MAGAZINE / TYDSKRIF

50+

ONLINE

ISSUE 54

OCTOBER 2025



Hoe om jou gedagtes te ontspan voordat jy gaan slaap

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50+

MAGAZINE / TYDSKRIF

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EDITOR:
Charmaine Britz

CONTACT DETAIL:
Cell: 072 768 8582

WEBSITE:
www.topvibe.co.za

MEDIA HOUSE - TOP VIBE MAGAZINE
- TOP VIBE KIDS MAGAZINE
- GLAMOUR TALK MAGAZINE
- 50 + MAGAZINE

1.

50+ AMBASSADORS:

A message from our lovely Ambassadors they will bring you something new every month.

2.

ADVERTISING:

Advertise your business, products and more with us at affordable prices.
For more info call 072 768 8582

3.

MEDIA HOUSE WOMEN'S DAY:

Please support our Women's day event on 4th of October 2025

4.

BE ON OUR COVER PAGE ?:

Are you 50 + meaning 50 years and older? Then enter our competition.



REGULARS

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Cover page: Breast Cancer Awareness month

2. 50+ AMBASSADORS 04

Our 50+ Ambassadors se Ambassadeur Handelien Volschenk

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Find our adverts here and please support them.

4. 50 + Cover page: 05

You can be on the next cover page - all you have to do is to enter. Looking forward to see you on the next cover page.

5.BACK PAGE 20

Back page - our next issue is our November Issue



Photographer: Albertus Kriel
Venue: Bar with No Name - Village

Redakteur
aan die woord

Liewe leser,

Dit is Oktober maand, borskanker maand. Gaan doen daardie mammogram moet nie uitstel nie, maak vandag nog 'n afspraak.

Media House het nog twee projekte oor vir die jaar wat voorlê en ons wil julle graag deelmaak daarvan so kom geniet 'n lekker kuier saam met ons. Ons Vrouedag is 4 Oktober 2025 kontak my vir jou kaartjie by 072 768 8582

Ons is weer opsoek na die Nuwe gesig van Top Vibe Magazine, skryf in en wie weet dalk is jy ons volgende voorblad gesig. Dit gaan baie pret wees om deel te wees van ons Media House span.

Ons chat weer binnekort, raak betrokke ons wil van jou hoor.

Kom deel wenke, resepte met ons, ek plaas jou wen resep in ons volgende uitgawe.

Stuur na admin@topvibe.co.za

Charms xox

50+ Ambassador



HANDELIEN VOLSCHENK

Fotograaf Albertus Kriel

Liewe Lesser,

Elke jaar in Oktober word Borskankerbewusmakings maand wêreldwyd gevier.

Hierdie maand dien as ’n belangrike herinnering aan die belangrikheid van vroeë opsporing, ondersteuning vir pasiënte, en die bevordering van bewusmaking rondom borskanker – een van die mees algemene vorme van kanker onder vroue.

Maak jou mammogram afspraak, en moedig ander vroue aan om dieselfde te doen.

Dit is baie belangrik dat vroue mekaar moet aanmoedig om te gaan.

Handelien

Hope in Pink

In every fight, a
light will glow,

Through darkest
nights, true strength
will show.



A ribbon ties us,
heart to heart.

With faith and love,
well do our part

Yoga is good for physical and mental well-being

Yoga is beneficial for both physical and mental well-being. It improves flexibility, strength, and balance, while also reducing stress and improving mood. Yoga can also help with pain management, sleep quality, and overall body awareness.

Physical Benefits:

Increased Flexibility and Strength:

Yoga poses, or asanas, involve stretching and holding different positions, which improves flexibility and builds muscle strength.

Improved Balance:

Many yoga poses require balancing on one or both legs, enhancing stability and coordination.

Pain Relief:

Yoga can alleviate back pain, neck pain, and other musculoskeletal discomforts.

Cardiovascular Health:

Some yoga styles, particularly those involving more dynamic movements, can improve heart health by lowering blood pressure and heart rate.

