

Women's Health

SOUTH AFRICA

Abs, Glutes, Back, Whew!

Moves That Do It All

The Radical Fierceness of P!nk

On Health, Healing & Her Resilience Formula

Why Bacteria Are Beauty's Best-Kept Secret

GET SH*T DONE ISSUE

- ✖ Beat Brain Fog
- ✖ Get Stronger
- ✖ Feel Better

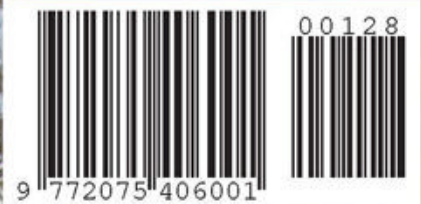
SEX THERAPIST Q&A
We Asked, So You Don't Have To

WH KITCHEN SPECIAL

Healthy Ways To Level Up Your Meal Prep



Delicious Soup Recipes



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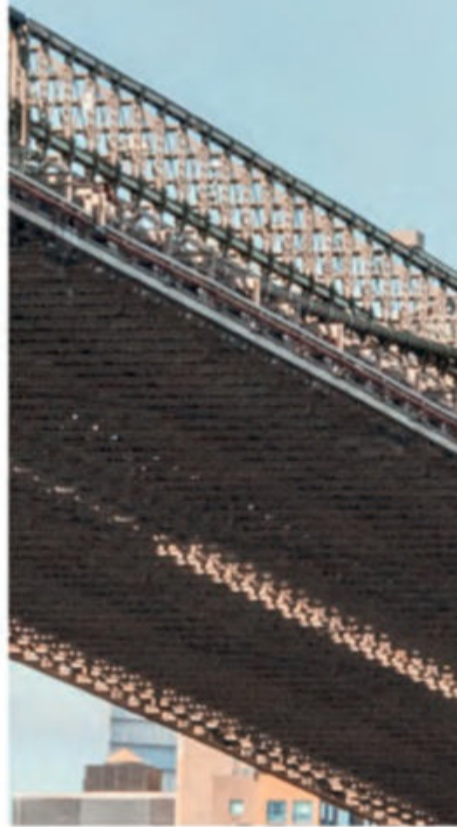
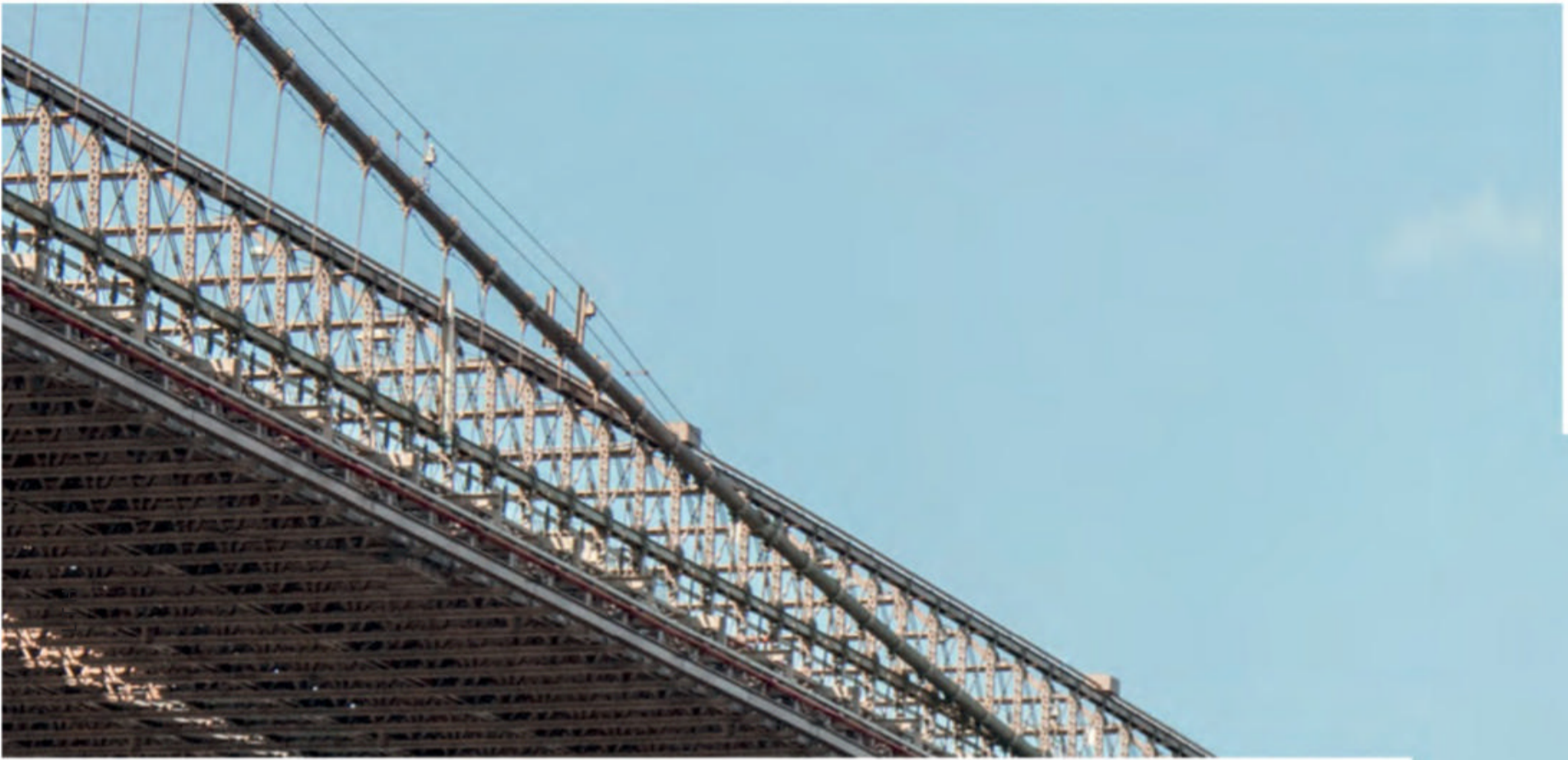
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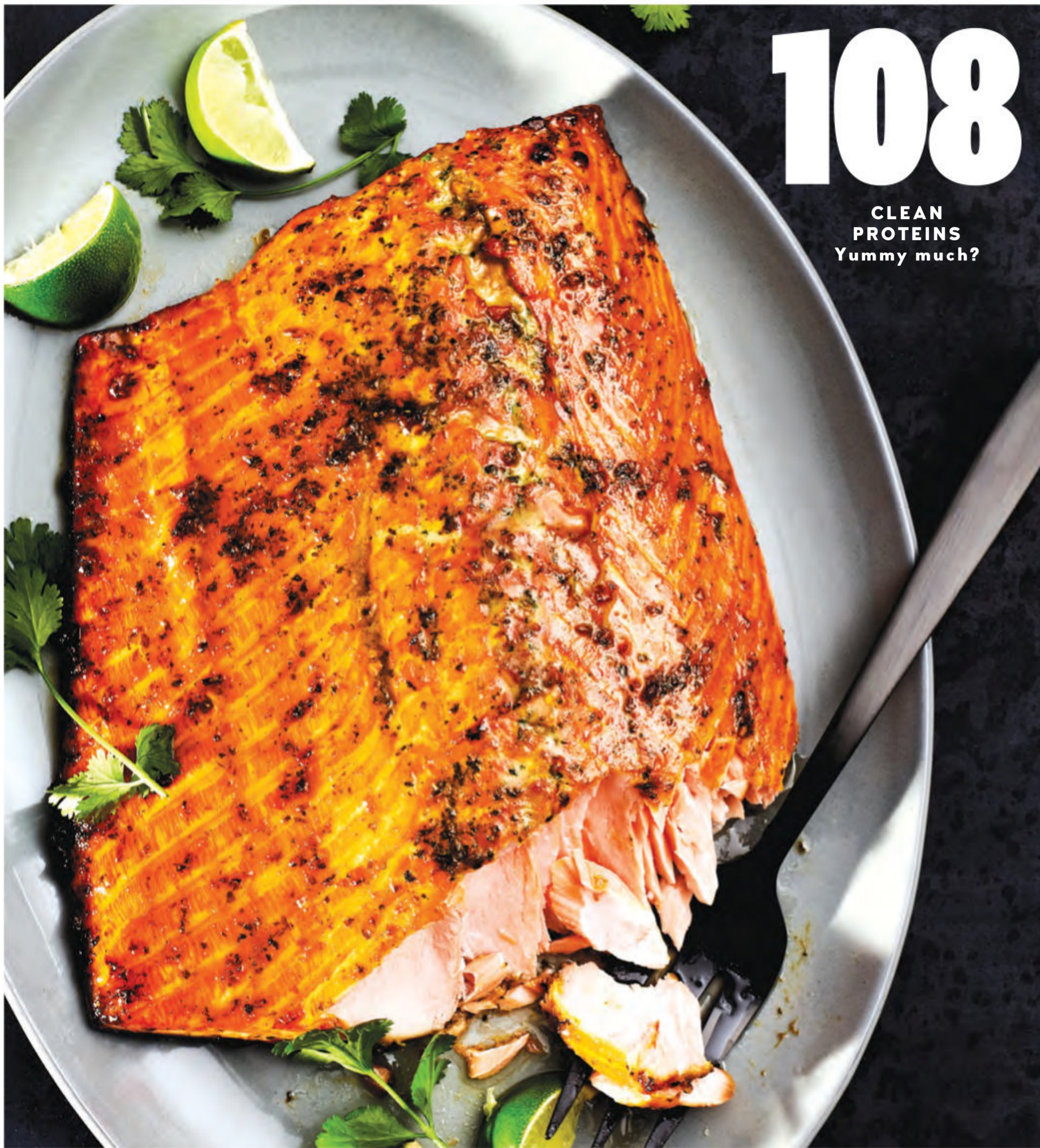


DKNY

#BEDELICIOUS

MAY + JUN 2023

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CLEAN
PROTEINS
Yummy much?

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MAY + JUN 2023

also in this issue

25

BEAT BRAIN FOG
Yes, you can!



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Sections

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ed's letter

It's time to get to work...

During my most recent visit to my psychologist, she said something that stuck with me...

"Self-care is not only about painting your nails. It's about doing the hard and difficult work now, and reaping the wellness benefits." Basically, it's about getting the hard sh*t done.

One thing about me is that I have a penchant for procrastinating. You'll often hear me say: "I'll call back later", "I'll get that prescription tomorrow" or "That's Monday-Thoki's problem". Procrastinating over simple tasks seems crazy – yet research shows that most of us are busily not doing things every day. We all have postponement problems.

Texting people back, doing dishes, clearing up your space, making that doctor's appointment. Procrastination is the thief of time (and health – book that appointment!). Of course, easier said than done, right? So, we've rounded up solutions to help you reclaim your time, mental health and finally start making things happen.

In this issue we're saying, "Let's get it done!" Haven't made a move on that business idea you had? Check out *How To Write A Business Plan* (pg 78). Fallen off the wagon with your running goals? (Yes, I'm still there). End that hiatus and finally get that five-kay finisher's medal with the expert advice in *The Running Restart* (pg 90). And we understand that, sometimes, mental hurdles like brain fog make it hard to see your way to the start line of any goal. So, we're also sharing tools to help you work through your brain fog so you can come out on the other side of that mist with confidence and a bunch of tangible achievements. Read *Bust Through The Brain Fog* (pg 25).

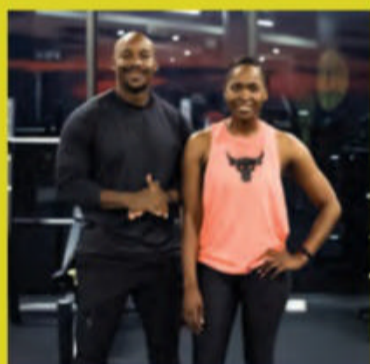
You know who's been all about getting it done? Our cover star P!nk. After navigating health issues, this mom and musician owned her health and well-being like never before. She says: "I don't see the end of the road as the end of the road. I just see it as a place to start building..." That's getting it done! Read her story *Infinite Possibilities* (pg 82).

So yes, self-care isn't just about a great mani; it's about doing the hard and difficult work right away. It's time to psych yourself up for this cold weather that's fast approaching. This is when the work gets done – and don't worry, we'll be with you every step of the way (sign up for our weekly newsletter). And when you eventually emerge on the sunnier side, you'll marvel at just how productive you've been – and how your health and wellness are the better for it. Try it!



Scan QR code (check out on pg 48) to sign up for our newsletter and get all the WH highlights delivered straight to your inbox!

WHAT ARE YOU BUSY 'GETTING DONE' (THAT YOU'RE MAD EXCITED ABOUT)?



Thoki



Clockwise from top right: CHAMAIN: I've entered a marathon, and now the real work begins. I'm also focusing on my studies and finishing those lifelong goals and tasks. KELLEIGH: I'm being more intentional about what I'm putting in my body and nourishing myself with delicious, healthy food. GORG granola and fruit bowl, anyone? MICHELLE: I've been slacking on my fitness and this month, on my to-do list is checking off each and every workout and owning it with pride! PIA: I'm trying to nurture my side hustle, and working on motivating myself to spend more time with my craft. KEMONG: 10 months ago I met fitness trainer Shimmy Mamabolo and told him I wanted to be at my fittest when I turn 40 in June. His response: "Say no more mama." We've been hard at work since!

Women's Health

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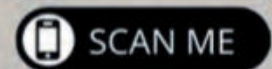
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THE ORIGINAL
Women's Health

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ST **wh socialgram**

At *Women's Health*, we love searching social media for women who, just like we do, believe it's never too late to pursue a healthy lifestyle! Meet the fab women we're crushing on in this issue...

#FITFLUENCERWELOVE



📷 @fitzamaswazi

Let's be candid: Zama's body is ultimate #fitspo. Along with that, she takes us on her workouts, chock-a-block with weights, functional HIIT and the occasional funny video – which we absolutely love! Her grit and a laser-focused mentality, drive her incredible feats in the gym. What fuels her discipline? "Fitness is a mind game. Your body can withstand almost anything, it's your mind you have to convince," she says. And she wants this mental fortitude for all of us, hence her venture into fitness training!

ON OUR RADAR

What's firing up the wellness world!



PB BOARDS

Yep, peanut butter boards are trending on TikTok. Simply smear peanut butter on a charcuterie-style board, then top with the likes of fruit, granola and chocolate. Decadence!

ALEXA, CUE MY WORKOUT

Finally, tech brand Sonos is bringing Alexa to South Africa. By spring of this year, if you own a Sonos speaker that supports voice control, you could upgrade that to a smart speaker that can check the weather, cue music and control connected smart devices (like your TV, with that fitness app you love to use). No more remotes, please!

MENSTRUAL LEAVE

Women in Spain now get three days of menstrual leave a month. So far, Indonesia, Zambia, Taiwan and South Korea have adopted these regulations. Since almost half the South African workforce are women, activists are campaigning for a similar approach here in SA.

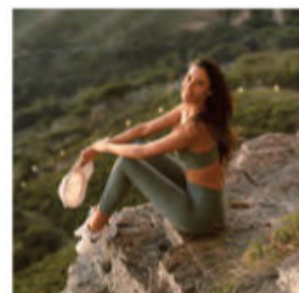


#WHLOVES

The profiles helping you become the best version of yourself.



