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of South Africa



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Out & About

Pencil these events into your July diary right now!

4 Browse around the Lido Hotel Winter Night Market the first Friday of every month. With free entry the Lido Hotel invites you to taste delicious treats from the various food stalls and to support crafters in the area of Johannesburg South and Alberton. For more information send an email to marita@lidohotel.co.za or call 082 349 9924.

5 Walkerville Farmer's Market is open every Saturday from 09:00 to 15:00 and offers a wide range of home-made cakes, jams, pickles, hand-made jewellery, home accessories, pet accessories, books and plants. Fresh produce includes bread, eggs, honey, vegetables, cheese and biltong. Children's activities include pony rides, a sandpit, a jungle gym and a tree house. New crafters are always welcome to join. Credit card facilities, free entrance and free parking. Find them at 112 Main Street, Walkerville (on the R82 between Southgate and Vereeniging, just off the 4-way stop in Walkerville).



12 See Stuart Taylor live at the Theatre of Marcellus at Emperors Palace. Hysterically funny, the show offers men a step-by-step programme to prepare them to survive the most perilous of all tests ... marriage! Costs are R150 per person. Dinner, show and stay packages available. For bookings or more information visit www.computicket.com or call 0861 915 8000.

12 Are you getting married? Find your inspiration at the East Rand Wedding Show at Emperors Palace. There will be everything you need to plan your dream wedding! Get the latest in invitations, wedding couture, wedding cakes, venues, blooms, photography and videography. For more info email info@eastrandweddingshow.co.za or call 072 128 4176.



15 With influences spanning the global urban world - seamlessly blending traditional and modern, conservative and daring, the best of the old with the brightest of the new - come explore the innovative new face of an ancient art form. Rock meets Rags in the hands of some of South Africa's most talented practitioners of this innovative, daring branch of the dance family. Don't miss your chance to be part of this unique experience in 2014. The Tribalation showcase at The Fringe Theatre at Joburg Theatre aims to highlight the best of Tribal fusion, ITS and Gothic belly dance in South Africa in a nurturing community environment. For more information or bookings go to www.joburgtheatre.co.za



16 If you love Jesus but can do without the status quo, formalities and politics of the current church, then Cana Coffee Café is the place to be. We don't sing, we don't collect money and we don't ask for donations. It is not our intention or aim to put you on the spot. We are the marketplace church. The Gospel, after all, is supposed to be Good News, period! All the teachings are based upon the Bible as the only authority of God. Young ladies, moms and grannies all welcome. We have a teaching, we eat and chat together and go home. No fuss, no pressure, no politics, no Bible bashing.
When: First and third Wednesday of every month
Where: De Landauer Family Restaurant, Van Riebeeck Avenue, Alberton North
Time: 10:00 to 12:00
 Lunch costs R40 per head. Free lunch for one lucky lady!
 For more information contact Vera Booysen on 081 576 7680.



18 South Africa's first and only commercial vernacular stand-up show, 99% Zulu Comedy returns with a galaxy of comics that are sure to leave the usually packed audience in stitches.
Date: July 18 and 19
Time: 20:00
Cost: from R150
Venue: Theatre of Marcellus, Emperors Palace
 For more info or bookings call 011 928 1297

Don't miss the Jabulo SA Women's Conference with guest speakers, Pastor Chi Chi Bismark and Pastor Yvonne Brooks.
Date: August 2
Time: 08:00 to 13:00
Venue: Gold Reef City
Cost: R300 per person which includes a buffet breakfast and two DVD's.
RSVP: Samurin 076 710 1929 or Michelle 072 505 2552.

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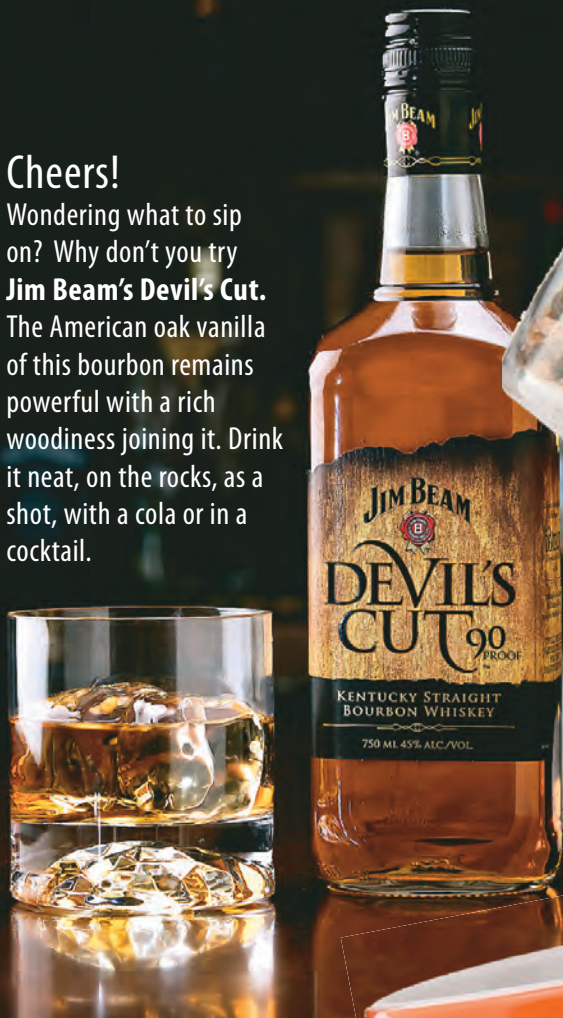
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Wish List

Our favourite things for the month of July

Cheers!

