Top Vibe Magazine

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Dr. Q Fourie vertel oor die Skildklier sien bl 4

Jak de Priester vier 15 jaar in die musiek bedryf sien bl 3

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Redakteurs Nota



Top Vibe Magazine, is amptelik 9 jaar oud. En nie tien jaar soos ek gesê het nie, ek is so opgewonde dat ek sommer 'n jaar vooruit hardloop. Wat 'n voorreg om in die bedryf te wees, maar ek kan jou verseker dit is nie 'n maklike bedryf nie maar dit is verseker 'n uitdaging en opwindend. Oor die jare het ek so baie mense ontmoet en besigheids verhoudings gebou.
Die voorblad het sy eie uitdagings gehad, wie kom op en wie nie. Die meeste van die tydskrif se bestaan was ek maar alleen.
Dit was nie altyd maanskyn en rose nie, daar is sperdatums wat gehaal moet word, verspreiding van die tydskrif, geld invorder, kliënte gelukkig, hou seker maak almal is tevrede en as jy dink jy skep asem dan begin als weer van vooraf. Maar dit is wat ek lief is om te doen.

Gelukkig het Top Vibe nou die wonderlikste Ambassadeurs gekry, wat my taak so ietwat makliker maak, sjoe en is hulle te oulik vir woorde. Ons het gegroei en dit kan 'n mens net doen met wonderlike kliënte en natuurlik ons lesers. Sonder julle kan daar nie 'n tydskrif wees nie.

Ons gaan nou vir julle ook 'n Top Vibe digitaal bring!

My hart maak boksprongе as ek dink aan die wonderlike mense wat ek ontmoet het, die lys is vrek lank en ek gaan nie eers probeer om hulle name te noem nie, hulle weet wie hulle is.... Ek sal nog 'n tydskrif moet uitbring net met elkeen se naam daarin. Wat sê mens vir hartsmense?
Hulle dra my in donker tye, hulle laat my lag as ek wil huil, ag en as ek net dink om moedeloos te raak, dan ruk hulle my gou op my voete.
Julle is amazing....

Ek kan net met alle eerlikheid sê dat mens net jou beste moet doen en dat God regtig die res doen.

Ons het besluit om die voorkoms van die tydskrif so bietjie te verander.!
Hoop julle hou daarvan, stuur gerus vir ons 'n e pos na charmaine@topvibe.co.za of stuur 'n WhatsApp na 072 768 8582 en vertel ons of jy daarvan hou of nie.

Daar is nog ons Desember uitgawe vir 2017, so wikkel nou en laat weet dat ons vir jou 'n advertensie gaatjie hou, of dalk twee. Moenie nalaat om vroegtydig vir Januarie uitgawe te adverteer nie.

Daar is baie mense wat nie weg gaan met vakansie oor Desember nie, dan doen hulle rustig hulle beplanning vir 2018 se bemarking.

Ons bid vir al die leerlige en ouers wat 'n kind op skool het wat besig is met voorbereiding vir eksamen. Inbesonder vir die Matrieks, dit is nou 'n geval van vasbyt hard leer en jou alles gee.
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Eksamen !

Deur: Suhanè Bosch



Fotograaf: Charmaine Janse van Rensburg.

"Dit voel of ek soos 'n hamster op 'n wieletjie hardloop en nêrens kom nie...

" Klink hierdie woorde dalk bekend?

Ja... dis weer DAARDIE tyd van die jaar wat vir kinders en ouers ewe veel teen die mure wil laat uitklim.
Maar met die regte beplanning en raad, sal jy bo uitkom.

Ek het so bietjie gaan "rondkrap" oor wat die slim mense sê jy moet doen, sodat jy en jou ouers nogsteeds lief is vir mekaar as eindeksamen 2017 verby is!.

