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Issue 74

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Pieter Koen

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Editors note....



Dr. Quinton Fourie and Charmaine (*Editor Top Vibe Magazine*) Photographer: *Charmaine Janse van Rensburg*

I would like to invite our readers to take part in our discussion with Dr. Quinton Fourie.
Where you the reader get to ask a question and Dr. will answer it.

This is a rare opportunity, where one can ask a question by sending an email. You don't even have make an appointment with the Dr. Well known Dr. Quinton Fourie, will answer your question and it will be published in the next issue. Don't miss out on this opportunity.
Make sure to stock up with multi-vitamins, hot chocolate, soup and blankets to keep you warm this winter.
With the winter cold at our doorstep, there is a lot of fun things the family can do indoors.
Play games, watch movies, cook and bake together as a family. Learn how to knit, that can be fun...

What ever you plan to do this winter, keep warm and have fun. I know it's not a good time of the year we all feel a bit vulnerable, but don't worry the winter will pass and spring will come, then you can have fun in the sun.
I also know there are people who just love the winter, so let's be fair let them enjoy the cold. We have the summer to look forward.

Write to us and share what you as a family did in the winter. Share ideas we will post it on our facebook page.
Our email charmaine@topvibe.co.za if you are not a facebook friend, make sure to become one.

Warm hugs, take care till next month.

Please don't forget to ask your questions to our Dr.

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Pieter Koen (Foto verskaf)

Pieter koen

Met verskeie SAMA- nominasies en 'n *Vonk/ Rapport*- toekenning op sy kerfstok, keer Pieter Koen terug met 13 kontemporêre redes om regop te sit, die ore te spits en goeie oorspronklike musiek waarmee ons almal kan identifiseer, te vier.

Hierdie ATKV- en Huisgenoot Tempo - vereerde TV-aanbieder en Jacaranda 94.2- platejoggie se agtste indrukwekkende album, *Wat Die Hart Van Vol Is*, maak vinnig opslae as sy beste versameling ooit.

Sedert 1997 is die vermaaklikheidswêreld as sy speelveld, maar dit was sy EMI Music trefferalbum, *Skud Jou Biscuit*, wat van Koen volksbesit gemaak het.
'n Dekade later spoor hierdie status, sowel sa sy katalogus van agt albums en een DVD, hom steeds aan. En soos 2014 goed op dreef kom,verteenwoodig *Wat Die Hart Van Vol Is* die volgende hoofstuk wat bestuur is om ons gesamentlike vermaakswerklikheid op 'n magdom vlakke te beïnvloed.

Neem nou maar sy debuut, *Run With Me*, in 1997, waarna EMI hom aanboord geneem het vir vir sy tweede album, *Skud Jou Biscuit*, in 2004, Voeg daarby *Welkom In My Wêreld* in 2005, *Tattoo* in 2006, *3 Susters* in 2008 en *3 Susters + Superman* 'n jaar daarna. Volgende was daar sy debuut DVD album, *Tattoo Live* en die CD- bekendstelling van *Haak 'n Bietjie Uit* in 2010. " So baie het gebeur sedert ek my laaste album vrygestel het," voeg Pieter by. "Tussen my Tv- werk vir Jukebox en die aanbieding wat ek op Jacaranda 94.2 doen, is ek deur Hit Factory Records genader, en saam het ons die volgende hoofstuk van my musiek beplan." Die eindproduk is 13- snit vooruitsprong na die trefferlyste, 'n plek wat Pieter na aan die hart lê.

Vandag is hy bietjie ouer en heelwat slimmer, en vasbeslote om sy aanhangers 'n sy van homself te wys wat sy musiek nooit tevore vertoon het nie. *Wat Die Hart Van Vol Is* bied nie alleen goeie dansmusiek nie (Tydmasjien, Doennit Net, Die Een Ding Wat Ek Doen en Waar lê Jy Vanaand,) maak ook 'n dieper, weldeurdagte betekenis en gevoeligheid in snitte wat onmiskenbaar die werk is van 'n volwasse musikant en verhoogkunstenaar.

VOLG OP BLADSY 4



Do you need to loose weight?

Do you ask your partner to rather "dim the lights" because you are too self-conscois of your appearance? Do you feel more like a Flabby Ferdinand rather than a Toned Tarzan?