Wondering what to sip on? Why don't you try **Jim Beam's Devil's Cut**. The American oak vanilla of this bourbon remains powerful with a rich woodiness joining it. Drink it neat, on the rocks, as a shot, with a cola or in a cocktail.



We love...

This month we love the **succulent plant** in a small glass pot (R99.95) from Woolworths. Remember succulents prefer bright light and do not need as much water in the winter seasons as in summer.

Warm up

Beat the winter blues with a big mug of your favourite soup. This generous sized **spotty soup mug** from Woolies (R55) is perfect to enjoy your soup at the office or at home. The large handle and footed base makes it easy to hold and convenient to place on any surface. Available in grey, aqua, orange and red.



Fancy online shopping?

Whether you live in Aliwal North or Hotazel, you can now get what you want, when you want it, all in the comfort of your own home and at a reasonable fee! Makro SA recently launched their new and exciting website, www.makro.co.za giving customers the opportunity to purchase a wide range of innovative and exciting products in the general merchandise section. At this moment in time customers can only browse the liquor and grocery ranges, but home delivery will be available in the near future. And don't worry, they also have a 14 day refund or exchange policy in place if goods are returned in the original packaging to any Makro store. Get shopping online!



A treat for the chocolate lovers...

The Lindt Master Chocolatiers recently introduced their new young and vibrant collection of delicious choccies, **HELLO**. With modern packaging the HELLO range is made up of four exciting new flavours, Cookies and Cream, Strawberry Cheesecake, Caramel Brownie and Crunchy Nougat. The range is available from Woolies for R29.95 per 100g slab.

chilli & WINE
let your senses explode
FESTIVAL

AUGUST
1-3



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SUNDAY 11 - 5PM



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Review



LISTEN THE BLACK KEYS

We really can't stop. We've tried ... and tried. But we've got **The Black Keys'** new album, *Turns Blue*, on repeat and have given up all intention of switching it off. It's just that good! There are plenty of road-rock riffs, and tracks like *Waiting on Words*, *Weight of Love* and *Gotta Get Away* are the highlights on the album.



WATCH SAVING MR BANKS

Mary Poppins, an all-time favourite Disney classic almost didn't make it to the big screen ... yes really! And **Saving Mr. Banks** is the extraordinary, untold story of how Walt Disney (Tom Hanks) in his quest to obtain the rights, comes up against curmudgeonly, uncompromising writer PL Travers (Emma Thompson) who has absolutely no intention of letting her beloved magical nanny get mauled by the Hollywood machine. This one's an unexpected gem, witty, warm-hearted and so worth staying home for.



Don't miss it!

WATCH THE INVISIBLE WOMAN

Charles Dickens had a secret lover until his death ... huh, who knew! In **The Invisible Woman** Nelly (Felicity Jones), a happily married mother and schoolteacher, is haunted by her past. Her memories, provoked by remorse and guilt, take us back in time to follow the story of her relationship with Charles Dickens (Ralph Fiennes). As Nelly becomes the focus of Dickens's passion and his muse, for both of them secrecy is the price – and for Nelly, a life of invisibility. (*Opens July 4*).

READ REALLY SCARY STUFF

You have to time reading a Mo Hayder thriller really well. Not when you're at home alone and there's a storm brewing! **Wolf** is set in an isolated hilltop house (well of course it is!) ... and is scary as all hell! David Baldacci's **The Target** is another book that will get the blood pumping. A game of cat and mouse between two government agents and a killer who was raised in the hellish, infamous Yodok Camp ... and fears nothing. Happy July reading (whatever you do, don't turn out the lights!).





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Bela Verissimo, Marinele Verissimo, Nela Mendes, Tina Fernandes and Isabel Santos.



Adore Collection launched at Honey lunch

A lunch was held in May at Casa Minha Restaurant to launch the new and fabulous Honey Adore Collection of fashion accessories.



Sandra Pinto and Tracy Mare.



Tanya Kieck and Kaylee Gowans.



Ros Stirk and Jill Leite.



Aileen Smith, Michelle Staal and Julie Johnson.



Melanie Young, Sarah Bailey, Jean Sham, Simoné McMutcheon and Lisa Turcillo.



Samantha Dredge and Celia Sutton.



Debbie Arthur and Candice Malan.

A Mother's Day delight

The Glen Shopping Centre held a Mother and Daughter Breakfast in May at the Galaxy Grill to celebrate Mother's Day.



Dot, Michaela, Saretha and Mariorie Myburgh.