Wat almal dit eens is, is dat eksamen tyd baie druk op leerders plaas, maar dat dit baie belangrik is om gefokus te bly en nie rigting te verloor nie.... en wat is nou 'n beter kompas as jou Bybel en Jesus as jou stuurman?

Kyk 'n bietjie hierna:

* Sorg dat jy in 'n stil omgewing leer weg van die TV af of enige iets wat jou aandag kan aflei (ja, selfs die X-box)

* Organiseer jou lessenaar sodat daar genoeg spasie is vir jou boeke en skryfbehoeftes (bêre maar daardie storieboek vir die strand)

* Stel 'n studierooster op wat genoeg rustye insluit (so duik in die swembad sal perfek wees).

* Jy moet genoeg slaap inkry die aand voordat jy eksamen skryf (jy gaan later baie tyd hê om WhatsApps te stuur).

* Drink genoeg water en peusel aan gesonde versnapperinge. Dit help dat jy fokus en konsentreer (in die vakansie eet ons weer MCdonalds).

* 'n Gesonde ontbyt die oggend voor die vraestel is 'n MOET! Jy het al die energie nodig.

* Sit jou selfoon AF terwyl jy studeer en nie net op "vibrate" nie (daardie spesiale persoon weet dat jy nou moet leer)

* Moenie moed verloor en tou opgooi nie. Rome is nie in 1 dag gebou nie.

* Gee vir jou huismense baie drukkies, sodat hul kan sien jy het nie skielik in 'n Alien verander nie.

* Doen jou bes en God sal sorg vir die res. Ons bid inbesonder vir die Matriek leerders.



JAK DE PRIESTER 15 JAAR

Jak de Priester vier 15 jaar in die vermaakbedryf!

Na vyftien suksesvolle jare in die Suid-Afrikaanse vermaakbedryf, het Jak de Priester beslis geen bekendstelling nodig nie. Hierdie bekroonde Pretorianer, met sy sielvolle stem, betekenisvolle lirieke ritmiese musiek en vermaaklike verhoogpersoonlikheid, het oor die jare diep in sy ondersteuners se hart kom nesskrop.
Vandag, is die Sally Williams Nougat-sanger 'n gevestigde naam, met nege studio-albums, 'n kinder album - en DVD, 'n boek, 'n digbundel en verskeie verhoogproduksies op sy kerfstok.
Hy het ook in 2012 televisie aanbieder by sy indrukwekkende CV gevoeg.

Ter viering van sy vol en suksesvolle loopbaan, het Jak onlangs 'n splinternuwe album, ***15 jaar***, uitgereik, vol moet-hoor-snitte, wat luisteraars van die begin tot einde sal bekoor. *"Ek wou graag my vyftien jaar in die musiekwêreld met 'n album vier. My temalied is vyftien Jare Met Klavier en Kitaar, so hierdie is 'n produk van hoe my vaardighede as liefjieskrywer oor die jare gevorder het,"* vertel die sanger. "Die temas op die CD wissel tussen ons land en sy mense, kinders, vriendskap ervaringe van gaste wat saam op *'Reis na Gister'* was, liefde en nostalgie."



Die nuutste enkelsnit, *Reënboog van Suid-Afrika,* beloof om aan selfs die kieskeurigste vereistes te voldoen. Hierdie duet saam met die gewilde partytjie musiekmaker, Dr Victor, is 'n goedvoeltreffer met 'n baie inspirerende boodskap. *"Ek hoop die liedjie word goed ontvang, want die vibe is lekker en die boodskap positief. Dr Victor bring ook 'n lekker edge na die liedjie.*

Jak, wat in Parys in die Vrystaat groot geword het, is al van kleins af doenig met musiek, die verhoog en liedjieskryf.
Sy loopbaan het reeds in 2003 afgeskop.
Musiek is egter nie die blondekop se enigste talent nie, want hy blink uit as digter en skrywer. Hy stel in 2005 sy eerste digbundel, *Heuning in die mond*, vrygevolg deur 'n *boek boek, Brood*, in 2010 Een van sy gedigte, *Onsekerheid*, is ook in 2009 ingestel in die nuwe Afrikaanse Groot Verseboek. Die sanger het ook tussen 2011 en 2015 die rubriek, *Pa se stem*, geskryf vir Baba en Kleuter.