📷 @Life_With_Lerato
Stuck for recipes? Toggle those thumbs over to Lerato's page. With a firm focus on healthy South African-style cooking, you'll feel right at home with her healthy meals.



📷 @MelissaBrownZA
Itchy feet? Find gems you'll want to explore in South Africa with Melissa's travel and lifestyle page – packed with trips, hiking and rollerblading adventures.



📷 @_ActiveLiving
Abbi McDuling is currently pregnant, and her page has no shortage of pregnancy workouts that'll keep you inspired – whether you're expecting or not.



📷 @ciara_jumps
Ciara jumps! She skips constantly and with great skill. Follow along, not only for incredible skipping inspo but for workouts and healthy meals, too.

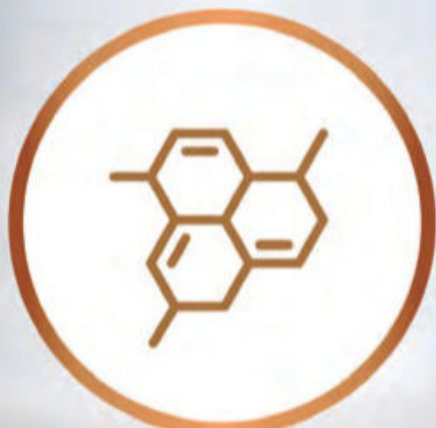
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ask...

WE ASKED SO YOU DON'T HAVE TO

What's the best time of day to strength train?

"When do you have time?" asks personal trainer Jess Wilcox. "To be consistent with training and stick with it long-term, the most important thing is fitting it into your schedule," she says, adding that the hour you choose won't affect your ability to build muscle. That said, if your diary's wide open, the science supports lifting in the PM. "Research has shown that mid-afternoon or early evening may be best, as you'll have likely consumed a few meals or snacks," says Wilcox. "That way, you'll have more fuel to burn, compared with training in the morning on an empty stomach." Some studies suggest that you may be stronger in the afternoon, too. "This is because your testosterone levels are higher, your anaerobic capacity (the energy system you use in weightlifting) is higher and your rate of perceived exertion also tends to be lower." But if the only way you'll get under a barbell is before the school run or after a shift, don't sweat it. "Just make sure that you're well-rested, fuelled and hydrated," adds Wilcox. Strong advice.

Early bird or night owl? Here's when you should be clocking up a sweat.





Is it true the 5:2 doesn't work?

The diet created by doctor-turned-journalist Michael Mosley recommends that you eat 'normally' five days a week, capping your consumption at 500 calories on two non-consecutive days. According to a 2021 clinical trial by Queen Mary University of London, the 5:2 is no more effective for weight loss than standard GP advice, although it has proved more popular – a result researchers put down to the eating plan's structure and simplicity.

"It may be easier for people to understand or explain to others, whether to another peer or a doctor to a patient," says GP and health coach Dr Serena Rakha (@fithabitgp), with the caveat that drawbacks include an emphasis on timing over nutrients and restrictions, which could contribute to disordered eating. So, for a more sustainable approach, Dr Rakha recommends focusing on what you can add to your routine – be that another piece of fruit or a walk. And remember, food is only one part of the body-composition puzzle. "There are lots of things that contribute to weight loss, such as fluid intake, sleep and exercise." Noted doc!

WHY DO I KEEP TALKING MYSELF OUT OF ACHIEVING MY GOALS?

Our brains cling to the familiar, which can get in the way of opportunities for growth. Say you want to try Pilates, but think you'll be bad at it. When you do try a class, you only notice the teacher correcting you, while others seem to do each move with ease. This is cognitive bias, the brain's tendency to take shortcuts and make quick decisions, says psychologist Leah Katz, author of *Gutsy: Mindfulness Practices For Everyday Bravery*. And some cognitive biases can hold us back. Confirmation bias, for example,

entails looking at evidence that supports your beliefs – so you don't notice the Pilates teacher giving pointers to others. You can overcome these biases by being aware of them. Tend to weigh up potential gains against what you could lose by trying something new (loss aversion)? Think of gains as something you're entitled to – if you don't pursue that goal, you'll lose out. Fallen prey to the bandwagon effect of only doing what others are doing? Base your decision to pursue a goal on your values and why you had the idea to begin with.

Do earphones damage your hearing?

While no one's disputing that listening to music or a podcast can make any activity more enjoyable, constant use of your headphones can cause permanent damage – and when you experience volume-related hearing loss in your teens, twenties and thirties, you're stuck with it, says Professor Robert Sataloff, chair of Otolaryngology – Head and Neck Surgery at Drexel University College of Medicine. Fortunately, you can prevent this. Start by keeping your audio at or below 80 A-weighted decibels (dBA). Next, opt for vented headphones or earbuds that don't tightly seal the ear. Headphones that seal the ear by plugging the canal with tips that block airflow dangerously increase decibel levels, says Professor Sataloff. Cushioned headphones are another good choice – the space between the speaker and the ear canal helps diminish unpredictable, echoed sound levels and adds comfort. Professor Sataloff also gives the green light to devices incorporating volume alerts and those designed not to exceed 80dBA. Sound advice!



INTEL YOU CAN USE know how

Microdose Your Wellness

No, we're not talking about that type of dosing, but rather the concept of implementing small yet effective practices into your daily routine, which helps you maintain new habits. This is also a super helpful strategy when your social calendar gets filled with family gatherings, overdue catch-up sessions with your girls and travel. Luckily, there are ways to stay in control of goals through the chaos...

Easy tweaks? Maybe, but repetition = results.



1

LEAN INTO COST-FREE IDEAS

Unlike with the infrared saunas plaguing your social feed, "there's no barrier to entry for microdosing wellness," says Sarah Hays Coomer, a wellness coach and author of *The Habit Trip: A Fill-in-the-Blank Journey to a Life On Purpose*. Our priceless suggestions: Keep a playlist of mood-boosting songs so you can unwind or recharge on the spot. Or, once a week, spend five minutes curating your social media feed, following only the accounts that speak to your values.

2

GO (VERY) TINY...AND STICK TO IT

"Small routines can be impactful, as they reduce the amount of pain or stress you're under, which can significantly improve your mood, focus and ability to adapt," explains Coomer. The key: keeping it somewhat challenging for you. Got a long to-do list? Squeeze in a quick meditation to gain calm and clarity. Phoning in IRL connections? Have a meal with your partner sans tech distractions; it'll benefit you more than watching TV. (The commitment is what makes it so effective.)

3

NAME YOUR NON-NEGOTIABLES

Identify the routines that matter most in keeping you happy and healthy, then set very clear boundaries to maintain them, in some form, amid the hustle and bustle, says Coomer. Though you may not have the time, space or equipment necessary for your regular workout while visiting a loved one or travelling, you can establish – before arriving – that you absolutely need a 10-minute walk each day to move your body and clear your head. See? Physical activity, done!

Unpause Your Workout Regimen

If you were sidelined by injury or illness, these strategies will switch on your fitness focus again.

Words By **CAITLIN CARLSON**

Good news for bench warmers: Your body is primed to make a comeback. With strength training in particular, your brain remembers how it communicated with your nervous system and muscles to perform specific movements (a.k.a. muscle memory), says physical therapist Kristi Barker. Still, key to a successful return, whether you lift, do cardio or – ideally – both, is patience, says personal trainer Simone V. Williams, who specialises in prenatal and postnatal training. So give yourself some grace. But what if you were injured? “Have a healthcare professional oversee your rehab,” says Barker. “They will prescribe exercises that allow you to recover efficiently.” But anyone can gain applicable insight from the general recs below. Let’s get back to it!

STRENGTH TRAINING

OUT FOR 2 WEEKS

FOLLOW THE 15% RULE

You may feel invincible (read: fully recovered) post-hiatus, but don't let that trick you into going too hard, too soon. “Reduce overall load at least 15 percent the first week back to see where your baseline is,” says Barker. Say you were back-squatting 50kg – drop down to 40kg. Tune in to your body, make sure nothing hurts or feels off, and add weight from there, says Williams. You can also scale back on the number of gym days per week (temporarily!) to allow for proper recovery.

OUT FOR 4 WEEKS

START WITH A CLEAN SLATE

Strip off the weight plates and put down the dumbbells – at least for now. Go back to bodyweight movements, adding small increments of weight (2 to 4 kg at a time) as your body gets used to the patterns again, says Williams.

OUT FOR MORE THAN 4 WEEKS

WORK YOUR CONSISTENCY MUSCLE

In addition to losing physical strength, Barker says many women struggle with getting going after an extended break. “Focus on movement you love, which may be dancing, yoga or lifting, to start, and schedule it into your calendar,” she says. Motivation still MIA? Consider a mobility routine. “Mobility is essential because you are actively engaging your muscles and training them to tolerate movements that take you into end ranges of motion,” explains Barker. “Practicing daily also keeps your neuromuscular system engaged and your joints healthy so that when you return to strength training you’ll be functional.”



“The biggest mistake I see women make when they return to the gym after a few weeks off is lifting too hard and heavy,” says Barker. Remember: Patience really is a virtue!

CARDIO

OUT FOR 2 WEEKS

GET LIIT

HIIT's chiller cousin, low-intensity interval training, is exactly what it sounds like: bouts of low-intensity work (instead of high-intensity bouts) followed by slower-paced recovery periods. Whether you're running, cycling, rowing or something else, Williams suggests this approach as you ease back into your cardio routine. Start with one minute on, one minute off for 20 minutes, for example. Next time, try two minutes on, one minute off and continue lengthening your working intervals until you're back at your former distance and pace.

OUT FOR 4 WEEKS

SWITCH THINGS UP

The biggest obstacle for a cardio comeback: rebuilding your aerobic capacity, especially for runners, says Barker. Start with lower-impact cardio like cycling, swimming or even rowing. After one to two weeks, as long as you're not feeling pain or soreness more than 24 to 48 hours post-workout, you can ease back into running again. Tap into LIIT to gradually increase speed, distance and intensity.

OUT FOR MORE THAN 4 WEEKS

GO FOR RPE

Forget about the metrics (you could even – gasp! – leave your smart watch at home) and focus on rate of perceived exertion (RPE), per Barker. For example, you could go for a walk or bike ride aiming to maintain a 6 to 7 out of 10 exertion level for 20 minutes. This approach will reduce your risk of overdoing it and hurting yourself, instead encouraging increased awareness of how your body feels. You'll be back to PR'ing before ya know it!

WOMEN'S HEALTH

MAY + JUN 2023

Amp Up Your Personal Hygiene

You wash your hands for 20 secs, use sanitiser after touching things in public spaces and clean your laptop...never? Turns out, illness-inducing germs are having a lekker party on your PC. Cold and flu season is in full swing and viruses can stay active on hard surfaces for a few days, turning your most-handled tech into a superspreader event (even if you're the only one tapping the keyboard). Beat bacteria at its own game and clean your comp the right way (teensy too much liquid = laptop killer) with tips from computer expert Joe Silverman.

- 1 ▶ Turn off your laptop and remove the charger to avoid power surges. Let it cool for three to five minutes.
- 2 ▶ If you have a can of compressed air (available at Makro, Takealot.com or most hardware stores), spray that between keys to blast away mold-causing crumbs.
- 3 ▶ Put a super tiny amount of isopropyl alcohol on a microfibre cloth. (Got none? Water works!)

- 4 ▶ Wipe your keyboard carefully, avoiding the power button and open vents, like the fan, speakers and USB ports. Ditto for your trackpad – just a drop will do.
- 5 ▶ To squeegee your screen, dab a little water on a very soft microfibre cloth, and wipe. Do not use any glass cleaning products as they tend to be too harsh.
- 6 ▶ Repeat once a week to once a month, depending on frequency of use.
—Lindsay Geller

20 598

times more bacteria are found on the average computer keyboard than on a toilet seat. Ew!

Source:CBTNuggets

EARLY SHIFT

Besides snagging the proverbial worm, early birds can also net mental health benefits. Rising just an hour earlier decreases the risk for depression by 23 percent compared with hitting snooze, per a new study in *JAMA Psychiatry*. Researchers compared people who clocked the same amount of total sleep and found that those who moved up their wake time by an hour reaped major rewards. If your bedtime has crept later recently, rejigging your sched is “all about consistency,” says clinical psychologist and author of *The Power of When*, Dr Michael J. Breus. To hit the hay earlier, turn out the lights 15 minutes sooner every three days over a two-week period. “Be consistent – no cheat days or sleeping in,” he says. Still not a sunrise chaser? Use these tricks to ease yourself out of bed...

- ⊕ Don't close your blinds at night. (You want the natural light to start seeping in early.)
- ⊕ Take a cold shower in the a.m. Hello!
- ⊕ Listen to energising music; tunes can perk you up as you get acquainted with the day.
—Celia Shatzman

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KNOW HOW

beauty



2ⁱⁿ3

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Source: Dyson



TESTED Clear Clean Skin

The eco-conscious ethos of Eliqsur skincare doesn't stop at a vegan and cruelty-free status. Each formula is sustainably sourced and environmentally responsible without compromising on efficacy and luxeness. The range promises brighter, juicy, nourished and healthy skin. 100% fragrance and colourant free, it's on our list of all-time favourites. Try the **Sample Set (6x 5ml) R490**, Eliqsur.co

A Spritz Of Well-being

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Books With Benefits

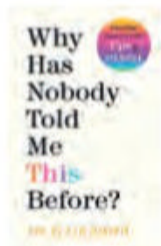
WH reads for the TBR stack.

Cozying up in front of your fave movie and turning off your brain for a few hours may seem like the ideal way to recover from the change of season (SAD, anyone?). But if you really want to make the most of winter, your time is best spent curling up with a good book. Regular readers may have greater awareness and empathy for others' feelings compared with those who prefer TV, per a study from Kingston University in London. Whether you're a bona fide bookworm or a reluctant reader, these WH picks will help you write your best chapter yet.



Diving into a good (or thought-provoking) read can change everything.

