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14th February
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Fotograaf: Charmaine Janse van Rensburg

Februarie maand staan bekend as die maand van Liefde! My persoonlike mening sou wees dat elke dag uitgesonder moet word vir Liefde.
Hoewel die liefde 'n komplekse woord is, maak die liefde ook so seer. Sien daar is 'n fynlyn tussen liefde en haat.
Ek is seker jy kan met my vereenselwig.
Maar ons mensdom sal altyd in die liefde glo en dit hoort natuurlik ook so.

Daar word al vir baie jare liedjies gekryf oor die liefde, films gemaak, die liefde sal altyd oorwin ongeag van die omstandighede.

Die bybel leer ons in Korinthiërs 13.4-8 en 13

4. Die liefde is lankmoedig en vriendelik; die liefde is nie jaloers nie; die liefde praat nie groot nie; is nie opgeblase nie;
5. handel nie onwelvoeglik nie; soek nie sy eie belang nie; word nie verbitter nie; reken die kwaad nie toe nie;
6. is nie bly oor die ongeregtigheid nie; maar is bly saam met die waarheid.
7. Dit bedek alles, glo alles, hoop alles, verdra alles.
13. En toe bly geloof, hoop en liefde - hierdie drie, maar die grootste hiervan is die Liefde!!!

Dit is baie interessant, en ek vra myself die vraag hoekom nie hoop of geloof nie?

En ek kry my antwoord dit moet liefde wees, want die liefde oorwin alles.
Wees lief vir mekaar, en weet dat God jou lief het bo alles.

Ek wil afsluit en vra dat ons elkeen in die maand van Februarie met ander oë na die liefde sal kyk. Dit gaan nie oor geskenkies nie maar oor dade. Want dade spreek harder as woorde.
Jy is welkom om dit met ons te deel, ek hoor graag van jou, stuur vir ons na charmaine@topvibe.co.za

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Lacking Motivation?

5 steps to get back on track.

By Dr. Ivan Misner.

Not long ago, a member asked me this question:
was wondering what do you do when your motivation level is lacking, as well as your self-esteem? What do you do to regain the motivation needed to move on with your plans and pursue your networking endeavors?

This is a great question, and here's my answer:
First of all, let me say that I am as certain of what I'm about to say as anything in my life – **motivation comes from within you, not from outside you. No one can motivate you but yourself.** I'm speaking long-term motivation. Many years ago, author Frederick Herzberg wrote in the *Harvard Business Review* that others can motivate you but only in the short term. He called that KITA (Kick in the… Anatomy). That's really what he called it!

On the other hand, long-term motivation comes from within. So, that begs the question – as a business person, how do you motivate yourself when your motivation is low? First, you should understand that virtually all people have to deal with this at some point throughout their professional lives. I've never met anyone who was immune to this. (I certainly am not.) So, what do I do as an entrepreneur and businessman when I feel down?

Here are some of the things that have helped me:
1. ***Minimize contact with negative people!*** That's not always possible, but do it as much as you can, and at least for a short while. I believe that some people complain as though it were an Olympic event! Keep clear of them while you are trying to get your mojo back.

2. ***Maximize time with people who refuel your energy!*** You become most like the five or six people you hang out with the most. Hang out with people that make you want to "do" and "be" better. Set some meetings with them. Go to some business events together – anything that puts positive people around you.

3. ***Read/listen/watch positive things.*** If you are feeling down, read a positive book. Listen to an audio book or podcast with a positive message. Watch something that makes you laugh! Surround yourself with things you love that influence you positively. Let them into your life as much as possible.

4. ***Prioritize the things you want to do and must do.*** Make a list. As a business man, I live by lists. The more I can get a handle on the things I need and want to do – the easier it is to tackle them.

5. ***Eat the elephant one bite at a time.*** Take that list you've created and tackle a few items EVERY DAY. If you really do this you will be amazed at how much you accomplish. The more you accomplish, the better you will feel. They feed each other.

There's plenty more we can do to generate motivation, but I believe the list above is a good start. Also, keep this in mind: if your motivation is low it helps to step out of the small picture (the day-to-day) and remember the big picture – why you are doing what you do. Allow yourself to be motivated by your bigger vision, and let your goals drive you. Remembering *why* you are doing what you do in business can most certainly help you find some new energy to keep going.

If you're still struggling with motivation after reading and trying the above, here's a great suggestion from one of my friends: Let your to-do list (suggestion no. 4) be driven by a short term goal – what would you like to achieve in the next week or – at most – next month, that inspires you to act today? A small "win" can be very motivating.

