Medium Chain Tryglyride) oil powder gives you energy from good fats, and adds delicious creaminess to your coffee, shakes, smoothies and sauces.

Serving



2 TBS (15g)

Usage



Hot Drinks



Hot Food



Cold Drinks



Cold Food



Baking

PEACH & PINEAPPLE

Froyo Squares



Makes approximately 6 - 8 squares

INGREDIENTS

- * 1 cup coconut flakes
- * 2 ripe peaches (1 sliced and 1 diced)
- * 1 cup finely diced pineapple
- * ¼ cup goji berries
- * 2 cups raw yoghurt or coconut yoghurt
- * 4 TBSP honey/maple syrup/agave (or more to taste)
- * 1 tsp cinnamon



METHOD

1. Toast the coconut flakes in a dry pan, and allow to cool.
2. Add all the ingredients to a mixing bowl, and combine well.
3. Taste for sweetness, and adjust accordingly.
4. Pour into a lined square tin.
5. Place in the freezer until frozen (about 4 - 5 hours).
6. Cut into squares and store in an airtight container in the freezer.



SHOP THE
INGREDIENTS IN
STORE, OR SCAN
THE QR CODE TO
BUY THEM ONLINE



Excerpted from *The Nutrilicious Kitchen*, published by Nutrilicious Kitchen and available at www.nutriliciouskitchen.co.za.

Become a *certified* Health Coach

According to the latest information shared by the South African Minister of Health, diabetes, obesity and hypertension are the three main comorbidity conditions suffered by those who have died of COVID-19

Our 9 – 12 month training will teach you everything you need to know to become a highly skilled Certified Health Coach and build a thriving practice that helps those suffering from these and other health challenges

Does the idea of helping others to radically improve their lifestyles excite and inspire you? Are you keen to learn a Person-Centred Nutrition approach that is tried and tested and promotes optimum health and wellness? Would you like to be one of the first South African trained Health Coaches with professional membership to COMENSA and HCA?

We feel more than ever South Africans are going to need Health Coaches to support people with their health and wellness.

ANITA KAUMPEK TAM

“The level of commitment and support from the tutors at The Health Coaches Academy has been amazing. The knowledge gained, the experience, the high level of professional tutoring is worth more than the cost of the course.”

ILSE PIENAAR OXT THERAPY

“The course with The Health Coaches Academy is a wonderful adventurous journey! Being able to work with the latest research under the umbrella of tested coaching skills have been life-changing for me.”

Please visit our website to download our prospectus and book a call to find out if a career in health coaching is right for you.



www.healthcoachesacademy.co.za

BECOME PART
OF THE SOLUTION



HELEN JOUBERT
Health Coaches Academy Class of 2017

HELEN JOUBERT WELLNESS & NUTRITION

“This course is like rocket fuel. I wish I had done this years ago. Not only have I seen substantially improved success rates with my clients, but the coaching skills I’ve gained have really helped on a personal level, with friends, family, kids. This course equips you with everything you need, practical tools, support, knowledge, inspiration and motivation; and you’ll meet a great bunch of like-minded people in the process.”

HEALTH COACHING COURSE

Duration: 9 - 12 months

Study mode: Online plus 3-day live event

Membership:

COMENSA and Health Coaches Association

Course Content:

Health Transformation Coaching, Person Centred Nutrition, Winning Client Formula, Business Launch Plan, 3 Day Online Training and Done For You marketing content.



Living Life Well

with ZURAIDA JARDINE

Media personality and functional medicine health and lifestyle coach Zuraida Jardine opens up about her career, change, and how she lives life well.

ON CHANGING GEARS

What made you switch from being a full-time media personality to pursuing a career in health and wellbeing?

It was an organic transition, as I'd always had a keen interest in wellbeing and behaviour. I woke up one morning and had this crazy idea – "What if I were to follow this path that's calling me so loudly? What if I were to apply to university to study psychology?" And so I did.

How has your media career equipped you for your current vocation?

My entire career in media included human connection. My vocation never bred isolation, only inclusion. I am forever grateful for my media career, and nothing that I've done or am doing in this field is a drastic departure from my health and wellbeing pursuits. It's all interlinked, with the common denominator being people and connection.

What made you choose the path of a functional medicine health and lifestyle coach?

After discovering functional medicine and the significance of gut health in particular, I signed up to study functional medicine health coaching with the International Institute of Functional Medicine in the US. This, in turn, led me to my studies in breathwork therapy.

What is functional medicine, and what do you see as its benefits?

Functional medicine looks at the human being as an individual, focusing on identifying and addressing the root cause of dysfunction or disease. It is, in essence, a tailor-made medicinal outlook on optimum health, which aims to take away the plaster and heal the wound.



Can you tell us a bit more about breathwork therapy?

Breathwork is an ancient healing practice that can be found in a number of different traditions. Hebraic tradition refers to ruach; Asian cultures have chi and ki, and the Hindu religion practises pranayama. Breathwork allows us to become aware of our states, including tension, blocks, resistance, and suppressions that are preventing us from enjoying healthy breath flow and circulation.

Why did you go on to pursue your MA in Critical Diversity studies?

As a South African, and a person of colour, I see it as imperative for us all to learn to understand one another as individuals. Critical Diversity Literacy interrogates the study of otherness, and recognises how our privilege and power impact our social behaviour, viewpoints and narrative. We can only begin to understand the uniqueness of individuality when we recognise that our multiple intersections with life make our experiences deeply subjective. An appreciation of this subjectivity can only aid me in being a stronger healthcare practitioner - and human being.

ON LIVING LIFE WELL

What does living life well mean to you?

Live: Whatever you do, commit to it fully. Life: It's fleeting, so make sure you live it intentionally. Well: This is a state of feeling. High or low, whichever state is practised best will thrive the most.

What is your primary motivation for staying healthy?

Longevity. The ability to live longer and healthier lives is within reach if we move regularly, eat consciously, connect to our spirituality, and play often.

You've referred to food as 'pleasure and medicine'. How does this reflect in your daily life?

Food is a pleasure that can conjure up positive memories of people and places. It is also a form of medicine, because so much of what we need to heal ourselves can be found in the nutrients rooted in nature. By gathering and sharing food in a way that creates positive connotations and memories, I am continuously cultivating and encouraging a positive relationship with it.

Is your exercise routine set, or do you like to keep it fresh?

I'm drawn to the word 'movement' rather than 'exercise', because it denotes less of a sense of pressure. For me, movement can mean anything from a strength training routine to yoga, pilates, or a high intensity session.

Why is mental wellbeing important to you?

Mental, physical and spiritual health are all intertwined. They all deserve the same attention, because if one is out of balance, the other areas are all impacted. Overall wellness involves optimum health of the full mind-body connection.

How do you build your mental and emotional resilience?

By owning my personal life stories. We must allow ourselves to be vulnerable enough to own and appreciate that our experiences and adversities have moulded us into the beings that are still standing today.

What are five Wellness Warehouse products that you love, and which Wellness store do you usually visit?

My favourite products are the Biomedcan supplement range, Metagenics UltraPotent C, Eat Real Lentil Chips, organic honey, and carob coated almonds. I usually shop at the Wellness Warehouse in Parktown North in Johannesburg.

ON THE FUTURE

Do you set goals and resolutions for yourself and your life?

I have journalled all my life, and a big part of this includes the visions and resolutions I have for myself and the future. There is power in writing down your thoughts.

What are your aspirations for the year?

I've just renovated and re-opened my practice for workshops and in-person client consultations. I'm also going to be applying to do my PhD.



SHOP ZURAIDA'S
FAVOURITES IN
STORE, OR SCAN
THE QR CODE TO
BUY THEM ONLINE

COCO-MAT
sleep on nature

Cape Town

214 Buitengracht Street
Bo-Kaap
capetown@coco-mat.co.za

Johannesburg

44 Stanley Avenue
Braamfontein
johannesburg@coco-mat.co.za

www.cocomat.co.za



UNDERSTANDING

Depression

NEW HOPE FOR THE NEW YEAR

By Elizabeth Parsons
(Wellness Consultant, Wellness Warehouse Cavendish Square)

An estimate of close to one billion people, including children, are affected by some form of mood disorder. The figures are staggering, and a sad reality for the times we are living in.

Depression is the most common of mental illnesses, and the third most diagnosed in South Africa. Many suffer in silence out of fear of being stigmatised, and a great deal of sensitivity and empathy are required when addressing the challenge of depression in many sectors of society.

The aim of this article is to shed some light on what constitutes depression, as well as to offer hope and a holistic approach for dealing with the illness. The most important thing to remember is that **you are not alone**, and that depression can be managed.

Depression can take on various forms, and present with different sets of symptoms in each sufferer. Your doctor will diagnose you according to your symptoms to determine which type of depression you have.

TYPES OF DEPRESSION

1. Depressive episode
2. Major depression
3. Dysthymia
4. Bipolar mood disorder
5. Post-partum depression

SYMPTOMS OF DEPRESSION

- * Depressed mood
- * Sadness and pessimism
- * Low motivation and lack of energy
- * Little to no experience of joy
- * Feelings of guilt, worthlessness, apathy and hypersensitivity
- * Loss of appetite/overeating
- * Weight loss/gain
- * Sleeplessness/excessive sleeping
- * Constipation
- * Low libido
- * Tiredness
- * Headaches and body pains
- * Continuous negative thoughts
- * Suicidal ideation
- * Slow thinking
- * Poor concentration
- * Poor judgement and decision-making
- * Memory loss
- * Limited initiative and interest
- * Withdrawal from people
- * Lack of interest in things you previously enjoyed
- * Lack of interest in work or daily tasks
- * Poor communication abilities
- * Poor use of life skills
- * Low personal worth, self-confidence and self-image

CAUSES OF DEPRESSION

1. Genetic factors, temperament and personality
2. Alcohol, nicotine and drug abuse
3. Stress caused by childhood difficulties or trauma
4. Ongoing exposure to stress
5. Low self-image
6. Medical conditions such as hormonal imbalance, under-active thyroid, blood sugar challenges and prolonged illness
7. Side effects of certain medications
8. Nutritional deficiencies (including low levels of folic acid, niacin, vitamin B6, vitamin B12, vitamin D, zinc and essential fatty acids)
9. Chemical imbalances in the brain. The main neurotransmitters involved in depression are:
 - * Serotonin – regulates mood, appetite and sleep
 - * Dopamine – regulates motivation and the reward system
 - * Norepinephrine – regulates mood, arousal, vigilance, memory and stress



BOXALL & CARMICHAEL
NATURALLY SCIENTIFIC MEDICINE

A HEALTH SHOP IN THREE PRODUCTS



MORNING REBOOT
Adrenal Burnout Support Formula
Boost Energy
Improve Stamina



MIDDAY DETOX PLUS
Ultimate Detoxification
Liver Support
Hormone Health



NIGHT SLEEP
Stimulates Melatonin Formation & Reduces Anxiety

Consolidation, convenience & flexibility

The three products in this range can be taken independently for the individual product indication, or as a three-product system for ultimate overall vitality, which is ideally recommended by leading doctors

Request product info – www.boxallcarmichael.com

DR. BOXALL'S™ NATURAL PHARMACEUTICALS SUPERFOOD PROTEIN POWDER



Dr. Boxall's™ Scelletium, Moringa & Hemp Seed

- | | |
|--------------------------------|---------------------------|
| ✓ Completely Natural | ✓ Contains CBD Naturally |
| ✓ Powerful Antioxidant | ✓ Anti-inflammatory |
| ✓ Boost Serotonin | ✓ Liver Tonic |
| ✓ Combat Stress | ✓ Boost Immunity |
| ✓ High in Fibre & Protein | ✓ Neuroprotective |
| ✓ Complete Amino Acid Profile | ✓ Heart Health |
| ✓ Omega 3 Fatty Acids | ✓ Vegan, GMO Free |
| ✓ Rich Source of Vitamins | ✓ No Artificial Additives |
| ✓ Full of Minerals & Nutrients | ✓ No Preservatives |

Request product info – www.drboxalls.com



Calm Life™



- | | |
|--------------------|--------------------------|
| ✓ Stress & Anxiety | ✓ Depression |
| ✓ Mood | ✓ Irritability & Tension |
| ✓ Insomnia | ✓ Low Serotonin |
| ✓ Libido | ✓ Cravings |

Request product info – www.calm.life.co.za

WEIGHT MANAGEMENT



Green Coffee Bean ★ Raspberry Ketones
Hoodia VegiCaps ★ Hoodia Craving Tincture

- | | |
|---------------------|------------------------|
| ✓ Fat Burner | ✓ Appetite Suppressant |
| ✓ Boosts Metabolism | ✓ Energy & Stamina |
| ✓ Craving Control | ✓ Fatigue |
| ✓ Constipation | ✓ Detoxification |

Request product info – www.drboxalls.com

If any of these products are sold out, please contact us so we can get the product you need, in your hands!

National Help Desk: Tel: 0860 666 546 Email: contact@phealthsa.com

TREATMENT OPTIONS

1. Pharmacological intervention

Classes of antidepressant medications include:

- *Tricyclic antidepressants
- *Selective serotonin reuptake inhibitors (SSRI)
- *Serotonin and norepinephrine reuptake inhibitors (SNRI)
- *Monoamine oxidase inhibitors (MAOI)

2. Psychotherapy

Commonly known as talk therapy, the aim of psychotherapy is to uncover and address the root cause(s) of depression, as well as to help manage the resulting symptoms.

3. Occupational therapy

This form of therapy aims to empower patients with the skills and healthy lifestyle options necessary for functioning optimally in all areas of life.

4. Support groups

A group of individuals experiencing the same challenges are often best equipped to offer each other comfort, community and support.

5. Nutrition

A clinical nutritionist can check for any biochemical imbalances and devise a nutritional programme to improve your mood.

HELPFUL HOLISTIC LIFESTYLE PRACTICES

Regular exercise

Naturally elevate your mood through endorphins – the feel-good hormones released during exercise

Cognitive Behavioural Therapy

Learn to recognise and 're-route' negative thinking patterns

Laughter

Enjoy a good dose of one of the easiest ways to release mood-enhancing endorphins!

Reduction of known stressors

Know and avoid the triggers that exacerbate the symptoms of your depression

Pursue a hobby

Immerse yourself in something you really enjoy, and you'll no doubt feel the resultant sense of presence and flow.

Keep a gratitude journal

Make a practice of reminding yourself of all the good in your life on a daily basis

Cultivate connection

Never underestimate the positive power of spending quality time with loved ones

Look within

Meditating, reading inspirational literature and walking in nature are all great ways of connecting to yourself and what you value most.

Explore aromatherapy

Pure essential oils of bergamot, grapefruit, lavender, sweet orange and rose geranium are all said to have mood-elevating properties.



DIETARY INTERVENTIONS

*Eat a diet that includes plenty of raw fruit and vegetables, as well as non-GMO soya products, whole grains, seeds, nuts, brown rice, millet and legumes. A diet low in complex carbohydrates can cause serotonin depletion and depression.

*Eat foods high in the amino acid tryptophan, which is the precursor to serotonin. These include turkey, fish, chicken, cheese, beans, tofu, oats and eggs.

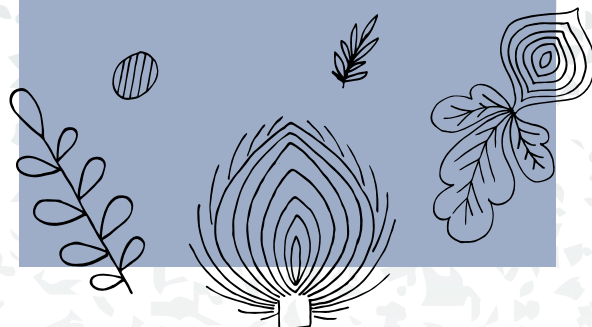
*Avoid all forms of sugar and refined carbohydrates, which can lead to fluctuating blood sugar levels and trigger imbalances of certain neurotransmitters.

*Avoid alcohol, which is very high in sugar and acts as a nervous system depressant.

*Avoid all hydrogenated fats and processed foods, which are loaded with harmful additives and colourants and can lead to sluggishness, slow thinking and fatigue.