Nikita Gibson, Carla Juta and Debbie de Jager.



Seated: Anna-Marie Beirowski.
Back: Megan and Marlene Marchbank.

“Being active in this industry encourages you to live a healthy, active lifestyle.”



talented TARYN

She's smart, enthusiastic and has a head for business. Taryn Minnaar (38) from Klapp Cosmetics South Africa is a lady of many talents, but being a sole proprietor for the brand was not always part of the plan.

It all started about seven years ago, when she was introduced to the brand by a business acquaintance. Having always been interested in the somatology industry, she was impressed by the technology and innovation behind the brand.

"Throughout my career I have always worked with brands that were results-driven and not your average product. I decided to stock the brand in my own salon, and my business grew beyond expectation. At a point we were struggling with product availability so one of my very loyal clients, Karen Domaingo, owner of Diamond Estates, suggested that I approach Germany for the distribution of Klapp Cosmetics." A lot of time went by, but in January 2012 Marco Oshimo, export manager for South Africa at the time, called Taryn to offer her sole distribution to the brand in South Africa. "After two years of preparing business plans and Skype meetings, it was finally official and it was such a surreal moment for me. I had worked for so many years to finally get to this point. With our industry being so flooded I was nervous, but everything about this venture just felt right. Knowing what this brand can do for a business, the service, passion and love I have for what I do, along with an incredible support system I have between my husband (Kevin), my mom (Pat) and two sisters (Kiara and Nicola) are all the aspects for a winning formula!"

Taryn initially wanted to follow a course in physiotherapy or teaching, but somehow she felt attracted to the somatology industry. "I have explored most avenues of this industry, from owning my own salon to sales and now owning a distribution company, which is what I ultimately always hoped to have. Being active in this industry encourages you to live a healthy, active lifestyle, which is beneficial to my family as well."

"My mother is my walking advert! She has been involved since I first started. From being a model for my exams when I was studying, my first client when I started my salon to being my partner on my stands at expos, she plays a major role in my business today. Her love and support keeps me motivated. She markets my brand wherever she goes, and I am so grateful to have her part of this venture."

ABOUT KLAPP

It offers something for everyone of any age, gender or skin condition. The skincare regime is simple for the end user, yet it is so effective. Most importantly, it is the experience that one has that really makes it so special and different from other brands. The technology behind the brand shows in its results. The brand is strictly professional and can be found in salons, hotels and spas offering customised advice.

MY FAVOURITES

- ✓ **I love the smell of...** Dolce & Gabbana perfume, especially Light blue and The One.
- ✓ **I use...** Mac and Make-Up Forever as my make-up brands.
- ✓ **My nails are always painted with...** Essie.
- ✓ **Winter is the perfect time for...** more intensive treatments in the salon and lots of vegetables, vitamins, omegas and anti-oxidants.
- ✓ **In my handbag I have...** lipgloss, perfume, mints, hand cream and sunglasses.



What to

GET NEXT

Are you always on the look-out for a new restaurant to try out?

Then you better get your hands on our August edition of Get It Joburg South. In this edition we will feature must-visit restaurants in the area, along with specials and the latest in foodie news. Be sure to get a copy!

To advertise your restaurant in this feature, contact our offices on 011 724 7000.

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JULY 2014

COPING AS A NEW MOM



Even before I gave birth to my gorgeous little girl in January, had I already made a great many resolutions of how I was going to raise this perfect human being, and how I am going to be the perfect mom. As a first-time parent I got a notepad ready and started browsing the net. I came across the article, Nine steps of how to be a good mother.

- * Be supportive, and never laugh at your children's hobbies, interests or friends.
- * Be patient.
- * Take an interest in your child's interests.
- * Don't be tight about money.
- * Make sure you are an approachable person to talk to.
- * Be able to admit that something you did may have been wrong and don't be afraid to apologise.
- * Respect your child's love for the other parent.
- * Love your children more than anything.
- * Make your child feel special.

Being the person I am, I jotted these guidelines down, thinking that when I followed these simple steps it was going to be a smooth ride. Although each of the above statements is true and can be implemented in real life, boy was I mistaken. Having a child was different. I soon came to the realisation that being a mother means that my role in the world has changed. It was not a simple case of changing from the old me to a new, improved version. Trying to do things better? I was a mother, and the question was what kind of mother would be reflected in my child's eyes?

As a mother, you live, breathe, and sacrifice for the well-being of your children. But the most important thing to remember is that the love you invest in your children is what makes the difference.

My only advice to new moms is to enjoy every single moment, the good, the bad, the beautiful, the ugly, the inspiring, the not-so-glamorous moments and thank God through it all.

Enjoy the issue!

Lize-Maré

Get It Magazine Editor

14 Get It Joburg South July 14



POSITIVE parenting

Good advice from our experts on parenting issues.



Q My child is being bullied and I don't know what to do?

A A lot can be done to assist your child. Remain calm, take the situation seriously and express concern. Teenagers especially tend to hide the bullying or ask you not to get involved. Respect their wishes. Observe them carefully and respond when necessary. Avoid over-reacting or telling your child to retaliate. Get the school involved as well as the parents of the bully. Educate your child about bullying, ways of coping and being assertive. Remain loving and supportive throughout.