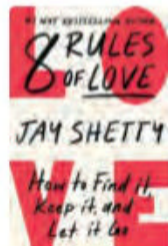
FOR SELF-IMPROVEMENT GUIDANCE
SANS SCHMALTZ



Why Has Nobody Told Me This Before?
By Dr Julie Smith

Just like with physical exercise, our minds need to be constantly trained with, and fed, positive thoughts. Clinical psychologist Dr Julie Smith guides readers through any situation they're facing. Instead of being an instructive manual, this book is packed to the brim with mind workouts, training exercises and tips. I love how the author shows us that no one has the perfect life or attitude, without mental and physical hard work. —Chamain Van Zyl, Digital Editor

FOR RELATIONSHIP AND LOVE ADVICE YOU'LL ACTUALLY USE



8 Rules of Love: How to Find It, Keep It, and Let It Go
By Jay Shetty

Let's be honest, we're all pretty clueless when it comes to love. Laying out specific, actionable steps to help you develop the skills to practice and nurture love better than ever before, Jay Shetty shares his insights and tackles the entire relationship cycle, from first dates to breaking up and starting over. Whether you're in a relationship, single, heartbroken, healing or just a fan of Jay Shetty (who isn't?), this book will change how and what you think about love. —Kelleigh Korevaar, Managing Editor

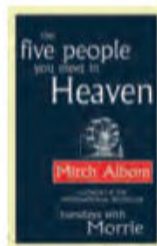
FOR PRACTICAL PRACTICES TO REDUCE STRESS (LIKE, NOW)



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
By Dr Bessel van der Kolk

This is a beautifully written primer, loaded with fascinating first-person anecdotes from the author's psychiatric fieldwork with trauma survivors, on how our brains, cells, organs, muscles, and, yes, hips, hold clues to psychological stress. Which, happily, we can work through – via professional therapy, breathwork and more – to heal and become healthier humans. It's all over #BookTok for good reason. —Michelle October, Freelance Writer

FOR WHEN YOU JUST NEED A 'REALLY' GOOD CRY



The Five People You Meet In Heaven
By Mitch Albom

Based on characters who'd briefly interacted on earth, only to fully understand once they got to heaven how they were meant to impact each others' destinies, the book's overriding theme is that "each affects the other and the other affects the next – and the world is full of stories, but the stories are all one." In essence, all lives intersect (didn't the global Covid pandemic reinforce this lesson?). The book reminds me to always treat every interaction as sacred. —Kemong Mopedi, Deputy Editor

FOR FOOD INSIGHTS YOU'LL NEVER FORGET (EVEN IF YOU WANT TO!)



Salt Sugar Fat: How the Food Giants Hooked Us
By Michael Moss

Since reading this book, I've never looked at packaged foods the same again. Moss takes us into the dark underbelly of food labs and the insidious ways in which they sneak *really really* bad stuff into our diets to get us hooked. They also discuss how scientists calculate the "bliss point" of sugary beverages, unearthing marketing techniques taken straight from tobacco company playbooks. Basically, it's how our minds and taste buds are being heavily manipulated. —Gothokwang Angoma-Mzini, Editor

WHAT HAPPENS WHEN...

...I overwork

Spending more time on Outlook than Instagram? Finishing work on time feel rarer than a sunny getaway? Here's what goes on in your body and brain when the job takes over...

04

Brain drain

Overworking inevitably has cognitive consequences, says Dr Lynne Green, chief clinical officer at Kooth, a digital mental health and wellbeing platform. "There are a number of issues that can occur even in the short term," she says, referring to everything from being overwhelmed easily to higher levels of anxiety and low self-worth – all of which are, in addition to being straight up grim, productivity poison. "You may find it harder to think clearly and be less able to concentrate, solve problems and make decisions," adds Dr Green.

05

Work it out

In a finding that reaches Alanis Morissette levels of irony, overworking can mean you lose interest in your job. "As your anxiety rises, you may find your engagement is reduced, while your interest and motivation dwindle," adds Dr Damani. She advocates a three-pronged approach. Speak to your supervisor about your workload while reaching out to any employee support services and find other ways to tackle stress. "The professional conversations are as important as the physical health measures."

01

Health check

If you're clocking up more hours than Eskom's load shedding team, join the club. "Chronic overworking can have a direct and indirect impact on your health," says Dr Alisha Damani, founder of The Medic Today, an organisation that helps medics avoid burnout. "The direct impact relates to acute physiological change, like rising cortisol; the indirect to the poor choices that long working hours can cause, like sleep loss." AKA, a two-for-one deal that isn't worth your time.

02

Heart to heart

In news as welcome as an after-hours email, stress breeds stress. "Frequently working long hours can increase cortisol, which temporarily increases blood pressure by causing the heart to work harder and blood vessels to narrow," explains cardiologist Dr Gerald Carr-White. "If stress levels remain high, this could damage the heart," he adds. Indeed, according to a report from the World Health Organisation, 745 000 people die annually from ischaemic heart disease and stroke due to working long hours.

03

Dream role

Spare a thought for your REM and afford yourself the luxury of sleep. "Stress can reduce slow-wave sleep – a stage important for maintaining mental and physical health," says clinical physiologist Samantha Briscoe. "It can also increase your

likelihood of waking mid-sleep, while you might not get enough time to unwind after the working day." The consequences are even more severe for people who work shifts, who are statistically more likely to have disrupted sleep than those who don't.



Tea break?

health

Feel as if
you can't
think straight?
You really can
get clarity
back.



Bust Through Brain Fog

Research is beginning to shed light on this mysterious collection of symptoms and uncover effective ways to clear the haze for good.

Words By JACKIE LAM

When you think of brain fog, what comes to mind? Perhaps those moments when you can't put together a sentence or you lose your train of thought. Or maybe it's a general malaise, a lack of focus. If you can't put your finger on exactly what it is, you have company. Brain fog is perplexing, even to those in medicine – and it's unique to each person who suffers from it.

The issue is increasingly common – as many as one in four people who once contracted Covid-19 may develop brain fog, per a study in the journal *Cell* – yet there's no single definition of it at the moment. (The term is colloquial, not scientific; experts label it cognitive impairment.)

But Covid-related brain fog tends to affect attention, memory and executive function. These first two are pretty self-explanatory. Dr Jacqueline H. Becker, a clinical neuropsychologist at Mount Sinai Health System, describes executive function as the CEO of the brain. It oversees the other tasks and helps with more difficult ones, such as organising info, making plans and solving problems.

These actions are all regulated by the frontal lobe, the processing centre of the brain, which is – evolutionarily speaking – a larger, newer region that develops only in humans and is responsible for our more advanced cognitive abilities. It is the last brain network to develop (it doesn't fully mature until you're 25 years old!), and it remains fluid and vulnerable to change throughout your life, says

Dr Erica Cotton, a neuropsychologist at Northwestern Memorial Hospital.

Even people who don't think they deal with fogginess know what not-so-great frontal lobe functioning feels like. "At the end of a long day, when we get home and we've been doing a million different things, we're tired, hungry and can't think as well. That's a frontal lobe issue," says Dr Cotton. This part of the brain also doesn't work smoothly when we're in pain, overwhelmed or sick. Plus, brain fog is a term patients use to refer to cognitive difficulties that can also be associated

with central nervous system disorders like multiple sclerosis, medications like topiramate and treatments such as chemotherapy. "Even though we've known that people can develop chronic cognitive symptoms from other diseases, it was relatively rare," says Dr Gina Perez-Giraldo, a neurologist at Northwestern Memorial. "But now, with long Covid, we're seeing a lot more people impacted."

The assumed culprit behind all the probs? The enemy within, so to speak: inflammation. When that internal fire rages (from, say, chemo), it impedes your brain's ability to communicate with the rest of your body, according to recent research in *Cell*.

Truth be told, there is no quick cure for brain fog, but experts recommend adopting specific lifestyle tweaks to address the fixable causes in addition to strategies to cope with long-term ones. Ahead, the steps that'll help you break out of the mist...



78%

of long-Covid patients have difficulty with concentration.*

*Source: Frontiers in Aging Neuroscience

Tackle the basics

Take care of obvious needs, like sleep and ongoing pain, and see if the fog lifts. "When sleep is good, we feel clear-headed, efficient and quick," notes Dr Cotton. Sleep needs vary, but generally, you need between seven and nine hours. (We know, you've heard this before! But in this case, it's imperative to actually do it.)

Pain can be a cause of fuzzy thinking. It's one of the most reliably distracting stimuli, says Dr Cotton, and it takes over attention, making it hard to concentrate on anything else. Talk to your healthcare provider about any chronic aches you're experiencing. Also, some medications can affect cognitive abilities. For example, meds that make you feel drowsy, such as OTC allergy drugs, can exacerbate brain fog, according to Dr Perez-Giraldo. Definitely worth knowing! So, check with your doctor about possible swaps if you think there might be a connection.

Do a self-check

The main criterion to consider is whether you're having difficulty returning to a baseline level of functioning, says Dr Becker. This will look different for everyone. Maybe you were a straight-A student before, and now you have to work extra hard to get the same grades. Perhaps you are in your late 30s and have been in the work world awhile, yet you're struggling with going back after a viral infection because you just don't feel like yourself anymore.

Another way to test yourself: Compare against others. (Really, this is the one time it's acceptable and helpful!) Checking how you do with certain cognitive tasks provides a real-life benchmark. In a study of 124 healthy younger adults (median age, 23), 57 percent had difficulty finding a word at least once a week, 50 percent went into a room and forgot why they walked in there, 48 percent forgot to buy something when they went shopping and 33 percent forgot an important conversation, appointment or errand. So, "if you went into a room and forgot what you needed once or twice a week, that's pretty normal. If you routinely forget things, have trouble completing sentences or finding words in ways that other people have noticed, it might be worth a checkup," says Dr Cotton.

Cleaning up your sleep hygiene may dispel the fog.

x



59%

of women reported having trouble sleeping the night before.

*Source: State of Sleep in America Report 2022



75%

of patients with brain fog after chemo improved their cognitive abilities and memory through rehab.*

*Source: Cancer, The Journal of the American Cancer Society

Consider Therapy

Generally, when you're upset, it's hard to focus because your brain's limbic centres (which regulate emotion and memory) pull attention away from the frontal lobe, says

Dr Cotton. For those with brain fog, feeling highly emotionally activated makes it even harder to engage the frontal lobe well. Cognitive behavioural therapy (CBT) can strengthen the frontal lobe so it can regulate the limbic system and prevent focus from getting swept away by feelings. CBT, by changing harmful thinking habits, can also help with anxiety and depression, both of which have been associated with brain fog.

Try "Rehab"

If the fog is severely impacting your daily functioning and causing significant distress, you may benefit from an outpatient cognitive rehabilitation programme, which involves occupational and speech therapies. To qualify, you'll need an evaluation and referral from a neurologist, neuropsychologist or GP. There is no age restriction, and medical aid should cover it, but the number of sessions included usually varies by plan. This type of rehab is typically offered at health facilities that

provide speech-language pathology services and helps you build strategies in the areas you struggle with, says rehabilitation physician and assistant professor of physical medicine Dr Alba Miranda Azola.

For example, if you have memory issues, a therapist will guide you in creating extra checklists tailored to your work. "Patients report significant improvement after completing those therapies," says Dr Cotton. "They start to feel like themselves again." And it's one great way to tell that dreaded brain fog to "fog" off for good!

MENTAL DEFENSE

Certain thinking patterns can worsen the fog. Spot the traps and yank yourself out with these hacks.

You avoid brain-boggling tasks.

When you don't use, say, an injured arm for a while, it might get weak. Similarly, if you stay away from cognitive tasks because your brain isn't doing so well, it leads to further loss of functioning, says Dr Cotton.

Reverse It As with exercise, the more you train, the better you (eerrrr, your mind) will work. You'll build strength and resilience too! Dive into that DIY project or the new language you want to learn. Don't forgo it just because you assume you can't handle it or don't feel up to the challenge.

You beat yourself up for every little mistake.

News flash: Attention and memory lapses are normal. People become hyper-focused on errors once they notice their brain fog. Then they conclude their whole brain is gone when they can't think of that one word. Reality is, there's no such thing as perfect cognitive performance, says Dr Cotton.

Reverse It Recognise – and really absorb – that stumbles and inefficiency are just part of how the brain operates. Accepting that can help you feel less frustrated when failings occur.

You get stuck in a negative spiral.

Many people who deal with cognitive impairment start doubting their brains, even if they can still manage their day-to-day tasks, says Dr Cotton.

Reverse It Whenever you lose hope and confidence, tell yourself you'll focus on the task at hand and start to learn what's normal and what's not. CBT, again, can be a helpful tool in banishing faulty beliefs and rebuilding trust in your abilities.



21

The number of days it takes to form a new habit, according to research.

Building Conscious Eating Habits

Improve your health, and be intentional about your wellness, by making the most of every bite.

Judgement aside! We've all done it before – eating on the go, snacking while typing away, indulging even when we're not hungry and eating as though we're being chased down the street. To some, these unhealthy eating patterns have become a norm. They are, however, harmful to say the least!

ENTER MINDFUL EATING

In recent years, mindful eating has been gaining popularity as a way to cultivate a deeper connection with our food and bodies. Loosely explained, the practice is about fully immersing yourself in the nutritional experience of tasting your food.

According to Márcia Garcia Eugenio, Head for Multiply Incentivised Wellness for Momentum Health Solutions, improved health and wellness lies in breaking free from this cycle of thoughtless eating,

approaching each mouthful with intention instead.

NEW EATING HABITS

To help set you on your journey to making mindful eating fun and effortless, Momentum Multiply introduces you to the 5Ms of mindful eating:

- ✓ **Make time.** Setting time aside for meals will ensure that you don't hurry while eating – and end up gulping any and everything down. Skipping meals can result in eating more than we actually need to at our next meal.
- ✓ **Minimise distractions.** Be fully present with every meal. That means turning off the TV, putting down your phone and stepping away from any other distractions. Except, of course, good company. Sharing meals with friends or family is a great way to connect.
- ✓ **More chewing = Smoother digestion.** Savour each mouthful

by chewing your food slowly and thoroughly. This will help you experience the depth of your foods' flavour, texture and taste.

- ✓ **Mind the 80/20 Rule.** For a healthy diet, research suggests that 80 percent of your daily intake should consist of nutritious foods such as fruit, vegetables, high-fibre carbs and protein. Before eating, stop for a second to consciously choose based on what you've already eaten, and still plan to consume.
- ✓ **Make it an experience!** Different foods have different textures, taste and consistency. To add to the experience, opt for variety. This provides you with a wider spectrum of valuable nutrients and makes every meal worth sitting down for.

ABOUT MOMENTUM MULTIPLY

To guide you on your holistic wellness journey, Momentum

Multiply's new products Multiply Inspire and Engage help members live a healthy, balanced life by rewarding them for improving both their physical health and mental wellbeing.

True mindful eating is not a one-size-fits-all approach, and may take some time and practice to develop... Enter high patience levels! Adopting a more mindful approach to your overall health – from eating well to keeping active and everything in between – can result in endless benefits.

Visit multiply.co.za to start your journey and unlock the priceless value of holistic wellness.

momentum
multiply

Are You Seeing Comfortably?

If there's a silver lining to our digital-first lives, it's that it's opened our eyes to the health of our corneas. Here, ophthalmologist Dr Jerry Tsong reveals how he keeps his retinas in fine fettle.

01

Give your eyes a lunch break

The popular 20-20-20 rule says you should look away from your screen every 20 minutes at something 20 feet (6m) away for 20 seconds to relieve digital eye strain. But if the only counting you're doing is items on your to-do list, try this instead. Close your eyes for 10 minutes on your lunch break and listen to a meditation app. Your eyes get tired with intense use; closing them is like taking a rest between sets during a workout. Headspace equals eye space.

02

Sweat to save your retinas

A recent study found that exercise can actually help maintain good eye health. Since reading it, I've been doing 100 press-ups daily, along with a Peloton session three times a week. Physical activity may stave off some of the cell ageing that leads to macular degeneration – a degenerative condition affecting the retina, which results in partial or total loss of vision. Being active can also help prevent diabetes, which damages the blood vessels that feed your retinas.