*Eat oily fish such as sardines, salmon, trout and mackerel, which are good sources of omega 3 fatty acids, are vital for brain health, and can assist with the reduction of inflammation.

*Check for food intolerances (wheat, gluten and dairy are the most common)



NUTRACEUTICALS

5-HTP

A popular natural supplement for increasing the body's production of serotonin

St John's Wort

One of the most thoroughly researched of all natural remedies, St John's Wort is effective for mild to moderate depression.

Saffron Extract

Saffron may exert an antidepressant effect by promoting a positive mood.

Turmeric

The active ingredient curcumin is a potent anti-inflammatory, and appears to elevate neurotransmitters such as serotonin.

Rhodiola rosea

An adaptogenic herb that is said to help the body deal with various mental, physical and environmental stressors, as well as to increase serotonin levels in the brain

Omega 3 fish oils

Aid in the transmission of the nerve impulses needed for healthy brain function

Vitamin B complex

Plays a major role in the activity and metabolism of neurotransmitters

Vitamin D and zinc

Low levels have been shown to contribute to depression

Note: If you are taking allopathic antidepressant medication, consult your doctor before adding any natural remedies, as some may contraindicate with your prescribed regimen.



SHOP THE
NUTRACEUTICALS
IN STORE, OR
SCAN THE QR
CODE TO BUY
THEM ONLINE

africanpure is dedicated to providing you with the simplest CBD experience with a product for every age & lifestyle.

africanpure drops help you bring balance to your life and body, naturally.



Available at Wellness Warehouse
online and in store.

africanpureTM **CBD**
pure. simple. CBD



Love YOUR LIVER

By Jennifer Ward

I became a fan of Traditional Chinese Medicine (TCM) and Ayurveda 20 years ago. These systems of medicine draw inspiration from nature, and offer ancient wisdom for modern life. Throughout my own journey of exploration in the fields, I've managed to improve my digestion, boost my immunity, banish PMS, and improve my mood. It's since become my goal to educate others on what preventative medicine can do for them.

When I was a student of TCM and Ayurveda, my supervisor spoke to every patient about the liver, no matter what their symptoms. **Supporting the liver is vital** in balancing hormones, and Ayurveda considers detoxification to be a liver function too. After 10 years in clinical practice, I've come to value liver health very highly. Your liver is an amazing, powerful and hardworking organ!

The liver is a multi-tasking machine. It clocks in overtime in our modern world – detoxifying substances, playing a role in metabolism, regulating blood sugar levels, making bile, making carrier proteins, acting as a repository for nutrients, and breaking down triglycerides for use as energy.

A 'stagnant' liver (or liver 'congestion') can produce a wide range of negative symptoms in the body. Luckily, there are many lifestyle changes that can help us prevent and remedy this.

Ayurveda views the liver as a 'fiery' or 'pitta' organ. Excess pitta is seen as equivalent to 'liver fire' in Chinese Medicine, and symptoms include headaches; red, burning eyes; acne; nosebleeds; outbursts of emotions like anger and irritability; inflammation, allergies; and indigestion.

I'd like to draw on my personal and clinical experience to empower you with the know-how you need to rejuvenate your liver. **Promoting liver health is about giving the organ enough rest and relaxation to regenerate.** The good news is that - with the proper support - this fascinating organ knows how to heal itself!

WAYS TO LOVE YOUR LIVER

☐ **Drink enough water**

Sip on water and herbal teas throughout the day

☐ **Get enough sleep**

While we sleep, our blood returns to the liver to be cleansed, with the organ actually enlarging at night. Try to get to bed no later than 10 pm to ensure that your body has enough downtime for your liver to be able to 'digest and detox'.

☐ **Express your emotions**

Do you have a regular practice that allows you to fully feel and release your emotions? According to TCM and Ayurveda, if the liver is impaired, it can be harder to process emotions. Conversely, suppressing negative emotions can contribute to stagnant liver 'qi', or 'energy'. Talk therapy and a basic qigong technique called 'beating the pillow' are two great ways of learning to work with your emotions.

☐ **Eat your greens**

The darker, the better! Cruciferous veggies, dandelion greens and cilantro are all great. Cilantro actually contains linalool, which can help to cleanse the liver.

☐ **Add something sour**

According to TCM, sour foods can help nourish the liver. Consider drinking a glass of room temperature lemon water daily.

☐ **Up your fibre**

Are you getting 30 grams of fibre daily? In order to efficiently clean up a toxic liver, your bowels need to move. Consider taking two tablespoons of ground flax every day. You may also want to consider purgatives like soluble fibre psyllium, which can be safely used on a daily basis. Start with one teaspoon in two cups of liquid (best taken before bed).

☐ **Minimise your chemical exposure**

Minimise your exposure to manmade chemicals and toxic compounds by choosing organic food, personal care products and household solutions wherever possible.

☐ **Moderate your caffeine and alcohol consumption**

When you do indulge in these, try to opt for organic versions.

☐ **Get your sweat on**

Encourage your lymphatic system to support the release of toxins through sweating. You may want to try a sauna, attend a hot yoga class, or simply do a good cardio workout.

☐ **Dry brush regularly**

Use a natural-bristle brush to gently but firmly brush your skin in long strokes toward your heart, going over each area two or three times. Dry brushing is typically done before showering, and is said to be helpful in supporting the lymphatic system.



"I bought Turmerynne for my mom. She is raving about it. It's helping with her digestive issues and her chronic joint pain has also lessened."

- Ayesha

"I've been using Turmerynne for years. It's good for digestion and inflammation."

- Budge

"I have a lot of joint pain and have played around with different forms of turmeric. This is a no-mess option"

- Tracey



As a rich source of antioxidants, Turmerynne can maintain wellness by relieving oxidative stress or painful acute inflammation when taken at therapeutic dose levels.



NATURE IN FULL.
HEALTH IN FORCE.
www.floraforce.co.za



- ☐ **Stick to clean fats**
Olive oil, avocado oil, coconut oil and fatty fish are all good options.
- ☐ **Soak in salts**
Relaxing in a bath with a cup of epsom salts is a great way to detox via your body's largest organ - the skin.
- ☐ **Add digestive bitters**
Adding digestive bitters to your daily health regime can encourage the healthy production and release of bile, support normal detoxification, and quicken digestion. Bitters help the liver to process incoming nutrients and filter impurities from the circulatory system.
- ☐ **Add ginger**
Ginger can help your body to cleanse toxins. Simply add one to two inches of freshly-grated ginger root to two to three cups of water, half a lemon, and a bit of maple syrup or raw honey to taste.
- ☐ **Try acupuncture**
Acupressure, acupuncture or Marma Traditional Chinese Medicine aim to relieve liver stagnation through the stimulation of specific points that target the liver.
- ☐ **Get some glutathione**
Vegetables rich in glutathione – such as avocados, carrots, broccoli, spinach, apples and asparagus - help to neutralise free radicals and detoxify the liver. Increase your intake of these veggies, and let them do the hard work for you!
- ☐ **Seek out selenium**
Selenium-rich foods such as oats and brazil nuts are excellent at helping to protect liver tissue from the negative effects of processing waste products.
- ☐ **Do a daily digital detox**
Calm your senses and ease your nerves by scheduling some dedicated screen-free time into your daily routine.

The liver possesses a remarkable ability to heal and rejuvenate. **Work your way through this checklist to love your liver today!**



SHOP THE SUGGESTED
PRODUCTS IN STORE,
OR SCAN THE QR
CODE TO BUY THEM
ONLINE

ABOUT THE AUTHOR

Jennifer Ward is an integrative health practitioner of Chinese Medicine and Ayurvedic Medicine. The combination of both modalities equips her with a versatile and effective toolbox for assisting her clients. She started exploring the fields two decades ago, and has a special interest in dietary therapy, acupuncture, marma points, herbal remedies, body work, yoga and qi gong. For more information or to get in touch, visit www.beingelemental.com.

CARING FOR YOUR GUT
HAS NEVER BEEN EASIER



**Metagenics® - probiotics experts
for over 30 years**

Guaranteed 15 billion live organisms per capsule

Vegetarian • Gluten Free • Non-GMO

UltraFlora® Balance is backed by the **Metagenics ID Guarantee™** for purity, clinical reliability, and predicted safety via scientific identification of strains with established health benefits.

GENERAL WELLNESS



GUT HEALTH



IMMUNE HEALTH



HORMONAL HEALTH





THE SCOOP OF YOUR POOP

By Mpho Tshukudu

When registered dietitian Mpho Tshukudu's clients ask how to know whether their guts are healthy, she has a detailed bowel movement checklist at hand...

- 1. What does your poop look like?** It should not float, or be the texture of pellets. Rather, it should be soft – 'like raw sausage'.
- 2. How often are you going to the loo?** It's important to note that everyone's body is different, and that defecating from three times a day to three times a week can be considered 'normal'.
- 3. There should not be a bad smell.** Even our farts shouldn't smell bad.
- 4. Most importantly – how do you feel?** Are you uncomfortable? Do you experience bloating, incomplete evacuation or a significant amount of flatulence? If you're struggling with constipation, diarrhoea, bloating or general tummy discomfort, these could all indicate that your gut is unhappy, or not working optimally.

Tshukudu's refreshing take on achieving good gut health is simple, and encourages South Africans to include 'heritage foods' in daily meals.

"After suffering from numerous food allergies, I started taking a closer look at my Anglo-Euro-centric diet. I noticed that as we acculturated to Western foods and an urban lifestyle, we moved further away from our traditional foods," she shares.

This is what dietitians term the 'Nutrition Transition'. "Many of my clients were also being diagnosed with lifestyle diseases such as diabetes, high blood pressure and abdominal fat," says Tshukudu, who has made it her life's work to remedy South Africans' gut health.



While she encounters clients who use laxatives or other herbal preparations to ease discomfort, Tshukudu advocates for a food-first approach instead, sharing the tips below (which also happen to help support immunity!)...

*Include prebiotics in your diet. These include onion, ginger and garlic, as well as spices like black pepper, cayenne pepper, cinnamon and turmeric.

*Sprouting, soaking and fermenting grains, lentils, beans and vegetables will improve digestion and decrease flatulence and discomfort. The body builds up a tolerance to digesting legumes, and it's important to eat them regularly (at least three to four times a week).

*Eat more fruit with a high polyphenol content, like pomegranates, figs, blackberries and baobab.

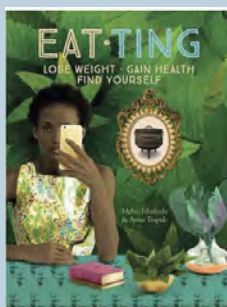
*Eat more vegetables, and don't shy away from traditional leaves like morogo, which is rich in nutrients and fibre. You can use morogo in homemade pesto, or add it to salads, soups and smoothies.

*Reduce meat consumption, replacing some meat proteins with plant alternatives like nuts and legumes.

*Many South Africans are lactose intolerant, but tolerate fermented dairy foods like maas and yoghurt more easily. Try a probiotic-rich yoghurt with billions of live bifidus cultures topped with healthy homemade granola made from local grains (like popped sorghum) and nuts (like marula), and add a grating of grapefruit zest when in season. You can also enjoy this with a dollop of homemade stewed applesauce made from lemon, cardamom, cinnamon and aniseed. Simple, enjoyable, and good for your gut!



SHOP THE SUGGESTED
PRODUCTS IN STORE,
OR SCAN THE QR
CODE TO BUY THEM
ONLINE



ABOUT THE AUTHOR

Mpho Tshukudu is a registered dietitian, pilates instructor and breathwork practitioner. In her practice, she draws on the healing properties of food and its nutritional compounds; stress management; sleep and exercise to promote optimal health. She is particularly interested in food and its relationship to health, emotions, culture, heritage, spirituality and sustainability. She is co-author of the recipe and nutritional guidance book *Eat Ting: Lose Weight, Gain*

Health, Find Yourself, published by Quivertree and available at leading bookstores and online. For more information or to get in touch, visit www.mphotshukudu.co.za.

FOR GOOD GUT HEALTH



Slippery elm provides soluble fibre which is the perfect food source for a thriving microbiome. The soothing mucilage relieves the symptoms of indigestion, heartburn and IBS.



NATURE IN FULL.
HEALTH IN FORCE.
www.floraforce.co.za



ALOE Smoothie



Makes 1-2 smoothies

INGREDIENTS

- * 50 ml Original Aloe 24/7 Juice
- * 1 handful fresh spinach
- * 1 frozen ripe banana
- * ½ cup chopped pineapple
- * 1 pitted date
- * 250 ml unsweetened green tea (prepared separately)

METHOD

Combine all the ingredients in a blender and enjoy!



SHOP THE
INGREDIENTS IN
STORE, OR SCAN
THE QR CODE TO
BUY THEM ONLINE



10x

MORE EFFECTIVE THAN THE NEXT BEST PROBIOTIC*

DUOCAP™ TECHNOLOGY PROTECTS PROBIOTICS FROM STOMACH ACID

*PREBIOTIC
released in the stomach
to create sustenance for
your good bacteria.*



*PROBIOTIC
delivered as a full dose to
the lower intestine where
it is most effective.*



 @PROBITEC

 @PROBITEC_SA

WWW.PROBITEC.CO.ZA

*Based on scientific analysis of the best-selling probiotics, Probitec™ was proven to deliver 10x more probiotics to the gut than the next best performing brand and 2000x more than the market leader.



PROBITEC™

MAXIMUM PRE + PROBIOTIC DELIVERY

Hay Fever!

IT AIN'T EASY BEING WHEEZY

By Mpho Masenya

Allergic sniffles and sneezes have spread like wildfire over the past few years, and it seems that pollen proliferation may be the root of the problem. The Real Pollen Count, a proudly South African organisation, reports that pollen seasons are getting longer, and levels of allergenic pollen are on the rise. It is believed that climate change, particularly global warming, is partially responsible for these changing trends.

There are myriad allergic diseases that have impacted people all over the globe. The World Allergy Organisation (WAO) reports that the prevalence of allergic diseases is rising worldwide, in both developed and developing countries. On the home front, South Africa is burdened with one of the highest rates of allergic disorders in the developing world. A 2015 study by Allergy Foundation South Africa (AFSA) indicates that the most common food allergens, in descending order, are: eggs, peanuts, cow's milk and fish. Approximately 1.8 million children in South Africa suffer from asthma, and there is ongoing research into the reasons behind the rise of this particular condition.

WHAT ARE ALLERGIES, ANYWAY?

Allergies are the result of a hypersensitive reaction by a person's immune system to a particular substance in the environment that is typically harmless to humans. These substances are known as allergens. When someone eats, inhales or touches something to which they are allergic, the body reads this as an attack. The immune system springs into action and creates disease-fighting antibodies to guard against the intruder, leading to a chain reaction of events that causes a release of inflammatory chemicals such as histamine.

WHEN HAVING AN ALLERGIC REACTION, YOU MAY EXPERIENCE A COMBINATION OF THE FOLLOWING SYMPTOMS:

SKIN

- * Swelling of the face & lips
- * Itching, warmth and/or redness
- * Rashes, hives & other forms of dermatitis

RESPIRATORY

- * Coughing & hoarse voice
- * Shortness of breath or difficulty breathing
- * Tightness in the throat
- * Hay fever (rhinitis)
- * Difficulty swallowing

GASTROINTESTINAL

- * Nausea and/or vomiting
- * Diarrhoea
- * Abdominal pain and/or discomfort

CARDIOVASCULAR

- * Dizziness or light-headedness
- * Loss of consciousness
- * Shock

OTHER

- * Panic attack
- * Headache
- * Metallic taste

The most severe form of an allergic response is anaphylaxis, also known as anaphylactic shock, which causes trouble breathing, tightness of the throat, a hoarse voice, swelling, low blood pressure, and loss of consciousness. This can lead to cardiac arrest or the closure of air passages, causing death by suffocation.

If you suffer from any severe allergic reaction – such as anaphylactic shock, asthma, difficulty breathing, or any other extreme discomfort – it is essential that you seek medical attention immediately and, if safe for you, get an epinephrine shot as soon as possible.