Hasmita Hardudh-Dass
Clinical Psychologist

Q What's needed in your ADHD success kit?

A Dealing with the unique brain wiring and highly misunderstood condition called ADHD, is tough – for everyone. Going undiagnosed or mismanaged, millions of adults, kids, teens, parents, spouses and co-workers are left frustrated, overwhelmed and worn out by the chaos and unpredictability that are part of living with the challenges of the so-called Attention Deficit and Hyperactivity Disorder. The ability to overcome his/her unique challenges can only be expected when the individuals with ADHD become self-aware of and understand which aspects

of their behaviours are affected by their unique ADHD brand. ADHD coaching's key focus is to support individuals to advocate for their own needs, while excavating the innate strengths which got buried under piles of criticism, false labels and self-doubt to build success on the foundation of what DOES WORK for the client.

Sanlia Marais – Consciousness Coach. She has specialised training in the ADHD condition and ADHD coaching and work with ADHD teens, adults and parents of ADHD children.

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GET Educated

Time to PLAY



Help your child reach important milestones by introducing them to play-based activities.

Have you heard about Mysmartkid? The innovative play-based educational programme that is also available in Afrikaans focuses on the all-round development of children in the 0-6 age group. The subscription-based continuity programme uses toys, tools and play-based activities to promote school readiness and assist children in reaching key developmental milestones in the field of early childhood development (ECD). John Samson, Business Manager of Mysmartkid, said: "Mysmartkid offers these parents a one-stop-shop solution: advice, activities and toys backed by experts to help your child reach his or her developmental milestones in

the comfort of your own home and in a fun way," he explains. A key benefit of Mysmartkid is the involvement of a panel of leading ECD experts. "Professionals from the fields of occupational and play therapy and child psychology, themselves parents, have helped develop the programme and will continue to play a key role. Their expertise and insights are instrumental in keeping Mysmartkid relevant, targeted and up to date," says Samson. The Mysmartkid programme is available for a subscription fee of R295 every second month, which includes free delivery of the Smartbox. *For more information go to www.mysmartkid.com or call 0861 555 224.*

WIN!
Mysmartkid is giving away an exclusive Smartbox filled with educational tools, toys and expert advice from the programme's panel of childhood development experts worth R295. One lucky reader can stand a chance of winning, simply SMS GISMysmartkid followed by your name to 36396 by 13 July. An SMS costs R1.50.



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THE READING CORNER

We have browsed around the bookstores to find the latest releases in children's and teen books.



TROMPIE OMNIBUS 1 DEUR TOSPY SMITH
(Uitgegee deur NB Uitgewers, R110, Kalahari.com)
In hierdie omnibus, wat die eerste drie boeke van die gewilde Trompie-reeks bevat, ontmoet ons vir Trompie, die elfjarige sproetgesig Grootkaptein van die Boksombende. Hy en sy vriende Rooie, Blikkies en klein Dawie maak die lewe interessant (en soms taamlik moeilik!) vir die inwoners van hul tuisdorp, Kwaggaberg.



HOLDERSTEBOLDER:
rympies vir rakkers deur Jaco Jacobs (Gepubliseer deur Lapa Uitgewers, R99.95) Hierdie bekoorlike rympiebundel is propvol lawwe, lawaierige versies en avontuurbelaaide aksierympies; daar is versies vir dagdroom en rympies vir slaapyd. Dit is perfek vir hardop voorlees en ure se rymende volkleurpret.



A LITTLE CHILD'S FIRST BIBLE:
(Published by Tucker Slingsby Limited, R80 from Books Galore.) This Bible has been created for the very young. It has lively, simple text, bright illustrations & chunky, sturdy wipe-clean board pages This is the perfect introduction to the Bible for little children.



THE BOOK THIEF BY MARKUS ZUSAK
(Published by Randhom House Group, R139.99)
It is 1939, Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. By her brother's graveside, Liesel Meminger's life is changed when she picks up a single object, partially hidden in the snow. It is The Gravedigger's Handbook, left there by accident, and it is her first act of book thievery. So begins a love affair with books and words, as Liesel, with the help of her foster father, learns to read. Soon she is stealing books from Nazi book-burnings, the mayor's wife's library, wherever there are books to be found. But these are dangerous times.

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Hooray

There is a lot to think about when planning a birthday party for your child. And only the thought of it may sound daunting? Well, look no further, Joosh party venue in Brackenhurst is the ideal location for any birthday party, big or small.

Upon our arrival we were blown away by the beautifully themed Superhero room for boys and fairy tale room for girls, outside playing equipment, special toddler area and playground along with a beautiful lapa and netted pool to be enjoyed during hot summer days. Eldorette Marais, owner of Joosh, said that the idea of opening a venue in the area came to mind when she was looking for a party venue for her own children. "I love being creative and always enjoyed planning my own children's birthday parties, but came to the realisation that there was a need for a party venue in the area." Eldorette and her husband, Johnnie, always wanted to invest in property, but were in two minds about buying a property at the coast or locally. The couple then decided to buy a property in the area and make a business out of it. And that is how Joosh came about. Every party hosted at Joosh is planned to

perfection, with a wide variety of themes available. Parents have the option to do the decorations themselves or to leave it in the capable hands of Eldorette.