527 can help you comfortably slip into your summer shorts and t-shirts and turn " baby makes your blue jeans talk" into your theme-song again!

It is challenging being overweight. I can lead to several health problems, ranging from low libido to depression, fatigue, mood swings, high blood pressure and cardiovascular issues. By taking control of your lifestyle, many of these problems can be eliminated and prevented.
Get rid of those excess kilos, reach your goal weight and take control of your health with the help of the friendly team at 527. Your health is our number one priority!. 527 consist of a strict eating plan for 5 days and a relaxed eating plan for two days, combined with supporting products, 7 days a week!

527 is the revolutionary weight loss product which is setting trends and shedding weight across South Africa. No diet, no exercise, no injections, just results! South Africa, we are here to help you lose weight with our tried and proven weight loss products for anyone trying to get into shape. Whether it be aa few cm's or many, one kilogram or one hundred , 527 will guide you in the right direction without any crazy diet or unrealistic eating plan. Our main goal at 527 is to encourage and assist everyone in maintaining a healthy lifestyle. 527 is made from all natural products and will not interfere with any other medication that you are on, look at it as more of a healthy supplement.

Keeping your craving in check is often the hardest past of losing weight. No matter how good a weight loss product may be, if you are unable to keep your hunger under control you will not succeed.
A specialized product to balance sugar levels and " trick" your body required here.

527's *AAA* will assist with the following:
1. Control appetite.
2. Stimulates metabolism.
3. Reduce glucose absorption.
4. Reduces starch digestion.
5. Transports fats to burn as energy.
6. Leptin regulator.
7. Stimulates thyroid.
8. Speed up slimming process.
9. Boost energy.

Without actually burning energy, it becomes increasingly difficult to lose weight. One may eat correctly and will start losing weight, but the process is slow. We humans are far too impatient, and need to see results fast. Old fat cells need to be burned whilst not creating new ones.
We are often far too busy to find the time to spend at a gym. The next product in the 527 range, *BBB* (Exercise in a bottle), increases results the rate at which energy is burnt and targets fat cells first.

527's *BBB* is also:
1. Increases rate at which fat is burned.
2. Enhances lean muscle
3. Maintains normal cholesterol and insulin levels.
4. Decreases abdominal fat.
5. Promotes normal thyroid function.
6. Boosts immune systems and fend off infections.
7. Prevent cardiovascular disease.
8. Lowers risk of cancer.
9. Helps reduce cellulite.

It is becoming increasingly difficult today to eat the right food. Not only that, it has also become ridiculously expensive. Even if one is eating the right food, you may often miss essential vitamins.

The beauty of *CCC* meal supplement, the third product in the 527 line, is that not only does it provide you with all the nutrients you need to stay well sustained, it also has weight loss properties added. *CCC* is ideal for executives, people on the go and office workers, fitting easily into any busy schedule. A simple look at what has gone into this product shows it as absolutely mind blowing of how much this product actually does. Available in a variety of flavours.

527's *CCC* provides:
1. Pure nutrition - (Most food today contains hormones and has been treated with antibiotics and pesticides).
2.Fat and gluten FREE.
3. Control cravings - Minerals & vitamins including the B-complex vitamins.
4. Boost metabolism - Highest quality protein isolates.
5. Sustain blood glucose levels - Complex carbohydrates suitable for diabetics and scholars.
6. Regular bowel movement - Insoluble plant fibers - solution for spastic colon.
7. No more tiredness - Digestive enzymes (amylase, cellulose, lactose, lipase and neutral protease) already processed.
8. Sustained Weight Loss.
9. No undernourishment - Diets don't' last!

Reconstruction of your body's cells your body to lose fat and replenish and rebuild cells without extra fat. The final product in the 527 range, *ZZZ* will boost the natural release of Human Growth Hormone (HGH) thus speeding up the rate at which your body heals fatty cells and builds normal healthy cells. 527's *ZZZ* will put the "oomph" back into your life...
Taken every night *ZZZ* will help with everyday stress. Once the stress is taken away it gives you more time to focus on other opportunities that may "arise". *ZZZ* ensures that you get a good night's sleep and wake up the next morning feeling refreshed as well as mentally and physically ready to tackle whatever the day may throw at you.