Stay informed and keep yourself and your loved ones safe with this guide to common allergies and their symptoms:

ALLERGY CATEGORIES	INHALED ALLERGIES	FOOD ALLERGIES	CONTACT ALLERGIES	INSECT ALLERGIES
	<ul style="list-style-type: none">* Pollens (from trees, grass, weeds, etc.)* Mould & fungi* Dust or dust mites* Pet dander (microscopic skin flakes)	<ul style="list-style-type: none">* Peanuts & tree nuts* Fish & shellfish* Dairy & eggs* Wheat* Soy* Meat* Mustard* Sesame	<ul style="list-style-type: none">* Poison ivy* Hair dyes & relaxers* Deodorants & cosmetics* Detergents* Nickel* Leather & latex* Citrus peels & peach skin fuzz	<ul style="list-style-type: none">* Stinging insects (bees, wasps, hornets, etc.)* Biting insects (mosquitoes, bed bugs, fleas, etc.)* Household pests (cockroaches, fruit flies, etc.)
SYMPTOMS	Triggers acute or chronic symptoms which can affect the skin and/or respiratory system	Likely to result in an anaphylactic reaction	Itchy skin and contact dermatitis (a red, itchy rash)	You may have a toxic reaction to certain insect bites or stings, as venom spreads through the body

HOW ARE ALLERGIES TREATED?

While no finite cure for allergic conditions has been identified, there is a range of treatments, tailored to specific allergies, recommended by professionals and allergists around the world.

The first course of treatment is avoiding the allergen; this, however, can be difficult for pollen-related allergies. With regards to medication, antihistamines are the most commonly prescribed drug, as they counter the inflammatory effects of histamine. There are also other innovative treatments such as immunotherapy, also known as desensitisation therapy.

DID YOU KNOW?

You can visit the Real Pollen Count at www.pollen.co.za to monitor the weekly pollen activity in your region. If you suffer from pollen allergies, this can help you become aware of when to minimise exposure to the outdoors.



Pure

Organic

Natural

www.soil.co.za

Follow Nature's lead on your wellness journey.



MY JOURNEY WITH ALLERGIES

I was born into a sniffly family tree of inhaled-allergy sufferers. As I was growing up, however, I started experiencing allergic reactions beyond those of the inhaled description. Some of my favourite foods – peanut brittle and peanut butter – caused a persistent cough, and delicious bananas, apples and pears turned my stomach. Those around me just thought I was a fussy eater, but the truth is that my allergies were blooming beyond my control.

One allergy season during my adulthood, my symptoms became unmanageably severe, and my over-the-counter medications were causing side-effects that were interfering with my daily living. It was then that I made the decision to consult an allergist dealing in natural treatments and remedies.

I had a blood test done and discovered that I was sensitive to a huge number of allergens across all allergy categories. It was during this time that I received personalised desensitisation treatment. The therapy made use of my own antibodies and introduced the allergen to my system with the intent of boosting my immunity against it. Following the therapy, my allergic responses were noticeably reduced.

However, while procedural treatments and therapies can be of immense help and value, positive behaviours and lifestyle choices are a necessity for any allergy sufferer who wants to live life to the full.

Here are just a few ways you can help to keep your allergies in line...

KEEP A SHARP EYE WHEN SHOPPING

So often, allergens are hiding in places you would never expect. It is critical to always check the labels and ingredient lists of what you're buying in order to protect yourself and your loved ones.

RESTAURANT RECONAISSANCE

In the event that you will be eating out, take time to check the menu in advance. If this isn't possible, take your time before ordering; keep it simple by choosing something with which you are familiar; and don't be afraid to ask the waitron to double-check ingredients.

SAFE TRAVELS

When travelling by air, make sure to let the cabin crew know about your allergies if/when ordering food. Even though the hypoallergenic meal option may sometimes be on the blander side, when it comes to your health, it's always better to be safe than sorry.

Another element to consider when travelling is lodging – particularly the roofing used by an establishment. For example, if you are prone to inhaled allergies, avoid accommodation with thatched roofing.

SENSITISE YOUR SOCIAL CIRCLE

Talk to the people in your life and explain your allergic condition/s to them, both so that they can help to keep you safe from exposure to triggers (especially when it comes to food preparation), and so that they can understand why you may act a certain way when there is a chance of a reaction, e.g. asking a restaurant to ensure that your meal is prepared in a different pan to avoid cross-contamination.

MOTHER NATURE KNOWS BEST

From the onset of my treatment, guided by a trusted professional, I selected the more natural route to avoid the adverse side effects that I had previously experienced as a result of pharmaceutical solutions. Furthermore, I wanted to stay true to my belief that I should do my best to prevent and manage ailments through nutrition and healthy life choices. As Hippocrates said, "Let food be thy medicine and medicine be thy food."

Here are just a few things that can be included in your diet to boost your body's resilience to allergies...

Quercetin

Quercetin is a natural flavonoid found in fruits and veggies that has anti-histamine, antioxidant and anti-inflammatory properties – perfect for snuffing out the sniffles.

You can get your daily side of quercetin from good-quality natural supplements or the following food sources:

- *Elderberry juice
- *Apples
- *Kale
- *Red cabbage
- *Green hot peppers
- *Red onion
- *Coriander
- *Red grapes
- *Red wine
- *Black tea
- *Rooibos tea

Vitamin C

It is believed that vitamin C may help to slow down a hypersensitive immune response to allergens by decreasing the amount of histamine produced by the body. To arm your body with this vital nutrient, consider taking a high-quality natural supplement, and enjoy a diet packed with vitamin C-rich foods such as:

- *Brussels sprouts
- *Broccoli
- *Kale
- *Fresh tomatoes
- *Guavas
- *Strawberries
- *Kiwis
- *Bell peppers

Probiotics

Probiotic supplements can help to maintain a healthy, happy gut by restoring levels of good gut bacteria. Getting your recommended daily dose of probiotics – either from foods or supplements – can assist in immune functioning, as well as the prevention and management of some allergic diseases. You can find probiotics in:

- *Kimchi
- *Pickles and pickled foods
- *Sauerkraut
- *Yoghurt, kefir, cottage cheese and other forms of fermented dairy
- *Non-dairy kefir

Zinc

Zinc is an essential element for hundreds of proteins in the body, and works to support immunity, thus helping to provide allergy relief. Dose up on zinc with a good supplement or a combo of the following:

- *Meat, especially lamb and poultry
- *Legumes, chickpeas & lentils
- *Eggs
- *Avocado
- *Nuts (unless, of course, you are seeking relief from a nut allergy)

Before using any supplements or consuming the above ingredients, please ensure that you do not have hypersensitivities to any of them. If you are considering seeking allergy treatment, make sure to consult professionals and reputable sources before embarking on any programme.



SHOP THE
RECOMMENDED
PRODUCTS IN
STORE, OR SCAN
THE QR CODE TO
BUY THEM ONLINE

ABOUT THE AUTHOR

Mpho Masenya is a writer, communicator, and advocate for basic nutrition education and awareness for wellness and the prevention of disease.



ELECTRIFY YOUR EXERCISE

Plug into the Power of EMS Training

As part of my ongoing mission to explore and experiment with all that the world of wellbeing has to offer, I recently found myself at the BODYTEC studio in Cape Town's City Bowl - tired, tingly and damp, with my muscles absolutely throbbing... after just 20 minutes of mild exercise. Welcome to the wonders of EMS training!

WHAT EXACTLY IS EMS TRAINING?

EMS, or Electro Muscle Stimulation, is an exercise model that aims to increase efficiency and accelerate results by sending tiny, painless electrical impulses to your muscles while you train. The science behind EMS claims that these small electric shocks emulate the electrical signals sent to your muscles by your brain when exercising, thus allowing you to push your body to the limit in a far shorter time than would be possible in a 'conventional' workout.

It is this ability of EMS training to provide individuals with an effective, powerful workout in a fraction of the time of regular exercise models that has propelled it to fame around the world. After all, who *doesn't* want to achieve results without the daily commute, time sacrifice, painfully expensive gym memberships and excruciatingly long HIIT sessions?

BODYTEC recommends just 20 minutes of EMS training once a week for results you can see *and* feel. And while I haven't yet been training with BODYTEC for long enough to report any drastic changes, I *can* tell you that this is something special...

ABOUT BODYTEC

BODYTEC itself is fantastic, with state-of-the-art facilities and a dedicated team of passionate, motivating trainers to guide you through the experience. Each session is supervised by an experienced BODYTEC trainer, and you can choose to train alone or with a friend (BODYTEC actively encourages working out with a buddy to keep your motivation and energy levels up).

As I shared in our previous edition, when embarking on a fitness journey, I do not generally set goals to lose large amounts of body weight or cut down my measurements. Rather, I set my focus on improving my overall fitness level, toning my body and keeping myself strong and sprightly. Thus far, EMS training has proved to be a wonderful way of maintaining my current levels of health and fitness while living the hustle-and-bustle lifestyle of a magazine editor. What's more, I struggle with some knobby knees and am grateful for the opportunity to be gentle with my body while still getting a healthy dose of movement.

Now, here's where things get a little... *freaky*.

At the beginning of my first session, I was presented with a skin-tight leotard-meets-corset, which I soon learned was the critical EMS BODYTEC suit. As per EMS protocol, the suit had been sprayed with water beforehand, helping to improve conductivity and get me warmed up for the workout with a generous amount of jumping, squeezing and stretching to fit into my fancy-pants Iron Man suit. The futuristic fun continues with monthly assessments that involve standing on a rotating device that draws up a 3D model of my body and measurements.

Once all suited up, I was hooked up to the EMS electrodes and braced for the impact of thousands of electric shocks running all over my constricted body. Turns out... it's more of a mild tingle. But I still felt like a bold and brave superhero. I then performed 20 minutes of gentle exercise - carefully supervised by a trainer - and was surprised to find that I was working up quite the sweat, despite the relatively mild workout. And that was it for my session! It seemed to be over before it even started, and yet my muscles were jelly, and my body was tingling all over (I have to admit that I somewhat enjoyed the tingles...).

SO, DOES EMS ACTUALLY WORK?

As with all fitness routines, there is no one-size-fits-all solution. Everyone's body works differently, and you may have to experiment with a range of workout options before finding your perfect programme.

However, EMS *does* offer solutions to the problems that seem to hold most people back from a regular exercise routine...

- *You only need to attend one 20-minute session a week, which frees up your time *and* money.
- *The science of EMS makes it easy for those recovering from injuries and operations to get moving without compromising health or safety.
- *The one-one-one training model at BODYTEC and other EMS facilities serves to keep you motivated and accountable - key factors in practising a consistently healthy lifestyle.

And so, while I can't tell you whether EMS training is the exercise programme you have been looking for, I *can* say that my experience thus far has been positively electrifying, and that there is no better way to venture into the exciting world of EMS than with the expert guidance, support and encouragement of the brilliant BODYTEC team.

For more information or to book a trial session, visit www.bodytec.co.za.

THE CORE: YOUR PREGNANCY POWERHOUSE

Why connecting to the core is beneficial for both mom and baby

By Victoria Soroczynski

There's a wealth of scientific research on the physical and mental benefits of regular exercise. The advantages of the right type of movement can endure throughout pregnancy, as well as help to prepare your body for all types of birth, and bolster baby's development to boot.

When you're exhausted, nauseous, or haven't seen your toes in a few months, exercise can feel tough, and the physical and hormonal changes you're going through will no doubt demand some adjustments to your usual workout routine.

As a new mom and a certified pre- and post-natal movement specialist, I've been exploring some expert-backed tips for movement during pregnancy and postpartum...

BENEFITS FOR MOM AND BABE

Regular movement is a proven stress management tool, lowering blood pressure, improving quality of sleep, and even contributing to the reduction of potential complications like gestational diabetes and preeclampsia.

Babies benefit from it, too! Research suggests that the placenta is healthier in moms who exercise, and that babies whose moms exercised regularly throughout pregnancy had more advanced motor skills and reduced risk of childhood obesity.

Movement in pregnancy is there to help you feel good, maintain energy, facilitate the health of your growing baby, and prepare for labour, delivery and recovery.

Starting with the foundations is key...

BREATH OF LIFE

Learning how to breathe optimally is the most important decision we can make for our own health and that of our babies. We want to move away from 'chest breathing' (common in today's high-stress, fast-paced lifestyles) and get back to our natural way of breathing, which is diaphragmatic. Watch a baby breathe - you will see how the belly and the ribs naturally expand with every deep inhale and exhale.

Practising diaphragmatic breathing

As you breathe in, imagine the air not only expanding the ribs out to the side, but also gently inflating the lower belly and spreading down into the pelvic floor, allowing the breath to lengthen and open the pelvic floor. As you exhale, allow the ribcage, belly and pelvic floor to come back to their natural state. There is no active contraction here.

CORE IS KEY

Whether you're planning a vaginal or C-section birth, having a strong core is key. It can reduce pushing time, decrease the risk of unplanned surgical interventions, and help you get back on your feet sooner postpartum.

But this is not about crunches or sit-ups (unless they are functional, like 'sitting up' off the couch). Instead, making sure that you are engaging your core correctly can help you to avoid injury-based diastasis (the separation of your abdominal muscles).

Many people think about their abs when they think about the core, but it is actually made up of the 'inner unit' (what I refer to as the 'deep core') and the 'outer unit'. Think of your deep core as a box of four muscles: the pelvic floor makes up the base; the diaphragm is the top of the box; your transverse abdominis (TVA) make up the sides as they wrap around the spine for stability and run horizontally across the abdomen like a corset; and the multifidus are your deepest back muscles.

Practising Mana's 'Deep Core Connect'

This is one of the key foundations of all the programmes at Mana, an online platform that provides movement for all stages of motherhood.

* Start with diaphragmatic breathing as described earlier, except this time, actively contract on the exhale.

* As you exhale, visualise drawing the four points of the pelvic floor (a diamond shape) together as you lightly connect and lift the pelvic floor, zipping up the lower belly as if you're trying to draw your hip bones together.

* Inhale, let the belly go, and image filling the ribs, back, lower belly and pelvic floor with air.

* Exhale – this time with an audible 'shhhhh' sound, as you lightly connect and lift the pelvic floor. Imagine that you are lightly drawing a blueberry up the vaginal canal – connecting to the lower belly, and drawing the hip bones together. Continue this way for a few breaths.

Think of your 'Deep Core Connect' as having levels - light, medium and strong. As you turn and bend over to pick up an empty car seat from a coffee table, you may only need a light activation of your core. But if you're squatting down to pick up a 10 kg baby, you'll need to ramp up that connection. Mana's key foundations teach the various types of core connections for daily functional movements.

As your belly gets bigger, you'll be glad you prioritised your core connections earlier! The weight of the belly pulling forward puts strain on the lower back. A connected core doing its job properly helps to hold some of that weight, and will go a long way in preventing common pregnancy dysfunctions such as incontinence, lower back pain, prolapse, injury-based diastasis recti, and more.

Prioritising your core before, during and after pregnancy is key, but don't worry if you're already far into your pregnancy reading this - you can still learn to activate your core correctly for postpartum recovery.

FIT FOR EACH STAGE

If you feel too ill in your first trimester, focus on diaphragmatic breathing and working on lightly connecting to your deep core. If you do two things during the first trimester, let them be breathing correctly and finding your deep core – both of these can even be done in bed!

Many women feel better during the second trimester, so it's a great time for strength training to prepare for the demands of parenthood, like lifting baby and car seat, rocking baby to sleep, and breastfeeding, which can really take its toll on your posture.

Your third trimester requires modifications as pregnancy aches and pains may be ramping up and everything just starts to feel a lot harder! Now is the time to bring more awareness to your pelvic floor in preparation for birth. Supported deep squats are a great way to facilitate the release, softening and lengthening the pelvic floor as your due date draws nearer.

A common complaint at this point is feeling as if you're not able to get enough air in, what with your organs shifting to accommodate the growing child. Try to breathe into your sides and back, and lift your arms up overhead while seated on a chair to help create a bit more diaphragmatic space and make breathing easier.

LISTEN TO YOUR BODY

Each pregnancy is different, as is every body. Pay attention to what your body is telling you, and modify or skip exercises that don't feel good. Be mindful of how you move throughout your day, rather than just during those 30 minutes or so when you work out. And remember to take it easy: a little can go a long way during your pregnancy, and you don't need to work out hard in order to feel and receive incredible benefits!