Bone Health:

Weight-bearing yoga poses can help increase bone density, reducing the risk of osteoporosis.

Mental Benefits:

Stress Reduction:

Yoga's focus on breathing techniques and mindfulness can lower cortisol levels, the primary stress hormone, and promote relaxation.

Improved Mood:

By reducing stress and increasing body awareness, yoga can contribute to a more positive mood and sense of well-being.

Enhanced Mental Clarity:

Yoga's meditative aspects can improve focus, concentration, and mental clarity.

Better Sleep:

Regular yoga practice can help regulate sleep patterns, leading to improved sleep quality.

Mind-Body Connection:

Yoga emphasizes the connection between the mind and body, promoting greater self-awareness and a sense of wholeness.

Weight Management:

Yoga can be incorporated into a weight loss plan by improving metabolism and promoting mindful eating.

Improved Breathing:

Yoga's breathing exercises, or pranayama, can enhance lung capacity and improve respiratory function.

Reduced Inflammation:

Some research suggests yoga can help reduce inflammation, which is linked to various chronic diseases.

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Jan Bekker 082 881 8307

Tel: 016 932 2061
Tel: 016 932 2917
Fax: 016 932 2597
Email: bekker@compmed.co.za

148 Louis Trichardt Boulevard, SE 2, Vanderbijlpark



Media House 2025 projects!

Media House invite you to join us
It's our last two Charity projects.

Face of Top Vibe Kids & Top Vibe Magazine
Women's Day event 4th October 2025

WhatsApp 072 768 8582 for more information





Voorblad geleentheid in 2025

Will jy ook op 'n tydskrif se voorblad verskyn?

Jy kan al wat jy moet doen is om ons Faceboek blad dop te hou en sodra jy die advertertensie sien skryf in en jy mag dalk net ons volgende voorblad gesig wees.

Dit kan heerlike pret wees, ek hoor al hoe spog die kleinkinders met ouma en oupa op die voorblad of wat van ouma en oupa saam.

Ja dit is nooit te laat nie, maak 2025 jou jaar en waag 'n bietjie ek belowe dit gaan pret wees..

My kontak nommer is 072 768 8582 vir meer inligting..



Vitamins and minerals explained Key facts

Key facts

Vitamins and minerals are needed to make your body work properly. You only need very small amounts of vitamins and minerals in your diet.
Most people can get all the vitamins and minerals they need from a healthy diet.
Extra vitamins and minerals are sometimes taken as supplements. Taking too many supplements can cause health problems.

What are vitamins and minerals?
Vitamins and minerals are nutrients needed in small amounts to make your body work properly. They are sometimes called micronutrients.

Vitamins come from plants and animals, while minerals originally come from the soil and water.

An example of a vitamin is vitamin C, which is found in many fruits.

An example of a mineral is calcium. It's found in milk, fish and some plant foods like green vegetables and sesame seeds.

Where are vitamins and minerals found?
Vitamins and minerals are found in:

fresh foods
frozen foods
canned foods
dried and packaged foods

Fresh fruit and uncooked vegetables are good sources of vitamins. Some vitamins can be lost by cooking in water.

Most people can get all the vitamins and minerals they need by eating a balanced diet.

Why are vitamins and minerals important for my health?
Vitamins and minerals are nutrients your body needs to work properly and stay healthy.

You only need very small amounts of vitamins and minerals in your diet. Most people can get all the vitamins and minerals they need from a healthy diet.

However, you may need more vitamins and minerals if you are:

Several factors can influence the absorption and effectiveness of vitamins and minerals. These include individual characteristics like age and gender, as well as lifestyle choices like diet and smoking. Certain health conditions, medications, and even how food is processed and cooked can also play a role.

Vitamins and minerals boost the immune system, support normal growth and development, and help cells and organs do their jobs.



Hoe om jou gedagtes te ontspan voordat jy gaan slaap

Om aan die slaap te raak as jou gedagtes nie ontspanne is nie, kan 'n uitdaging wees. Dit kan egter 'n ewe uitdagende onderneming wees om jou gedagtes gereed te kry om te ontspan, voordat jy gaan slaap. Hier is 'n paar dinge wat jy kan probeer as jy beter wil ontspan voordat jy gaan slaap.