Jak het nog baie planne vir die toekoms en hou daarvan om sy talent met ander kunstenaars s'n te kombineer. " *My lewe en die wêreld waarin ons leef, inspireer my. Ek hou van goeie sangers, met 'n kunstige aanslag, soos Amy Winehouse."*

15 Jaar is 'n moet-hê-album vir elke Jak de Priester-aanhanger.

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STARBURST PROMOTIONS

Die Skildklier.

Waarom speel hierdie klein orgaan dan so groot rol in die liggaam? Hierdie endokriene klier (dus hormoon produseerende klier) is geleë bo-oor die lugpyp, net onder die Adams appel.

Dit het goeie bloedvoorsiening, juis omdat dit soveel belangrike rolle speel in die liggaam en waarom mens sonder hierdie joduim gebasseerde hormoon nie kan klaarkom nie.

Die skildklier word meestal in dames ge-affekteer, omdat dit verwant is aan swangerskap. Die baba se ontwikkeling is ook afhanklik van die ma se skildklier, en daarom word die skildklier so te sê leeggetap as gevolg van swangerskap en behoud van die groei van die baba. Mans word minder aangetas, maar dit kan dan meer ernstiger wees.

Wat behels die funksie van die skildklier?

Soos meeste mense weet is die skildklier betrokke by die basale metabolisme van die liggaam, dus die tempo waarteen die molekulêre en metaboliese prosesse in die liggaam geskied. Hiermee is dit dan duidelik dat hierdie orgaan betrokke is by omtrent elke sel in die liggaam. Ons neem proteïene, koolhidrate en vette in om hierdie metaboliese prosesse te dryf.

Wanneer moet ek vermoed ek het skildklier probleme?

Die skildklier kan dan symptome wys van ooraktiwiteit asook onderaktiwiteit. Wanneer die skildklier ooraktief is, kan die persoon kla van hartkloppings, vermeerde sweet, angstigheid, geirriteerdheid, oë wat na vore uitdruk, versteurde visie, hare wat uitval, gewigsverlies, maklik warm kry, bewerasies en diaree. Persoon met 'n onderaktiewe skildklier sal weer kla van gewigstoename, maklik koud kry, hardlywigheid, min of geen sweet, swelling van die onderbene, stadige hartklop, stadige bewegings en denke, geheue probleme en veral moegheid.

Wat reguleer die skildklier?

Die skildklier word beheer deur die TSH-hormoon (tiroied stimuleerende hormoon) wat deur die pituitêre klier in die brein afgeskei word. Dit stimuleer die afskeiding van T4 en aktiveering van T3 hormone, wat dan in die res van die liggaam hul werk gaan verrig. Daar is 'n negatiewe terugvoermeganisme wat die TSH-hormoon kan stimuleer of onderdruk, afhangend van die behoefte vir skildklierhormone.
Wanneer die gesondheids praktisyn vermoed daar is probleme met die skildklier, sal hy / sy die volle skildklier profiel aanvra deur middel van bloed toetse. As daar enige vermoede is dat daar anti-liggame teenwoordig is teen die skildklier, sal dit ook aangevra word. Nadat die aktiwiteit en immunstatus van die skildklier bepaal is, kan die diagnose vasgelê word, en die regte benadering toegepas word deur verskeie tipes medici.

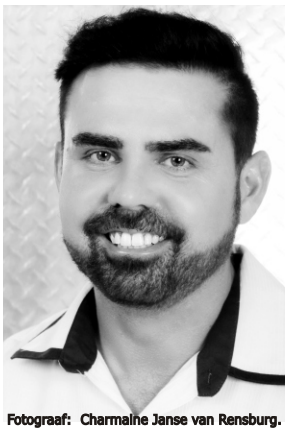
Watter skildklier-verwante siektes is daar?