Note: Make sure to consult your doctor before starting an exercise regime, especially when pregnant.

ABOUT THE AUTHOR

Victoria Soroczynski is the founder of Mana (Movement for Motherhood), which she created to help women prepare their bodies for a stronger pregnancy and faster postpartum recovery using the power of movement and breathwork. Visit www.movementformotherhood.com for more information or to get in touch.



BaoCare™
Baobab Skincare
baby oil

Gentle, nurturing and protective Baby Skincare



Nurture and protect your baby's delicate skin with the gentlest plant-based ingredients.

Perfectly formulated with baobab oil, green rooibos and mild floral botanicals to give your baby's skin all the nurturing and tender care it needs. Massage into baby's skin after bath time, apply during nappy changes to keep skin soft and well-moisturised. Excellent for cradle cap, and soothing skin irritations and itchy mozzie bites.



Lightly fragranced with only pure, natural botanicals, our BaoCare Promise means there are no artificial ingredients, additives, colourants or fragrances in any of our products.

Scan for reviews
and testimonials



www.baocare.co.za



MACRONUTRIENT MINDFULNESS

FOR THE ACTIVE VEGAN

By Jackie Foot, Registered Dietitian & Wellness
Warehouse Product Technologist

Veganism is a lifestyle that attempts to exclude animal-derived products as far as is possible and practical. While the concept of veganism is by no means new (evidence of people choosing to avoid animal products can be traced back over 2 000 years), its rise in recent times can be attributed to its increased visibility on social media, and a handful of highly popular documentaries (who *hasn't* watched *Gamechangers?*).

Why are people choosing to 'go vegan'? One of the biggest motivators is health. Benefits of a vegan lifestyle may include a reduced risk of obesity, diabetes, heart disease and cancer, to name a few. Many elite athletes - including American tennis player Venus Williams, Formula 1 World Champion Lewis Hamilton, and even American Olympic weightlifter Kendrick Farris - have adopted vegan lifestyles, citing that the diet and lifestyle have helped them to perform at their best. Many also choose the lifestyle because of their strong ethical beliefs regarding animal welfare.

Sadly, there seems to be a lack of literature on the management of vegan diets for sports and exercise. However, it is clear that through the strategic management of food and appropriate supplementation, the macronutrient challenges presented by a vegan diet can be addressed and controlled. If you are considering adopting a vegan diet to enhance your exercise regime, there are a few important factors to consider...

GET YOUR ENERGY LEVELS IN GEAR

A key component of achieving optimal training and performance through nutrition is to ensure an athlete offsets energy expenditure with sufficient calorie intake. A negative energy balance is common amongst athletes, especially in endurance, weight-making and aesthetic athletes - and it may be especially difficult for larger athletes and/or those engaged in high-volume or intensity training to achieve their caloric needs on a vegan diet.

It's also worth noting that a nutritionally incomplete diet in physically active women can result in energy deficiency, menstrual irregularities, and low bone mass - known as the **Female Athlete Triad**. One consequence of insufficient energy (in both men and women) that cannot be ignored is the possibility of compromised immunity and a greater risk of injury. This could result in time off from training and competition, which in turn results in weight loss, muscle loss, reduced strength, and a lower work capacity. To ensure that individual-specific targets are reached, the International Society of Sports Nutrition (ISSN) recommends **tailoring energy requirements to an athlete's body mass, activity level, and exercise intensity**.

A NOTE ON FIBRE

Vegans consume more fibre than omnivores, which may promote early satiety. This could lead to problems where a high-caloric diet is required to support energy expenditure. In order for vegans to ensure that adequate energy consumption is achieved, increasing eating frequency and energy-dense foods (like nuts, seeds and oils) may be useful.

MAINTAIN YOUR PROTEIN INTAKE

Maintaining a Net Protein Balance (NPB) between the Muscle Protein Breakdown (MPB) and the Muscle Protein Synthesis (MPS) is an important facet of an athlete's diet. Having a positive NPB via a positive MPS aids in exercise recovery, anabolism and adaption.

The general guideline for most non-active adults is 0.8 g/kg a day, while endurance athletes should aim for 1.2 - 1.4 g/kg a day, and strength and power athletes for 1.6 - 1.7 g/kg a day. Research suggests that the poor digestibility of plant-based protein sources needs to be accounted for when designing a vegan athlete's diet. It has been suggested that vegetarians may need to consume more protein than omnivores to account for this, with suggested recommendations of 1 g/kg a day for non-athletic vegetarians, and the upper end of 1.4 - 2 g/kg a day for active vegans.

Attention should be paid to both the quality and quantity of protein consumed.

Plant-based protein sources are sometimes considered incomplete, as they do not contain optimal amounts of certain essential amino acids, and less branch chain amino acids than animal protein sources. It's therefore recommended that vegans consume a variety of protein-rich plant-based foods.

If, as a vegan athlete or fitness enthusiast, you find it difficult or inconvenient to achieve your protein targets through whole foods, you may consider a plant-based protein supplement. You can find high-quality isolates or blends of pea, hemp and rice protein powders at your nearest Wellness Warehouse.

CARBOHYDRATES (IN MODERATION) ARE KING

Vegan diets are characterised by higher carbohydrate consumption, specifically derived from fruits, vegetables and fibre. These contain beneficial antioxidants, micronutrients and phytochemicals, which may mitigate the effects of excess inflammation and promote recovery. Depending on the type of exercise, athlete's gender and goals, carbohydrate intake requirements range from 4 - 12 g/kg a day to support high training volumes.

These requirements are easily met by consuming grains, legumes, tubers, root vegetables and fruit. However, these foods are resistant to digestion and absorption, and promote early satiation. For athletes who require a higher energy target, consuming such foods to achieve protein and carbohydrate requirements could prove difficult, and - in some cases - a high-fibre diet can also promote gastric discomfort. It may then be prudent to also consume some lower-fibre foods (such as rice or pasta), being mindful of achieving sufficient micronutrient requirements.

FILL UP ON GOOD FATS

Although a contentious topic, the reduction of heart disease, type 2 diabetes and cancer in those who consume a vegan diet could be attributed to the fact that vegan diets tend to be lower in total and saturated fats, and higher in beneficial omega-6 fatty acids than their omnivorous counterparts. Achieving the 0.5 - 1.5 g/kg a day (or 30% of daily energy) is feasible through plant-based sources like nuts, seeds, avocados and oils.

Unfortunately, the absence of marine-sourced fats appears to result in vegans consuming fewer omega-3 fatty acids. These are important for normal growth and development and maintain cardiovascular health, and play an important role in inflammatory and chronic disease. Because omega-3s may improve nitric oxide production and possess anti-inflammatory benefits, vegan athletes will benefit from consuming omega-3 ALA plant-based sources like flax seeds, walnuts and chia seeds.



SHOP THE SUGGESTED
PRODUCTS IN STORE,
OR SCAN THE QR
CODE TO BUY THEM
ONLINE

HEALTHY DEVELOPMENT



Taking Omega-3 supplements that are high in DHA during pregnancy and breastfeeding has an amazing range of potential benefits, such as:

- Lower risk of allergies, eczema & asthma
- Better hand-eye co-ordination
- Problem solving abilities

Alvega-3 is a pure Omega-3 supplement, high in DHA extracted from non-GMO algal oil.

Suitable for vegans/vegetarians.



NATURE IN FULL. HEALTH IN FORCE.



Available at selected Dis-Chem stores, Wellness Warehouse, pharmacies and health shops, online at takealot.com, faithful-to-nature.co.za, floraforce.co.za

Win

WITH WELLNESS

POWERHOUSE POWDERS



Fuel your wellness with our specially-formulated superfood blends! They're packed with the benefits of super greens, healing spices, healthy fats and antioxidants. What's more, they're free from gluten, refined sugar, and artificial ingredients.

To enter, send us an email with your favourite smoothie or juice recipe. Use 'Superfood Blends' in the subject line.

GLOW GENTLY

Get your glow on the natural way with artfully combined natural exfoliation ingredients that act gently on your skin while restoring it to its beautiful self.

To enter, send us an email telling us why your skin is in need of a bit of love. Use 'Naturals Beauty' in the subject line.



NIGHT, NIGHT, FINE LINES!

Energise and renew your skin while getting some well-deserved shut-eye with this potent plant-powered serum that contains all the goodies you need for age-defying results.

To enter, send us an email telling us about your most relaxing bedtime ritual. Use 'Naturals Beauty' in the subject line.



RADIANT RELAXATION

Treat yourself or a loved one to the ultimate gift of relaxation with Environ's beautiful City Comfort Gift Box containing a scented candle, satin mask, masque-removing mitt and their new Focus Care Comfort+ Anti-Pollution Masque and Spritz.

To enter, send us an email telling us how you unwind after a long, stressful day. Use 'Environ' in the subject line.



HERBAL HELPER

Ease the symptoms associated with indigestion with Flora Force's pure Slippery Elm herbal tablets.

To enter, send us an email telling us why gut health is important to you. Use 'Flora Force' in the subject line.



COMPETITION ENTRY EMAIL ADDRESS: WIN@WELLNESSWAREHOUSE.COM



wellness magazine

READER DEALS

PRESENT THESE EXCLUSIVE VOUCHERS IN
STORE TO ENJOY LIVING LIFE WELL FOR LESS!

WELLNESS GREEN BANANA FLOUR 300 G



**SAVE
15%**

WELLNESS ERYTHRITOL & STEVIA BLEND 700 G



**SAVE
20%**

WELLNESS POLENTA 1 KG



**SAVE
20%**

AMISA ORGANIC VEGGIE GARDEN CRISPBREAD 100 G



**SAVE
20%**

WELLNESS ORGANIC APPLE CIDER VINEGAR 500 ML





**SAVE
20%**



PERFECT EARTH ORGANIC BLACK RICE PASTA 225 G



**SAVE
15%**



<p>T's & C's: Offer available in store from 1 January to 31 March 2021. Not redeemable online, or on products that are already on promotion.</p>	<p>T's & C's: Offer available in store from 1 January to 31 March 2021. Not redeemable online, or on products that are already on promotion.</p>
<p>T's & C's: Offer available in store from 1 January to 31 March 2021. Not redeemable online, or on products that are already on promotion.</p>	<p>T's & C's: Offer available in store from 1 January to 31 March 2021. Not redeemable online, or on products that are already on promotion.</p>
<p>T's & C's: Offer available in store from 1 January to 31 March 2021. Not redeemable online, or on products that are already on promotion.</p>	<p>T's & C's: Offer available in store from 1 January to 31 March 2021. Not redeemable online, or on products that are already on promotion.</p>



WELLNESS CALCIUM 60 CAPSULES



SAVE
20%

WELLNESS GRAPEFRUIT & ROSE
GERANIUM SHAMPOO BAR 100 G



SAVE
20%

WELLNESS SUPPORTIVE DIGESTIVE
ENZYMES 60 CAPSULES



SAVE
20%

WELLNESS LIME & CEDARWOOD
CONDITIONER BAR 100 G



SAVE
20%

WELLNESS ADAPTOGEN COMPLEX
60 CAPSULES



SAVE
20%

ECOVER CLASSIC DISHWASHER
TABLETS 500 G



SAVE
15%

WELLNESS ALKALINE POWDER
250 G



SAVE
20%

ECOVER LEMON & ALOE
WASHING UP LIQUID 950 ML



SAVE
15%



T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.

T's & C's: Offer available in store
from 1 January to 31 March 2021.
Not redeemable online, or on
products that are already on promotion.





Phyto-Force
HEALING THE NATURAL WAY

**YOUR NATURAL
HERBAL PHARMACY
ALL IN ONE RANGE**

Manufacturers of
Herbal Tinctures,
Teas, Capsules, Blends
and Essential Oils

Available at Wellness Warehouse in store and online

phyto-force.co.za





Pantry Pampering

FEED YOUR FACE WITH DIY FACE MASKS

By Debbie Ellis

For reasons needing no explanation, we could all do with a fresh start this year – and there's no better way to get going than to treat yourself to some tender loving care. However, it's not always easy to find the time or dollar to enjoy a luxury retreat or spa session...

Cue Wellness to the rescue! We know that, thanks to mother nature's magic, you can give your skin (and mind) exactly what it needs from the safety and comfort of your own home.

Ayurvedic
Lifestyle
Products

SriSriTM
TATTVA

South Africa

Paraben Free
Not Tested On Animals



Indulge in a proper pantry pamper to feed your face and get glowing from the inside out with these dynamite DIY facemask recipes tailored to the needs of different skin types:

OILY & COMBINATION SKIN

EGG WHITE & GREEK YOGHURT

Egg whites are believed to help hydrate, firm and tone the skin, while offering protection against acne-causing bacteria. Greek yoghurt provides lactic acid and probiotics to help soothe and soften inflamed, irritated or blemished areas.

INGREDIENTS

- * 1 TBSP natural Greek yoghurt
- * 1 egg white

METHOD

Mix the yoghurt and egg white until well combined. Spread the mixture evenly over your face, being careful not to get it in your eyes or mouth. Let sit for 10 - 15 minutes before rinsing off with cool water.

BANANA, OATMEAL & HONEY

Bananas are packed with nutrients such as potassium and vitamins A, B and E, which can help to fade dark spots, reduce the appearance of scars, blemishes and wrinkles, smooth out textured skin, hydrate and moisturise. Furthermore, oatmeal helps to clean and scrub away impurities, while gentle, antibacterial honey cleanses and softens the skin.

INGREDIENTS

- * 1 ripe banana
- * ½ tsp raw honey
- * 1 TBSP raw oatmeal

METHOD

Mash the banana until smooth, add the honey and oatmeal, and mix until well combined. Apply generously to a clean face using circular motions, avoiding the mouth and eyes. Let sit for 10 - 15 minutes before wiping off with a soft wash cloth.

Now Available At Wellness Warehouse

www.srisritattva.co.za

ACNE-PRONE SKIN

ALOE, HONEY & TEA TREE

Tea tree oil is renowned for its antibacterial and antiseptic properties, which make it the perfect natural remedy for acne-prone skin. However, you should never use undiluted tea tree oil on your face (even as a spot treatment), as it can quite literally burn your skin.

For an effective, balanced treatment that capitalises on the power of tea tree oil *and* protects the skin, we've added hydrating, calming aloe vera and gentle, cleansing honey.

INGREDIENTS

- * 2 TBSP raw honey
- * 1 TBSP aloe vera gel (we love the Curaloe Soothing Gel)
- * 1 drop tea tree oil (try the Wellness Organic Tea Tree Oil - one of the jewels in our recently-launched essential oil collection)

METHOD

Combine all the ingredients until everything is well incorporated
Apply gently to the skin, avoiding the eyes and mouth
Let sit for 10 - 15 minutes before rinsing off with cool water

DRY SKIN

AVOCADO & CLAY

Harness the ancient powers of bentonite clay to control oil production, while using soothing avocado to moisturise, hydrate, protect and boost skin elasticity. The use of Skin Creamery's Deep Cleansing Powder in this recipe adds the healing properties of buchu and baobab for some extra-special pampering.

INGREDIENTS

- * ¼ of an avocado
- * 1 TBSP Skin Creamery Deep Cleansing Powder (or bentonite clay powder)

METHOD

Mash the banana until smooth, add the honey and oatmeal, and mix until well combined
Apply in circular motions to a clean face, avoiding the mouth and eyes
Let sit for 10 - 15 minutes before wiping off with a soft wash cloth

NORMAL SKIN

HONEY & EPSOM SALT

Epsom salt, or magnesium sulphate, is a pure mineral that can work wonders for your skin. It can help to fight free radicals, alleviate inflammation, and assist in your skin's natural detoxification process. Combine this with the hydrating, antibacterial power of honey and omega fatty acid-rich baobab, and you've got yourself a powerful, healing mask.

