Glamour Talk Mag

Online

July Issue 2021



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SUPER FRUIT
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"ME TIME"

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Glamour Talk Magazine

COMMENTS:
Please send an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

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EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

Baobab:

Stay healthy by eating healthy. Baobab super fruit supports your immune system, fights inflammation and enhances digestion while you enjoy the light subtly tangy flavor

2.

Farm 'n Sea Grillhouse:

Thank you Farm 'n Sea Grillhouse for your hospitality while having our 6th annual meeting for the month.

For more information:
Call: 016 110 0645

3.

Me Time:

Making time for yourself. Book some Me time in your dairy, make sure you take time for yourself every day.

4.

Advertise here:

Advertise your business in our Magazine at affordable prices.



REGULARS

1. EDITORS NOTE 03

Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine and Top Vibe Kids Magazine & 50+ Magazine

2. AMBASSADOR 04

Our Glamour Talk Magazine Ambassador Ané Oosthuysen will bring you something new every month.

3. AMBASSADOR 05

Our Glamour Talk Magazine Ambassador Sherlain Holmes will bring you something new every month.

4. COVER PAGE MODEL 01

- *Photo provided by anonymous*

5. BACK PAGE MODEL 26

Photo provided by anonymous -



Photographer: Albertus Kriel
Venue: Turn 'n Tender Vaal mall

EDITORS NOTE

July is the coldest month of the winter.
I must share this experience with you. We were without electricity for 4 day's, it was a nightmare.

I coundn't be on my phone, tried to save my battery life.
Couldn't work on my laptop, no lights, have to cook on a gas stove and have to bath in a little bit of water. I'm just greatful that it is over. It was an eye opener and we should not take things for granted.

Luckily everything is back to normal and we can carry on with life.

Take care till next month.

Ambassadors

Sherlain Holmes & Ané Oosthuysen



Sherlain Holmes

We would like to thank Farm 'n Sea Grillhouse for hosting us for our monthly meeting.

The service, food and coffee was absolutely devine.

Farm 'n Sea Grillhouse will also be doing the 2021 Vaal Wine Route.

Contact them for more information on 016 - 1100645

Follow me on Social Media.



Since I decided to take the leap of faith and enter Miss South Africa 2021, I can truly say that I have been blessed with the kindest words, love and support.

All I can say is, THANK YOU!
I'm so excited for what may lie ahead.
By embracing your calling and refusing to hide your glow, you wouldn't just make your world brighter, you'd light the way for the women who come behind you.

South Africa, I am ready to represent you and all of your greatness.
My time is now!

Follow me on Social Media.



Ané Oosthuysen

“Boost your immune system with Baobab superfruit power”

BOOST YOUR IMMUNE SYSTEM

Stay healthy boost your immune system with Baobab superfruit powder.



A low suger, nutriet-dense organic superfruit power for smoothies; mix with water for a natural sports drink, add to oatmeal, baked goods or yoghurt. Adds antioxidants, fiber and electrolytes.
Bursting with antioxidants
Contains 50% more antioxidants than blueberries, pomegrante, goji berries or acai.

Extremely high bioavailability so your body absorbs the ant-oixidant goodness Nutrient & Fiber Powerhouse - 50% fiber (the majority soluble fiber) to help lower inflammation in the body.

An excellent source of electrolytes,more potassium and magnesium than bananas or coconut water

- Organic
- Raw -
- Vagan- Sustainable
- Gluten-free - Whole Food.
- Re-sealable pouch contains 200 grams of powder

Where can you find this product?

African Health Products web-site
www.africanhealthproducts.co.za

NUTRITIONAL INFORMATION

BAOBAB POWDER

	Per 100 g	Per Single 10 g Serving
Energy (kJ)	914	91
Protein (g)	3,6	0,4
Carbohydrate (g)	26	3
of which total sugar (g)	0	0
Total Fat (g)	0,2	0
of which saturated fat (g)	0,1	0
Dietary Fibre AOAC 991.43 (g)	49,2	5
Total Sodium (mg)	2	0

BAOBAB

SUPER FRUIT POWDER

The high omega-3 fatty acid in baobab oil is also good for your hair. When used as a hair mask or a leave-in conditioner. Baobab oil may help moisturize dry hair and strenghten weak brittle hair.