527's *ZZZ*:
1. Provides night time support.
2. Helps to lose body fat.
3. Gain toned lean muscle.
4. Reduces the effects of ageing.
5. Improves missing amino acids.
6. Provides Cellular well being.
7. Provides enzymes and nutrients, in the perfect balance FOR your body.
8. Regulates sleeping patterns.
9. A health supplement designed specifically to improve the quality of hormonal responses while you sleep: Balance the noctural secretion of hormones.

With the stress, lifestyle challenges and other issues you are dealing with on a daily basis, making sure that you provide your body with everything it needs for optimum performance, is a MUST, not a MAYBE. If you're ready to take control of your weight and your health, give us a call on 086 11 527 427, visit our website at www.527health.co.za



Pieter koen

Vervolg van bladsy 2.

" Toe ek saam met welbekende vervaardiger, Murray Lubbe, en bekroonde liedjieskrywer, Johan Oberholzer, begin werk aan hierdie album was daar 'n fundamentele kopskuif wat ek wou hê vir my nuwe album,"verduidelik hy.

Die ander liedjieskrywer sluit Ampie du Preez, Vaughan Gardiner, Hugo Ludik en Reynardt Hugo in. Musikant Jaun (Floors) Oosthuizen, Danny Smoke, Denny Lalouette, Vinnie Henrico, Ricus Nel en Matthys Maree was deel van die produksie. Binne weke na die bekendstelling daarvan, is *Wat Die Hart Van Vol Is* goed oppad na goue status. Dit is duidelik dat aangangers Pieter se opwindende nuwe fase met ope arms ontvang.

"Ek is ongelooflik dankbaar vir elke oomblik tot nou wanneer die skeppingproses my plat op die aarde hou," erken Pieter. " Ek glo ek het myself as sanger weer gevind, en daarby is ek geweldig opgewonde oor die vooruitsigte daaraan verbonde." Van die pragtige opregte ballade *Moenie Dink Nie Doen Dit Net* tot die radiovriendelike *Man Van Staal*, bied elke liedjie liriekbelaaide lesse wat aanhangers ter harte kan neem, en dan is daar nog die aansteeklke melodieë wat elkeen van die snitte op die nuwe album koester.
"Ek is 13 jaar getroud en het drie pragtige kinders," wys Pieter uit. " Omdat ek my repertoire verder uitbrei as die prettige, ligte sy van my persoonlikheid, kan ek saam met my bestaande gehoor groei terwyl ek my musiek vir die eerste keer aan selfs nog meer mense bekendstel. Met hierdie album kan ek net wees, en my persoonlike stempel op elke liedjie afdruk. Deur my eie perke te behaal het ek myself uiteindelik voorberei om die reis vorentoe met my aanhangers te behou.
" Die Suid- Afrikaanse musiekbedryf het so baie gegroei vandat ek my dubuut destyds in 1997 vrygestel het," dink hy terug. Sederdien het Pieter ook een van die land se min waarlike suksesvolle en veelsydige verhoogkunstenaars geword.
"Ek het eers by musiek begin," voeg dit by, "en toe gebeur TV en radio as gevolg daarvan. Elke aspek van my lewe voed die ander, en dit is die deel waarvan ek die meeste hou."

"My musiek is beter as gevolg van my radiowerk. En die vier jaar wat ek al Jukebox aanbied," gaan hy voort. Elkeen vind baat by my mad- hatter begin in musiek sowel as by my meer gevestigde en subtiele temas en stemmings op *Wat Die Hart Van Vol Is."* " Ek is lief vir wat ek doen en beoog om dit nog vir 'n lang tyd te doen," dring Pieter aan. 'As verhoogkunstenaar is ek nuuskierig oor wat my gehore dryf- veral as hulle my in die gesig staar," skerts hy.
Wat hy doen as veelsydige vermaaklikheidspersoonlikheid maak van Pieter Koen 'n ekstrovert. Maar wie hy is en wat hom dryf as mens, word weerspieël in die 13 snitte op *Wat Die Hart Van Vol Is*. 'Dit maak 'n mens nogal bang om meer van die persoonlikheid bloot te stel," erken hy. " Om nog 'n laag by te sit en dinge een trappie verder te vat, dit is waar ek nou is , en dit is verfrissend!"