03

Ban screens from the bedroom

I keep my phone from intruding on my night by disabling notifications so I don't get woken up by texts. Extra awake time means you're doing more harmful things to your eyes, such as staring at screens. You're also depriving your body of the sleep that helps your eyes regain moisture.

04

Block out ultraviolet rays

I'm obsessive about putting on my Ray-Bans as soon as I step outside. UV light is linked to ageing diseases such as cataracts and macular degeneration, and harm can start adding up by your forties. Indoors, I don't wear glasses to block blue light – I haven't seen any research that shows they help with eye fatigue.

05

Nourish your eyes

I jumped on the Mediterranean-diet bandwagon in a serious way when research found it might reduce the risk of age-related macular degeneration (AMD) by 41 per cent. This produce-filled diet can help prevent the inflammation that may contribute to AMD. It's a cliché, but I love avocado toast for breakfast and lunch will often be a kale and quinoa salad.

06

Lather your lids

Eyelid hygiene: it's a thing. Your eyelids collect oil all day long. After hours of screens, the oil glands along the lashes get clogged. Tears evaporate more quickly and the eyes become crusty and irritated. I put a little baby shampoo on a cloth, apply it on my lids and rinse with water. This is my version of a digital detox at the end of the day.



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The Official Shoe of Fitness

The Nano X3 is here!

Featuring the Lift & Run Chassis System that stabilizes when lifting and softens when running, providing extra cushion for your stride. Finally, a shoe for all workouts.



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fitness



In Sweat We Sync

Tailoring your exercise routine to your cycle is officially a *thing.* Here's how to do it RIGHT.

Words By LAUREN DEL TURCO Photography JAMIE CHUNG



Before the U.S. Women’s National Soccer Team revealed that they planned their 2019 World Cup training around players’ periods, the topic of how fluctuating hormones could potentially impact workouts wasn’t talked about much..eEERRr, at all.

But when you think about it, the idea makes so much sense that it’s shocking it’s not commonplace. “The way you move and breathe, how your heart beats and your body’s reaction to exercise varies throughout your menstrual cycle,” says Dr Georgie Bruinvels, co-creator of FitrWoman, an app that helps track your cycle and provides tailored training and nutritional suggestions.

Turns out, tailoring your routine to your cycle, a technique known as phase-based training, empowers you to take advantage of your physiology to look and feel your best and to perform at your fullest potential, according to Dr Stacy T. Sims, a physiology and nutrition science specialist who’s been

researching female athletes for 20 over years.

And it’s not just for fitness pros either. Any woman can maximise her workouts by learning to go with her flow. No matter your goals, the right training during specific times of the month will optimise outcomes, says Dr Sims.

The first step? Get to know – like, really know – your cycle. A period-tracking app (there are many; see page 34) can help you understand each part of it – and how it impacts the body.

From there, use this guide to tweak your get-sweaty routine. And if your cycle isn’t 28 days? No biggie – adjust to suit yours. You’ll be amazed by how good you feel once things are truly, totally sympatico.

PHASE 1:
Days 1–5
Menstrual Phase
The stage at which you get your period.
 Right about now, low levels of oestrogen and progesterone (plus more inflammation) may have you feeling pretty unmotivated to get moving, says Dr Bruinvels (womp womp). But it’s actually prime time to build strength and muscle, thanks to relatively high testosterone, notes Dr Sims. Time to hit the gym!

Do What Feels Good
 If you’re craving easy, restorative movement, focus on low-intensity workouts like yoga, Pilates and stretching during this time, says Dr Bruinvels. But... if you feel energised, hit the weights and lift heavy, says Dr Sims. In fact, go for loads you can manage for only 6 reps, tops. (Try five sets of 5 reps at 80 percent of your one-rep max – i.e., the most weight you can lift for 1 rep.)

momentum multiply

21:45

21:40
Still up?

21:42
Nope, already in bed 😴

You?

12:43
This season is 🔥🔥🔥 just one more episode.

21:45pm
You need your beauty sleep, friend!

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Be well-rested.
Be rewarded.
 There's a **REWARD** for **EVERY BODY!**

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Terms and conditions apply.

TRACK IT, THEN HACK IT

To create the best routine for your body, you gotta become BFFs with your cycle. These apps can help you log (and decode!) each phase.

Flo
One of the most popular period trackers in the game, this app helps you understand and predict your menstrual cycle, PMS symptoms and even potential fertility.
Free

WILD.AI
This first-of-its-kind app uses artificial intelligence to generate a personalised plan (exercise and eats included!) based on the sweat goals and cycle info you track.
Free

Clue
Complete with a cycle analysis tool and the ability to predict oncoming symptoms (like cramps), it offers an easy-to-digest but science-based view into your period.
Free

FitrWoman
This unique app pairs detailed cycle logging with expert-backed training, recovery and nutrition advice for ultimate peak performance all month long. You can even link your Strava.
Free

PHASE 2 Days 6–14

Follicular Phase

This phase starts on day one of your period (yes, it overlaps with the menstrual phase) and ends when you ovulate.

Between the end of your period and about three days before ovulation, oestrogen levels spike, which means you'll have more energy to work out and recover faster. Woo! "Oestrogen is associated with feeling happy, engaged and strong," says Dr Bruinvels.

Get After It

If you feel next-level amazing, make the most of it by continuing to lean in to strength training, plus sprints and intense workouts. Now's the time to bust out that jump rope or join a boot camp class and really push your limits!

PHASE 3 Days 15–23

Ovulation Phase

When your ovary releases a mature egg.

Things get a little wonky in this part of your cycle. Around ovulation, oestrogen briefly drops while progesterone increases. FYI: Higher levels of progesterone can contribute to muscle breakdown, making proper recovery even more important than usual, says Dr Bruinvels.

Stick to Steady State

Help your body bounce back by switching to moderate-intensity exercise, such as brisk walking, water aerobics, hiking and dancing, says Dr Sims. Swap sprints for easy runs and stick to weights you can lift for 8 to 10 reps. If you feel super sore, give yourself an extra day between workouts, adds Dr Bruinvels.

2

The first two weeks of your cycle are best for building lean muscle.

Source: Umeå University



● PHASE 4
● Days 24–28
● Luteal Phase

Hormones increase, making the uterine wall thick and ready for a fertilised egg to implant. Should you not fall pregnant? You may experience PMS symptoms. Both oestrogen and progesterone levels fall around now. As a result, PMS symptoms – like irritability and anxiety – start to creep up, while fluctuating blood-sugar levels and inflammation sap precious motivation. That's why the couch looks so damn inviting.

Wind Down

Since your body isn't in peak performance condition right now (and you probs don't have World Cup glory on the line to fire you up), use exercise to reduce stress. Opt for Pilates, yoga or slow runs. When strength training, focus on form. Nailing it now will prepare you to load more weight when a new cycle starts, says Dr Sims.



47

percent of women use a phone app to track their cycle.

Source: University of Washington

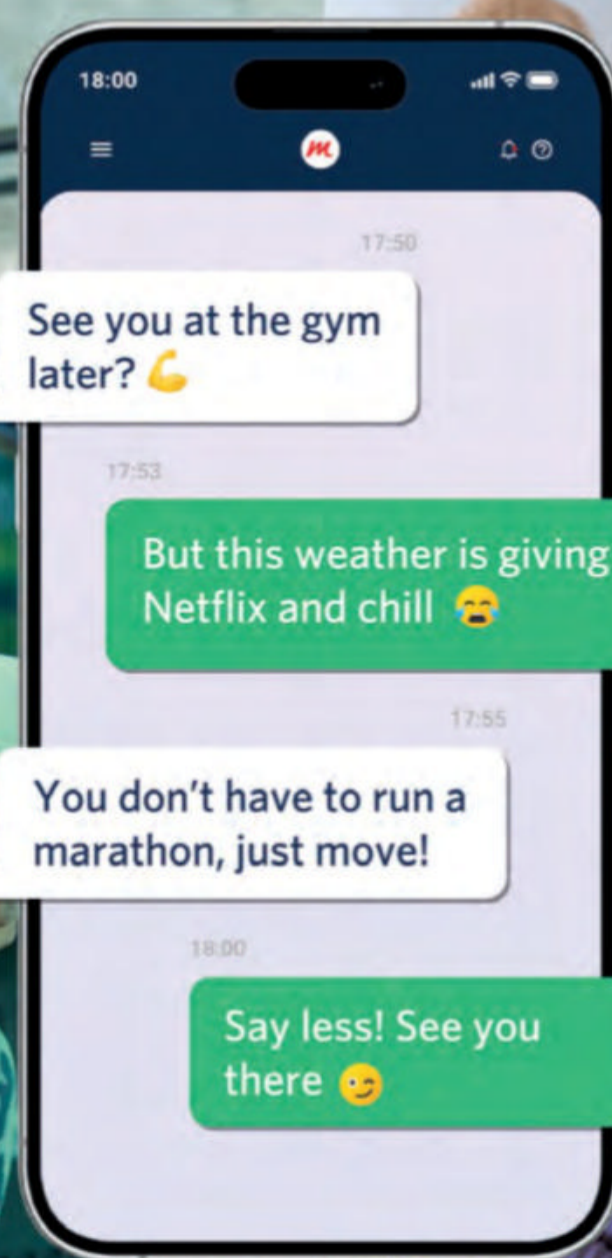
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We call them squats.
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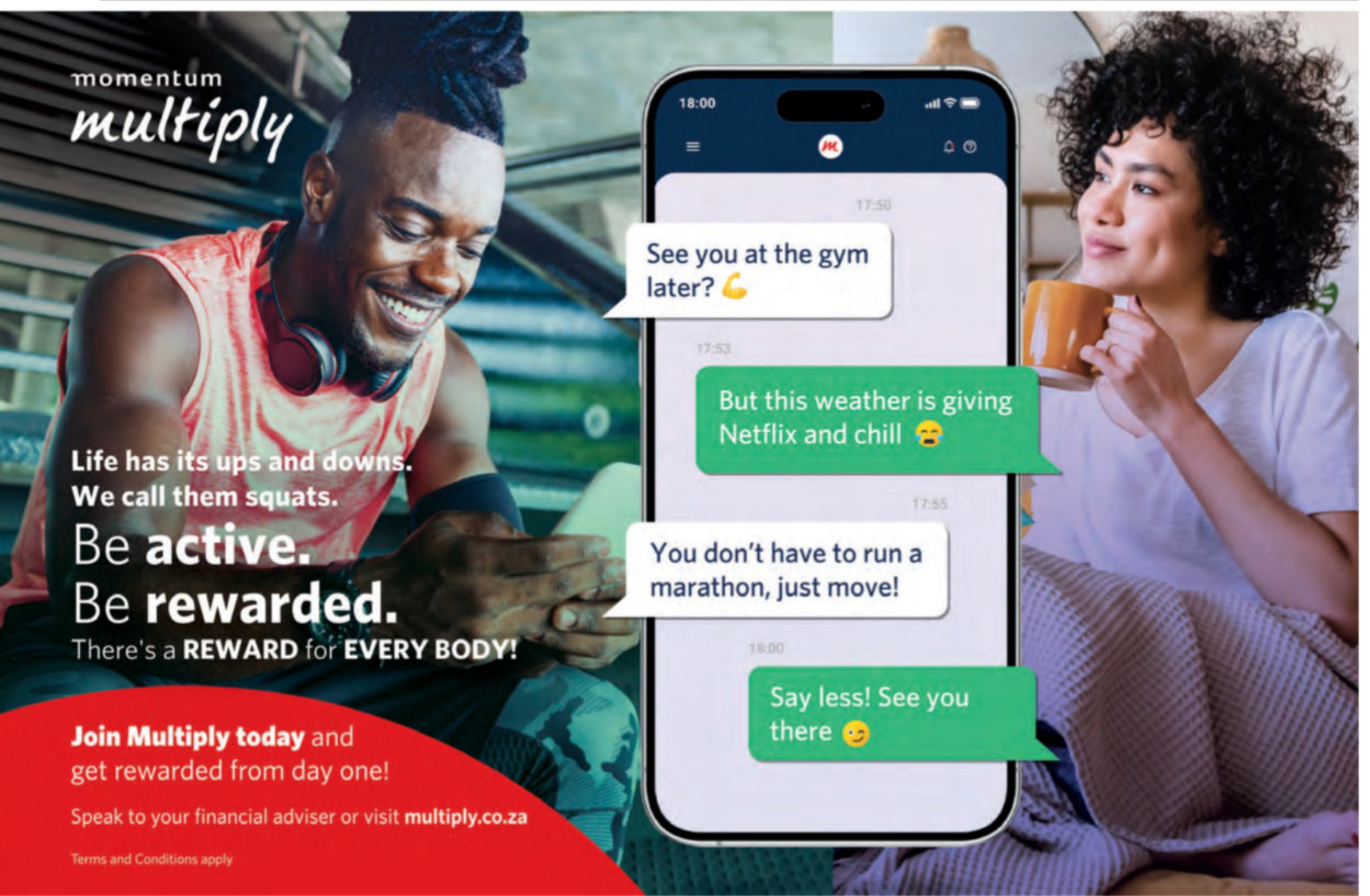


18:00
See you at the gym later? 🏃

17:53
But this weather is giving Netflix and chill 🤔

17:55
You don't have to run a marathon, just move!

18:00
Say less! See you there 😊



Sole Mates

Whether you're a newbie or an experienced runner, hit the ground running with these newly-released running shoes.

ASICS GEL-NIMBUS™ 25

Best For: Having Marshmallowy Cushioning

This new iteration of Asics' world-famous runner is ideal for long, slow, distance runs due to the max cushioning (you can thank the new PureGEL™ tech for that). But don't take our word for it: a study of 100 runners testing 5 pairs of running shoes rated this the most comfortable shoe. **R3 500, Asics.com**



NIKE ZOOMX INVINCIBLE RUN 3 FLYKNIT

Best For: Daily Training

The ZoomX foam has a cult-like following from runners around the world and for good reason. The strobeline lining underneath its insole gives it a firmer, more stable ride with less energy return – and there's a longer heel clip to improve stability. Try before you buy though, some runners find the heel clip too intrusive for them. **R3 699, Nike.com**



NEW BALANCE FUELCELL SUPERCOMP ELITE V3

Best For: Race Day

New Balance promises big things, saying "It's not just a running shoe. It's a racing shoe." So this is the perfect running buddy for marathon races and longer, high mileage runs. Comfortable, speedy and with a next-level carbon-fibre plate so you can run faster, for longer, new PBs are all but guaranteed! **R4 599, Newbalance.co.za**



SKECHERS GO RUN CONSISTENT – ENERGIZE

Best For: Walking

You don't have to be running marathons to enjoy the health benefits of increasing your step count. You can step up your cardio in these lightweight lace-up running style shoes. They're crafted with 100% vegan materials and feature an engineered mesh upper, responsive ULTRA LIGHT cushioning and a Skechers Air-Cooled Goga Mat™ cushioned insole. Hot girl walks, incoming! **R1 199, Kingsmeadshoes.co.za**



REEBOK FLOATRIDE ENERGY 5

Best For: Affordable, Lightweight Training

Designed to support women no matter their distance or pace (because running is for everybody and every body), the breathable, lightweight upper keeps your feet cool and comfy. It's a shoe that punches well above its weight with Floatride Energy Foam for cushioning and a midfoot plate for torsional stability. **R2 299, Reebok.co.za**



PUMA FOREVERRUN NITRO

Best For: Being A Solid All-Rounder

Say hello to the newest addition to the Nitro family; the ForeverRUN Nitro. This stability shoe encourages an optimal running stride and runners have found it to be more stable, help reduce pronation velocity and reduce peak tibial shock/acceleration. It's time to leave any niggling injuries in your dust. **R3 200, Za.puma.com**

UNDER ARMOUR FLOW VELOCITI ELITE

Best For: Marathon PBs

Meet UA's first super/carbon race shoe. This highly-responsive and cushioned ride gives you everything you need to crush race day. And it packs some serious tech; a full-length thermoset carbon plate for snappy strides, a WARP upper that provides lockout and lightweight containment and a Microperforated tongue that's breathable and lightweight for zero irritation. **R4 999, Underarmour.co.za**

SALOMON SPECTUR

Best For: Speed Training

Wanna go faster, have fun and smash a new 5km PB? This snappy shoe is your best bet. With their signature rocker geometry, R.Camber, ensuring a quicker transition, you'll spend less time on the ground and more time moving forward. You'll be even speedier thanks to their lightweight and soft Energy Surge foam that evens out the impact and delivers a smoother foot strike. **R2 899, Salomonsports.co.za**



ADIDAS ULTRABOOST LIGHT

Best For: Road Running

Made with 30% lighter BOOST material, this female-tailored shoe has a narrower heel fit and lower instep curve that's designed to reduce blisters (eina!) and heel slip. It's perfect for those runners who want to clock in kms a few times a week and need a reliable running buddy to do just that. **R3 499, adidas.co.za**



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2
5

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Unlock Your Power

From legs and shoulders to chest and core, here's a guide that covers every part of your body. Trust us, you'll get stronger with these body resistance moves!