Baobab powder comes from the fruit of the baobab tree, which has been revered from centuries as “the Tree of Life”.

Baobabs grow wild throughout Africa and can become massive - the largest recorded baobab tree is 98 feet tall and 36 feet in diameter.



Stay healthy by eating healthy.
Baobab super fruit powder supports you immune system fights inflammation and enhances digestion while you enjoy the light subtly tangy flavor.

“ME TIME”



It’s about being present with yourself; mind and body. ‘Me Time’ is the conscious effort of taking (much needed) time-out to recharge your batteries. Me time can be spent in a range of ways and can vary for person to person. It can be achieved through having a bath, reading a book, going for a walk, performing yoga, getting your hair or nails done, and so many more activities. Essentially, as long as you’re alone with your thoughts and undertaking mindfulness during any activity, you’re successfully spending some quality ME time.

Why is Me time so important? Because, whether we believe it or not, our mind and body are connected, and for our mind and body to function optimally, they need to be in sync. When they aren’t, you may notice changes in both. Such as, stress and tension may manifest themselves in your body as aches and pains like stomach cramping, back or neck aches or even migraines. And the same principle applies reversed. If you have a physical injury that restricts you from undertaking usual activities, you may notice a change in mood, motivation, or concentration.

It is amazing how our mind and body communicate with us, and regularly undertaking Me Time allows you to understand their messages and take actions according to what you need to be healthy.

So, how EXACTLY do you be present during me time?

Again, this can be different for everyone, but breathing and focus are key ingredients. Consciously taking deep breaths in and out allows your body to turn off any stress induced Fight or Flight mode that may be subconsciously switched on, and reset you to Rest and Digest mode. As you take deep breaths focus on different parts of your body; reconnecting your mind and body. Become aware of every single part of what makes you – YOU.

If you have any mind or body concerns, niggles or aches – focus on them. Don’t avoid any thoughts or concerns, delve into them. Talk to yourself internally. Ask yourself what might be going on to cause the issues and problem solve. If there’s a problem you can’t solve, that’s okay, but remind yourself that you’re safe. You won’t always know the answers, but accepting that will still do wonders for you. Getting in tune with your mind and body isn’t hard, but it does take concerted effort.

What are you waiting for?

Enjoy some Me Time, and your mind and body will thank you for it!



“Why is ME TIME so important?”

Farm 'n Sea....
Grillhouse

SPECIAL EDITON

We would like to thank Farm 'n Sea Grillhouse for hosting our monthly magazine meeting.

This is such a great place to relax and come out a bit .
Be sure to find Farm 'n Sea Grillhouse in Vanderbijlpark.

The food is Delicious and the service excellent.

Our team enjoy every moment the platter was a great appeticer while having our meeting.

When the darkness gets you down REMEMBER we have a generator, come dine with us Wednesday to Friday we have a happy hour and you pay half price on cocktails and beer on tap.

We have a take-away menu during Lockdown.

EVERY DAY IS A GOOD DAY FOR SUSHI

It's sushi Tuesday - Book now for all you can eat sushi





Part of the Vaal Wine Route 2021

Find us on the 2021 @vaalwineroute .
Every Saturday, Sunday and Public Holiday from 5 June - 1 August 2021.
Bookings are essential as space is limited.
#vaaluncorked #uncorked When the darkness gets you down, re

WINTER BLUES



The winter blues are very common, with many of us experiencing a mood shift during the colder, darker days of winter. You may find yourself feeling more lethargic and down overall.

Although you may feel more unhappy than usual, the winter blues typically do not affect your ability to enjoy life. But if your winter blues start permeating all aspects of your life — from work to personal relationships — you may be experiencing seasonal affective disorder (SAD).

SAD is a subtype of major depression that is characterized by the onset of depression during winter months when there is less natural light. For many people, symptoms usually start in the fall and continue into the winter months.