1. Maak jou oë toe

Voordat jy selfs in jou bed klim, kan jy na 'n moeilike dag net 'n paar oomblikke neem en jou oë toemaak om jou te help om te ontspan en van jou stres te ontlaai. As jy meditasie beoefen, is dit nou 'n ideale tyd om jou gedagtes te kalmeer en te ontspan. As jy nog nie mediteer nie, kan jy dit sterk oorweeg en dit dan in jou nagtelike roetine opneem.

2. Lees 'n boek

In 'n wêreld vol skerms kan die lees van 'n boek jou regtig help om in 'n dowwer lig aan te pas en gereed te raak vir slaap. Dit is belangrik dat jy 'n boek kies wat jy geniet en waarin jy jouself kan verloor, maar sonder om jou aandag af te lei en op die ou end meer wakker te laat voel.

3. Neem 'n warm bad

Dit is nie iets wat baie mense elke aand kan doen nie, maar 'n warm bad een keer 'n week of so kan jou regtig help om te ontspan. Warm baddens het ook gesondheidsvoordele, en die toevoeging van badsout of essensiële olies kan die ontspanning voor slaaptyd verhoog. Om 'n paar kerse aan te steek en die ligte uit te skakel, is 'n uitstekende manier om jou gedagtes te laat ontspan.

4. Oefen vroeër

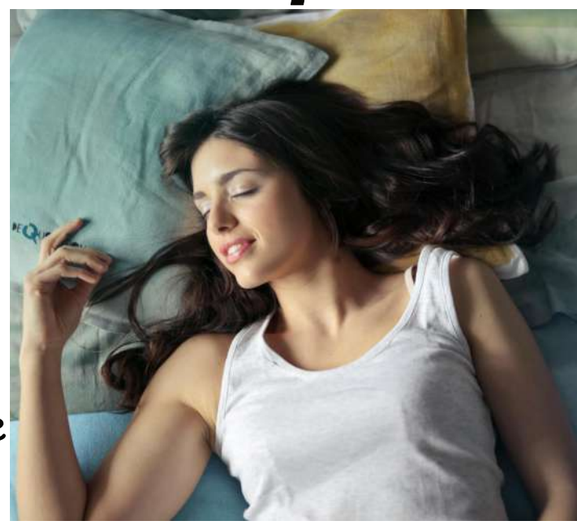
As jy die tipe persoon is wat laat in die aand oefen, sal dit jou nie help om te ontspan en jou gereed te maak vir slaap nie. Jy moet mik daarna om vroeër die dag te oefen - as jy nie soggens kan oefen nie, moet jy probeer oefen sodra jy van die werk af kom of tydens jou middagete dalk.

5. Drink 'n warm drankie

'n Warm drankie aan die einde van die dag kan jou help om te ontspan en jou in 'n beter bui te lat wat jou makliker kan laat slaap. Onder die gunsteling warm drankies vir die einde van die nag is kamille-tee en warm melk, hoewel jy byna enigiets kan kies waarvan jy hou. Jy moet egter alles wat kafeïen bevat vermy, want dit hou jou langer wakker.

Hou by 'n roetine

Diegene wat op verskillende tye slaap en wakker word, sal sukkel om so 'n goeie slaapkwaliteit te kry as diegene wat in 'n roetine verkeer. Daar is baie voordele daaraan verbonde om jou liggaam in 'n skedule te kry en daarby te hou, insluitend om 'n beter slaapkwaliteit te geniet.







Take care of your hands....

To care for your hands, wash them with warm, not hot, water and a mild, moisturizing soap, then pat them dry. Moisturize regularly with a thick cream to keep the skin hydrated, wearing gloves for household chores to protect from drying chemicals. Also, apply sunscreen to hands when in the sun, keep nails trimmed and clean, and consider weekly exfoliation and occasional overnight moisturizing treatments for exceptionally dry skin.