Kosbaar

As jy n kansie het, lees die asb,dis regtig so kosbaar.

1. Die beste manier om iemand "terug te kry" is om te vergewe.

2. Voed jou geloof en jou twyfel sal sterf van die honger.

3. Tensy jy die hele skepping kan skep in 5 dae, is dit miskien nie so 'n goeie idee om vir God voor te skryf nie.

4. Suksesvolle huwelike is nie om die regte persoon te vind nie maar om die regte persoon te wees.

5. As die Gras groener is aan die ander kant van die draad, kan jy verseker wees die waterrekening is ook hoër.

6. Woede is 'n toestand waar die tong vinniger werk as die verstand.

7. Jy kan nie die verlede verander nie, maar jy kan die huidige ruïneer deur te bekommer oor die toekoms.

8. God gee altyd Sy beste aan hulle wat die keuse aan Hom oorlaat.

9. Alle mense glimlag in dieselfde taal.

10. 'n Drukkie is 'n groot geskenk! "One size fits all"!

11. Almal verdien om bemin te word.... Veral hulle wat dit nie verdien nie.

12. Die werklike maatstaf vir 'n man se rykdom is wat hy belê het in die lewe hierna.

13. Elke een het skoonheid maar nie almal sien dit nie.

14. Dank God vir wat jy het en VERTROU HOM vir wat jy benodig.

15. Indien jy jou hart vul met verwyte oor gister en bekommernisse van môre, het jy geen vandag om voor dankbaar te wees nie.

16. Indien iemand iets slegs van jou sê, leef so dat niemand dit glo nie.

17. Geduld is die vermoë om jou "engine te laat idle" terwyl jy voel jy wil jou" gears strip".

18. Harde woorde breek nie bene nie maar wel harte.

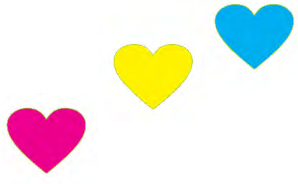
19. Liefde word versterk deur saam deur konflik te werk.

20. Om uit die moeilikheid te kom, moet mens gewoonlik daardeur.

21. Ons neem as vanselfsprekend aan die dinge waarvoor ons moet dankie sê.

22. Liefde is die enigste ding wat verdeel kan word sonder dat dit minder word.

23. Neem tyd om te lag want dit is die musiek van die siel.





A CAPTIVATING COMBINATION OF DRAMA AND SUSPENCE

Award-winning scriptwriter, Aaron Sorkin, makes his directorial debut with a compelling action-packed drama about the life of Olympic skier and underground gambling queen, Molly Bloom. Sorkin, known for his work on box office hits, such as The Social Network, Steve Jobs, Moneyball, The American President and A Few Good Men, adapted the script for MOLLY'S GAME from Molly Bloom's book and memoirs and managed to deliver a striking version of her story for the big screen. "In his overdue directorial debut, Sorkin both entertains and makes you lean in to absorb every detail of this wild tale, which boasts a stellar cast to help tell it," says The Hollywood Reporter's Todd McCarthy.

MOLLY'S GAME tells the story of a beautiful and competitive sportswoman (Jessica Chastain) who ran the world's most exclusive high-stakes poker game for a decade, before being arrested in the middle of the night by 17 FBI agents wielding automatic weapons.
This suspenseful movie shows how she tries to protect her players, which included Hollywood royalty, sports stars and business titans during the court case that follows and how things gets even more complicated when she realizes that the Russian mob is also involved. Her only ally is her criminal defence lawyer, Charlie Jaffrey (Idris Elba), who soon learns that there is much more to Molly than the tabloids led the public to believe.

The film was officially launched at the Toronto International Film Festival in September 2017 and has already received several awards, including two Career Achievement Awards for Aaron Sorkin at the Zurich Film Festival as well as the Denver International Film Festival. It was also named the Audience Favourite at the Mill Valley Film Festival.

Acclaimed actress and producer, Jessica Chastain, famous for movies like Interstellar, The Martian, The Disappearance of Eleanor Rigby and Miss Sloane stuns in the role of Molly Bloom and film critics predict that she might even win an award or two for her outstanding performance. Idris Elba (American Gangster, Thor, Pacific Rim, Star Trek Beyond) and the multi award-winning Kevin Costner (Dances with Wolves, Robin Hood: Prince of Thieves, Tin Cup, The Postman, Message in a Bottle, The Guardian) also impress in their supporting roles. The cast also includes stars Michael Cera, Jeremy Strong and Justin Kirk.