Symptoms of Seasonal Affective Disorder may include:

Feeling depressed most of the day, nearly every day
Feeling hopeless or worthless
Having low energy
Losing interest in activities you once enjoyed
Problems sleeping
Changes in your appetite or weight
Feeling sluggish or agitated
Having difficulty concentrating
Having frequent thoughts of death or suicide

Specific causes remain unknown. Some factors may include:

Your biological clock (circadian rhythm)
Reduced sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression
Serotonin levels
A drop in serotonin, a brain chemical that affects mood, may play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
Melatonin levels
The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.
How Do You Treat SAD?

Treatment for SAD may include light therapy (phototherapy), psychotherapy and medication.

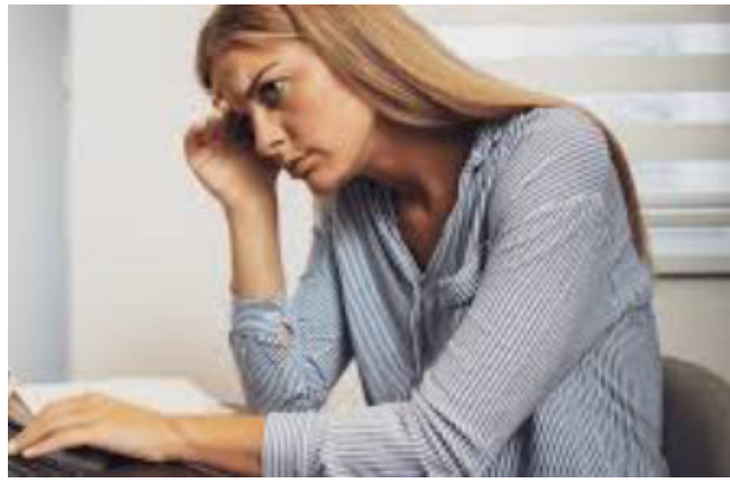
In addition to your prescribed treatment plan for SAD, you may also try:

Making your environment sunnier and brighter
Spending more time outside
Exercising regularly
In addition to SAD, some people with major depression, un-related to the season, may experience an increase in symp-toms during the late fall and winter; it is important that they discuss this with their psychiatrist.

The most important take-home message is that SAD, just like other types of depression, is treatable and people should not suffer in silence; they should seek help.

- Written by Jeffrey Borenstein, M.D., President & CEO of the Brain & Behavior Research Foundation. This blog post also appears on the Gravity Blankets Blog.

“Don’t suffer in silence - seek help”



FAMILY MEETING



Family Meetings are events that can help set long-term goals, ensure transparency, define roles, and help connect family members across generations so they understand the responsibility and management of their wealth.
What do you discuss in a family meeting?
Here is an example of some typical family meeting agenda topics:
What happened last week.
What's happening this week and future/holiday plans.
Old stuff.
New stuff.
Money stuff (There's always money stuff)
Something wonderful my family did for me.
Something wonderful I did for my family.
If the purpose of the meeting is to discuss a specific problem, it is helpful to use the following prescribed steps:

Decide who is involved. Tell them which issue you would like to discuss and why.

Keep the family meeting short – with young children, the meeting should be no longer than 15 minutes.

Have each person state his perspective about the situation without inter-ruption and without judgment. Go around the table, and allow each person the opportunity to speak. If one person, even a parent, tends to monopolize the discussion, you can set a pre-determined time limit for each speaker.

Ask each person for suggestions to address the issue or solve the problem, again with no interruptions.

Write down the suggestions. Discuss the proposals and consider their feasibility. Select solutions that seem fair and reasonable to everyone. If consensus is not reached, this may be an opportunity to teach the skills of compromise and negotiation.

Develop a plan of action; make a list of who will do what and when. You can even have everyone sign the agreement to give a sense of importance to the process and then post it as a reminder.

At the end of the session, set a date for a follow-up meeting to evaluate how your plan is working.

WHY FRIENDSHIP IS IMPORTANT



Friendships can enrich your life in many ways. Good friends teach you about yourself and challenge you to be better. They encourage you to keep going when times get tough and celebrate your successes with you.