Sy oupa was 'n lid van 'n boere-orkes, sy ma het gesing, en nou vat Pieter self die leisels oor, gretig om steeds my merk te bly maak, al het hy reeds agt indruk-wekkende albums en goueverkope agter sy naam. Party mense sê, " Uit die oog uit die hart". Dit lyk asof die toekoms net goeie dinge inhou vir Pieter Koen se aanhangers en sy musiek, danksy hierdie keurige en geloofwaardige album.
Voeg daarby die vooruitsig om *Wat Die Hart Van Vol Is,* asook meer as 'n handvol van sy ander treffers, binne die volgende jaar lewendig te sien en te hore te kry, en die lewe is lekker.

"Ek het verskriklik hard gewerk om weer te optel waar ek vertrek het met my laaste album,"gee hy toe," " en ek beplan om dit so te hou." *Wat Die Hart Van Vol Is* is die gevolg van stemafrigting en introspeksie, tesame met 'n goeie dosis ligte pret - en jy kry die hee lbeste van Pieter Koen vandag. Wat morê sal niemand weet nie, maar as hy enige iets daarmee te doen het, is dit gewaarborg om uitsteekend te wees.

"*Wat Die Hart Van Vol Is* is 'n perfekte weerkaatsing van waar ek nou is, " sluit hy af. Hy laat niks aan die noodlot oor nie - elke aspek van wat hom suksesvol maak is deeglik oorweeg en geskaaf, en in wese deel van 'n veelsydige , volledige vermaaklikheidspakket. Die eindresultaat is suiwer genot van begin tot einde!

Vind Pieter Koen op die volgende platvorms:

Facebook: Pieter Koen.
Twitter: @Pieter Koen



Fotograaf: Charmaine Janse van Rensburg

Wat is jou vraag?

Dr. Quinten Fourie beantwoord jou vrae:

Hoe beskerm ek myself by die werk teen siektes?
Was gereeld jou hande met 'n goeie hand-reiniger met 'n alkohol basis.
Kieme steek aan deur kontak asook lugdruppelverspreiding (nies, hoes ens).
Goeie lugbeweging deur die kantoor is noodsaaklik.



Siek kollegas moet vermy word, hulle moet dokter of huis toe gestuur word.
'n Goeie multivitamien, gesonde leefstyl en oefening kan jou immuniteit *boost*.



Wat is fout met my maag?
As ek enige vorm van geprosesseerde stysel soos witbrood, pasta, aartappels kry ek die vreeslikste steekpyne op my maag.

Daar is baie kosse wat die maag kan irriteer. Selfs spanning, te min vloeistof, vesel en oefening kan jou maag affekteer. As die probleem verfynde stysel kan dit moontlik 'n gluten allergie wees. Min medikasiehelp daarvoor, so die enigste ware bedandeling is vermyding van alle wat gluten bevat. Praat met jou dieetkundige of gaan sien jou dokter vir 'n deeglike ondersoek.

Wat veroorsaak hartkloppings?
Hoewel ek in my twintigs is, voel dit soms of my hart op hol is en dan voel ek sleg. Moet ek bekommerd wees?

Hartkloppings is eintlik 'n redelike algemene simptoom onder jong dames.
Hier verdeel ek dit in twee: Is die oorsaak direk van die hart of is dit iets wat die hart jaag? Kondisies van die hart is bv. Versteurde hartritmes, hartaanvalle en klepletsels. Sekere mense het normaalweg 'n vinnige hartklop wat nie lewens-gevaarlik is nie. Kondisies wat die hart jaag sluit in 'n ooraktiewe skildklier, versteurde elektroliete, medikasie, depressie, angs, bloedarmoede, swangerskap, menopouse, infeksies, en diabetes. Die algemeenste rede is angs.
Gaan dadelik dokter toe indien jy bekommerd is.



Is daar raad vir swaminfeksie?
Ek kry gereeld swaminfeksie op my hande en voete, soms op my lyf. Kan mens keer dat dit bly terugkom - ek wil nie so baie medisyne drink nie.

Swamme is opporlustiese organismes wat groei wanneer hulle die geleentheid kry.
Dan is dit 'n gesukkel om daarvan ontslae te raak! Dit kan te doen hê met jou immuniteit, die organismes op jou vel, asook die tipe behandeling wat toegepas word.
Die swamspore kan selfs dormant lê in jou skoene... Chuck dit en koop nuwes!. As jy gereeld vaginale swaminfeksies kry moet jou partner ook behandel word omdar mans draers van die spore kan wees, al kry hulle nie self infeksies nie.