Algemeen kan Hashimoto's, Graves of non-spesifieke outo-immuun tirioditis (inflammatoriese skildklier) die oorsaak wees. Indien fisiese abnormaliteite tydens ondersoek aan die skildklier gevoel word, kan 'n sonar van die skildklier aangevra word, of selfs 'n radio-aktiewe skandering. Dit bepaal die struktuur van die skildklier en of daar enige abnormale letsels is wat verder ondersoek moet word. Hashimoto's veroorsaak meestal in die eerste fase 'n ooraktiewe skildklier, wat dan kan lei na 'n onderaktiewe skildklier. Grave's se siekte is 'n outo-immuun response van die globale skildklier en presenteer meeste van die tyd met ooraktiewe symptome. So ooraktiewe skildklier kan ook toksies wees en 'n skildklier storm, wat basies 'n hiper-oor-aktiewe skildklier is, kan veroorsaak word. Dit is veral noodsaaklik om die skildklier "af te koel" voordat enige sjirurgie beplan word, omdat so skildklier storm fatal kan wees onder narkose.

Hoe word daar na my skildklier gekyk?

Onderaktiewe skildklier word benader deur gereelde toetsing van die skildklier profiel, ek sluit altyd T3 in, maar ander praktisyne sal dalk net TSH en T4 aanvra. Hiervolgens word die regte dosis van medikasie beplan en toegedien op 'n leë maag met water, een uur voor ete in die oggend. Enige ander kos, vloeistof en medikasie kan interaksie hê met die skildklierhormoon aanvulling.

Dit is essensieel dat die bloed profiel getrek word vroeg oggend tussen agt en tien, en sonder dat die medikasie daardie oggend geneem is, sodat die regte dosis van medikasie kan bepaal kan word.



Fotograaf: Charmaine Janse van Rensburg.

Enige ander siektes waaroor ek moet bekommerd wees?

Daar is ook ander siektes van die skildklier, soos die algehele goiter as gevolg van jodium tekort.

Sekere gewasse kan ook op die skildklier voorkom wat kwaadaardig of nie-kwaadaardig mag wees.
Ander vorm kieste
(vog-gevulde sakkies) of nodules (verharde knoppies).

Daar kan ook 'n non-spesifieke outo-immun siekte wees, of 'n tydelike subacute onderaktiewe skildklier wat gereeld dopgehou moet word ook.

Kan my dieët my skildklier beinvloed?

Ons neem protein, koolhidrate en vette in wat dan deur metaboliese prosesse verwerk moet word, en dit word deur die skildklier gedryf. Iets soos kokosneut versnel etabolisme en kan liggaams temperatuur verhoog. Cod lewer olie bevat waardevolle Vitamiene A. Botter en eiers bevat Vitamiene A, jodium (die draer mineraal vir skildklierhormone) en proteïene wat energie voorsien.
Seekosse en see "groentes"soos kelp, is ryk aan jodium en essensiele vetsure.

Kosse wat die skildklier funksie sleg affekteer is als wat gluten bevat, sekere groen groentes, soya wat erg negatief is teenoor die skildklier en koffie. Hierdie voedsels word aangeraai om vermy te word met 'n onderaktiewe skildklier.

Erkenning:

Erkenning word gegee aan Dr. A Strauss, algemene sjirurg by Netcare Vaalpark Hospitaal vir proeflees en korrektheid van inligting.

Skrywer:

Dr. Quinten D Fourie: Algemene, integratiewe en estetiese geneesheer.