"Being a mom I know the importance of birthday parties and therefore I pay a lot of attention to detail to make your child's party memorable and special," said Eldorette.

The venue can accommodate up to 40 adults with kids at a time. The venue operates with two timeslots on weekends: Morning: 10:00 to 13:00. Afternoon: 14:00 to 17:00.

Alternatively you may book it for the day, 11:00 to 16:00.



For bookings or more information, contact Eldorette on 082 904 3133 or send an email to jooshkids@gmail.com Alternatively pop in at 79 Hennie Alberts Street, Brackenhurst, Alberton.



Best of BOTH worlds

Study centres are fast becoming a popular choice for many parents throughout South Africa. Many parents feel that having their child complete their schooling career through a study centre will benefit them immensely. Some also believe that it might address some of the issues they are faced with at schools.

Study centres provide an alternative to mainstream schooling and home schooling. Some study centres provide structured full-time programmes that will allow students to complete their school career. The best of mainstream schooling and of home schooling is combined.

Children benefit from the small classes and individualised attention. Due to the small groups bullying and victimisation of children is also minimised. The routine and structure ensures that the environment is supportive of learning. Children get to socialise with children their own age on a daily basis and build strong bonds. This is often a challenge when a child is home schooled.

The number of children at a study centre is usually low in comparison to schools and this allows for both parents and students to form a bond with the staff at the study centre. Students are not merely seen as students but rather as individuals. This can have a positive effect on the child's confidence and self-esteem.

Many parents seek a curriculum which is of a high standard and internationally recognised. Many study centres offer an alternative curriculum. The Cambridge International Curriculum is fast becoming a favourite amongst parents. It is often difficult for young sports professionals to maintain a balance between academics and their sporting careers. Study centres tend to be flexible and provide the necessary support to these young stars.

According to the South African law, study centres that cater for students under the age of 15 years are required to be registered as a school with the Department of Education. Study centres that are not registered schools can provide limited supplementary tuition assistance to home schooled students, who are under the age of 15 years.

If you are considering enrolling your child at a study centre you should ask the following questions:

- How many children are in a class?
- Which curriculum is followed?
- Are children supervised or taught?
- Is a set lesson programme followed?
- Are children of different levels taught in the same class?
- Are different subjects taught at the same time, in the same class?
- How are children assessed?
- Is academic support available?
- How much contact time does a child get?
- May my child attend classes at the study centre for a day or two before deciding if they would like to enrol at the centre?
- What disciplinary measures are there?

Any choice that involves a child's future should be carefully considered. Both children and parents should have a clear understanding of what to expect from a study centre. The best way to find out if enrolling your child at a study centre is the best option, is to do your research. Visit the study centres and have all your questions answered.



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Go places with maths

Pareto Limited is set to launch an exciting new corporate social investment initiative aimed at improving the mathematics skills of learners at selected high schools. The schools they have selected are in the footprint of Southgate Mall and Westgate Mall in Johannesburg, as well as The Pavilion Shopping Centre in Durban – all of them Pareto-owned shopping centres.

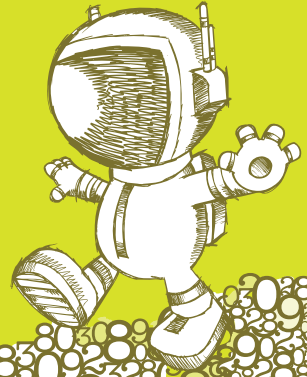
A NuMiracle maths lab will be set up in each of the three shopping centres, in which learners will regularly attend computer-based maths lessons after school. The maths learning programme is fully aligned to the South African curriculum and converted into an easy-to-understand format. Previously disadvantaged schools within the

respective shopping centres' catchment areas, whose learners will benefit from this programme, have been selected to participate in the programme.

Learning is reinforced and evaluated through a combination of a computer-based teaching system and constant tutor supervision and guidance. The learners will work at their own pace and at their own level of ability. Pareto Limited will fund the entire programme on behalf of their shopping centres, and the maths lessons will therefore be free of charge for the learners, who would not otherwise be able to afford such tuition.

"We are extremely honoured to be part of this potentially life-changing opportunity, and are most excited about the doors that it will open for participating learners," said Wiley Quinn, the recently appointed General Manager of Southgate Shopping Centre.

"We further encourage other corporates to make inroads that will impact our future society positively, and help bridge our extreme societal gaps." He added, "NuMiracle aims to engage learners and show them that maths doesn't have to be difficult, but with practice and understanding of concepts it can actually be quite enjoyable and lead to improved career prospects."