MOLLY'S GAME provides the perfect combination of action, suspense and intrigue to captivate and impress any audience. Through a cleverly compiled script, good directing and outstanding acting, you'll get to know Molly Bloom and forget about any preconceived ideas you might have had about who she is. It's a story about a strong, ambitious woman who managed to stand her ground in a male dominated industry and about the price she, eventually, had to pay for it.

The movie is distributed by Ster-Kinekor Entertainment and will be released in cinemas on 12 January 2018.

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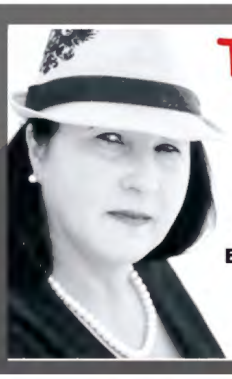
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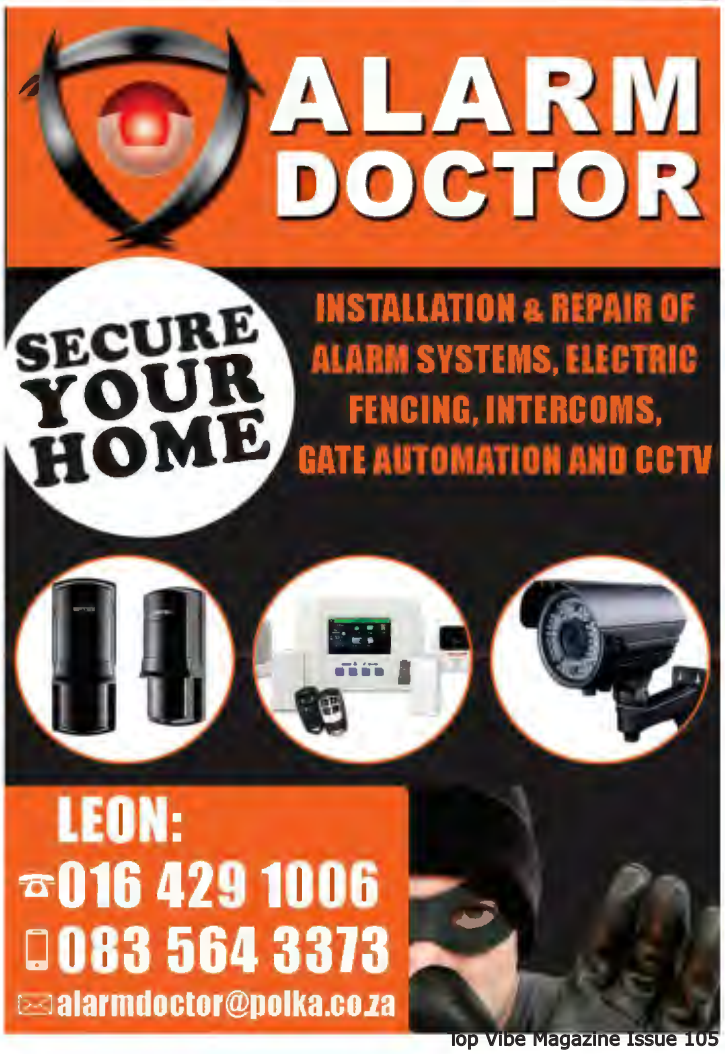

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As iets fishy is! Wat? Vaginale afskeiding? Wat nou?

Deur: Dr Quinten D. Fourie.
(Fotograaf Photo Dairy & Venue)

Normale afskeiding is roomkleurig of wit en NIE jeukerig nie.
Dit gebeur veral in die mid- menstruele siklus tydens ovulasie.
Normale afskeiding is a.g.v balans in die vagina tussen swamme en bakterië.

Abnormale afskeiding is wanneer die normale afskeiding beïnvloed word deur antibiotika, die pil, suikersiekte, swangerskap, stress, borsvoeding en as jy jouself *douche*.

Bruin en bloederige afskeiding is wanneer daar abnormale siklus is, servikale of baarmoeder kanker en verdere ondersoek is nodig.
Dit kan gepaard gaan met pyn en abnormale bloeding.

'n Troebel of geel afskeiding is gewoonlik gonorrhoea, 'n seksueel oorgraagbare siekte (STI) wat antibiotika benodig.
Dit kan ook bloeding tussen siklusse veroorsaak asook lekking van die blaas.

Wanneer die afskeiding skuimerig, geel of groen en sleg ruik is dit *Trichomonas* wat 'n (STI) is en antobiotika word benodig. Dit is gewoonlik pynlik en jeukerig tydens urinering.

'n Plenk afskeiding gebeur na die geboorte van 'n kind as die baarmoeder se belying afgeskei word.