INGREDIENTS

- *2 TBSP Epsom salt
- *2 TBSP honey
- *2 drops baobab oil (we love Baocare's range of bespoke baobab oils)

METHOD:

Combine all ingredients until you have created a homogenous paste
Apply gently to the skin using circular motions
Let sit for 20 - 30 minutes, allowing the mask to dry
Gently rinse off with lukewarm water and pat dry

DARK SPOTS & ACNE SCARS

TURMERIC & OLIVE OIL

Turmeric has antioxidant and anti-inflammatory properties that can help to counter discolouration and hyperpigmentation. Applying straight turmeric to the skin will result in yellow staining (especially on fair skin), so it is very important to include an ingredient like olive oil, which acts as a barrier between your skin and the pigment. If you are concerned about looking a little *too* sunny post-mask, do a test on a patch of skin with the mixture to see if any permanent staining takes place.

INGREDIENTS

- *1 tsp ground turmeric
- *2 TBSP organic olive oil

METHOD

Mix the turmeric powder with the oil until well combined
Apply to the face, avoiding the mouth and eyes, and let sit for 10 minutes
Rinse with warm water before washing your face with a gentle cleanser

naturals beauty

ORGANIC INGREDIENTS • CERTIFIED

ESSENTIAL COLLECTION

LOTION ENZYME EXFOLIATOR

A FRUIT ENZYME-BASED EXFOLIATOR WITH **PAPAYA & PINEAPPLE** EXTRACTS WHICH CREATE A BRIGHTENING EFFECT BY BREAKING DOWN THE KERATIN PROTEINS ATTACHED TO DEAD SKIN.



DIRECTIONS: APPLY THIN LAYER OF ENZYME LOTION IN CIRCULAR MOTIONS TO CLEAN, DRY SKIN.

LEAVE FOR 5 - 10MIN BEFORE RINSING OFF WITH LUKEWARM WATER. USE 2 OR 3 TIMES A WEEK TO REVEAL BRIGHTER COMPLEXION.

PARABEN, SYNTHETIC, GLUTEN & CRUELTY FREE

NATURALSBEAUTY.CO.ZA

BONUS STAR INGREDIENTS

Here are a few extra skin-loving gems that you can include in your DIY skincare to enjoy maximum pampering and benefits...

Mustard Seeds

Mustard seeds contain bacteria-fighting sulphur, making them a great ingredient for any treatment tackling skin sensitivity, acne and inflammation. They can also aid in the management of eczema, and are reported by some to bring immediate relief for itchiness and inflammation.

Sunflower Oil

Sunflower oil contains vitamins A, D and E, providing hydration *and* nourishment that your skin will love.

English Chamomile Oil

The perfect gentle anti-acne ingredient to fight against blackheads, blemishes and inflammation

Buchu

Extensive research has proven that formulated organic buchu oil, which has potent anti-inflammatory, antifungal and antibacterial properties, can help to assist in the successful management of eczema and its symptoms.

TOP TIP

While skin treatments and products can help you to achieve a healthy complexion, it's essential to remember that beauty really *does* come from within. For radiant skin all life long, make sure that you are eating a balanced, healthy diet; getting a good night's sleep; and drinking lots of water.



Put your best face forward and greet every day with a smile – you've got this.

ABOUT THE AUTHOR

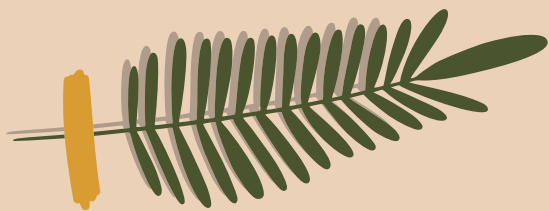
Debbie is the owner of Debbie Ellis Makeup Artistry & Hair, and the former editorial makeup artist and beauty editor at Bloss Magazine. She has worked in the entertainment industry both locally and abroad. For more information, follow her at @debbieryan__ on Instagram or contact debbie.ellis.123@gmail.com.

ITS TIME TO CELEBRATE
EVERY STAGE OF WOMANHOOD,
IN A WHOLE NEW WAY.



ANARA
For Women, By Women... Naturally

ANARA is available at select Wellness Warehouse stores. Visit us online at: www.anara.co.za & follow our journey @anaratherapy



GOING GREEN IN 2021

By Danielle Barnes

We reckon it's about time for new year's resolutions to turn away from demanding diet fads and far-reaching goals that we end up ditching by mid-February. Why not rather turn your attention to Mother Earth, and resolve to adopt individual responsibility and decisive action-based solutions towards climate change?

Now don't go rolling your eyes thinking we're going to spew some hippie jargon, or resort to leaning on the old excuse of "I'm only one person". History has proven that just one person can do quite a bit (think Greta Thunberg and Malala Yousafzai, if you're in need of inspiration).

That said, many of us just don't know where to start. We break down some easy-to-implement green resolutions that you can use to start making small changes for a big difference in 2021 and beyond...

Did you know? It takes between 100 and 400 years for plastic to break down in a landfill. And even when this happens, what's left are the microscopic pieces of plastic that are still non-biodegradable.

DE-PLASTIC YOUR LIFE

By now, we've all heard of reusable straws and bamboo toothbrushes (which are both must-haves, by the way), but it's time to take it a step further. Ditch the cling wrap and invest in material or biodegradable solutions. Try out shampoo bars and other pure personal care products, and clean your house with earth-friendly solutions.

BAG IT BETTER

Keep a selection of reusable shopping bags at hand, and don't accept the plastic bags at the till. Keep your reusable bags at the front door or in the boot of your car so you don't forget them on your next shopping trip.

SHARE WHAT YOU WEAR

Setting up a clothes swapping system with friends and family not only lessens the load on textile mass production, but also instils an appreciation for extending each garment's life span. By doing this, we can also encourage brands to shift focus away from quantity and towards quality.

VEG IT UP

Around the world, the plant-based eating trend continues to grow in popularity as more people reduce or eliminate meat from their diets. Grocery stores are finally acknowledging this movement by offering more vegan, plant-based, meat-free and dairy-free options.

While going 100% meat-free is the way forward for some, it doesn't work for us all - and that's ok. You can start small, by introducing Meat-free Mondays and working your way towards cooking veggie dishes three nights a week. There are plenty of recipes out there, and food inspiration is just a quick online search away!

TRAVEL LIGHTER

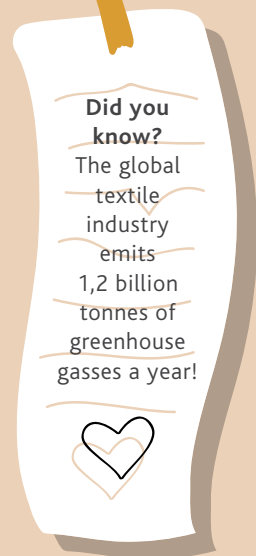
With its heavy offset of carbon emissions, air travel can really take its toll on the planet. The last few years have seen a rising travel trend of swapping the plane for the train. The Swedes call this love of land-based travel 'tagskryt', and it's a great way to explore a new country or region in your geographical backyard. All aboard!

DON'T BE TRASHY

Bear with us on this one. Although it may sound obvious, many people find the effort of putting something in the bin far too taxing. This is especially evident on our country's beautiful beaches and hiking trails. Engage with your community and organise monthly clean-up missions - it's also the perfect opportunity for the entire family to get involved!

Did you know? 94% of all beach litter in South Africa is made of plastic (of which 77% is from packaging)

We get it - going all-out green is easier said than done. But starting by implementing even just one of these new habits can get you going in the right direction.



TRIPLE ORANGE

CitrusIQ - the power of orange



Our family has been in the health and nutrition industry for 30 years. We've watched people move towards a healthier lifestyle and the wellbeing of the environment, and have committed to creating products that support this positive shift. We're a family-owned and operated business, and it's important to us to keep it personal! We're a small team with big dreams, are committed to becoming a household name for earth, animal and people-friendly cleaning products that are both gentle and effective.

We make authentic, safe and environmentally-responsible products derived from nature's goodness. Cold-pressed orange oil is the main ingredient in our exclusive formulation. We are a small business with big dreams, committed to becoming the most trusted brand of household cleaning products, made with a conscience and kind to nature, safe enough to use around children and animals while still being strong enough to handle tough cleaning.



A natural degreaser, orange oil cuts through dirt, grease and residue build-up, leaving nothing but a fresh smell behind. It's a by-product of the juicing industry, and therefore from a sustainable source. As a proudly South African business, we source the majority of our ingredients from local processing plants, distillation houses, manufacturers and farms. Not only does this enable us to minimise our carbon footprint, but it also allows us to support other small businesses.

By using Triple Orange products, you're making a difference by saving natural resources, reducing pollution and keeping toxic chemicals out of the environment.



Triple Orange was born from a personal environmental responsibility. Now it is a leader in manufacturing environmentally safe cleaning products.

By using Triple Orange products you make a difference by saving natural resources, reducing pollution and keeping toxic chemicals out of the environment.

EMBRACING *Wellbeing*

AGE-OLD PHILOSOPHIES TO HELP YOU LIVE LIFE WELL

By Kate Aitken

At Wellness Warehouse, we're passionate about helping you live life well. But what does living life well really look like?

Being well extends beyond the food and supplement choices we make on a daily basis. Much of being well is determined by how present we are in our lives, and how we choose to engage with our world and the people in it. Circumstances are as they are, and we have a choice in how we respond. In our modern world, with its unprecedented pressure to create the 'perfect life' or 'have it all under control', it is more important than ever to understand what truly brings happiness and a sense of wellbeing.

Perhaps the timing of COVID-19 was fortuitous in that it woke us up to the fact that we never really had control in the first place, and forced us to question our approach to life and what's actually important.

In our questioning, it's useful to take inspiration from cultures across the globe that share age-old philosophies around 'living a well life'. From the concept of Hygge in Denmark to the spirit of Ubuntu in South Africa, the timeless wisdom is applicable to us all.



Hygge (pronounced 'hooga')

Sometimes it's difficult to articulate something – you have to feel it. Hygge is one of these things. Often referred to as a 'cosiness of the soul', Hygge refers to the feeling of intimacy and pleasure gained from soothing experiences. Picture a log cabin in the Alps. It's a snowy winter's evening and you're sitting around a crackling fire, sharing a mug of hot cocoa with your friends as you recount the day's adventures. This is Hygge. Hygge is slow living. Simplicity and modesty are central to Hygge. Denmark is said to be the happiest country in the world, and the idea of Hygge praised as central to this. The Danes embrace the present and celebrate the simple moments. Candlelight, beautiful music and a freshly-baked slice of chocolate cake are considered Hygge. Christmas Eve spent with loved ones, evening board games with friends, and cooking under an open fire beneath the stars – these moments are all Hygge.

HOW CAN WE BRING MORE HYGGE INTO OUR LIVES?

- *Practise gratitude – the more grateful we are, the more we'll have to be grateful for
- *Focus on being present – this can significantly relieve stress and anxiety
- *Cultivate harmony – one of the best ways to do this is through happy relationships
- *Become aware of your environment – create a pleasing atmosphere, for example through soft lighting and soothing music
- *Take pleasure – allow yourself to slow down and enjoy celebratory moments with loved ones

Lagom (pronounced 'lar-gohm')

The Swedes, another nation that tops the happiness charts, believe that wellbeing is achieved through the practise of moderation. Lagom advocates that 'just the right amount' is the sweet spot, and that overindulgence compromises our wellbeing. When we become greedy in our pursuit of material possessions or when we overindulge our senses by getting drawn in by the instant gratifications synonymous with the modern world, we often lose sight of what's important, which includes nurturing our relationships with our loved ones and being mindful of how we exist in the natural world. For the Swedes, Lagom is a lifestyle and a habit of mind – a practice of moderation and an avoidance of obsession over things.

Lagom encourages us to live life simply by focusing on the necessities, thereby freeing up capacity and resources to live life with more intention and awareness. Cutting back on the amount we consume, choosing sustainable versus non-sustainable, and reusing, recycling and upcycling are central to Lagom.

HOW CAN WE BRING MORE LAGOM INTO OUR LIVES?

- *Spring clean your home – consider passing your excess items onto those in need
- *Practise portion control – choose to eat your food off a smaller plate, and eat until you are 80% full
- *Nurture your relationships – factor in quality time with loved ones
- *Practise a healthy relationship with work – work efficiently and with intention, and then get out into nature
- *Prioritise the environment – consider the potential impact of your choices before making them

SALT OF THE EARTH
TOTALLY NATURAL
DEODORANTS



Classic
unscented
crystal
rock
deodorant



New! Ocean & Coconut
scented roll-on

- ✓ All natural ingredients
- ✓ Lasts up to 2 months!
- ✓ Highly effective
- ✓ No white marks
- ✓ No Aluminium Chlorohydrate
- ✓ Award-winning range!

Scented range available as sprays,
roll-ons and travel sprays!

100% Natural Deodorants

DISTRIBUTED BY GOOD HEALTH PRODUCTS
(021) 701 5000
ghpoffice@iafrica.com

100%
Vegan



Wabi-Sabi

Wabi-sabi is a Japanese concept that celebrates imperfection. Contrary to much of the modern notion of perfection as beautiful, Wabi-sabi sees beauty in the imperfect. This philosophy encourages us to appreciate the simplicity of life, and guides us to accept the transient nature of all things. Life is imperfect and impermanent, and therein lies the beauty and magic of it all. A smiling face full of life lines is Wabi-sabi. Likewise, an old pair of comfy jeans or a vintage art piece passed down through a family is Wabi-sabi. Kintsugi is a centuries-old art of repairing broken pottery with gold – another way the Japanese celebrate and highlight the beauty of imperfection. Having a story to tell is Wabi-sabi. If we look at nature, we understand that things are cyclical – seasons change, and all living beings transition through a lifecycle. None of us are excused from this process. Once we accept this, we can become more deliberate and present in our lives, which opens up the potential for joy, happiness and overall wellbeing.

HOW CAN WE BRING MORE WABI-SABI INTO OUR LIVES?

- *Embrace your uniqueness, as well as that of others – this is what makes us beautiful
- *Practise agility – being agile allows us to respond to situations as they are, and to move gracefully with life
- *Accept change – it is the only thing we can be certain of in life
- *Appreciate the moment – no other moment will be the same
- *Spend time in nature – witnessing the cycles of nature will bring a deeper, more comforting understanding of our place in the natural world

Ubuntu

Finally, we'll bring it home to South Africa, where we celebrate the concept of Ubuntu – a Nguni Bantu term meaning 'humanity'. I'm sure many of us get a heart-warming feeling when we think of Ubuntu. It conjures up feelings of community and togetherness. This sense of community is central to Ubuntu – 'I am' because 'we are'. It speaks to the notion that we are only as strong as each other. Ubuntu focuses on the importance of group or communal existence, as opposed to an emphasis on individualism. This group spirit makes us feel as if we are part of something bigger, and it gives us purpose as we work towards a common good. As we've experienced the impact of isolation in recent times, it's made us realise just how important our connections with our loved ones and communities really are. Relationships are what fuel us and boost our sense of wellbeing.

HOW CAN WE BRING THE SPIRIT OF UBUNTU INTO OUR LIVES?

- *Prioritise personal relationships – these are the true joys of life
- *Be kind in your interactions – everyone is going through their own challenges
- *Give back to your community – learn more about your immediate and wider community, and how you can support each other
- *Encourage togetherness – choose to focus on our similarities rather than our differences

This is by no means an exhaustive list. For more inspiration, explore the German-born concept of Gemütlichkeit, or the Norwegian idea of Friluftsliv. Every nation values and celebrates something that will no doubt resonate with us all – something that transcends borders and unites us. The key to wellbeing lies in the power of connection: to self, to others, and to the world at large.

ABOUT THE AUTHOR

Kate is the Marketing Manager at Wellness Warehouse, as well as an internationally-accredited health coach, and a passionate wellness advocate who believes that the key to living life well is in supporting innate wellbeing through food and lifestyle choices.

simply bee



Simply Bee proudly brings you wholesome natural beauty straight from mother nature. Simply Bee products are made from 100% natural beeswax, propolis, West Coast fynbos honey and locally sourced essential oils. All our products are environmentally-friendly, and we do not test any of our ingredients on animals.





COACH YOURSELF TO WELLNESS

By Alison Reid

In the midst of the tumultuous events of 2020, **virtual coaching** emerged as a popular means of achieving personal and professional wellbeing.