Stuur gerus jou vrae na charmaine@topvibe.co.za met die opskrif "vrae wat pla". Dr. Quinten Fourie sal dit beantwoord, jy kan anoniem bly.

Net dalk vra jy die vraag wat iemand anders kan help!!! Stuur vandag nog jou vrae wat pla.

Dankie Dr. Quinten dat jy vir ons lesers help met vrae wat pla....

Geniet 'n gesonde leefstyl en probeer maar so bietjie oefen al is dit ook net deur , om die blok te stap...

Tot volgende maand.

Thank you for supporting drug awareness week 22 - 26 June 2015.

CEO of SANCA -Vaal Triangle Magriet Botha busy decorating trees in front of SANCA offices
The challenge was to decorate a tree in yellow to show your support for drug awareness week.
We would like to thank those who took part in decorating trees. Although there is no time frame on this awareness. It would be nice to drive around places to find trees with yellow ribbons. Just for those who might missed it.

Challenge somebody you know to decorate a tree, ask people in your street to do so.
People must be aware of drugs. There are children at the age of 12 using drugs. This is sad but true. Please take part is decorating trees, and show your support and create awareness.





Photo: Provided





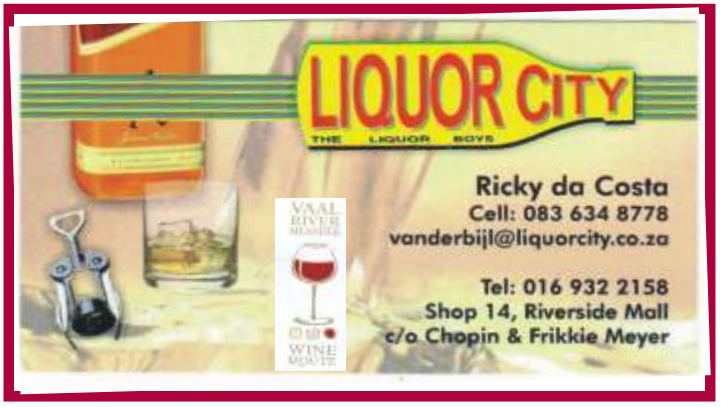


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Lag 'n slag!....

Bettie Boop is bekommerd oor haar troon!

My kommin Troon.

Lekker gelag nou die ander dag, kyk mens kry kommin mense ek self is kommin maar party mense laat selfs my skaam kry.

Bestuur so ewe met my ou tjorrie op die pad, pla niks en niemand hier uit die bloute jaag 'n man af op my karretjie se g@t. Dag hy gaan my van die pad af stoot. "Flash" sy ligte mens sou sweer dit is sy pad.



Betty Boop

Ek maak of ek hom nie sien nie, ek doen mos niks verkeerd nie.
Kyk en hy raak mos nou heel kommin, kom by my verby gejaag met een ma se spoed, ek hou vir my blind.
En wat maak die simpel man stop reg voor my, ek slaan brieke aan, en hier praat ons in vingertaal.
Ek beduie is jy dig of wat? Hy gee daai middel vinger, nou ja ek kan ook mos nou vieslik raak. So nou beduie ons altwee, en ek ry verby hom, maar kyk die man is so kwaad. Ek verstaan nou nog nie hoekom nie.

Ek het mos niks gedoen nie. Ek besluit toe om maar net aan te gaan asof niks gebeur het nie. Maar hier kom hy weer verby gejaag, beduie so en die mond gaan net oop en toe.
Ek wag tot hy mooi langs my is, glimlag op my mooiste en waai vir hom.
Die arme kommin man het nie geweet wat om te doen nie.
Ek probeer hom verby steek maar nee wat, hy het seker besluit dat die kommin vrou nie verby hom gaan kom nie.

Ek het later lekker gelag oor die simpel ding, wys jou net mens kan regtig kommin wees as mens wil.
Seker daar is maar 'n kommin streek in die meeste mense.

Miskien is hy een van daai wat kwaad deur die lewe gaan. Die wêreld skuld hulle mos.
Ek wonder soms of dit in mense se aard is of hou jy net daarvan om ander mense se dag omtekrap.

Gelukkig kan ek lag oor dit, seker omdat ek ook maar half en half kommin is. Ek sit darm nog op my troon Lol.