But friends do a lot more than give you a shoulder to cry on; they also have a positive impact on your health. Some research even says friend-ships are just as important to your well-being as eating right and exercising.

So how do friendships contribute to your well-being?

It turns out that healthy relationships actually contribute to good physical health. Having a close circle of friends can decrease your risk of health problems like diabetes, heart attack, and stroke.

Having strong social ties can also decrease feelings of loneliness, which evidence shows can take a toll on your longevity. According to a 2010 review, people with strong relationships have half the risk of premature death from all causes.

“Spending time with friends reduce stress”

One possible explanation for those health benefits is that friendships can help you make lifestyle changes that can have a direct impact on your well-being. For example, your friends can help you set and maintain goals to eat better and exercise more.4 They can also watch out for you and give a heads-up when any unhealthy behaviors (like drinking too much) get out of hand.

Additionally, people are more motivated and likely to stick to a weight loss or exercise program when they do it with a buddy. It's much easier to get out and stay active when you have a friend by your side. That friend may also suggest activities that you would not have considered on your own—thus, pushing you outside your comfort zone to challenge your anxiety.

“We all need somebody to lean on”

Everyone has self-doubts and insecurities every now and then. But having friends who support you plays a big role in building your self-esteem, or how much you appreciate and love yourself.

Supportive friends can help you feel more confident by offering praise and reassurance when you're feeling unsure. They'll shine a light on just how amazing you are and how much you have to offer others. Everyone goes through stressful events. If you know you have people you can count on, you may be less likely to even perceive a tough time as stressful.

Spending time with friends can also help reduce stress. According to Harvard Medical School, "social connections help relieve levels of stress, which can harm the heart's arteries, gut function, insulin regulation, and the immune system."

Friends can also help you cope with stressful situations. According to one small study, when children hang out with their friends during a stressful situation, they produce less cortisol, a hormone released when the body is under stress. As the song goes: “We all need somebody to lean on.”

Spoil yourself

WITH THESE EASY HOME SPA TREATMENTS



Relaxing Bath treatment:
1 x Quarter cup rose water
1 x Quarter cup coconut oil

Soothing Face mask:
2 x Teaspoons Honey
1 x Quarter cup Oatmeal

Body Scrub:
1 x Cup brown suger
1 x Cup Olive oil.

Anti - redness blemish treatment:
1 x Raw egg yolk
Few drops lemon juice.

Egg & Honey Facial:
1 egg yolk
1tsp honey
1tsp vitamin E oil
1 tsp almond oil

Spoil yourself once in a while with these easy home spa treatment, invite a few friends over make healthy snacks and enjoy a day with your friends. All there marsk need to be rinse after 15 minutes.

HEALTH LAB

Wellness and nutrition, at your fingertips

When life gives you lemons

Lemons are great for your health and your weight-loss. Because of there high levels of vitamin C and antioxidants, they not only help protect your immune system,but boost your metabolic rate by helping your body break down fats more effeciently too. Start your day with a cup of hot water and a few slices of lemon to kick- start your metabolism.

Lemon juice have antibacterial and anti - fungal properties, so it works wonders when it comes to cleansing your skin and tightening pores. Cut a lemon in half and rub it on any problem areas, before spalshing with water and moisturising well.

Mixing together lemon juice and brown sugar also makes for a great body scrub.



“ADVERTISE YOUR BUSINESS - SUPPORT OUR ADVERTISERS.”

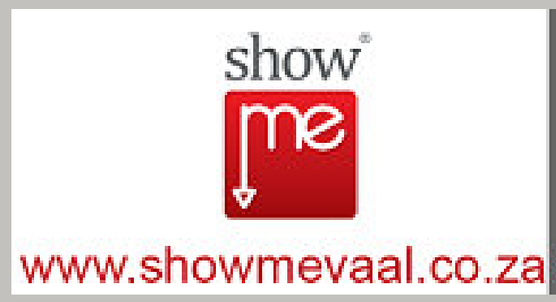
















Your 20's might not be the best age for a serious relationship - Here's why

The twenties are considered to be the best phase of one's life. You are young, wild, energetic and have just started exploring what all life has to offer. You are taking baby steps in the professional world, understanding your own self and figuring out what suits you the best. In fact, this phase has the potential to decide how your life will turn out to be. If you have found 'the one' and are in a happy relationship—good for you! For others, getting into a serious relationship in your 20s might not be a great idea. Here's why…