Coaching offers guidance for those wanting to live in holistically healthy ways, and is focused on **optimising meaning and potential in the unique context of a person's life and experience.**

There are two ways of viewing wellness. The first is 'below-zero wellness', which directs us to focus on areas of our lives that are not serving us. To unearth these issues, we ask: "What is wrong?", "What is missing?" and "What needs to be fixed?" Below-zero wellness serves to bring the person to a point of 'normal' physical, mental and emotional health.

This is vital work, but it is about survival rather than potential and purpose. **Coaching extends beyond coping mechanisms to help individuals surpass the boundaries of so-called 'normal'.** As individuals and leaders, we should all be striving for the second type of wellness, known as 'above-zero' or optimal wellness. It is in this space that we really start to see people thrive.

In recent times, coaching has come to focus on both sub-zero and above-zero wellness. It's been used to help people with coping mechanisms; work-life balance; and resilience in the face of the pressures resulting from the pandemic, a weak economy and global political uncertainty. But when coaching ramps up to the optimal level, it truly starts to guide people towards fulfilment, purpose and meaning – no matter what their circumstances.



COACHING FOR A NEW NORMAL

As we push through the complexities of a changing world, you may well wonder whether the focus on optimal wellness is really that important. The answer is a resounding yes.

In this fast-evolving world, people need to be highly motivated and adaptable if they hope to succeed. Experience has shown us that people who feel that they have purpose, potential, autonomy and mastery are motivated to succeed, and are generally happier. Conversely, those who lack motivation and feel limited in their own abilities tend to struggle and fall behind.

The COVID-19 pandemic has seen many leaders struggle on a variety of levels. Not only have these individuals battled with stress and change in their own lives, but they have also had to reinvent themselves as leaders to better serve the people who look to them for support and reassurance. In this context, **coaching can really support with tools for resilience, stress management and change management, helping people to hone in on and understand their priorities.** It is precisely in times of crisis that leaders also need to think more creatively and be more strategic as they steward their businesses and people through the crisis. This means calling on deeper capacities and being extraordinary, which is what coaching is all about.

With everything happening so fast, conversations around new leadership capabilities have been sorely lacking. It is in individual and group coaching sessions that people are able to make better sense of a rapidly changing world, realise that they are not alone, and find their unique ways of both surviving and thriving.

A FUTURE ONLINE

Naturally, coaching has had to adapt to social distancing and work-from-home realities, which has resulted in a **boom in online coaching.** Virtual coaching has been around for many years, as proficient and experienced coaches tend to have a global client base, but digital platforms have now become ubiquitous. The online transition has been largely seamless, and has given rise to a number of benefits.

There are the obvious ones, such as online coaching crossing global borders, reaching more people and saving costs, since the likes of office rentals and transport can be removed from the equation. It also saves time, as clients are not spending hours in traffic to get to and from coaching sessions. But it is the less obvious benefits that are crucial.

Online coaching gives clients access to their coaches on their terms - when and how they need them: on-demand and just-in-time. Coaching is about flexibility and working with clients in a way that suits the client. For example, if a client has a board meeting, they can schedule a quick ideas session with the coach beforehand. While presence and connection are vital ingredients in coaching, some coaches find that there are fewer distractions with online coaching, which means that participants are getting more value from the sessions. Where you might expect less of a personal connection online, some coaches report that coaching individuals in their home settings actually allows them to be more fully themselves in a way that is even more personal and 'real'.

While nothing can quite replace personal interaction, online coaching affords clients the chance to have more frequent and relevant sessions as, when, and where they need them. **It allows us to flip the coaching relationship from 'going for scheduled coaching sessions' to 'having a thinking partner and learning companion'.**

As we navigate our lives in the new year, it's worth considering coaching as a way of boosting the life skills needed to enjoy truly holistic wellbeing in a rapidly changing world.

ABOUT THE AUTHOR

Alison Reid is the Director of Personal and Applied Learning at the Gordon Institute of Business Science (GIBS). The University of Pretoria's business school, GIBS offers coaching and facilitation courses for all levels of management. The institution also boasts a leading overall online offering, with GIBS Online making a number of internationally-accredited executive development short courses available at the click of a button.

A LONG WALK TO *Wellness*

By Isla Stone

Over the last one-and-a-half decades, I have spent much of my time grappling with the concept of wellness (or wholeness), and have incorporated various aspects of it (or, rather, my ideas of what I have believed it to entail) into my daily routine.

There are so many different paradigms and ideas out there about the true meaning and definition of wellness. Throughout my journey, I have devoted considerable time to sitting with myself and working on my spiritual, emotional and mental health and wellbeing. I have always been possessed by an innate drive to improve upon it. This was intensified when I delved into a journey of recovery from alcohol and drug abuse. Prior to my recovery journey, despite attending yoga classes and engaging in other healthy practices, my health was still in decline due to my self-destructive behaviours. I drank excessively, used drugs, and became entangled in highly toxic relationships.

Now, I look back and laugh at myself for refusing to take a plastic bottle into the hot yoga studio for fear of the chemicals leaching into the water due to the heat, yet abusing drugs and alcohol to the point of blackout the next day. This is just a drop in the ocean of my mind's skewed logic. I can laugh about it now, but back then, my actions seemed perfectly sensible. Despite the self-destructive behaviour that I displayed and the emptiness I felt inside, there was still a part of me that cared about my wellbeing. This search for wellness went hand-in-hand with a search for deeper meaning.

Once I started my journey in recovery, I realised that the main problem wasn't the drugs or the alcohol – it was my way of thinking. I adopted toxic coping strategies in my early life to deal with trauma and abuse, and failed to develop a toolkit for effectively managing and dealing with my suppressed emotions and trauma. What I feared most was unmanageable and painful emotions. I felt them so deeply that I was unable to face them, and intentionally chose to numb them. The pain was so physical and so real that I simply had no other ways of coping with these feelings at the time. I was terribly confused as to why I felt so hurt; I did not realise that the home in which I had been raised was full of abuse and toxicity. I blamed myself for being different from my family and not fitting in, plagued by a deep sense of there always being something wrong with me. I am, by no means, blaming my family. There are people who have endured much more trauma than I have who are able to develop healthier coping strategies than mine; however, I felt truly incapable of facing my pain head-on, and thus chose to run from it (at a rather fast pace).

On my journey, I have come to realise that wellness and wholeness are inextricably linked. One cannot live a truly holistically healthy lifestyle unless one is whole. This does not mean that I was not whole before, but rather, that my perspective of the world and of myself was not. I felt as though I had been broken into a million little pieces and had to find the glue to piece myself together again – the glue was what would enable me to be, or feel, whole.

One of the areas that has created a substantial shift in my life was improving my relationship with (and perception of) food. Due to my traumatic upbringing, as well as the mixed signals about my body that I received from a young age, I was always confused about which foods I should be eating. So, I went about making the best decision of my life – consulting a dietician. I am now working on finding a balance that works for me, and am actively removing all feelings of food-related guilt, with absolutely revolutionary results!

With regards to my overall health, my spiritual and emotional wellbeing have been just as important as my physical wellbeing. So many problems have stemmed from a feeling of spiritual disconnect, or a barrier between my energy centres and life force energy. I began my journey with reiki a couple of years ago, and it has been the most remarkably eye-opening experience in understanding how my emotions, body, mind and spirit all function as a whole. Everything is connected in the most fascinating, intimate way. My main challenge proved to be embracing and accepting my emotions, but this level of self-acceptance simply could not happen if I did not learn to love myself unconditionally. Self-love is one of the most important aspects of my personal wellness journey. If I do not love myself, listen to myself and follow my intuition, I will never truly understand what it is that my mind, body and spirit crave. In understanding and loving myself as best as I can in every moment, I have found it has become much easier to follow my intuition and understand my needs in all aspects of life. **This is a process and a journey and will never be complete, and that is OK.** Every day, there is more to learn and more work to be done. Some days, it's easy, other days, not so much. But, after all, I have learnt that it is the journey that I live for, not the elusive destination.



ABOUT THE AUTHOR

Isla Stone is a writer, counsellor and reiki practitioner. Her debut memoir, *The Art of Determination*, was recently published by Balboa Press, and is available online.

COMPETITIVE EDGE

LESSONS FROM THE SPORTING WORLD FOR SUSTAINED SUCCESS IN LIFE

By Cyrus Rogers

In the 1970s, a man named Richard took tennis lessons from an amateur coach called Old Whiskey, and although he didn't see a tennis future for himself, he realised that there was huge potential for a future for his family in the sport. In fact, after watching a game on television where Virginia Ruzici was playing, he knew, undeniably, that there was a future in the game for his children. After seeing Ruzici play in the 70s, Richard went on to write a 78-page plan for his children's success. The family lived in Compton, a tough neighbourhood in Los Angeles. Richard started giving his daughters tennis lessons at nearby public tennis courts from the age of four-and-a-half. When the eldest was 10 years old, a tennis coach recognised her potential and the family moved to Florida, all for the sake of developing the girls' games. The entire family took a 2 669 mile - or 4 295 kilometre - journey to do the best for their children, and it was worth it. Those girls were Venus and Serena Williams.

Both girls had been accepted into the Rick Macci International Tennis Academy, and this was the place where their parents hoped they'd push forward and progress as players. The Macci Academy had an excellent reputation, and has since developed a range of top-ranked players, including Jennifer Capriati, Maria Sharapova and Andy Roddick. Richard had been coaching them on his own with very little formal tennis training knowledge (using mostly what he'd learnt from books he'd read, and from various mentors along the way). The girls needed to grow as tennis players, and the academy seemed the best place for it. Venus and Serena had been at the Rick Macci Academy for a few years when, in 1995, Richard pulled them out and decided to coach them himself. This was a massively bold step, as he wasn't a top-level coach by any recognised standards. However, he felt that the environment wasn't the right one for his family. He recognised how much his girls had advanced, but also acknowledged that they needed to progress, rather than stagnate. The end goal was always top of mind. Venus was the eldest, and Richard felt that he could coax the best out of her with a more rounded approach to coaching.

Serena won the US Open just four years later in 1999, and Venus went on to win Wimbledon the following year. After those victories, Richard's vision had materialised and the rest is history, with both his daughters going on to have hugely influential effects on women's tennis.

Think back to the 78-page plan. Richard, a tough man, chose to see the bigger picture rather than the present situation that he and his family were in. He saw it in his mind and made the impossible possible. That is an example of '**perspicacity**' – a word that means '**having acute mental vision and shrewdness**'. He saw the future his girls could have before it was even on the horizon. He had the keen mental perception to see that there was a gap that his daughters could fill and excel at. He had the acute mental vision to visualise how far they could go and the steps to take to get them there, regardless of any obstacles along the way. That is the role of a leader in this situation.

How many of you look at your teams, colleagues and businesses, and think about how far they could all go?

Take a look at what could be achieved, long before a plan has been set up. Too readily, we focus on the tasks and on taking only one step after another. Being perspicacious by nature is a key attribute to prolonged success.

Analysts and futurists always talk about being future-focused and future-fit. **Picture yourself in the future as the success you envision – then allow that future self to look back and reminisce on the choices made to lay the foundation for that success. How would the person you'd like to be do the things that you're about to do now?** How would that future-fit company that it's destined to become respond to the challenges in today's environment and act accordingly? Perspicacity relates to focus and goal-setting - determining what it is you are striving towards. Perceiving your target, visualising it, reaching for it and – ultimately – achieving it.

Cyrus Rogers' book, *Competitive Edge: Lessons From the Sporting World for Sustained Success in Life*, is published by Tracey McDonald Publishers, and available at bookstores nationwide.





MANAGING THE PSYCHOLOGICAL EFFECTS OF A WORLD IN TURMOIL

By Dr Raoul Goldberg

Last year saw COVID-19 gripping the attention of most of us, probably more than any other global issue experienced in most of our lives. A relatively small number of the world's population has been seriously physically affected by the virus, and these individuals have been predominantly sick people with other comorbid illnesses that predispose them to the coronavirus or other viral infections that are called COVID-19. However, the pandemic has had an enormous effect on the mental and emotional health of large sections of society. People with concurrent illnesses, elderly people, anxious individuals and sensitive children live in fear that they may contract a deadly disease. People who have lost their livelihoods, those who do not know where their next meal will come from, or those who are cut off from family, friends and other social pursuits, have suffered the anguish of deprivation, depression and fear. It has probably had an impact on every person's mental and emotional wellbeing, to one degree or another. How has COVID-19 affected YOU? What is your response when you hear the term? What thoughts or associations does it evoke in you, and are these real or perceived associations?

The cardinal issue at this time is to recognise the effects of the global crisis on our overall health, and to evolve the best way of managing these effects.

MENTAL HEALTH

The term 'mental health' can be very misleading. The word 'mental' refers to the 'mind', which itself is a very broad concept that means different things to different people. In fact, almost everything written about COVID-19 and mental health looks mainly at the negative effects of the virus on the mind and emotions, conjuring up negative connotations such as anxiety or depression. But what do we mean when we refer to the mind? This term has become a buzzword through the growing awareness that a holistic view of the

human being must incorporate a non-material, super-sensible dimension of existence. 'Mindful' means being conscious or aware of something, and 'mindfulness meditation' is a popular modern practice derived from ancient Buddhist traditions that develops conscious awareness in the present moment while acknowledging one's feelings, thoughts, and bodily sensations. 'Mind' would seem here to refer to that side of our conscious awareness. Yet it is well known that this constitutes a small part of the whole human psyche. Mental health cannot therefore just refer to the conscious part of our psyche, since it is well documented that it is the unconscious part of our psyche that harbours the primary so-called mental health disorders. This may explain why there is no clarity in psychological research about what constitutes mental health, and no consensus about its definition. We should therefore move away from the term 'mind' to designate this whole non-material human dimension and refer to it rather as the psyche (or soul) that contains all levels of awareness, both conscious (mind) as well as unconscious, semi-conscious and superconscious elements. We should then refer to mental health as **psychological health**, which refers to the whole psyche.

BODY – PSYCHE/SOUL – SPIRIT

In my view, in order to understand psychological health, we first need a concept of the whole human being, as one constituted of body, psyche/soul and spirit. In my terminology, the body is that physical-chemical structure infused with a multiplicity of life processes that houses the more refined activities of psyche and spirit. In itself, the bodily systems have no self-contained awareness, functioning as a self-regulating system in line with other self-regulating biological systems. This biological system provides the bodily housing for self-contained consciousness or awareness to exist in a bodily setting. This internalised awareness component may be termed the psyche or soul, and functions on many levels.



UNDERSTANDING HEALTH

Health must therefore be seen as a dynamic state of internal equilibrium between body, psyche/soul and spirit, whereby human beings can live and express themselves in harmony with the universal values of society as well as the lawful order of nature and the planet.

There can be no question that psychological health is innately connected with bodily health. Every anxious or depressed person will tell you that their bodies are affected in some way by their psychological state of 'mind'. The science of psycho-neuro-endocrine-immunology has demonstrated conclusively that cognitive and emotional activities bring about corresponding neuro-chemical, hormonal, physiological, biochemical, electro-magnetic and even genetic changes. Therefore, when we refer to psychological health, we should also be aware of the effect on bodily health.

As an integrative medical doctor and psychotherapist, I have been intrigued for many years by the reality of the body-psyche-spirit connection. I have come to realise that almost all chronic medical illnesses have a primary biographical psychosocial cause that predisposes progressively to functional disturbances and later structural illnesses. My work as a clinician now focuses on uncovering these hidden psychological predispositions and ingrained patterns, striving to bring medicine and psychology back together again.

UNDERSTANDING STRESS

At this time in world history, we are seeing heightened levels of stress that are having a profound impact on both bodily and psychological health. As a first step towards offering ways of recognising and managing stress and its impact on human health, we are searching for a reliable means of measuring stress. Since we regard stress as multifactorial, we have measured both biological and psychological stress levels in 200 subjects in our **Path to Health Stress Assessment Research Project**, and are observing some interesting preliminary outcomes:

*Stressed subjects may show both high psychological and biological stress levels; only high psychological levels; or only high biological levels.

*Some subjects who are not consciously stressed appear to have high biological stress levels.