Email: drqaestheticawe@gmail.com

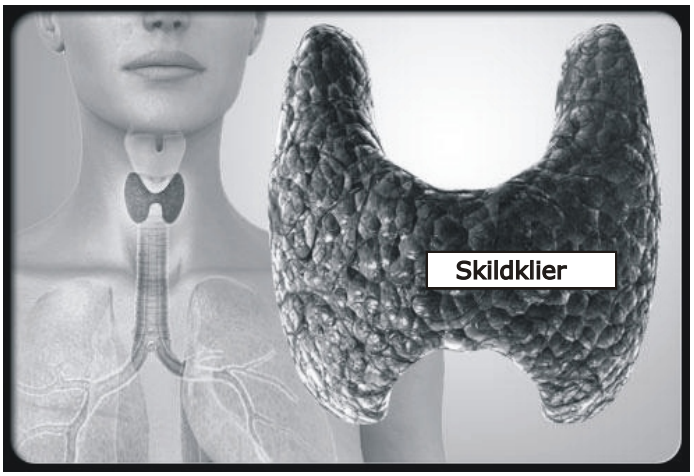
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Sien kontakbesonderhede van Dr Quinten Fourie op bl 7



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Garth Taylor



At 7 years' old, Garth Taylor was given his first guitar.
He picked it up and taught himself how to play. At 9, his mom taught him his first chords on the piano. Since then, he has continued to cultivate his raw talent and love of music.

Garth didn't come from privilege and had a start in life that would have broken many. Garth spent the first few years of his life in and out of orphanages and places of safety. His guitar, a pen and paper were the only constants during his turbulent, young life and he used his experiences to become an observer of humanity.

Garth began touring Zimbabwe and South Africa's local cover-band circuit in his late teens, slowly perfecting his trade.
He tried his hand at song writing and wrote his very first smash-hit, *Why* in 1996. It was released in 1998 and topped the charts for five consecutive weeks – and the rest, as they say, is history.

His career has spanned nearly 20 years – he has been nominated for a SAMA Award, shared stages with local and international superstars such as ***Simply Red***, ***Shaggy***, ***Jonathan Butler***, the late ***Brenda Fassie*** and ***Lebo Mathosa*** to name a few.

His string of smash hits over the years have included *Only With You, Home Again, If I Gave You My Soul, Islands in the Stream* and his most recent singles from his fourth-studio album, *Made,* include *Try, If I Don't Call, Give Me Your Love* and *Stronger.*

One of the biggest highlight of his career, was performing for orphaned children during a Christmas Charity drive. "*My life has come full circle. I used to be the orphan dreaming of being a pop-star and having my photo taken with a famous musician. I then got to become a musician who brought joy and laughter to orphans and have them look at me with the same hopes and dreams I had as a child.*"

Despite his success, Garth has remained humble at heart and continues to raise awareness and funds for various foundations that support cancer awareness and protecting abused woman and children. He sadly lost his sister to cancer a few years back and this has been a cause close to his heart.

He recently took part in a boxing match at the White Collar Boxing 19 Event in an effort to raise funds for the Little Fighters Cancer Trust. "*Having watched what my sister went through as an adult fighting this disease, I can only image how much worse it is for children to be fighting this battle. I figured, how bad could it be? Me stepping into the ring and getting punched around for kids who are fighting for their lives every single day. Cancer is a bully, and I will be fighting with everything I have for this cause.*"

Garth is an avid fitness fanatic. He won the 2014 SA Amateur Kick boxing Championship in the Lightweight Category and also co-owns and trains at a kick boxing gym in Edenglen.

Garth recently released his newest single, *Stronger*, which is an anthem to all women. The single will be added to the re-print of his latest album, *Re-Made*

These are just a few of the points that make Garth Taylor and we'd love to share this with our readers to get to know Garth a bit better.

If you just read this article about Garth, please support him and by doing so you will help him to fight this battle.

Garth, we at ***Top Vibe*** would like to wish you the very best for the future.