Bettie Boop, gaan ons verlaat vir nou in elkgeval.
Sal later vanjaar weer terug wees.
Pas julle op en asb "ek sit vas op my troon, moet nie waag om my plek te wil inneem nie.

Groete Bettie Boop. X



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11 July:-	Adam Tas R120 p/p @ Barnyard Vereeniging (016) 454 8388
01 Aug:-	Dan Patlansky R130 p/p @ Barnyard Vereeniging.
08 Aug:-	Mathys Roets R100 p/p (Book early @ 016 454 83 88)
27 Aug:-	Radio Raps R100 p/p Barnyard Vereeniging.

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E-MAIL **Sê jou Sê:** Het jy gedagtes, menings, stories of voorstelle om met ons te deel? Stuur 'n e-pos: charmaine@topvibe.co.za of pos 'n brief na Posbus 60130 Vaalpark 1946
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“ Beauty with a Purpose”


Roberta Ndlovu

My name is Roberta Ndlovu, I am 23 and I am a Miss Earth regional semi-finalist. Being a part of the Miss Earth South Africa (MESA) team has taught me to be much more selfless. I have learnt the value of doing things for others, and working together for a better future.

Some of the community I have done includes educating the young minds about caring for the environment. I had the privilege to go Kitso Primary, Emanzini Primary, Zitha Primary and Letsema-Ilima Primary School.

I had such an amazing time with these students. Some of the activities we got up to were drawing trees, there are serious artists in our country! Most of the students already know the importance of trees for our environment, I was impressed. We talked about the importance of recycling, reducing and re-using what we can to lessen the waste that we create. While we are on the topic of re-using, we used an old calendar to sign a pledge to promise to protect the Earth (ATTACHED). It is important to green the minds of our children as they are the future. The MESA organization has pledged to green schools all over our country, and we always make sure there is an educational element in the work that we do. If we plant a garden today, we want to make sure that it is sustainable, and the children are the ones to ensure that sustain ability.

During the World Environment Week, the first week of June, I planted 12 trees and I am looking forward to planting more. I am also working with the Polokong Orphanage which already has a food garden, and adding on to what they have. We have already harvested pumpkins, and my spinach is growing nicely!

I graduated from St. Augustine College of South Africa with a Bachelor of Arts degree in 2014, majoring in Political Science and English Literature. My passion to want to help others learn, drove me to acquire a TESOL teaching certificate from Wits Language School after my degree. Under the 'South African Youth for International Diplomacy' (SAYID), I was privilidged to represent South Africa at the Y8 summit as the youth Minister of Energy and Climate Change at the Y8 summit hosted by the UK in 2013. This summit provided with the opportunity to discuss issues that affect the environment on a global platform, and an exchange of information from different delegates from around the world. I came back home hungry to learn more, and do more.

The MESA Organisation provides with such an opportunity, not only to empower with knowledge, but to provide with the skills, by going into communities, and doing practical’s that are beneficial to our environment. To make a sustainable difference that will benefit our children in future. I am honored to be a part of such an amazing Organisation that has made an impact not only on South African soil, and South African hearts, but around the world.

(WE WERE ASKED TO HAVE THE 2 PARAGRAPHS BELOW ACCOMPANY OUR MEDIA PIECES)

The Miss Earth South Africa program is focused on developing young women through the vehicle of environmental education. The Miss Earth South Africa is a leadership program that aims to empower young South African women with the knowledge and platform to create a sustainable difference in our plight to combat the destruction of South Africa’s natural heritage.

The program helps to create an awareness of sustainable development, our environment, wildlife and the conservation of our natural legacy in South Africa, and ultimately the preservation of Mother Earth.

“We are excited with the current group of Miss Earth South Africa Regional Semi-Finalists. Projects to be completed include a food garden or waste project with a primary school, plant 10 indigenous trees as well as partake in the annual Miss Earth South Africa Clean-Ups.

We look forward to seeing the results as these young ladies embark on their green journeys within their communities.” Said Catherine Constantinides, Executive Director of the Miss Earth South Africa Program.

Regards,

Roberta

Family members can't control a loved one's addiction.

SANCA Vaal Triangle is an outpatient rehab centre treating addiction in the Vaal Triangle (a registered NPO). Everyday, we bear witness to the fact that addiction affects not just the addict but also their loved ones. In a way to help, loved ones often inadvertently enable the addiction to continue.

You see, one of the truths about addiction is that no person drinks or uses drugs in a vacuum.