The twenties is the time when you figure out what do you want to do professionally in your life. Either you have entered the corporate world and working hard (and partying harder!) to step up the corporate ladder. Or, you have an amazing start-up idea in your mind, and you are focussing on your time, energy and 'emotions' to make this dream project a reality. While you are working to take your career ahead, all the other things, including a serious relationship, can wait.

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Until and unless you are sure about what do you exactly seek in a partner or your relationship, how can you commit to a relationship? You have seen romantic movies and read fairy tale stories, and there is a high probability that you derive the idea of love and relationships from these. However, in reality, you might not even understand the difference between love and infatuation. Hence, it is wise to hold your horses, take your own sweet time and take this plunge when you are sure about it.

Marriage is a life-long commitment



Until and unless you are sure about what do you exactly seek in a partner or your relationship, how can you commit to a relationship? You have seen romantic movies and read fairy tale stories, and there is a high probability that you derive the idea of love and relationships from these. However, in reality, you might not even understand the difference between love and infatuation. Hence, it is wise to hold your horses, take your own sweet time and take this plunge when you are sure about it.

Marriage is a life-long commitment and hence, one of the most important decisions you take in your entire life.

. When you have the option to meet new people, understand their life experiences, date the ones you find interesting and that too without making any promises, why do you want to settle down so early?

Chocolates is GOOD for you!



Chocolate is believed to contain high levels of antioxidants. Some studies have suggested chocolate could lower cholesterol levels and prevent memory decline. Chocolate contains a large number of calories. People who are seeking to lose or maintain weight should eat chocolate only in moderation.

Dark chocolate is loaded with nutrients that can positively affect your health.

Made from the seed of the cacao tree, it is one of the best sources of antioxidants on the planet.

Studies show that dark chocolate (not the sugary crap) can improve your health and lower the risk of heart disease.

This article reviews 7 health benefits of dark chocolate or cocoa that are supported by science.

1. Very Nutritious
If you buy quality dark chocolate with a high cocoa content, then it is actually quite nutritious.

It contains a decent amount of soluble fiber and is loaded with minerals.

A 100-gram bar of dark chocolate with 70–85% cocoa contains (1):

11 grams of fiber
67% of the RDI for iron
58% of the RDI for magnesium
89% of the RDI for copper
98% of the RDI for manganese
It also has plenty of potassium, phosphorus, zinc and selenium
Of course, 100 grams (3.5 ounces) is a fairly large amount and not something you should be consuming daily. All these nutrients also come with 600 calories and moderate amounts of sugar.

For this reason, dark chocolate is best consumed in moderation.

The fatty acid profile of cocoa and dark chocolate is also excellent. The fats are mostly saturated and monounsaturated, with small amounts of polyunsaturated fat.

It also contains stimulants like caffeine and theobromine, but is unlikely to keep you awake at night as the amount of caffeine is very small compared to coffee.

Summary Quality dark chocolate is rich in fiber, iron, magnesium, copper, manganese and a few other minerals.

There is considerable evidence that cocoa can provide powerful health benefits, being especially protective against heart disease.

Of course, this doesn't mean you should go all out and consume lots of chocolate every day. It is still loaded with calories and easy to overeat.

Maybe have a square or two after dinner and try to really savor them. If you want the benefits of cocoa without the calories in chocolate, consider making a hot cocoa without any cream or sugar.

Also be aware that a lot of the chocolate on the market is not healthy.

Choose quality stuff — dark chocolate with 70% or higher cocoa content. You might want to check out this guide on how to find the best dark chocolate.

Dark chocolates typically contain some sugar, but the amounts are usually small and the darker the chocolate, the less sugar it will contain.

Chocolate is one of the few foods that taste awesome while providing significant health benefits.

MAGAZINE



The look

NEXT ISSUE AUGUST
To download go to www.topvibe.co.za