Sugar Rush

BY: Charmazel Janse van Rensburg



Fotograaf: Charmaine Janse van Rensburg

Could the "silent killer" be stalking you?
Look what I, found out about Sugar....

Commemorate world diabetes day is on 14 November. Taking the steps to be safe.

Are you one of the estimated three million South Africans with diabetes?

You may not know it, as it can creep up undetected, with devastating effects - from heart disease and strokes to blindness, renal failure and limb amputation.
By the time you pick up the signs, it may have done its damage already, so don't wait. If your are at risk, ask your doctor about having a fasting blood glucose these preventative steps.

Get informed:

Type 1, or insulin- dependent, diabetes is usually diagnosed in childhood, but you can develop it at any time - even if you're perfectly healthy in other respects. It is caused by your pancreas producing no insulin because your immune system attacks the cells responsible for insulin production.

This can be caused by viruses or trauma. There is no cure for Type 1 diabetes, but it can be kept under control with insulin injections and lifestyle management. The injections are almost painless, and the needles are ultra fine and specially coated and can be injected into the stomach, which has fewer nerve endings. There is also an insulin pump device that constantly feeds the body insulin.

Type 2, diabetes is far more common (accounting for around 90 to 95% of cases). With this type, the pancreas produces insulin, but less effectively than normal, and your body is unable to use it to reduce blood sugar levels. Type 2 has a strong hereditary factor. You can prevent it by changing your lifestyle.

This condition is also influenced by ethnicity (Asian people are at greater risk),as well as age. You are more prone to developing Type 2 diabetes after 40, but it's increasingly becoming common in youth if they are inactive and overweight. High cholesterol and blood pressure are also contributing factors.

While Type 2 diabetes can be prevented, there's no cure for it. But it can be managed and controlled effectively to ensure you live a long and complication -free life.

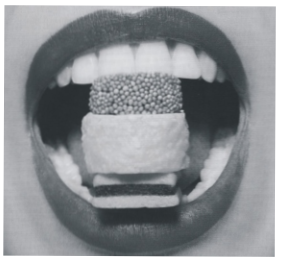
Please look after yourself take time to visit your GP for your general check up at least once a year, on the other hand make it two visits a year.

What would you like to read?
Send your e mail to admin@topvibe.co.za - attention Charmazel.

Take care till next time.



Safe and Sound
For advise and support, Call Diabetes SA on 086 111 3913



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Top Vibe & SK GREAT MOMENTS AT THEIR GREATEST VAALMALL Movie Review

VASELINTJIE



Director: Corne van Rooyen.

Writers: Corne and Rene van Rooyen.

Stars: Nicole Bond, Marguerite van Eeden, Shaleen Surtie-Richards.

Our rating:

Vaselinetjie, a white girl is raised by her loving brown grandparents in a remote rural village. When the welfare finds out that she is not their biological grandchild, they send her to an orphanage in the far away city of Johannesburg.

Vaselinetjie has been Corné van Rooyen's passion project for several years. He yearned to share Anoeschka von Meck's novel, My Name is Vaselinetjie, on camera.

But he was as punctilious about the script, which he co-wrote with wife René van Rooyen, as he was about the casting.

The cast was balanced by heavyweights alongside talented youngsters, with Nicole Bond (younger Vaselinetjie Bosman), Shaleen Surtie-Richards (Grandma Kitta Bosman), Royston Stoffels (Grandpa Simon Bosman) and, of course, Marguerite van Eeden (older Vaselinetjie Bosman).

Why should South Africans watch this movie?

"It's a timeless tale with themes that resonate strongly with audiences" she says. And it's an empowering movie with conflicted and complex characters.

"Lastly, we need to support local films."

Vaselinetjie won Best Film honors at the Silverskerm Festival 2017. And it made the Top 10 releases list in its opening week.

Remember this is our view, of the movie, we rated Vaselinetjie 7, please tell as what you think of the movie.

Don't miss this movie



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