Relatives easily find themselves very anxious over a family member's substance use, and their sincere efforts to arrest the problem may only deepen it.

Judy's (fictional name) story offers an example. "We'd been married for about 20 years, and he drank just about the entire time," she said, speaking of her former husband. "You start to think: Is it really my fault? Maybe I should be spending more time with him. Maybe if I kept the house cleaner or spent less time with the kids, things would change."

Judy's attempts to control her husband's drinking included hiding his liquor. Then it occurred to her that he might be using the same strategy to hide any evidence of alcoholism. "It got to the point where I'd see some liquor in the house and ask 'Is this what I'm hiding, or is this what he's hiding?'"

Underlying most of Judy's efforts were two ideas: that she was somehow at fault for her husband's drinking, and that by behaving differently she could control his problem.

However, Judy turned her reasoning around. This is the step that calls on alcoholics and drug addicts to admit that life has become unmanageable, that they are powerlessness over the substance.

"Then it hit me," she recalled. "I finally realised what that was all about. I saw that I don't have to worry. I don't have a problem with alcohol. And I have no control over my husband's use of alcohol. It simply was not my fault."

Judy saw that her behavior actually enabled her husband's addiction to continue. The terms "enabling" and “adapting” has become a popular term over the years - not to blame loved ones but to reverse guilty feelings and well intentioned actions - none of which actually helps an addicted loved one recover.

Basically, adapting means that families make it comfortable for an addicted person to use. And the family's intention is not to do this at all. Most often, adapting is just a last-ditch effort. They simply don't know what else to do.

Examples of adapting are as varied as families themselves. In many families, the focus of attention narrows itself to the addicted person. Instead of family members focusing on being the best they can be, they focus on blaming the addicted person. They're so focused this person that they can lose sight of themselves.

An alternative to adapting is detachment with love. This means responding to our own needs while being caring and considerate of another's needs. It means that we can be responsible to them, but not for them. And as a result, we no longer shield people from the consequences of their behavior.

Most family members of an addicted person tried for a long time to change that person and it didn't work. The fact is that we are involved with other people, but we don't control them. We can't prohibit them from doing some things."

How does Judy translate this into daily living? "A lot of it has to do with the Serenity Prayer, which reminds us to change the things we can and accept the rest. In other words, what do we actually have control over, and what don't we? That's something I'm still working on. But when you don't have that responsibility to control another person, it takes a lot of weight off your shoulders."

Acknowledgement the Hazelden Organisation for Judy’s specific example.

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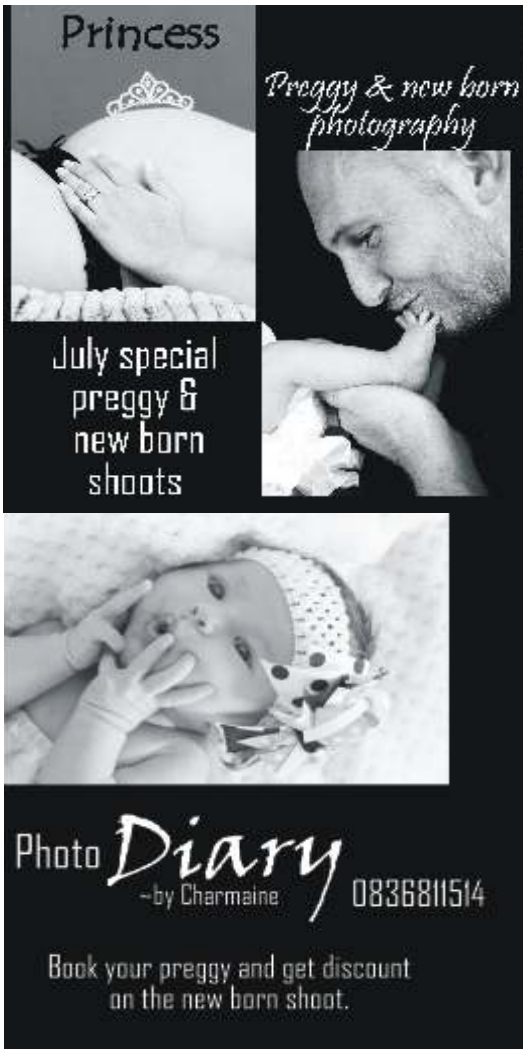
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