You might have seen Rebel Wilson's epic transformation all over Instagram – you know, where she set a goal to become her healthiest self in 2020, then proceeded to absolutely smash it? During her 'year of health', the man behind her fitness regime was Jono Castano. According to Castano, the secret to success is identifying your 'why'. "You need to find the reason you're implementing this structure into your life," he tells WH. "This could be as simple as committing to a healthier lifestyle or having a specific goal in mind. Once you find that reason, everything else is much easier."

When a client comes to Castano with the goal of losing weight and getting stronger, he designs workouts that include high-intensity cardio along with weight and resistance training. One of his signature sessions? A five-move ladder circuit that's done five times through, knocking off a few reps each time. "This is my go-to method of training, as it elevates the heart rate and works big muscle groups for good calorie burn and a full-body workout," explains Castano. "The variety of exercises keeps training interesting and fun, which means my clients are more motivated to get through the session. And as a descending ladder format, it gets easier as it goes on – physically and mentally." We like the sound of that.





01

SQUAT AND PULSE

Targets: *Glutes, quads, hamstrings*

Stand with your feet shoulder-width apart. (A) Looking straight ahead, bend at both your hips and knees until your thighs are parallel with the floor, ensuring your knees remain in line with your toes. (B) Push through your heels and extend your legs slightly to pulse up a few centimetres, then bend your knees to return to the full squat. Push through your heels and extend your legs to return to the starting position. That's one rep. Fair warning: this one's going to burn.



04

PLANK SHOULDER TAP

Targets: *Core, obliques, back*

Start in a press-up position. (A) Do so with your hands shoulder-width apart and your legs outstretched behind you, resting on the balls of your feet. (B) Brace your core and squeeze your glutes to prevent you from rocking side to side as you lift your left hand to tap your right shoulder. Press it firmly back down on to the floor, then lift your right hand to tap your left shoulder. Two taps = one rep.

02

GLUTE BRIDGE

Targets: *Glutes, hamstrings*

Lie flat on your back, bend your knees and plant your feet firmly on the floor, ensuring they're hip-width apart. (A) Allow your arms to rest by your sides. (B) Press through your heels, squeeze your glutes and raise your pelvis off the floor until your body forms a straight line from chin to knee, resting on your shoulders. Lower your pelvis to return to the starting position. Now go again.



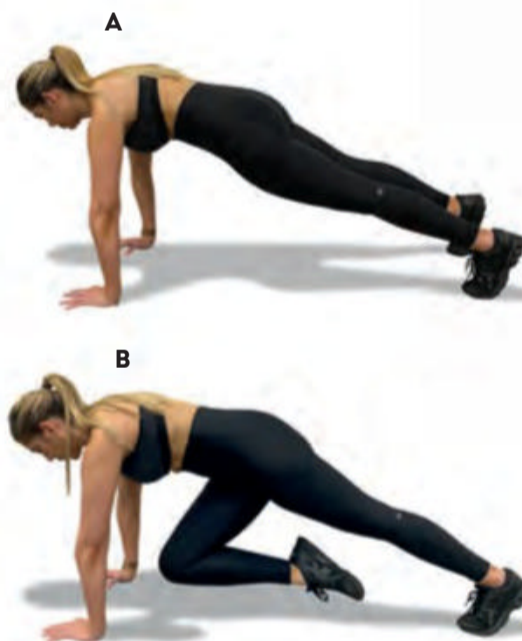
03

WALKING LUNGE

Targets: *Glutes, quads, hamstrings*

Stabilise your body. (A) Then stand with your feet hip-width apart then take a big step forwards with your right foot in line with your right hip, and bend your knees to lower into a lunge, until your right thigh is parallel to the floor.

(B) Push your right heel into the floor to straighten your right leg and lift your left foot to take a big step forward with your left leg. Bend your knees until your left thigh is parallel to the floor. That's one rep down – keep going.



05

MOUNTAIN CLIMBER

Targets: *Shoulders, quads, glutes, abs, hamstrings*

Don't get up from the last position just yet. (A) Stay in a press-up position. Keeping your left foot on the floor, bend your right knee and bring it in towards your chest, then return it to the starting position and repeat with the left leg. (B) That's one rep. You've got this.

Need To Know

- 1 | To warm up his clients, Castano usually has them do a 5-min power walk on the treadmill. A quick walk around the block will do the trick – and clear your head, too.
- 2 | In round one, complete 20 reps of each exercise; in round two, do 15; then 12; then 10; then 5 – until you've completed the entire circuit five times.
- 3 | Move straight from one move to the next without taking a rest, but rest for 1 to 2 mins between circuits.

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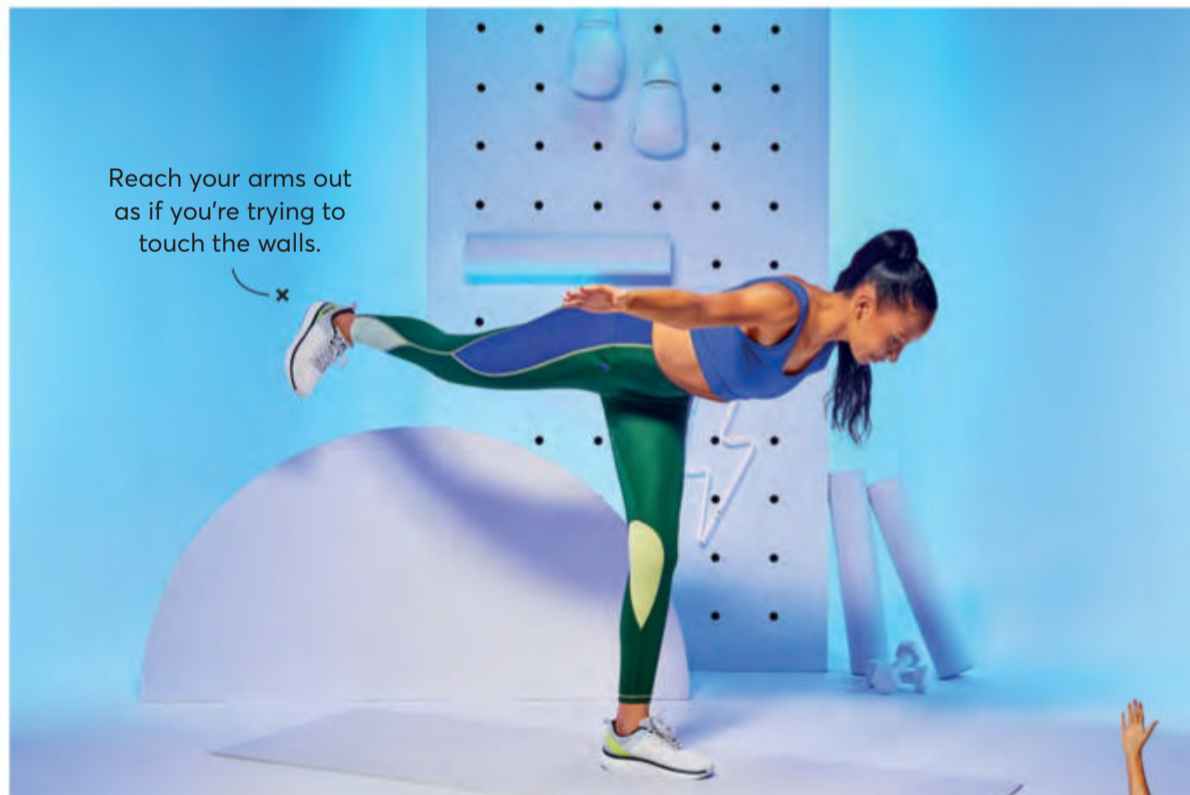
Words By JENNIFER NIED

BALANCE BOOST

LEVEL



Push into the floor with your entire left foot to stabilise.



Reach your arms out as if you're trying to touch the walls.

WHY WE LOVE IT: Look no further than this bodyweight move for some much-needed strengthening of the muscles along the back of the bod. "This move lights up the entire rear postural chain, especially challenging the hamstrings," says personal trainer Kelly Bryant. That means back muscles both big and small, as well as glutes, calves, shoulders and hip stabilisers, are all firing. Plus, you can't maintain the single-leg position without engaging your core to wipe out wobbles. Becoming a frequent flyer never felt so good.

STEP 1 **STAND** upright with arms outstretched from shoulders, chest open and right foot staggered behind you. Shift weight into left leg and engage core to balance. This is your starting position.

STEP 2 **HINGE** forward from hips and lower torso while lifting your right leg behind you. Head, shoulders, hips, and right leg form a straight line and tilt like a seesaw. Pause for one to two seconds when spine is parallel to ground. Reverse motion to stand.



Work It In
Kick off your sweat session with 1 set of 10 reps per side as a warm-up. Or boost it to 3 sets for more burn.



Modify It
Set up near a wall or chair for added stability. Steady yourself as needed with one hand gently touching the wall.



FUNCTIONAL FIX
A common mistake? Speeding through reps. Slower is harder with this move, says Bryant.



REV UP WITH A ROTATION

Once you're comfortable nailing the hinge pattern, swivel your torso and open hips to the right while elevating right leg and arm.

SPORT

WH



THE WH
GUIDE TO
NETBALL

POWER PIVOTS

Netball players, unite! These tips from the pros will take your game from social to smugly victorious.

Words By MICHELLE OCTOBER

GET WORLD-CUP READY WITH WH AND THE EXPERTS.

Netball, the girls' go-to sport, has come a long way. From being the extracurricular activity you loved at school, the investment in netball has seen the emergence of professionalism in the sport. Now, pro netball spans multiple watch-worthy leagues here in SA and beyond.

For the first time, the Vitality Netball World Cup kicks off from 28 July to 6 August 2023 in South Africa, with official Puma fan gear and sold-out tickets to boot. To really up your game, watch as many of the matches as you can, and take note of these tips from the netball pros.



01 attack harder



01 PRACTISE YOUR PASSES

Sharpening your passes and ball placement is key for making sure your ball lands in the right hands, says Khanyisa Chawane, a national player who coaches at university level. Practise passing the ball to a friend or wall, via different angles: overhead, at a 45-degree angle and straight across.



02 LEVEL UP YOUR AGILITY

"Attack is based more on vision, ball placement, agility and change of direction," says Chawane. "As an attacker it is very important that you tick all those skill boxes before stepping onto the court." To work on agility, practise shuttle sprints with direction change slotted in.



03 DODGE FASTER

Getting free from defenders is key. Practise your dodging skills by doing quick pivots and dives. "Practise your vision because the quicker you can see your options, the quicker the ball will be carried to the shooters," says Burta De Kock, netball head coach at the University of the Free State.



02 UP YOUR INTERCEPTION

"It's crucial to work on your anticipation skills and ability to read the game and apply pressure," says Chawane. To work on your anticipation and interception, try a box drill. Set up four cones in a large box shape and get someone to throw you the ball at each cone. Jump and twist your body so you're facing each cone when you receive the ball

02

mount a defence



03 DO CORE WORK

If your core is weak, you'll have the odds stacked against you when it comes to intercepting the ball, says De Kock.

"Because you are working so hard to intercept the ball, if you can do it without contact and a balanced body, you will be successful!" she adds.



01 REACT FASTER

Up your reaction time with quick-falling balls, says De Kock. Let your partner drop tennis balls and intercept them before the ball touches the ground. And feel those quads burn...

03 shoot sharper



01 TRAIN WHEN YOU'RE TIRED

Shooting under pressure is going to happen, so try to simulate the experience by practising shooting after running through the court. You'll feel tired but be able to take shots better in that scenario, making your shots more accurate during game time, advises De Kock.



02 TRY ZONE SHOOTING

Shooting in different zones will up your game when you're getting closed in during a match. Practise shooting when you're close to the pole, in the mid-range and at the edge of the circle, says Chawane. Ten minutes in each zone should help.



03 CLOSE YOUR EYES

Sounds counter-intuitive, closing your eyes allows you to zone in on your body. "Put shots up with defenders at least three times a week," says De Kock. "Shooting is a skill to be mastered, so also shoot with closed eyes and work through the skill."



MEET THE ATHLETES

Khanyisa Chawane

The star Centre of the Netball SA team talks about her illustrious career on the South African national team.

KHANYISA CHAWANE IS A GROOMED ATHLETE. From high school, she received a bursary to play netball and another to study at the University of the Free State. From there, she was seeded into the national team, the highest honour of the sport. Shortly after joining the national team, she was selected to play in the 2019 World Cup in Liverpool. So how does she keep it all together while being such a great athlete? Her mind hacks and tricks, right here.

Give Hope

All athletes feel pressure. Pressure to perform, to outperform their best record and to outperform others on the track, field or court. Since watching Siya Kolisi's *Rise*, a Supersport documentary on the athlete, Khanyisa pivoted her point of view around feeling that pressure. "I don't feel pressure anymore," she says. "I just feel that urge to continue giving hope to people. When we look at it as pressure, we're kind of making it more selfish,

making it about ourselves and what we are feeling, but we forget what we can give back within that moment. So now, it actually brings a sense of excitement that you can achieve something within that moment." Powerful stuff!

Find Your Support

Khanyisa plays the pivotal role of centre position on the court. She's allowed everywhere on the court, but it's a double-edged sword. Since she needs to be everywhere, she also has to be lightning fast and help wherever she can. But Khanyisa chooses to look at her role differently. "In my early varsity days, our coach always said to me, 'When you step onto that centre, you need to look around you. You have four people on the line that are backing you; they're on your side,'" she shares. "You're covered with strong players already, that gives you a sense of comfort, knowing that you've got people who know what they do. And you actually need to believe in



those people so that it takes the pressure off of you."