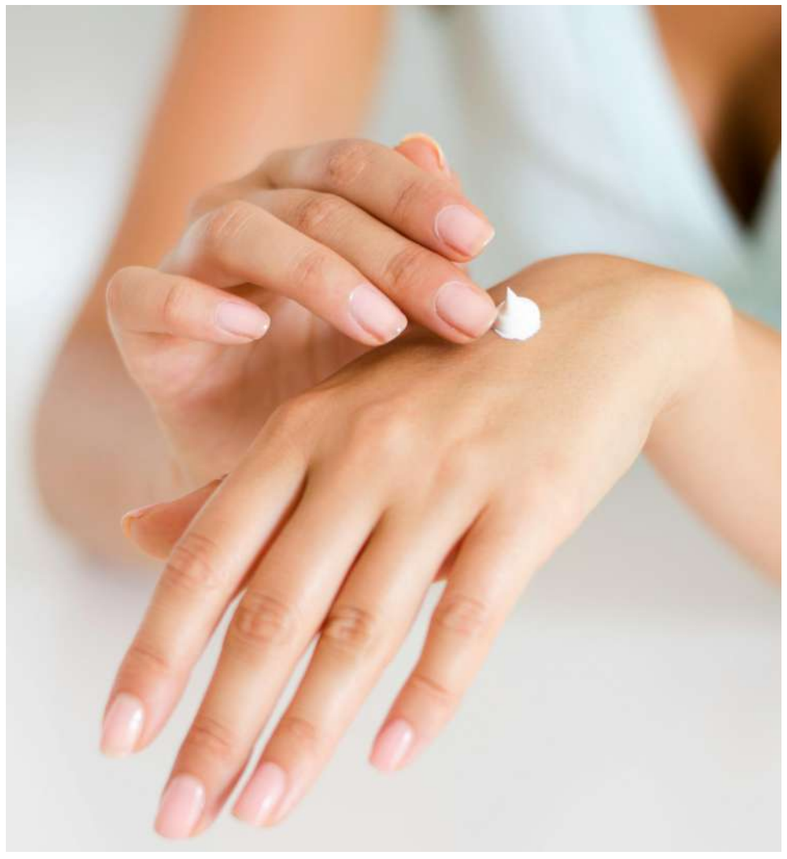
Wash and Dry Gently
Use mild, moisturizing soap: Choose soaps that don't strip the skin's natural oils.
Wash with warm, not hot, water: Hot water can be drying to the skin.
Scrub for 20 seconds: Make sure to clean between the fingers and under your nails.
Pat hands dry: Rubbing can irritate the skin, so gently pat your hands dry with a clean towel.
Moisturize Regularly
Apply cream or lotion after washing: This helps lock in moisture.
Carry moisturizer with you: Apply it whenever your hands feel dry.

Consider overnight treatment: For very dry hands, apply a thick balm and wear cotton gloves to bed.

Protect Your Hands
Wear protective gloves: Use gloves when doing household chores, especially with cleaning products, or when gardening.
Apply sunscreen: Hands are often exposed to the sun, so sunscreen helps prevent damage and signs of aging.

Maintain Hand & Nail Health
Exfoliate weekly: Gently remove dead skin cells with a scrub to keep your hands smooth.
Keep nails trimmed and clean: This is important for hygiene and to prevent damage.
Avoid cutting cuticles: Cuticles protect the nail bed from infection.
Other Tips
Drink enough water: Staying hydrated helps your skin stay healthy.
Eat a healthy diet: A nutritious diet can also improve the health of your skin and nails.
Consider alcohol-based hand sanitizers: If you're concerned about drying out your skin from frequent washing, the Centers for Disease Control and Prevention (CDC) recommends alcohol-based hand sanitizers over soap and water when hands are not visibly soiled.

What is daily hand care?
Use a gentle, non-drying hand wash that removes dirt and impurities without stripping away natural oils. We recommend washing your hands 5-10 times per day, depending on your lifestyle - more if your work involves health care, food prep or outdoor tasks.



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MEDIA HOUSE



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