*Stressed subjects appear to have a wide spectrum of mechanisms for coping with and controlling stress, including denial, faith, logic and rational internal dialogue or higher purposeful directive guidance.

*Some subjects who appear to have low levels of both psychological and bodily stress also appear to have a positive attitude to the pandemic, and no obvious signs of physical or psychological ill health. Some even reported gratitude to COVID-19 for the opportunity to slow down, re-evaluate, re-calibrate and reconnect to the self, loved ones, nature and creativity.

*Some subjects regarded their stress as an empowering and creative asset that enhanced rather than impaired their health.

*A group of stressed subjects who experienced the PATH (Participatory Awareness for Transformational Healing) Method as an expressive and self-interactive psychotherapeutic intervention all reported significant reduction in their immediate psychological stress levels.

These preliminary observations will be scientifically analysed through expert data in the next few months to try to determine a reliable means of measuring stress. Furthermore, the research will inevitably highlight important issues, such as that of stress as a multidimensional concept; the bodily and psychological nature of stress; personality and constitutional variations in stress responses; the positive value of stress; and the physical, psychological and spiritual interaction and regulation of stress.

TAKING ACTION

An understanding of stress can help us to recognise its effects on health. Body and psyche are intimately connected, and can both be impaired or enhanced by stressful circumstances such as the physical and psychosocial effects of the COVID-19 pandemic. Whether a person experiences this as positive or negative will ultimately depend on the physical, psychological and spiritual resilience of that individual, as well as on their conscious management of stress. There are many ways of managing this impact on health, but an integrative psycho-medical approach that includes a whole person psychotherapeutic intervention may prove to be the most effective. We believe our Path Method to be one such intervention, and are thus offering it free of charge to participants in our Stress Study. **Visit www.pathmethod.com/stress to sign up if you'd like to explore it for yourself.**

ABOUT THE AUTHOR

Dr Raoul Goldberg graduated with his M.D. from Wits University in 1974, and was left with a desire to expand his knowledge and understanding of the full human existence and experience. He decided to continue his studies, and spent seven years training in integrative medical clinics in Switzerland. He has remained a life-long student of homeopathy, acupuncture, nutrition, botanical medicine, anthroposophical medicine and functional medicine. He is currently completing his PhD in Integral and Transpersonal Psychology (with a focus on the study of stress) through the California Institute of Integral Studies. He has authored articles for several health journals, and has published books on addictive behaviour and holistic human development. He is an active medical doctor at the Path to Health Centre in Cape Town, and supports patients all over the world through telemedicine.

REFLECTIONS OF A CONVOLUTED MIND

By Dr. Samke Ngcobo

I have lived with Bipolar Disorder since the age of 14. **My mental illness has often threatened to define me, but I have fought back to secure a life that is fulfilling and whole, despite its presence.** Vulnerability is an uncomfortable state to be in, and being unable to control one's behaviour in the presence of people is even worse. When mentally unwell, having control of oneself and surroundings is impossible. One then lays bare under the scrutiny of public opinion and judgement. **My illness has been my life's greatest teacher.** It has forced me to contend with my spirituality, culture and people. I have often found myself at loggerheads with these three entities, and what they have in common is the pungent stench of stigma, which is largely fuelled by fear and misunderstanding.

Being an individual with a strong spiritual foundation, it was initially difficult to acquaint my illness with my religious beliefs, as I felt rejected by the label of being 'demon-possessed', and deemed to be a conduit of evil because of my mental state. Culturally, I was believed to be bewitched, and was therefore feared. How I looked and behaved when ill was feared to be contagious, and I was thus avoided. All these experiences led to self-blame and shame. I felt apologetic for something that I did not cause, create or understand. The pain that arises from my mental episodes is that my spoken words are taken as the truth of my beliefs. **Being ridiculed, mocked, and gossiped about for my mental vulnerability and behaviour is a pain that has been difficult to process and overcome.**

The world we live in is in turmoil, and is suffering from a mental health crisis that has spiked significantly since the COVID-19 pandemic. The motivation behind my mental health advocacy and activism journey is the desire and intention to confront stigma and encourage those who struggle with their mental health to speak about it unashamedly and unapologetically. For far too long, mental illness has lain in the shadows, undermined by other physical illnesses that are deemed to be more serious and real. As a result, mental illnesses are often still not deemed to be legitimate in their nature. After my most recent relapse and the subsequent negative experiences, I found it timeous to write about my experiences and views as a doctor living with a mental illness. This interplay of roles has been highly educational and

advantageous. My book - *Reflections of a Convoluted Mind* - seeks to inspire, give hope and enlighten the reader. It is a book that I wish I could have read when I was deep in the hopeless and lonely chasm of depression. **It is my firm belief** that speaking openly about my experiences with mental health struggles is what will aid in changing the narrative related to the plague of stigma, judgement and stereotypes. I own my struggle, messy and chaotic as it is when it arrives.

Suicide rates worldwide are alarming, to say the least. **Social media deceives people into believing that struggle is an abstract concept, whereas it is a reality of the human experience.** Coping skills are impaired, and this further compromises those who are vulnerable to developing mental illnesses, as well as those who already struggle with them.

Educating ourselves, our loved ones and the community at large is what will steer society in the right direction and propel us to advance further in our quest to embrace mental illness and take mental health seriously.

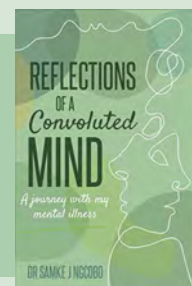
ABOUT THE AUTHOR

Dr. Samke Ngcobo is a medical doctor with a special interest in mental health. She is passionate about mental health advocacy and activism, and believes that the best way to dispel stigma around mental illness is by unashamedly and unapologetically sharing our own stories of struggle and triumph in living with mental illness. She is the founder of the non-profit organisation Sisters for Mental Health and Vocal Mentality - a company that seeks to educate the corporate community about mental health. Her book, *Reflections of a Convoluted Mind*, was published by The Golden Goose Institute last year, and is available on Amazon.

WIN

WIN a copy of *Reflections of a Convoluted Mind*!

To enter, simply send an email to win@wellnesswarehouse.com with YOUR mental health story.



FUEL YOUR WELLNESS

with our superfood bars & blends

Enjoy the health benefits of super greens, healing spices, healthy fats and antioxidants in the tastiest and most convenient way!

- Made with raw wholefoods
- Suitable for vegans
- Free from gluten, refined sugar and artificial ingredients



SHOP IN STORE & ONLINE


wellnesswarehouse

PACE + PURPOSE = PERSEVERANCE

By Nkulu Madonko


"Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in and day out, not just for the week, not just for the month, but for years, and working really hard to make that future a reality. **Grit is living life like it's a marathon, not a sprint,**" says author and psychologist Angela Lee Duckworth, who has carried out extensive research on the subject.

In a sprint, the goal is always in sight. **In a marathon, the runner has to trust what they cannot yet see.** That is why so many marathoners call it quits around the 34-kilometre mark. They hit the proverbial wall, and the finish line is nowhere in sight.

What do you do when everything inside of you wants to give up? What do you do if you want to cross the finish line – whether it be in a marathon, business, or some other area of life? Perseverance requires two essential elements: pace and purpose.

Pace involves what you do before you hit the wall. You have to focus on your 'should' pace, rather than your 'could' pace. Your 'could' pace is how fast you can run, but just because you *can* does not mean you *should*. In the early part of the race, you *have* to pace yourself, protecting your reserves for later. Your 'should' pace is slightly slower in the first





10 kilometres to ensure that you have appropriate reserves in the last 10 kilometres.

Purpose is the second element to remember when you hit the wall. Purpose is the 'why' behind the 'what'. It is the reason you signed up for the marathon in the first place. Focusing on your purpose ignites your intrinsic motivation, and gives you the extra push you need to keep putting the proverbial foot in front of the other. **When you feel completely depleted, purpose is often all you have left to get you across the finish line.**

Naturally, pace and purpose also work together in other areas of life where you need to persevere. This may include your spiritual journey, your relationships with others, your finances, your health and your career, to name just a few. By practising pace and purpose, you will be prepared for when you hit the unanticipated '34-kilometre mark', which will inevitably show up whenever you are doing anything worthwhile. It is important to develop a perseverance perspective before we are able to see the fruits of our labour. Again, this happens by identifying a clear purpose, and then initiating a sustainable pace. It's simple, really - and a skill that you can apply throughout your life.

When we are young, we feel an endless supply of energy to do what we need to. As we get on in years, our pace naturally changes. There are obviously things we can do to take care of ourselves - but the longer we live, the more we will have to lean on purpose to keep us going. A clear, inspired purpose is the ultimate fuel for long-term perseverance.

To leverage purpose and pace so you can finish the marathon in the most important areas of your life, consider these questions:

Why did I begin this race in the first place?
What larger purpose is at stake if I quit now?
What are the benefits of completing this race?
How is my current pace draining and depleting me?
What shifts in my pace would make the greatest sustainable impact?

Your answers to these questions will help you pinpoint the adjustments you need to make to help keep purpose and pace in focus.

When you hit the 34-kilometre mark, you will most likely be reminded of every reason you should quit. You may long to return to an easier time, when you enjoyed comfort and convenience. But applying purpose and pace will keep you from looking back. **Pace will give you the energy to keep going, and purpose will give you the reason to keep going.** With these front of mind, you will be equipped to persevere up the steep hills that life will inevitably bring into your path.

ABOUT THE AUTHOR

Nkulu Madonko is the CEO for the Common Good Foundation, as well as a life, executive and team coach. He is passionate about partnering with individuals who hold a deep desire for richer and more fulfilling lives, and who would like to know how to best move towards their goals. He is a qualified advanced practitioner coach with the International Coaching Federation (ICF) and Coaches and Mentors of South Africa (COMENSA). He also holds a Master of Business Administration in Executive Management through the University of Cape Town Graduate School of Business, and draws on his 25 years of corporate human resources experience in his work as a coach.

CHANGE THAT MINDSET

By Iman Rappetti

I invite you to think about mindsets.

That set of beliefs that draws firm borders around what we think, who we associate with, and how we live.

It is good to have a firm hold on what we want, what we don't want, and how we give permission for the things that help us grow. But I want you to focus on the set of beliefs that causes you to regress - to live inside borders where the soil has been stripped of its nourishing powers, where every seed you plant is destined to die, and where your existence has been impervious to re-evaluation and growth. **Focus on the borders that keep you landlocked and stifled, that are old and no longer speak to the demands of your present life.** Focus on that set of tired, outdated and stiff beliefs you treasure about yourself and others that ossify your mind - essentially, the ones that keep you stuck.

Before you leave home in the morning, or when you take your first breath after consciousness following a night of slumber, **what is your first thought?** The continuation of the worry that put you to bed? The vation for another day of sameness? Or, the awareness that today could be the day you find another key to unlocking the chains that hold you, or indeed the possibility of realising that, actually, there is no prison at all?

Mindset change is the antidote to stagnation or even regression. Think about all the things you hold dear and evaluate which ones serve you. Ask yourself:

- Does your racism serve you?
- Does your prejudice serve you?
- Does your sexism serve you?
- Does your superiority complex serve you?
- Does your inferiority complex serve you?
- Does your dogma serve you?
- Does your judgement of others serve you?
- Does your judgement of yourself serve you?



How does one evaluate growth, anyway? Is it being open to and then learning something new? Is it seeing positive change sparked by something you said or did? Is it a positive attitude you put out that infected someone else until there is joy and harmony in and among the people around you?

There are libraries of writing about how we set ourselves up for suffering if we pursue our need to be right at all costs. Perhaps it is time to stop suffering.

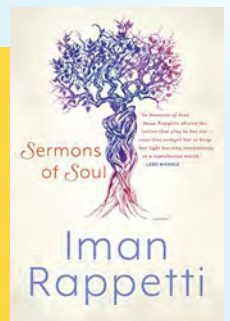
Our mindsets shape what we give to ourselves and the world. We are never too old or too young to learn. So, let's start to clear the path of stumbling blocks. Let's think clearly about how what we do affects everything and then, right now, today, start to at least consider one thing that needs changing and change it. Live lighter today!

Don't be afraid to look at yourself, and I mean really look at yourself. Why? Because your liberator is staring right back at you.

WIN

Stand a chance to WIN a copy of Iman Rappetti's book, *Sermons of Soul*.

To enter, simply send an email to win@wellnesswarehouse.com, and let us know what mindset shift you intend to make in 2021.



your world of wellbeing starts here



live LIFE

WELL

Welcome to our community of people who love to live life well. To further spread the Wellness love, we're inviting you to take advantage of the many benefits of our newly-improved rewards offering.

As part of the family, you can enjoy these exciting perks:



EARN & REDEEM POINTS
IN STORE & ONLINE



PARTNERSHIP DISCOUNTS
JUST FOR YOU



HALF PRICE
WELLNESS MAGAZINE



WIN WITH MONTHLY
LUCKY DRAWS



PENSIONER SAVINGS



DIGITAL RECEIPTING
IN STORE

If you already have a rewards card, you'll be automatically upgraded to the new programme. If you're ready to join the family, simply sign up in store or online at www.wellnesswarehouse.com!



CALLED TO A CONSCIOUS CAREER

By Maria Kostelac

Careers are currency.

It was around the middle of the 20th century, following the end of World War II, that the modern career as we know it was born; although Jane Austen's pre-industrial era novels offer the seeds of its germination. Through the lens of a contemporary, Western democracy, **an individual's cultivation of their career extends beyond work, and into the definition of their very identity and place in this world.**

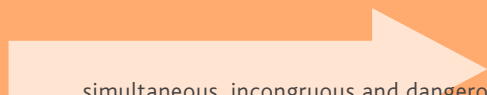
In modern times, careers have played a key role in economic stability, global migration, social integration, democracy, societal ideas of prosperity, and social standing and mobility. As the social and economic value of education and 'skilled' labour has grown over the past few centuries, so too has humanity's hunger for knowledge and empowerment. It is because of this, and the revolutionary movements that it has inspired, that the average person now has access to knowledge and information that was once closely guarded as 'privileged'.

In the striving of marginalised groups for social, political and economic emancipation, the workplace has become the locus of activist voices and political transformation. Historians posit that the kind of social transformations driven by workplace activities and discussions could likely only have been wrought through brutal uprisings, civil war and populist rebellion in times past.

A wide range of historical events and movements has contributed to the creation of today's career-driven society, including industrialisation, workers' rights, urbanisation, globalisation and free-market enterprise. It is worth noting that our current career-oriented paradigm has caused a significant expansion of the global middle class. In fact, the Organisation for Economic Co-operation and Development (OECD) estimates that the present-day global middle class consists of an estimated 3.2 billion people, compared to 1.8 billion in 2009, and a predicted 4.9 million by 2030.

These numbers are striking, particularly considering they have come about during the worldwide recovery from the 2008 financial crisis and subsequent global recession. According to Homi Kharas' 2017 article *The Unprecedented Expansion of the Global Middle Class*, this "implies a tipping point where a majority of the world's population, for the first time ever, live in middle-class or rich households", with one third of the world's economy solely attributable to the commercial habits of the global middle class by 2017.

At this point, you're likely considering the oddities of the idea that we are living in the most educationally and economically prosperous population and era in human history, considering the myriad challenges facing us from all angles. For centuries, humanity has had to grapple with



simultaneous, incongruous and dangerous actions of democratic *and* autocratic forces of power; but the severity and frequency of horrific abuses of political power seem to be worse than ever. Furthermore, the collision of a worldwide pandemic with a planet on the precipice of so many changes has exposed the full scope of humanity's darker side, particularly of those in positions of power. And, of course, early financial indicators show that the middle classes are most profoundly impacted by the economic reset of COVID-induced purchase paralysis. Many have watched their careers – and, consequently, their lives – set adrift.

But the pandemic is just a portion of the story - it's too easy to let it hog the economic limelight. **The predictable, macro-economic world of work as we knew it was already on life support prior to lockdown.** The emergent Gig Economy (characterised by freelance, flexible, on-demand work, rather than the conventional 9 - 5 cubicle model) was already well on track by 2017, undermining the traditional labour market of full-time workers who rarely change positions and are focused on a lifetime career. Furthermore, digital transformation and technological development have fuelled market disruption in even the most deeply entrenched of industries.