Get Connected

Still, nerves are part of the game for every player, and it's no different for Khanyisa. To get into the right mindset, she listens to gospel music. "I just feel like I need a sense of connection," she says. "And once I feel connected, I feel secure and I feel safe. Once I feel safe, I feel like I can do anything."

Know Who You Are

Being on a team means

you've got tons of support, but comparison is a demon. Khanyisa works hard to not compare herself to others, but to focus on herself and the game, instead. "If you're going to look around or try to compare yourself with other players, it really plays a big part on your mental health," she says. "You need to know what you can do so that you can keep maximising on it. That gives you more confidence than trying to do what someone else is doing. And that will keep your mind intact."

2019

THE YEAR IN WHICH KHANYISA WAS CHOSEN TO BE PART OF THE WORLD CUP TEAM. SHE'D ONLY BEEN PART OF THE SQUAD FOR A FEW MONTHS.

Athletes To Watch

Follow these top athletes throughout the season as they tackle tournaments and set the bar for netball in South Africa.



Bongive Msomi

A veteran of the sport and Proteas captain, the centre and wing attack is physically super-sharp, and boasts over 150 caps under her belt. She also led her team to victory for the first time in the Quad Series against the England Roses in 2017.

Insta: @bongiweomsomie



Karla Pretorius

Karla is one of the best defenders in the world. She's a powerful interceptor and plays for both the Proteas and the Sunshine Coast Lightning team in Australia.

Insta: @mostertkarlaa



Phumza Maweni

While Phumza only started playing late in her life (earning her first cap for the sport at the age of 29), she's by no means easy on the court. A tactical player, you'll see her adapt her game to the players she's up against.

Insta: @pumzamaweni



Ine-Marie Venter

Talented Ine-Marie has travelled for her sport, playing for the Melbourne Vixens, Queensland Firebirds and the Saracens Mavericks. She's in command of the shooting circle and makes for a formidable match.

Insta: @inemariventer

Gear Up

From court shoes to cute crops, elevate your game with these key pieces.



Shirt

Find a moisture-wicking shirt to repel sweat and keep you airy during games. United Warrior Away Netball Shirt, R500, Puma



Bra

This bra, made with moisture-wicking fabric, offers high support and adjustable straps, and will tackle jumps, direction changes and lunges with ease. TS Activ8 Extreme Control Bra, R500, Totalsports



Shorts

While skorts are traditional courtwear, players have been cosying up to shorts since they're more functional. Cotton On Ultimate Booty Shaper bike short, R449, Cotton On

Shoes

We recommend a specialised court shoe. Why? Because you'll need a shoe that can handle direction change, sharp stops and pivots. Solarflash II Indoor Sports Shoes, R1 600, Puma



Socks

These socks have stratified areas and wrap the foot for extra functionality and comfort, as you quickly switch positions. On the court, thicker socks are a must. Unisex UA Playmaker Project Rock Crew Socks, R349, Under Armour

Kinesiology tape

Since the sport involves lots of pounding that affects joints, strap up when you feel a niggle in your knees or ankles. Kinesiology tape, R94, Takealot.com



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What's Inside

 <p>Training plans and recipes for your every goal.</p>	 <p>No-B.S. tried-and-tested product reviews.</p>	 <p>Thought-provoking, researched stories to inspire you.</p>	 <p>Exclusive digital guides and manuals just for you.</p>	 <p>TikTok trends, launches and influencers to follow.</p>
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WH
#WishList

Nee-Yah Glow Therapy

Alert! This vitamin C serum has been sold out several times and finally, they've restocked!

beauty + style



The Beauty of Bacteria

What do kimchi, kombucha and
hyaluronic acid have in common?
Fermentation – a process that
brings powerful perks.

Words By DEANNA PAI

These days, it feels as if you can't swing a reusable tote without hitting a bottle of kombucha, yoghurt or some other fermented food. While they've been around for centuries – Koreans started brining veggies at least 2 000 years ago – fermented eats experienced something of a renaissance over the past decade thanks to research establishing their effect on the gut microbiome (which plays a role in supporting sleep, minimising inflammation, and more). Well, the trend is expanding to your beauty shelf... although some ingredients, such as lactic and hyaluronic acids, have been produced via fermentation for years. More companies are fermenting products with ingredients such as peptides and mushrooms. The payoff? Skin benefits, like stronger potency with less irritation. We've got deets on this cool approach.

WHAT IS IT?

Fermentation is simple... once you understand the basics.

► "Fermentation is the process by which you feed an ingredient to a microbe – a bacteria or a yeast – and the microbe metabolises that ingredient into something else," says dermatologist Dr Whitney Bowe. "That change happens for the better, unlocking nutrients and, importantly, bacteria." With kimchi, for example, you're feeding plain cabbage to lactobacilli (a bacteria), and over time, those lactobacilli turn it into kimchi. The bacteria in fermented foods (which can also come in the form of probiotic supplements) supports your gut microbiome, a delicate ecosystem of millions of microbes. Stress, lack of sleep and a sugar-heavy diet can throw it out of whack and trigger system-wide inflammation that affects skin health, says Dr Bowe. "An imbalanced gut is believed to contribute to chronic conditions, including eczema, acne, and even premature ageing." Now, on to product integration...

HOW DOES FERMENTATION COME INTO PLAY FOR BEAUTY?

As with food, brands choose the ingredient, throw in microbes, then put the end products into serums, masks, etc. This is beneficial because...

1 Less Is More

Fermenting an ingredient may mean that you need less of it to get the same, if not better, results than you would from its traditional counterpart. "If you ferment the plant's extract [by adding bacteria or yeast and letting it work its magic], then you have more concentrated benefits," says formulator Dr Loretta Ciraldo.

2 It's Sensitive Skin-Friendly


The ingredients also may become less irritating through the fermentation process, says Dr Ciraldo. Certain one too harsh for you? The fermented version may be all clear. The reason for this is still TBD, but experts speculate that it could be because fermentation helps strengthen the skin barrier by supporting acidity levels.

3 Sustainability Matters

Fermentation may offer a relatively "clean" and possibly more sustainable way of developing ingredients. As the raw materials are plants and the microbes are the ones making the shifts, "it uses natural ingredients to make natural by-products," says cosmetic chemist Marisa Plescia.

A Note on Probiotics

Fermented ingredients are not the same thing as "probiotic" skin care, which packs in live bacteria in order to alter the skin microbiome. But there's no way to know if the bacteria are still alive by the time you open that bottle top. With fermented options, the microorganisms work their magic ahead of time to deliver the good stuff. The more you know!



Brands are
creating
fermented
serums and
more... a
good thing.

What Does Recent Science Say?

*While the evidence is evolving, fermented red ginseng was found to be both less irritating and more effective than its non-fermented versions, according to one study in *Journal of Medicinal Food*. Also, various plant extracts, when fermented, may possibly even have a protective effect against sun damage (later, UV rays!), other research has found. Keep in mind, though, it's quite hard to definitively say that the amped-up effects of one fermented ingredient discovered in a given study can apply to all ingredients, says Dr Bowe. But many of the ingredients in the products we gathered for you (see options in "Starter Pack," page 52), like vitamin C, have proven benefits whether they're fermented or not. Sooooo, bring on the bacteria!*

Starter Pack

Choose one – or more – of these fermented products based on your individual goals.



MATTIFYING MASK

Tailored to refresh and hydrate combination to oily skin. Plus, mineral-rich seaweed draws impurities and excess oil out of skin, leaving it mattified and moisturised.

The Body Shop Seaweed Balance Sheet Mask **R110**, [Clicks.co.za](https://www.clicks.co.za)



SUPERB SPRITZ

Contains Bacillus ferment to help smooth the skin's texture, boost hydration and set your make-up. Deep sea biotics also assist to recharge the skin's energy by breaking the skin ageing-feedback loop.

Lelive The Drip Hydrating Mist - Deep Sea Biotics + African Malachite **R299**, [Faithful-to-nature.co.za](https://www.faithful-to-nature.co.za)



PERFECT PREPPER

Packed with fermented superfoods, this soothing foaming cleanser easily removes all traces of make-up and impurities, leaving the complexion looking balanced and fresh.

Elemis Superfood Cica Calm Cleansing Foam **R625**, [Edgars.co.za](https://www.edgars.co.za)



HIGH-CLASS HYDRATOR

A hydrating serum that contains hyaluronic acid and fermented soy to replenish skin's hydration reserves from within. Plus, a postbiotic blend of lactobacillus ferment and avena extract to help balance skin's microbiome.

Dermalogica Circular Hydration Serum **R1 299**, [Dermalogica.co.za](https://www.dermalogica.co.za)



MASTER MOISTURISER

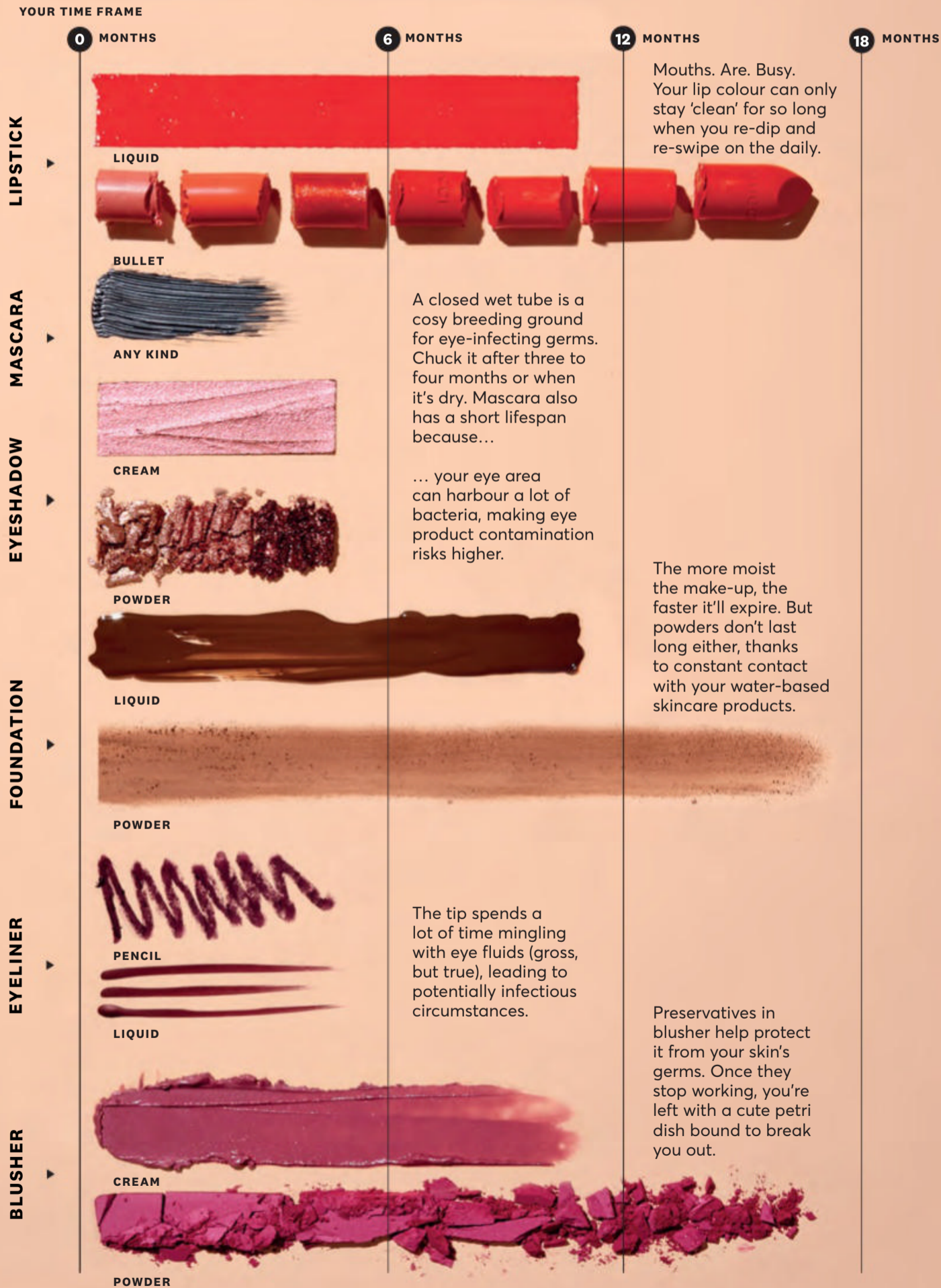
We love a moisturiser that's packed with prebiotics to feed beneficial skin microbes. In this formula, probiotic extract is added to shift microbial populations in your favour.

Esse Deep Moisturiser **R725**, [Wellnesswarehouse.com](https://www.wellnesswarehouse.com)

How Long Can You Actually Keep Make-up?

We're all trying to buy less, but how long before your beauty buys become legit biohazards? Cosmetic chemist Ron Robinson has the (brutal) answers.

Words By CHLOE METZGER



Heads up

01. Storing your make-up in the bathroom is a big no. Heat and humidity can lead to faster bacteria growth, shortening expiration dates even more. Instead, leave it in a dry place, such as your bedroom.

02. Don't mess with your eye area. Ensure your shadows are stored in a cool, dry place and be sure to thoroughly clean and disinfect make-up brushes once a week.

03. Both pencil and gel liners can harden from exposure to air. Use a clean sharpener (as in soap-and-water-scrub-scrub-scrub clean) once a week to keep them lining like new.

PSA! These rules don't apply to 'green' make-up, which is made without traditional preservatives. Take the expiration dates on the packaging seriously, okay?



Carry All

For masters of the multitasking juggle, keeping hands free for the biggies in life is a must. These bags get it. Sling them on, clip them in and get everything done – in style.

HERE TO STAY
The fanny pack has cool cred now (we're thrilled too), and that's a fact. Zip and go!



Tiny But Mighty

Layer a roomier-than-it-looks crossbody or moon bag over outfits for a pop of colour.

1 PUMA Track Meet FAST TRACK Portable Bag **R1 499**, Za.puma.com **2** adidas adicolor Classic Festival Bag In Magic Lilac **R499**, adidas.co.za **3** K-Way MMXXI Hyper Hiker Moon Bag **R499**, Capeunionmart.co.za **4** Sealand Recycled Moon Bag In Saffron ECONYL® Regenerated Nylon **R795**, Sealandgear.co.za **5** adidas Adventure Waist Bag Large **R1 199**, adidas.co.za

BOLD BRIGHT

Sure, a bag technically serves a purpose, but there's no reason it can't make a statement too.



WOMEN'S HEALTH

MAY + JUN 2023

WORDS: ARYELLE SICLAIT. PHOTOGRAPHY: TIMOTHY SMITH.
STYLING: KRISTEN SALADINO

Back In Action

When it comes to this classic for toting, there's definitely no such thing as overpacking.