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NATURAL IMMUNE SYSTEM BOOSTERS

The dreaded cold and flu season has begun and it is a minefield out there. Unfortunately there is no single pill or supplement that will magically boost the immune system and stop you getting sick.

Realistically, the first and best line of defence against illness is a healthy lifestyle. This means a well-balanced, healthy diet full of fresh fruits and vegetables, nuts, seeds and whole grains, with as few processed foods as possible. It means getting off the couch and making moderate exercise a part of your daily routine. And it means getting a good night's sleep, at least seven to eight hours to be at your healthy best. There are some foods and plants out there that might give your immune system that extra nudge and might just help you fend off that cold this winter.

Flu-fighting foods

Yogurt

Probiotics, or the "live active cultures" found in yogurt, are healthy bacteria that keep the gut and intestinal tract free of disease-causing germs.

Oats and barley

These grains contain beta-glucan, a type of fibre with antimicrobial and antioxidant capabilities more potent than Echinacea. It boosts immunity, speeds wound healing, and may help antibiotics work better.

Vitamin C

Vitamin C probably won't help you avoid a cold, but eating a diet that includes foods high in vitamin C is good for your body because it boosts your immune system and aids in the absorption of iron. Foods high in vitamin C include: Citrus fruits and juices, green and red peppers, strawberries, tomatoes, broccoli, dark leafy greens, sweet and white potatoes, raspberries, blueberries and cranberries, watermelon, Brussels sprouts, pineapple

and cabbage

Shellfish

Selenium, plentiful in shellfish such as oysters, lobsters, crabs, and clams, helps white blood cells produce cytokines—proteins that help clear flu viruses out of the body. Salmon, mackerel, and herring are rich in omega-3 fats, which reduce inflammation, increasing airflow and protecting lungs from colds and respiratory infections.

Chicken soup

Studies showed that the amino acid cysteine, released from chicken during cooking, chemically resembles the bronchitis drug acetylcysteine. It blocks the migration of inflammatory white cells — an important finding, because cold symptoms are a response to the cells' accumulation in the bronchial tubes. The soup's salty broth keeps mucus thin the same way cough medicines do. Added spices, such as garlic and onions, can increase soup's immune-boosting power.

Tea

People who drank five cups a day of black tea for two weeks had 10 times more virus-fighting interferon in their blood than others who drank a placebo hot drink, according to a Harvard study. The amino acid that's responsible for this immune boost, L-theanine, is abundant in both black and green tea — decaf versions have it too.

Zinc

Zinc deficiency is one of the most common nutritional shortfalls, especially for vegetarians and those who've cut back on beef, a prime source of this immunity-bolstering mineral. Even mild zinc deficiency can increase your risk of infection. Zinc in your diet is very important for the

development of white blood cells, the intrepid immune system cells that recognise and destroy invading bacteria and viruses.

Sweet potatoes

You may not think of skin as part of your immune system. But this crucial organ serves as a first-line fortress against bacteria, viruses, and other undesirables. To stay strong and healthy, your skin needs vitamin A. One of the best ways to get vitamin A into your diet is from foods containing beta-carotene (like sweet potatoes), which your body turns into vitamin A.

Garlic

This potent onion relative contains the active ingredient allicin, which fights infection and bacteria.

Dark chocolate

Dark chocolate is loaded with disease-fighting polyphenols and also contains zinc, an important mineral for healthy immune function. Pair a square of chocolate with a selenium-rich brazil nut or two and enjoy a great immune strengthening snack.

FACTORS THAT IMPAIR THE IMMUNE SYSTEM INCLUDE...

Nutrient deficiencies, contaminated air, water and food, unhealthy lifestyles and too much exposure to harmful microbes. Other factors that weaken the immune system are negative attitudes and emotions and the presence of toxic metals, toxic chemicals and biological toxins in the body. Others are sluggish metabolism, lack of rest and sleep, excessive stress or too much exercise. As these causative factors are removed or corrected, the immune system improves.

Dr. Lawrence Wilson



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“ I am at my happiest when I am behind the lens capturing moments that will provide a lifetime of memories. ”



PICTURE

PERFECT

It is the special memories we associate with portraits of our families that bring our souls the greatest joy.

We talk to Alberton-based photographer Charlene Louw about the satisfaction she gets from capturing unique memories and her passion for the industry.

"I am at my happiest when I am behind the lens capturing moments that will provide a lifetime of memories. My interest for the industry started when I was working as a secretary at the Wits Technikon Arts Department. The lecturer at the department noticed my interest in photography and invited me to one of the classes. I knew from that day that photography was all I wanted to do. The funny thing, however, is when I resigned at the department I started my own beauty salon. Soon to realise that I don't have the passion for it, I sold my sunbed for my first Camera. But it didn't work out and I ended up selling my sunbed for a camera. My big inspiration was my first born, Timoné. And the studio opened just after her second birthday. My passion quickly took over my life, my thoughts and my dreams and I do not have a single day of regret. When you do what you love, you will not work a day in your life... someone said... and I could not agree more."