'n Wit, dik en kaserige afskeiding is gewoonlik a.g.v. 'n fungus infeksie soos Candida. Daar is gewoonlik swelling en pyn rondom skaamlippe, erge jeukerigheid en pynlike seks. Dit word behandel met antifungus medikasie of room.

'n wit, geel afskeiding met 'n baie visserige reuk is a.g.v. bakletiele vaginose, 'n bakteriële infeksie van die vagina wat met 'n antibiotika gel of medikasie behandel kan word.
Daar is kontroversie onder ginekoloë of dit wel behandel moet word of nie.

Meeste STI's word sindromies behandel, dus ons gee verskeie antibiotikas om alle organismes te dek. Enige bekommernisse moet altyd met jou dokter of ginekoloog bespreek word.
Ander STI's is soos vaginale of anale vratte wat a.g.v die MPV / HPV (menslike papilloma virus) is, waarvoor daar verskeie maniere van behandeling is.
Daar is nou ook immunisasie teen vratte as ook vaginale, anale en penale kanker.
Tans is die bivilant (2 serotipe) immunisasie darem deel van die regimen van immunisasie vir dogters op ouderdom van nege jaar. In die staat en is verpligtend.
Dit is ook essensieel dat seuns daarteen geimmuniseer word.
Die quadrivilante (4 sepotipe) is in private sektor beskikbaar.
Hierdie immunisasie ie redelik effektief tot ouderdom van vier en twintig en minder effektief tot ouderdom vyf en dertig. Drie inspuitings moet gegee word om die kursus vir immuniteit te voltooi.

Genitale seertjies (ulcers) wat pynlik is a.g.v. Herpes 2 en word met antivirale medikasie behandel. As die seertjies nie seer is nie (chancre), kan dit wees a.g.v. sifillis wat deur antibiotika behandel word. Geswelde kliere in die lieste kan wees a.g.v. 'n Clamydia bakteriele infeksie wat met antibiotika behandel word.

Hoe om vaginale infeksie te voorkom:

* Was jou vagina gereeld met sagte, matige sterkte seep en warm water.
* Vermy gegeurde sepe asook vroulike vaginale sproei asook borrelbad seep.
* Vee altyd die vagina af van voor-na-agter na urinering, omdat dit bakteries na die vagina en uretra (piepie gaatjie) voorkom.
* Dra 100% katoen onderklere wat nie styf sit nie.

Dr Quinten D Fourie (MBBCh, Wits)
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Glaucoma



Key Facts about Glaucoma.

- Glaucoma is a progressive disease causing irreversible visual loss, usually without warning until relatively advanced.
- 50% of affected people in the developed world and 90% in developing countries do not know they have Glaucoma.
- The main risk factors to develop Glaucoma are a positive family history of Glaucoma, people of African decent, myopia (short sightedness).
- Regular eye examinations will detect the Glaucoma disease in the early stages and avoid visual impairment.

Everything you need to know about Glaucoma:

Glaucoma is one of the world's leading causes of blindness. In South Africa, 4 out of 50 people over 40 have this condition.
Glaucoma is not curable, but blindness is preventable if Glaucoma is diagnose and treated early. While there are usually no warning sign, regular eye tests will help detect the onset of the disease.

What is Glaucoma?:

Glaucoma is an eye condition characterized by loss of vision due to damage to optic nerve results in damage to sight. Usually, but not always to the brain, and any damage occurs because pressure within the eye increases and presses on the nerve, which damages it.

Will I go blind from Glaucoma?

If you have been diagnosed with Glaucoma, this does not mean you will go blind, especially if you have diagnosed at an early stage in the disease. Eye drops and sometimes operations ca stabilize the Glaucoma, and with regular check-ups, you will be able to manage the condition.

Can the damage to the optic nerve be reversed?

No. In Glaucoma, once the optic fibers have been damaged, they die and they never grow back or recover. The loss of these fibre's causes your eyesight to get worse and can lead to blindness.
The key to preventing optic nerve damage or blindness from Glaucoma is early diagnosis and adequate treatment.

Common questions about Glaucoma:

Is there any way to prevent Glaucoma?

No, but regular check-ups will enable early detection and treatment.

Can I continue to drive?

The law requires you to have both good central vision and an adequate field of vision. To drive when you are unable to meet the standards is an offence and may invalidate your insurance.
You should not drive until you have confirmation from your ophthalmologist that your vision meets the standards.

How did I get Glaucoma?