1 Sealand Upcycled Roamer Backpack In Flare **R2 850**, Sealandgear.co.za 2 Thule Chasm Backpack 26L in Poseidon Blue **R3 299**, Thulestore.co.za 3 adidas Classic 3s Orange/White Backpack **R499**, Bash.com 4 PUMA Phase Green Backpack **R429**, Bash.com 5 Under Armour Women's Favourite Backpack **R699**, Underarmour.co.za



Strapped In

Whether we're talking workout gear or a laptop (or both), 2023's "It" bag, The Tote, will handle anything.

1 PUMA Base Salmon Shopper Bag **R449**, *Bash.com* **2** Thule Spira Horizontal Tote in Blue **R4 449**, *Thulestore.co.za* **3** Knomo Blenheim 14-Inch Tote In Lava **R3 499**, *Istore.co.za* **4** Ts Black Multi-Functional Crossbody Bag **R249**, *Bash.com* **5** Thule Spira Vertical Tote in Red **R3 999**, *Thulestore.co.za*

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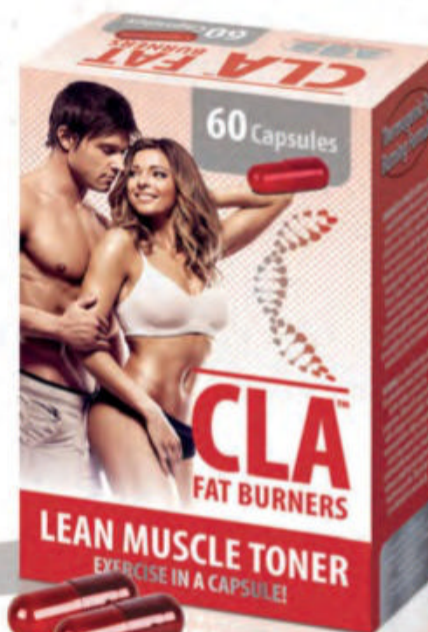
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Are You Overthinking It

From what to have for lunch and which colour to paint your bedroom to the side-eye you're 99% certain your boss gave you, overthinking is an epidemic – and it's harming your health goals. Here's how to think your way out of it.

Words By VICTORIA JOY



As Laura Andrews types her PIN into the speed point machine, she feels an overwhelming sense of relief. For the first time in months, the 40-year-old creative strategist and entrepreneur is able to see things clearly and calmly. The van salesman laughs. “Most customers aren’t so eager to hand over their cash,” he says. But Laura isn’t just buying the camper van in which she and her family intend to go roadtripping and make lifelong memories. She’s putting an end to six months of her own incessant, exhausting deliberation. Laura is, by her own admission, an overthinker. The term ‘overthinking’ has made its way from niche self-development vocab to meme fodder in recent years. Experts argue that the term is doing a lot of heavy lifting, masking a smorgasbord of psychological symptoms from irrational worry to catastrophising. So why are we all going overboard?

Mental Load

For one, the term is something of an anomaly; there’s no clinical definition. While it’s a close cousin of the well-studied psychological concept of ‘cognitive overload’ – defined as experiencing too many stimuli for your brain to process at once – it’s not the same thing. What the experts agree on is that it involves thinking about situations to an unhelpful degree. Anne Bogel, author of *Don’t Overthink It*, broadly defines overthinking as “times when we lavish mental energy on things that don’t deserve it; thinking in a way that’s repetitive, unhealthy and unhelpful.”

This rings true for Laura. “I knew deep down that buying the van was what I wanted to do. We’d saved the money; it would be an amazing experience for our family and my husband was all in,” she shares. “But despite that, my default was to wait, to seek external approval, to have the same thoughts and questions going round in my head. ‘Would I live to regret it? Was this a responsible way to spend the money?’” Exacerbating these questions was a sense that she didn’t deserve it; that the dream of freedom and family experiences should have been out of her reach. And yet... “Since those van keys were put in my hand, I haven’t second-guessed it once.”

If you’ve got whiplash from nodding in recognition of your own unproductive thought patterns (swap choosing a van for interpreting the true meaning behind your boss’s one-line email or making a big-picture decision on having kids or not), it isn’t that surprising.

Gender Split?

It doesn’t feel like a stretch to suggest overthinking affects more women than men either. “We don’t know enough to confirm a genetic difference when it comes to the brain’s capacity and probability to overthink,” says Catherine Pittman, clinical psychologist, professor and co-author of *Rewire Your Anxious Brain*. *Psychologist* and behavioural researcher Antonius Wiehler agrees. “In my analysis into cognitive fatigue, both genders have shown similar outcomes, so there’s no data to show genetic predisposition.”

What research has shown is a more general gender difference in blood flow and activity in specific brain regions. A 2017 brain imaging study that compared more than 45 000 scans from nine clinics found significantly increased blood flow in the prefrontal cortex, involved with focus and impulse control, and the limbic areas of the brain, involved with mood and anxiety. Indeed, the renowned psychologist Susan Nolen-Hoeksema, author of the 2003 book *Women Who Think Too Much*, spent 20 years researching mental health, finding that women are both more likely than men to fall into overthinking and remain stuck there.

For Professor Pittman, the idea that women are more at the mercy of overthinking is due to social factors rather than neuroscience. “The less control we feel over a situation, or life in general, the more stress we experience and the more likely we are to overthink,” she says. “Unfortunately, women tend to have (and feel) less control over their own lives, be it because we’re less

likely to be decision-makers in the workplace, we’re more impacted by financial insecurity via lower-paid industries, and we make up a higher percentage of primary caregivers, which involves prioritising the needs of others above our own.” Makes for dismal, if not all that surprising, reading.

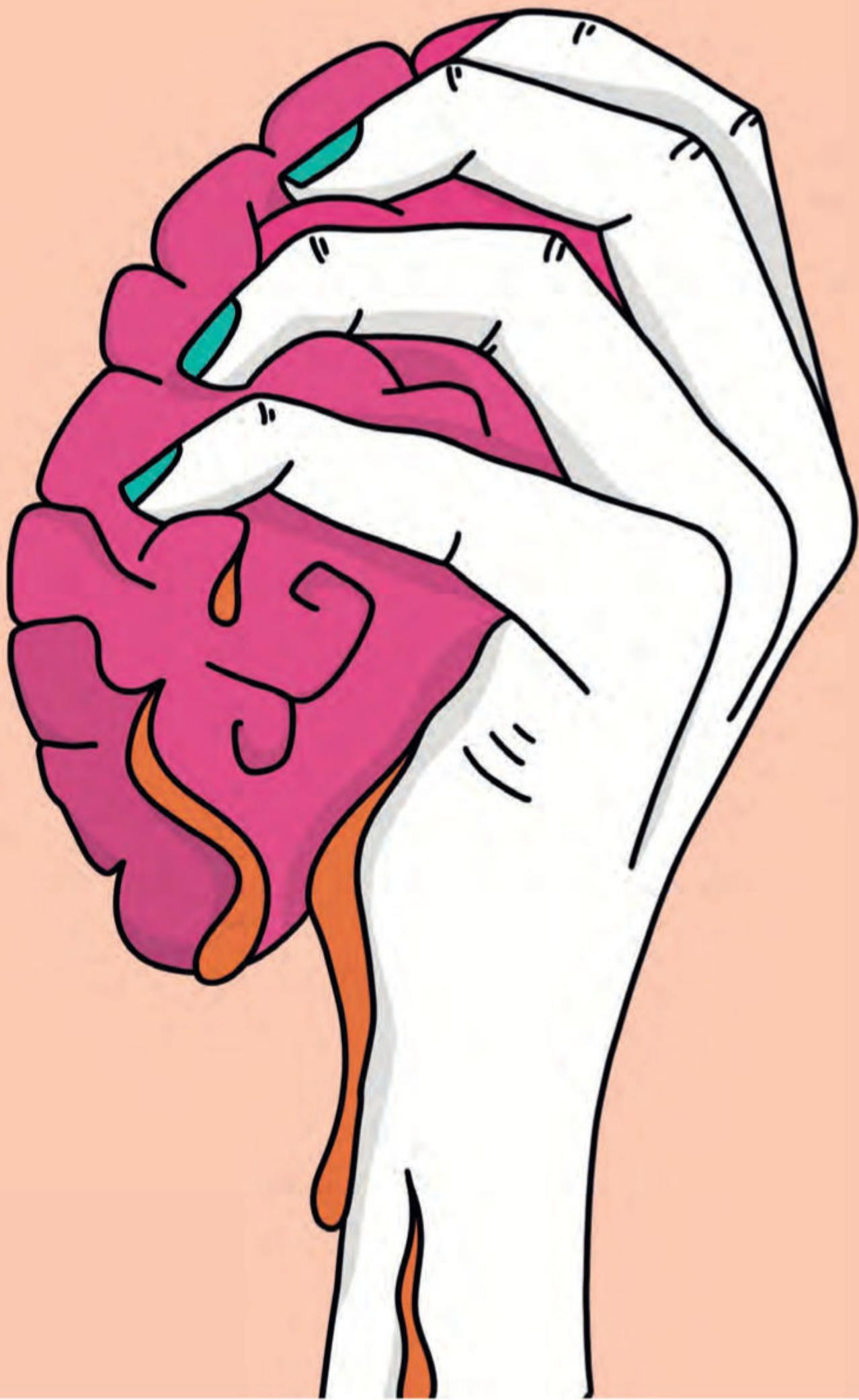
A 2022 review in *The Lancet* concluded that women across the globe are still deemed primarily responsible for their household’s unpaid labour, spending an average of three to six hours per day on chores or care work, while men contribute between 30 minutes and two hours. That’s not including paid employment either; if women are so clearly bearing this brunt, is it any wonder their minds are buzzing?

Pause That Thought

Consider the overlap between overthinking and perfectionism. “A person’s tendency towards perfectionism – putting impossibly high standards on themselves – regularly manifests in overthinking, because they search for the absolute, unquestionable best option in any given situation,” says Bogel, who connected the two after speaking to countless women while researching her book. This, in turn, breeds ‘analysis paralysis’: a state in which you fixate on all the possible options or outcomes to such a degree that you become incapable of settling on one solution.

More worrying and feeling crap is the least of it; experts are now warning that overthinking could be doing more insidious damage.

Dr Nolen-Hoeksema’s research showed that overthinking not only

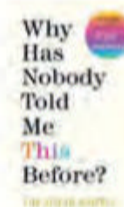


Overthinking Reading List



The Book Of Overthinking: How To Stop The Cycle Of Worry by Gwendoline Smith, R199, Loot.co.za

Beat overthinking in its tracks (yes, you can!) with lots of humour and anecdotes to help you digest the simple strategies outlined to help you deal with the 'thought viruses' that plague your mind daily – thereby preventing you from living your best life.



Why Has Nobody Told Me This Before? By Dr Julie Smith, R414, Exclusivebooks.co.za

The author's years of experience and research have led to this collection of skills you need to tackle life's ebbs and flows. Filled with hacks from an experienced therapist's toolkit, this is a must-have guide for nourishing your mental health.



Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present by Nick Trenton, R455, Takealot.com

This here is a book that was written with your mental health needs in mind. Rewire your brain and control your mental patterns with the help of the author's proven techniques and scientific methods.

makes life harder, but that it has a negative impact on relationships and may even contribute to serious mental disorders including severe anxiety and substance abuse. It can sabotage your healthy intentions, too. In a 2022 study by researchers at Pitie-Salpetriere University Hospital in Paris, researchers asked one group of participants to do automatic tasks (on autopilot) throughout the day and a second group to do tasks that required cognitive control (deliberate effort or focus). Both groups were then asked to choose between two options, thereby having to use cognitive control. "We saw that, on average, the group who'd deployed more cognitive control throughout the day were much more likely to choose an option that provided instant gratification over that which offered a greater, but delayed, benefit," says Dr Wiehler, who carried out the study. "It appeared that cognitive control would fatigue over time." It explains why spending a chunk of time thinking or acting in a way that requires focus can make you more likely to sack off self-development even when you know it'll serve future you.

Small Steps Daily

Laura realised the impact of her overthinking when she started working with a client who happened to be a clarity coach. "I was helping her with her brand strategy and the more she spoke about how feeling paralysed by every little decision and ruminating on the past could keep a person stuck, it felt as if she was describing me," she admits.

Consciously aware of her thinking patterns, she began to pay attention to when her overthinking was at its worst and realised her physical space could be a trigger. "If the house was a mess or I hadn't been for a run outdoors in a while, it made a big difference," she says. "Now, if I know something's going to happen that might lead to overthinking, or I've got a decision to make, I'll set myself up properly; go for a run, have a shower, put a bit of lipply on or tidy the room I'm in.

It sounds trivial, but it's a way for me to override my self-sabotaging mind." In short, it's about creating the right conditions for your analytic brain to thrive; cognitive wellness, if you will. Now that really is something to think about.



73

The percentage of adults between 25 and 35 who admitted to overthinking, compared to 52 per cent for people between ages 45 and 55. Moral of the survey? Younger people are more likely to be preoccupied with a thought than the oldies.

Source: University of Michigan Study

Blue-Sky Thinking



LIMIT YOUR OPTIONS

Streamlining regular decisions can help you to establish habits that reduce overthinking. "Routine can serve as a fatigue-busting framework," says Bogel, who suggests having signature no-stress meals, a capsule wardrobe and setting specific device-free times to lessen overwhelming feelings.



MAKE A MOVE

It doesn't have to be a workout; it could be a walk to a local green space or dancing to a song you love – but exerting physical energy helps to break your brain circuitry and shift perspective. "There may be some biochemical effect of activity that has a positive [impact] on mood and thinking – the release of brain chemicals such as [noradrenaline] and serotonin," wrote Dr Nolen-Hoeksema. "It's harder to lapse back into overthinking if you're actively moving about."



SPOT THE SIGNS

Learning how overthinking shows up in your life will help you negate it. Be aware of things like having the same tabs open on your computer for weeks on end, rereading messages more than necessary and discussing the same decision over and over. Note physical sensations, too, such as an elevated heart rate or butterflies when your mind jumps to a future scenario.

A close-up photograph of two hands clasped together, with fingers interlaced. The skin is light-toned and shows some texture and slight redness. The background is a solid, muted teal color.

Craft The Life You (Truly) Want

You may think purpose is a destination, but psych experts say it's more of a journey – and you have to reshape it over and over. Not sure where to start? Follow these steps.

Words By AMELIA HARNISH

From the outside, it looked as if Tenise Hordge, 39, had it all. After spending 18 years climbing the corporate ladder, the engineer had the impressive title, big salary and corner office. But she was unhappy.

After her daughter was born prematurely in 2017, she began to feel adrift at work. "Who cares about this title I have?" she remembers thinking. It didn't help her carry her baby to full term. The money was not helping her daughter come home from the hospital sooner. Then came 2020. Tenise was exhausted, in so many ways. "I didn't want to continue being this person I no longer was," she recalls.

You might call it an identity crisis, but psychologists would describe what Tenise was going through as a crisis of purpose.

What does that actually mean? Purpose is a driving force in your life that connects you to values and ideals bigger than yourself, says psychologist and the author of *Nervous Energy*, Dr Chloe Carmichael. Some prioritise crushing it in their careers. Excellence is a value, "so the drive to be excellent as a professional can be a purpose," says Dr Carmichael. But purpose can also take other forms – you may be motivated to devote yourself to religion, create art or advocate for a social cause.