"Seeing satisfied clients' faces when

they receive their photos brings me the greatest joy," says Charlene. It is the combination of her creativity and artistic nature that attract clients to make use of her services. Her photos are unique and each personality of those captured is visible.

Charlene explains that newborn photography is definitely one of her favourites. "It is extremely difficult to capture newborns, but it is the most rewarding of all categories. There is a lot of art involved in capturing them and it remains a challenge, because each baby is unique and different. What makes it even more special is noticing how parents bond with their little one during the shoot."

Charlene explains that photography is a very special industry to work in, as you get so involved in the lives of those you capture. "You become part of very special families you photograph. You are there when they get married, when their children are born, when they celebrate their birthdays and all special times they share. It is such a special feeling, and I feel blessed to be able to have that in my life."

To stay up to date with the latest trends and to find inspiration is the key to the industry, which is why Charlene aims

to complete an international course in photography. "Being self-taught I believe that hard work, perseverance, dedication and passion are key factors in my career. It is good to set goals and work towards achieving it. Thinking out of the box and following your own goals and styles that create a brand.

Charlene lives in Verwoerdpark with her very supportive husband Wynand and their two beautiful girls, Timoné (11) and Clarissa (7). As a family they enjoy the great outdoors. "We are happy campers and we try to go away as a family at least once a month."

Charlene admits to being a bit of a film fanatic and says that she would go to the cinema four times a week if she had the opportunity.

She believes in balance and enjoying life to the fullest. I recently started competing in the Jeep Warrior Race, South Africa's largest obstacle racing series. "It is great fun and a challenge in facing your fears. Being blessed and living in God's grace is core to my life which helps me appreciate life to the fullest. Thank you to my very supportive family and God who blessed me with a gift to honour his beauty and perfection." Details: Visit www.charnelouw.co.za or contact her on 084 259 8995.

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than the normal surrounding skin. This darkening occurs when an excess of melanin, the brown pigment that produces normal skin colour, forms deposits in the skin. Three of the more common forms include melasma (hormonal), lentigines (sun spots) and post-inflammatory hyperpigmentation (acne scars). Sun exposure can worsen the condition. Two separate mechanisms account for the increased pigmentation and each may arise in the epidermis, dermis, or mixed (dermis and epidermis). Although in itself it is harmless, they have a considerable psychological effect on affected patients.

of oestrogen is thought to trigger and aggravate the condition - birth control pills and pregnancy. After pregnancy Melasma can resolve within a few months of delivery but in many cases it may persist indefinitely. Any activities that cause Intense heat to the face – such as steaming your face or even sitting on the beach on a hot day while fully covered can cause inflammation, which leads to worsening of the hyper-pigmented area.

Q What exactly is hyperpigmentation and how common is it?

A Hyperpigmentation is a common, usually harmless condition in which patches of skin become darker in colour

Q What are the causes of the skin condition?

A UVA rays are a stimulant for melanin to develop on the skin. Any change in hormonal status with higher levels

Q Are there any long-term effects of hyperpigmentation to the skin?

A Over time UV radiation exposure, whether or not associated with sunburn, accelerates skin ageing, making it look dry, wrinkled, loose and dull and causing pigment changes commonly known as age spots. It can also cause changes in the skin cells, which may lead to skin cancer.

LIGHT side

Pigmentation adds years to your face. Fortunately there are effective treatments and products available. Here is Dr Anjana Bhana's recommendation on how pigmentation can be treated.

In terms of the pigmentation itself – it has a negative psychological effect on a patient. Hyper-pigmented spots such as moles should be regularly checked by your GP or dermatologist for changes (melanoma screening).

Q How can hyperpigmentation be treated and are the treatments effective?

A Since it is a challenging condition to treat, often various options have to be employed to get a good result. The important thing to keep in mind for treatment is that while the existing pigmentation is to be removed, the melanocyte (cell that makes melanin) also has to be controlled. That is why care before and after any treatment is important. Most important is prevention. Avoid sun exposure to your face, neck and décolleté and wear a protective hat when outdoors. Use a broad-spectrum sunscreen with SPF 30+ to block the UVA and UVB rays; 80% of sun damage occurs before the age of 18 and manifests later in life – kids must be taught the importance of sun protection. In addition your sunscreen you should also apply anti-oxidants such as Vitamin C and E – this helps prevent free

radical damage and also assists with blocking Infra-Red A light. Infra-red A is found in any visible light that emits heat such as sunlight, computer screens, fluorescent lights, heaters and even hair dryers. It causes injury to the deep dermis. It is important to remember that good results take time to achieve and more than one kind of treatment may be needed. My peel treatment of choice is the Spot Peel Programme – a three-month programme with in-office treatment as well as homecare. A repeated Superficial Chemical peel with supportive homecare is also an option. Micro-needling with a derma roller or micro-needling pen also shows an improvement using a meso-needling technique. There is a relatively new treatment called the Pixel Peel which is a combination of a peel and micro-needling. Treatments are effective but in some cases they need to be repeated and results need to be maintained since Melasma is a chronic condition that needs to be kept at bay and with constant sun protection and maintenance treatment.