So, in recognising: (a) the acceleration of human development over the last 150 odd years, (b) the highly-valued role of work, rapid technological advancement and careers in that trajectory, and (c) the tidal shifts presented by the world of commerce, it appears that humankind stands at the onramp to its next stage of evolutionary advancement. With this in mind, we must consider that this phase of humanity's evolution is distinct from those pasts by the sheer vastness of numbers on the planet (from 1 billion 200 years ago to 7.7 billion in 2019). The human collective, by that tally alone, is a formidable planetary force. We need to use that power wisely, responsibly and compassionately.

When we lose consciousness of our actions, we present a dire existential threat to the earth. There is great danger in becoming collectively lost in the commercial and economic objectives that have been so prioritised by modern society; especially in contemplating the brutal parallels between colonisation and corporatisation of the planet, in a time when socioeconomic transformation is of paramount importance. However, if we see this crisis as the threshold to the birth of our species' next phase of evolution, we have the opportunity to accept an invitation of cosmic proportions.

In navigating the storm, **a conscious awareness and deep desire for a loving world has begun to rise from the ashes of our consumerism,** mass individuation and social disconnect. We've called the collective expression of this desire *activism*. We see it at play in the immense power and beauty of people and movements such as those evoked by Gandhi, Martin Luther King, Nelson Mandela, Mother Teresa, the Dalai Lama, Princess Diana, Jane Goodall, Sir Richard Attenborough, Greta Thunberg, the Arab Spring, #MeToo and #BlackLivesMatter. The moving strength of these remarkable individuals and their work can act as fierce fuel for those of us who share their vision for a better, brighter world, if we are prepared to commit to a vocational journey which supports the realisation thereof.

The call to a more conscious, life-integrated career is hard to ignore.

Right now, we're *all* being invited to transform our professional lives into the vehicles through which we express our greatest longing and unique gift in this world. **We need to afford ourselves and each other the opportunity to enjoy a holistic relationship with work.** A career is merely one of 12 aspects of a rounded life, including health and vitality, intellectual life, emotional life, character, spiritual life, love relationships, parenting, social life, financial life, quality of life, and life vision. I think we can all agree that our work should not overshadow the rest of these vital ingredients for a happy and healthy life.

To know the truth of the evolutionary impulse that is your vocation, and to harness your *career* to enact positive change, you will need to delve into an exploration of who you are in all aspects of your life – if you're not sure where to start, take a look at the list above. Furthermore, you will need to develop an understanding of your driving beliefs and biases, and commit to clearing your heart of emotional burdens.

In the process, you will find an awakening to the wholeness of who you are as a conscious creator within what we still call 'commerce', and the pivotal realisation...*you are your only work.*



3 FINANCIAL RESOLUTIONS FOR SMALL BUSINESS IN 2021

By Montaque Swanepoel

For many, the new year represents hope for better times ahead. Although 2020 has caused significant financial and emotional damage, we should not lose sight of the lessons that have arisen from the turmoil.



PLAN AND BUDGET FOR WHATEVER THIS YEAR MIGHT BRING

Setting up a budget for your business is crucial for meeting your goals and ensuring that you don't fall short on any financial obligations. When creating a budget, give yourself some room for different scenarios, including a most-likely case, ideal case, and worst-case scenario. Anything can happen, and you want to do as much as you can to prepare your business for any scenario. How would your business do if you didn't meet your sales targets? Would you be able to cover your overheads? Are your marketing efforts enough to meet your sales goals? These are the questions you need to keep in mind when finalising your budget.

Next, allow yourself some time to revisit the budget in a couple of months. Reflect on the reality of the preceding months to revise for a more realistic or proactive way forward. What is the variance between your budget and the actual figures? Why are there variances, and how can you improve on these?

Keep focusing on your projected plans, and leave yourself enough breathing room for those times when things don't go according to plan.

DON'T WORK IN YOUR BUSINESS – WORK ON YOUR BUSINESS

For many owners, it's easy to become confined within the walls of their businesses and end up running every aspect themselves. Although it's good to get dirty in the trenches from time to time, this might not be the best for you or the growth of your business in the long run.

Stick to your strengths, and focus on building the business. Entrust those you have employed to take care of their roles, and step in as and when needed. If you find yourself too tethered to tasks you know shouldn't be taking up your valuable time, outsource and delegate these to someone else. If you don't yet have any staff members, think of how this could simplify your life.

By working in your business and taking care of everything yourself, you might be burning yourself out or stunting your growth.

GET RID OF UNNECESSARY DISTRACTIONS

Tax and business compliance can be a big distraction. For some, the solution may be an easy return to be filed. But for others, there might be objections and payments involved. No matter how simple or onerous the resolution, it's important to start the process to get and stay compliant in all aspects.

Ask yourself - do you know what is causing your non-compliance problem? Do you know what submissions or payments are behind? These questions are your best starting point, and it is worth enlisting the services of a professional to help you get the answers you need and resolve your compliance issues.

Other distractions can be dealt with by outsourcing non-core activities and streamlining processes to free up time to spend on essential tasks, loved ones, exercise and activities for personal and business growth. Tasks such as bookkeeping and admin are common distractions for business owners, and can be best outsourced for better results and more valuable available time.

With the new year ahead of us, let's not look back on what could've been, but rather turn our gaze forward to the new horizons and opportunities ahead - including how we can make the most of this financial year. Let us get back into the swing of things, and back to business!

ABOUT THE AUTHOR

Montaque Swanepoel is a chartered accountant and founder of CFO360. CFO360 has helped hundreds of business owners to streamline their processes and understand their finances so they can spend less time on admin, and more on the things that matter. Find out more at www.cfo360.co.za or get in touch at montaque@cfo360.co.za.

ON OUR BOOKSHELF

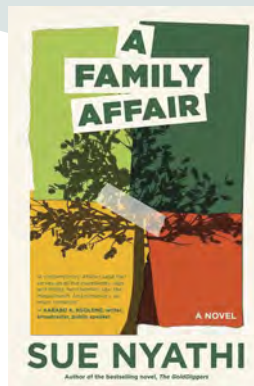


NUTRILICIOUS KITCHEN: THE HEART AND ART OF NUTRITION

Dr Geraldine Robson-Parsons |
Nutralicious Kitchen

In her debut book, Dr Robson-Parsons shares her insights on growing your own veggie patch, what it means to eat mindfully, and basic nutrition facts that many of us have simply never learnt.

The Nutralicious Kitchen also offers a wide variety of delicious nutritional dishes, including plenty of vegan-friendly choices. Guided by her expertise as a qualified chef, doctor of homeopathy, and nutritional mentor, readers are encouraged to celebrate hearty flavours while navigating a healthy relationship with food.



A FAMILY AFFAIR

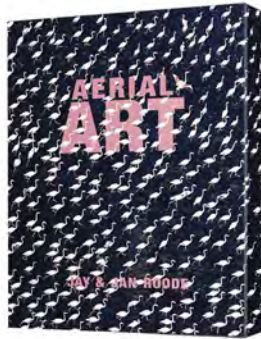
Sue Nyathi | Pan Macmillan

Zimbabwean-born Sue Nyathi offers a riveting read centred around the Mafu family, their complicated dynamics, and their struggle to present a united front in public. As a series of events starts to unravel their carefully-constructed facade, secrets are revealed that could tear them apart. Hailed as a 'contemporary African saga' by writer and public speaker Karabo Kgoleng, this contemporary novel is a must-read.

AERIAL ART

Jay & Jan Roode | HPH Publishing

For over a decade, aerial photographers Jay and Jan Roode explored Southern Africa in a way few have done before - they took to the skies in their specially modified aircraft to capture some of the most breathtaking and remote landscapes of the region. The result is an artistic masterpiece that displays their love for the outdoors, and captures nature at her finest. This beautifully presented book will transport you from the coffee table straight to the South African skies.



RODHAM: A NOVEL

Curtis Sittenfeld | Penguin Random House

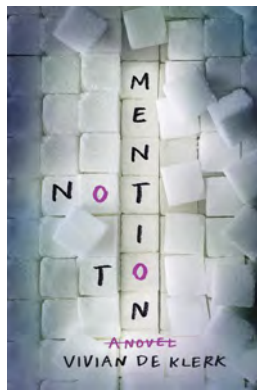


In his addictive sixth novel, Sittenfeld paints a fictitious world in which Hillary Rodham never married Bill Clinton. In this world, she blazes a very different path for herself, both personally and publicly. Weaving an imagined tale into actual historical events, *Rodham* explores the question of 'what if?', shining a light on female ambition and what it takes to achieve power in a male-dominated political world.

NOT TO MENTION

Vivian de Klerk | Pan Macmillan

First-time author Vivian de Klerk brings us the engaging story of Katy Ferreira, a 21-year-old from Port Alfred who has not left her bed in two years due to her morbid obesity. A long-time fan of *The Herald* newspaper crossword, Katy eventually decides to create crosswords about her own life - for her mom to solve. This part diary, part memoir, part love-hate letter is a powerful read, and brings into focus many of the struggles of being 'the fat girl' in a largely unforgiving society.



A REGISTRY OF MY PASSAGE UPON THE EARTH

Daniel Mason | Pan Macmillan



This is a collection of intertwined stories of people across the globe who have faced amazing mysteries and magic over the last 15 years. Impressive in both depth and scope, it transports readers from the banks of the Nile to volcano-filled islands and an asylum on the outskirts of Rio de Janeiro. Get ready for tales that not only excite, but evoke moments of ecstasy and epiphany.

REMEMBERING CHEETAHS

Wildlife Photographers United | HPH Publishing

The stunning fifth instalment of the *Remembering Wildlife* series, this collectable hard cover aims to raise awareness of the plight that cheetahs face today, and to generate funds to help protect them from extinction. Get up close and personal with this extraordinary creature through gorgeous photographs donated by more than 70 of the world's top wildlife photographers - including Jonathan and Angela Scott, Art Wolfe, Frans Lanting, Marsel van Oosten and Greg du Toit. Page by page, *Remembering Cheetahs* offers readers an intimate look at the lives of these beautiful and fascinating wild cats.



AFRICA'S WILD DOGS

Jocelin Kagan | Merlin Unwin Books



Jocelin Kagan is determined to bring the fascinating story of the wild dog to public attention. Created as an ode to and celebration of this misunderstood and charismatic predator, *Africa's Wild Dogs* offers captivating imagery and observations that - along with expert insight - help readers to understand the behavioural nuances and fascinating pack dynamics of the African Wild Dog.

**SHOP THE BOOKS AT
LEADING BOOKSTORES
OR ONLINE**

SOWING SEEDS OF CHANGE

GROWING WITH GREENPOP

By Claudia Waller

Right now, all over the globe, people are working towards a green recovery. A passion is growing amongst those of all ages and walks of life to accelerate climate action and build a better future. Greenpop is using this momentum to inspire change in people's lives, and to get active – rather than anxious – about the future of our planet. In line with the UN Decade on Ecosystem Restoration, which is advocating for the halt of global ecosystem degradation, Greenpop is aiming to **promote a new culture of restoration**, highlighting its importance as we tackle some of the biggest challenges facing humanity today – including climate change and food security.

And the revolution is about to have a growth spurt, thanks to the **recent partnership between Wellness Warehouse and Greenpop!**

This conscious collaboration serves as yet another step on the **Wellness Green Journey**, which has included initiatives such as a paper-saving digital receipting system, the development of a number of Wellness eco-living products, and a driving mission to help South Africans live life well and consume consciously through the provision of a plethora of sustainably-sourced, natural and organic food, health, beauty and eco home products.

Our hope is that the shared vision of Wellness Warehouse and Greenpop will serve to grow not only trees, but also awareness around and active involvement in environmental issues.

What's all the fuss about ecosystem restoration?

It's essential to work towards restoring precious landscapes and ecosystems in order to provide a foundation for the Sustainable Development Goals laid out by the United Nations General Assembly in 2015. Objectives include reducing flood and fire risk, ending hunger and aiding economic growth.

We all have a part to play in the protection of our environment, and we need change at a governmental level too. President Cyril Ramaphosa has pledged to create 50 000 jobs in environmental programmes as a step towards a green recovery. Many other countries in the world have pledged to take action against climate change, and with **80% of our terrestrial landscapes facing degradation**, the best way of mitigating the worst effects of climate change is driving ecosystem restoration. And so, it is crucial that we work together to build change – and what better way to change the world than by enjoying a fabulous festival filled with likeminded earth lovers?

After holding no events in 2020, Greenpop is eager to bring back their annual **Reforest Fest on 19 - 21 March at Bodhi Khaya Retreat** in the Overberg. Many wonderful restorative years were spent at their last venue, Platbos Forest Reserve, where 62 000 endemic trees have been planted since 2011, and forest habitat has been restored for many incredible species, including the Cape leopard.

Rainforest Fest is no ordinary festival. It's a collective pledge for action with positive, long-term ecological impacts that help to preserve and expand the forest. It is a holistic, lifestyle and restoration celebration that brings people together to really make a difference while enjoying a party like no other. Greenpop aims to grow Reforest Fest into a flagship event that **attracts a global audience as Africa's largest citizen-led restoration festival**.

Greenpop's **Eden Festival of Action**, to be hosted in June/July 2021 at Wild Spirit Lodge near Plettenberg Bay, is a deeper immersion into the world of environmentalism. Surrounded by pristine beaches and the indigenous forests of the Tsitsikamma National Park, the event location is a perfect place to celebrate nature and give back to the surrounding area, which is still suffering after the devastating fires wreaked havoc on large areas of the Eden District back in 2017.

Wellness Warehouse has already made a contribution to the restoration of this area, having worked with Greenpop to fund the planting of over 250 trees from September to November 2020 (with a goal of at least 250 more this year).

You can help to nurture change by joining the ultimate party with a purpose.

The Eden Festival of Action attendees will live in the Greenpop Village for one or two weeks, helping to restore landscapes through alien vegetation clearing, tree planting, community upliftment projects and mural art. Furthermore, you will be able to enjoy workshops, talks and panel discussions with sustainability experts, and engage in vital discussions with a community of caring and creative movers and shakers. And, of course, the night skies bring a host of celebrations not to be forgotten.

TO JOIN US AT REFOREST FEST 2021, HEAD TO WWW.REFORESTFEST.COM AND BOOK YOUR TICKETS ASAP.

To take part in the Eden revolution, visit www.festivalofaction.com. You can even fund raise for your ticket through Greenpop's Trees for Fees Campaign - raise 80 trees and get a free space!

Make sure to follow Greenpop's social media channels to keep an eye on their adventures with Wellness, and be notified about competitions and giveaways...

 facebook.com/Greenpop  [@greenpopsa](https://www.instagram.com/greenpopsa)

And, to truly make your mark and join the treevolution, sponsor a tree to be planted at one of Greenpop's reforestation sites: www.greenpop.org/donate



CITY COMFORT

be **CALM.** *be* **RESILIENT.**
be **BEAUTIFUL.**

*Introducing: Environ's New Focus Care
Comfort+ Anti-Pollution Spritz and Masque*

Born from extensive scientific research and the constant pursuit of developing best-in-class skincare, Environ introduces two new Anti-Pollution innovations, formulated with highly intelligent anti-pollution ingredients that offer complete protection against the harmful effects of indoor and outdoor pollution.

FOCUS CARE+ ANTI-POLLUTION SPRITZ

A light-weight invisible, breathable physical shield that also assists to rebalance the effects of the skin's microbiome, protect against blue-light induced free radicals, and strengthen the skin's resistance with a normalised skin barrier function.

FOCUS CARE+ ANTI-POLLUTION MASQUE

Formulated with Japanese charcoal and specialised botanicals, Environ's new multi-functional charcoal masque with powerful purifying effects helps to absorb pollutant impurities, normalise and hydrate the appearance of skin, leaving it feeling revitalised and smooth.

Find out more at www.environskincare.com
Available at participating Wellness Warehouse stores from 15 January 2021.



NEW



ENVIRON®
a beautiful skin for a lifetime



This CBD product does not have a hallucinogenic effect and is non-addictive.



Available at selected Wellness Warehouse stores and can be ordered online.