Glaucoma is not contagious, and is not caused by diet, work or other factors. Many people get Glaucoma as they get older, and it seems to be part of the natural ageing process. Some groups are known to be at more risk: - relatives of someone diagnosed with Glaucoma (particularly siblings) - people of African decent, and people with severe myopia (short slightness)

Further information about Glaucoma:

South African Glaucoma Society - www.sags.co.za
International Glaucoma Association - www.glaucoma-association.com
The Glaucoma Foundation - www.glaucomafoundation.org

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Het jy gedagtes, menings, stories of voorstelle om met ons te deel?
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Top Vibe & Magazine

GREAT MOMENTS AT THEIR GREATEST
VAALMALL

Movie Review

Proud Mary



Proud Mary proves Taraji P Henson has more than enough attitude and charisma to carry an action movie just not unfortunately, one of this indifferently assembled. Taraji P Henson is Mary, a hit woman working for an organized crime family in Boston, whose life is completely turned around when she meets a young boy whose path she crosses when a professional hit goes bad.

This is a jam pack action movie, not to be missed. This movie is **not** suitable for children because of the violence, strong language in a shallow mob - killing tale.

But if you like action movies, then this is probable the one for you to watch..

Our rating of Proud Mary

"This is only my view, go watch the movie at Vaal Mall and let us know what was your view on this movie.

Send your view to admin@topvibe.co.za



FRAGRANCE



What really smells good

Smart rules for fragrance shopping!

Shop in the morning.
In the morning your nose is fresh because it hasn't been affected by pollution or food smells yet.

Don't spritz into the air!
When test smelling, spritz the fragrance into the air. Spraying into the air simply can't tell you what a perfume will ultimately smell like on you.



Wait for the scent to settle in!
Only test two different perfume at a time.
The "dry down" perfumer speak of what a scent smells like after you've had it for an hour or so is what the fragrance really smells like

Avoid nose burnout
Sniffing something that's not perfumed (like your shirt)between trying different scents brings your nose back to neutral.



#Where should I apply my fragrance?

On your pulse points - your body's hot spots
Scent will heat up and radiate out.
For everyday wear, put a little fragrance on your neck, cleavage and wrists.

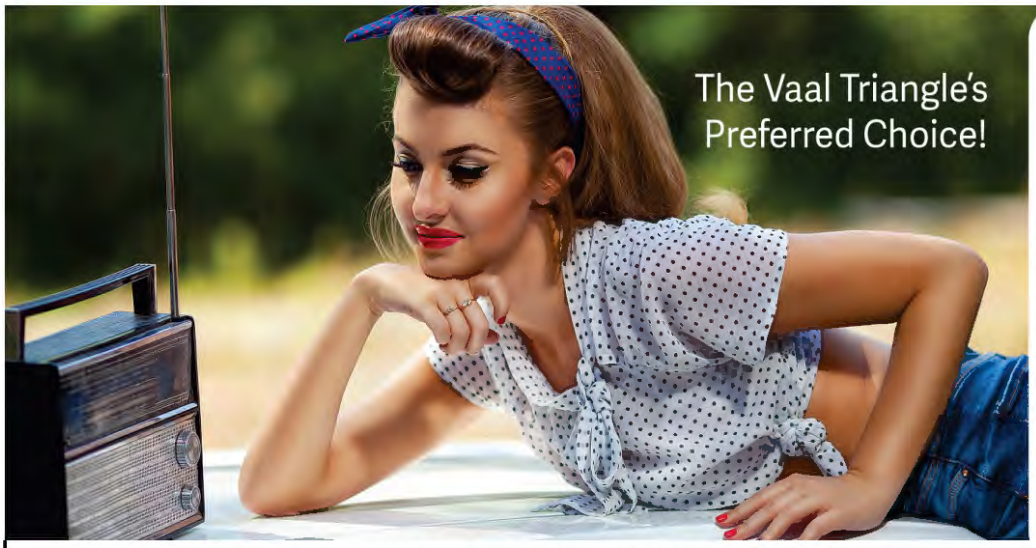
TIP
Apply your perfume before you dress and after you've moisturised your scent will cling to your skin.



TIP
For scented strands, spritz air and step under.







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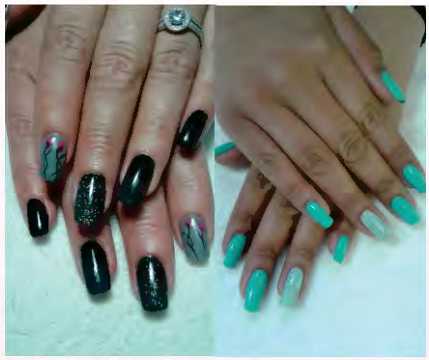
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