Q Which products and treatments would you recommend for pigmentation?

A Taking an oral anti-oxidant supplement such as Ovelle or Dermagen daily is clinically proven to raise one's level of resistance to the sun, and helps to reduce the melanin content in the skin down the line. They both contain Pycnogenol, and Dermagen has many precursors for the production of Glutathione – the so-called master anti-oxidant. A daily high dose of 4000 mg of MSM per day will increase intra-cellular Glutathione and help reduce pigmentation in the skin. There is a new supplement called Crystal Tomato that is showing some promise for the treatment of pigmentation. The effects of these supplements can take three to six months to manifest, and they support any anti-pigmentation treatment that you are having.

Many all-natural, topical skin-brightening agents have been found to be quite beneficial in lightening hyper-pigmented areas of the skin. These include arbutin, bearberry, cucumber extract, hydroquinone, kojic acid, liquorice extract, magnesium ascorbyl phosphate, mulberry extract, niacinamide, retinol, resorcinol, beta hydroxyl acid, vitamin C, oligopeptide 34 and liquorice root (*Glycyrrhiza glabra*). Hydroquinone is often called the gold standard for topical anti-pigmentation treatment, but this prescription treatment should be done under the supervision of a dermatologist. Peels are an effective treatment for epidermal pigmentation. Besides the effective Dermaceutic spot peel and the Dermaceutic range, I have a new range of melanoceuticals. Meostherapy agents of choice for me are Light Filling with Redensity 1 from Teosyal and Meso-therapy preparations from Lamelle.

LED treatment with red light for actinic keratosis and blue light for acne inflammation is an option, but it is not a stand-alone treatment.

IPL treatment as well as laser can be effective, but it is important to go to a qualified practitioner with FDA approved technology.

Before having any treatment done you must fully be aware of any benefits, risks and possible side effects. Also never purchase any of these lightening creams off the street – although they have no listed ingredients, they often contain mercury and possibly high levels of hydroquinone.

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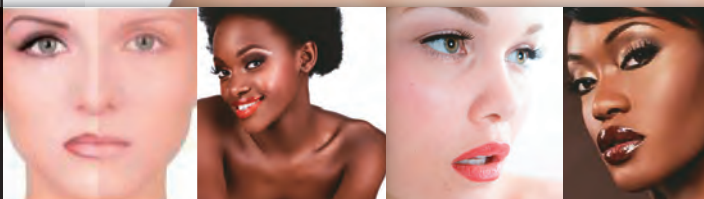
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This month Southgate Flavours of the South and Phillips is spoiling one lucky reader to the Phillips Avance Airfryer worth R3599. Simply SMS GISSouthgate, followed by your name to 36396 by July 13. An SMS costs R1.50.

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Bakes
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Smiles



Oh So Chocolate Muffins with Peanut Butter Cream

Ingredients

500 g Golden Cloud
Chocolate Flavoured Muffin Mix
175 ml sunflower oil
225 ml boiling water
10 ml coffee granules
2 large eggs
12 x Rolo chocolates

Peanut Butter Cream

125 ml butter, softened
125 ml smooth peanut butter
125 ml icing sugar, sifted

Chocolate Decoration

Few pieces of baking chocolate, cut into smaller pieces.

Method

Muffins

- Preheat oven to 180 °C. Add the coffee granules to boiling water, stir and leave to cool completely.
- Grease a 12 cup muffin pan. Use cupcake cases if desired.
- Whisk oil, eggs, and cooled coffee together.
- In a medium sized mixing bowl, add the **Golden Cloud Chocolate Flavoured Muffin Mix**.
- Make a well in the centre then add the liquid mix
- Using a wooden spoon stir until the ingredients are just combined. Do not over mix .
- Fill each muffin cup $\frac{3}{4}$ full; place a Rolo in the middle of each muffin cup ensuring that the batter completely covers it.
- You may need to use a spoon to move the batter over the Rolo.
- Bake for 15 - 20 minutes until a skewer comes out clean when inserted into the centre of the muffin. Cool completely.

Peanut Butter Cream

- Beat the butter and peanut butter together until light and fluffy. Add in the sifted icing sugar. Mix until well combined .

Chocolate Decoration

- Place a piece of wax wrap on your work surface ensuring that the shiny side is on the top.
- Melt chocolate in microwavable bowl in 30 second bursts, mix after every 30 seconds until chocolate is melted. Place chocolate into a sandwich bag. Make a small snip at the end of the bag and draw whatever pattern you desire Wait for the chocolate to cool at room temperature.

To Assemble

- Pipe or spread peanut butter cream onto cupcakes. Gently place chocolate decoration in middle of muffin. Enjoy!

Best Recipe Winner



Meet **Renuka Lallbahadur**, one of our 10 winners in the 'Golden Cloud Bakes Golden Smiles' competition. Renuka's **Golden Cloud** creation, Oh So Chocolate Muffins, has won her a **Kenwood kMix Kitchen Machine Stand Mixer worth R4 695**. Golden smiles were on her face when she heard the wonderful news!

www.goldencloud.co.za