All this may seem a bit abstract, but research shows purposeful living has a real impact on our well-being. Not only are those who move through life with a defined purpose more likely to stay happy in their jobs, but they are also better at keeping up with regular health screenings and less likely to have anxiety and depression. A strong sense of purpose has been linked to greater longevity too.

**As your priorities
shift, you can
(and should)
remodel your life
goals.**

It can be good to intentionally rethink and renew your purpose periodically throughout your life. This helps you stay in tune with what's important to you at different points in time. FYI: Adults are more likely to feel happy with their life if they have a purpose and concrete strategies to carry out that purpose, a study in *Frontiers in Psychology* found.

On that note, let us introduce you to a process called "life crafting." It involves actively reflecting on your life via writing and thinking exercises – then setting goals to make changes so that how you spend your time aligns with what you value most, says Dr Michaëla Schippers, a professor of behaviour and performance management at Rotterdam School of Management at Erasmus University in the Netherlands, who coined the term.

You're prompted to take an honest look at your passions, skills and even social life. "For a lot of people, without realising it, they find they are working a certain job or living in a way their parents wanted for them or what they think society demands of them," says Dr Schippers.

In Tenise's case, it definitely took time – and a lot of planning – to figure out her next steps. Tenise wanted to help new moms navigate the challenges she faced, especially in breastfeeding. When her daughter was in the NICU, having a lactation consultant made a huge difference. She decided that was what she wanted to do and nailed down the specifics of how to turn it into reality. First, she used her bonus to cover a year's worth of expenses. She and her husband paid off their car loans and debts. She found a certification programme near her family so she could complete her clinical hours and have help with her two children. She found a lawyer and set up a her business. Tenise now runs her own business helping new moms.

"You can create meaning in your life no matter your circumstances," says Dr Schippers. "But what's really important is that you have to set aside time to focus on it. It's something you create for yourself. You're the only one who can do it."

The good news is anyone willing to put in the effort can reap the benefits of life crafting. Keep reading for a step-by-step guide with exercises from experts to find your spark, design your future and set a unique and fulfilling vision in motion.



1

Get To Know Yourself



The first step is clarifying your values. “My biggest piece of advice is to relearn yourself,” says Tenise. “Once you understand who you are, you’ll know what’s important to you.” The cultural obsession with status or achievement drives many to go after the next pay raise or better title versus something truly meaningful to them. “For high-achieving women and especially women of colour, we’re valued and judged by what we do and not who we are,” says Dr Omolara Thomas Uwemedimo, founder of Melanin and Medicine. “That allows people to do all these things because of positive reinforcement from others without asking, ‘Is this what I really want?’”

TRY THIS

Explore Your Values

Organising your thoughts in writing is key, per research. Ideally, you want to identify a passion that aligns with your values. So, from the two prompts below, pick one that speaks to you and write a short essay to discover where you stand:

► Look to the past.

Your past experiences shape you, sure – but they can also teach you a lot about your purpose. “Look back at the moments in your life that have been meaningful to you,” says Dr Uwemedimo. “That can help you find what brings joy and lead you to where you should put your focus.”

► Look to the future.

Think about what kinds of relationships you’d like to have in your private and professional lives and what kind of career you want. Also, become aware of your current habits and skills while reflecting on the ones you adore or want to develop. That’s the first step toward breaking old patterns and building new routines.

2

Set Goals



Research shows that goals that are aligned with values are better for overall well-being. So, once you clarify your values, you’re already halfway there. Now give some thought to how you might turn them into action. For Tenise, that meant a career change. But finding your purpose can also mean simply creating space in your life to do more of what brings you meaning. For example, if it’s being a parent, a goal may be to find a way to delegate more tasks so you can spend time with your family.

TRY THIS

Imagine the Alternate Universe...

Fantasise what your life will look like if you don’t take any actions. This actually motivates you to follow through because you’re confronted with the consequences of doing the opposite. Ask yourself, “What would my future look like 5 to 10 years down the road if nothing changes?”

...Then Prioritise

Write a passage laying out your ideal life. How would you spend your days if there were no limits of any kind? When Dr Schippers started assigning first-year students this exercise, the university saw a 22 per cent decrease in dropout rates among those who wrote it. List specific goals that will help you achieve your ideal life and prioritise them. Identify the stumbling blocks that could get in your way and write down how you might work through them.

3

Open Up



Finally, announce your plans to the world, says Dr Schippers. Sharing your goals increases accountability and makes it more likely you will achieve them. Post your goals on Instagram or simply talk through them with your partner or friend.

It’s also important to start a new conversation with yourself. Life crafting can help you cultivate what’s known as an “internal locus of control.” With it, you believe it’s within your control to shape and affect the outcome and experience you have in life.

TRY THIS

Visualise Your Success

Once you get the ball rolling, spend a few minutes each day or week picturing yourself living the ideal life you wrote about in your essay. If your goal is to travel the world, you might imagine summiting Kilimanjaro or chatting with the locals in Bali. Then envision yourself messaging your 2023 self to let her know you’re proud of her. “This can help you feel connected to the person you aspire to be,” says Dr Carmichael. “This way, your aspirational self feels more attainable.”

Somewhere between introspecting regularly, mapping out your goals and keeping yourself accountable lies the trick to crafting the life of your dreams.

the reset

Words By
MICHELLE OCTOBER

IT'S NEVER TOO LATE TO START OVER

“It comes down to building a lifestyle.”

When Michaela Mallett, 28, signed up to study culinary arts, she didn't expect it to worsen her existing binge-eating disorder. In high school, she began a cycle of restrictive eating which eventually led to binge-eating. As a culinary arts student, she was once placed in a restaurant where she was the only chef in the pastry department. It set her off on one of her biggest binges – eating 17 croissants in one sitting. In a YouTube video about her binge-eating disorder, Michaela details how this became a pivotal moment for her. “It was one of the big binges that made me realise that something was wrong and I needed to get help,” she recalls.

Despite this, Michaela continued her restrictive dieting, followed by periods of binge eating. “My bingeing kind of went up and down. I would have several reverse transformations a year. I would basically lose a good couple of kilograms and then I'd gain double, if not triple the amount of weight,” she explains. At her heaviest, Michaela weighed 80kgs.

Things eventually came to a head and Michaela checked herself into rehab for a month. But she felt that the experience didn't give her the tools to really mend her relationship with food. “Although it was very controlled and very structured, I still felt like it didn't teach me how I would get better when I left rehab,” she explains.

After being discharged, Michaela decided to try

RESETTING TIPS

GET SUPPORT

“Have a good support team – be it coaches, family or your partner.”

DEVELOP A ROUTINE

“Focus on your your daily habits. Knowing what time you're waking up, going to gym, having your meals and delegating tasks throughout the day is important.”

PREP YOUR MEALS

“If, for instance, you have a crazy life in a corporate job, making sure that you're prepared for the day really helps.”

something different. She opted to take in all the calories she would usually eat. But this time, eat them healthily. She replaced junk food with whole foods, and also ate at scheduled times – thus not allowing herself to become hungry and binge. “I would have loads of potatoes, butternut, vegetables, lean protein, obviously still incorporating whole grains, fruits and vegetables,” she shares.

To feel like she was no longer restricting herself, she also prioritised dessert. “Every single night before I went to bed, I'd have ice cream or fruit and yoghurt with crushed biscuits, or a cupcake, or whatever it was that I felt like on the day. I just had to make sure that the dessert was incorporated.”

It took her 10 months to a year to finally feel like she was getting somewhere. While her goal was never to lose weight, she found herself in the sustainable, healthy weight of 58kgs and is now able to maintain that through healthy eating.

With the boost of a qualification from Precision Nutrition, Micheala has set up a coaching business where she's a lifestyle and weight loss coach who helps others build a healthier relationship with food. And she reiterates that healthy eating is king. “It definitely comes back down to building the lifestyle and that's also where a lot of people struggle. They want the weight to come off but they're not willing to build the habits that come with a healthier lifestyle. And that was exactly me as well. I kept going back to gaining and losing weight because the lifestyle wasn't there.” Now, she finds joy in helping others smash their #BodyGoals – dessert and all.



WH

Healthy Kitchen Awards 2023

Grill, slice, sizzle, blend and air-fry your way to healthier meals using the healthiest ingredients and the best kitchen tools in the game.

Words By KELLEIGH KOREVAAR

MEET THE EXPERTS



Nicci Robertson

Founder of Re-Invent Health, Nicci is a clinical nutritionist, functional nutrition practitioner and master practitioner of Neuro Linguistic Programming and Psycho-Neuro Immunology.



Lerato Mphahlele

Lerato is a popular Tiktok content creator known for her engaging videos and a professional quantity surveyor. Her recipe videos feature easy-to-follow steps that make cooking accessible for everyone.



Georgia Roux

A self-confessed foodie who loves wholesome food, Georgia is the face behind *A Bite Of Vegan*. She's a food photographer, vegan recipe developer and blogger.



Kiara Lipschitz

Kiara is a registered dietician whose goal is to help people restore a healthy relationship with food and their bodies, while reaching their desired outcomes.



Liziwe Matloha

Liziwe is an author, food Editor, TV personality and hosts cookery classes.



Claire Julsing Strydom

Claire is a registered dietician and co-founder of Nutrition Solutions. She recently developed the PCOS (polycystic ovary syndrome) BOSS programme for women to support women with this condition, and change their health in a sustainable way.

THE NEED-TO-HAVES



A Square Baking Tin

"My most used baking tin; it's perfect for chocolate brownies, blondies, bars and cakes," says Georgia.

WH Suggests: Le Creuset Square Cake Tin **R529**, LeCreuset.co.za



A Stainless Steel Colander

"This is useful for everything – from washing fresh produce to draining pasta," says Nicci.

WH Suggests: OXO Good Grips Stainless Steel Colander **R699**, Yuppiechef.com



A Sharp Knife Set

"Cuts like a dream and I use it for everything – from savoury dishes and dicing veggies to chopping chocolate or nuts," says Georgia.

WH Suggests: Wusthof Classic Starter Knife Set **R4 999**, Yuppiechef.com



A Whisk

"A good whisk covers a multitude of kitchen sins. I love the fact that it has so many uses from mixing, mashing and even making pap, there's very few kitchen mishaps a whisk can't fix," says Lerato.

WH Suggests: OXO Good Grips Stainless Steel Balloon Whisk **R209**, Woolworths.co.za



A Set Of Chopping Boards

"A set of chopping boards helps to prevent cross-contamination, protect my countertops from damage and provides a clean and safe surface to prepare food on," says Kiara.

WH Suggests: Joseph Joseph Folio™ Regular Chopping Board Set **R1 499**, Josephjoseph.co.za

A Cooking Pan

"I swear by a cooking pan because I use it to cook a wide variety of dishes – from searing meats to sautéing vegetables and making sauces," says Kiara.

WH Suggests: Tramontina Professional Iron 30cm Frying Pan **R1 129**, Makro.co.za



A Kitchen Scale

"Baking requires such precision and I use this all the time to make sure I'm adding just the right ratios of ingredients," says Georgia.

WH Suggests: Zwilling Enfinigy Digital Scale **R699**, Makro.co.za

CHEAT SHEET

MATERIAL MATTERS

An expert's guide to the pros and cons of various types of cookware.

Stainless Steel

Pros: Can handle high heat; lasts a long time.

Con: Sometimes hard to clean.

Non-stick

Pros: Food doesn't stick; usually lightweight.

Con: Most foods shouldn't be heated to high temps.

Cast Iron

Pros: Retains heat well; can become non-stick.

Con: Non-stick coating requires maintenance.

Carbon Steel

Pros: Heats quickly; lighter than cast iron.

Con: Most require seasoning, which involves some effort.

THE GOOD-TO-HAVES



A Coffee Machine

"My coffee machine is one of my favourite appliances that I use every single day and I would go insane without it," says Georgia.
WH Suggests: Nespresso Vertuo Next R4 699, Za.buynespresso.com

A Microplane Grater

"Such an overlooked kitchen tool but I highly recommend it because not only is it so versatile, but easy to use, too. Gone are the days of trying to grate cheese or lemon zest with those bulky, heavy graters with poor results," says Liziwe.

WH Suggests: Microplane Gourmet Fine Grater R539, Yuppiechef.com



Good Quality Pots

"This may sound so cliché but a set of good quality pots is an absolute must have, not only can they last one a lifetime but makes cooking less stressful, cooks perfect every time," says Liziwe.

WH Suggests: GreenPan Cambridge 4.9L Casserole R1 899, Bash.com



A Blender

"It can turn a handful of ingredients into a delicious smoothie, a creamy soup or even a homemade hummus, making it an essential addition to my kitchen," says Kiara.

WH Suggests: NutriBullet Blender Combo 1000W R3 999, Bash.com



A Kettle

"A kettle is definitely up there on the list of top appliances – I mean – coffee!," says Claire.

WH Suggests: Cuisinart Cordless Temperature Control Kettle R2 599, Yuppiechef.com

A Lemon Squeezer

"I add lemon to so many dishes and drinks. I have two lemon trees in my garden so I make use of lots of lemons – and the squeezer really comes in handy," says Claire.

WH Suggests: KitchenCraft Lemon Squeezer R179, Yuppiechef.com



Glass Mixing Bowls

"I love making new recipes and baking with my children. I have a stack of glass mixing bowls that get used so often in our home," says Claire.

WH Suggests: Pyrex 3l Glass Mixing Bowl R149, Makro.co.za

Glass Storage Containers

"I can't stand plastic storage. It discolours and smells bad. Glass won't leach chemicals into your food and always look great," says Nicci.

WH Suggests: Bake N Lock Food Storage With Easy Snap Lids Set 10 Piece R299, Checkers.co.za





A Stand Mixer

"A good mixer with all the attachments. My Kitchen Aid was one of the first things I bought myself and I know it will last me a lifetime," says Georgia

WH Suggests: KitchenAid Artisan 4.8L Stand Mixer **R13 990**, KitchenAidAfrica.com

**THE
NIIIIICE-
TO-HAVES**



A Food Processor

"There's pretty much nothing that can't be made in a good food processor," says Nicci.

WH Suggests: Kenwood Multipro Express Weigh+ **R2 999**, Hirschs.co.za

An Airfryer

"By far my favourite tool is the air fryer (I have two). I love that you can cook just about anything in it, in half the time and with a fraction of the electricity," says Nicci.

WH Suggests: Instant Vortex 5.7l Air Fryer **R2 799**, Bash.com



A Gas Stove

"Not only can it be used to cook a wide range of dishes, but it's also a reliable cooking source, especially during load-shedding," says Kiara.

WH Suggests: Whirlpool 75cm Stainless Steel Gas Hob **R4 999**, Hirschs.co.za



A Stick blender

"I prefer a stick blender over traditional bulky blenders. It's super easy to use and wash. I love that it's easy to store, and easy to carry with when travelling (especially for those fresh smoothies)," says Liziwe.

WH Suggests: Braun MultiQuick 7 Hand Blender **R1 599**, Yuppiechef.com



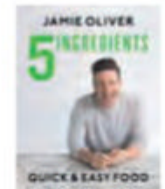
Microwave

"My kitchen fighter because [it] saves time, has multiple uses and makes my job in the kitchen easier," says Lerato.

WH Suggests: LG 56l NeoChef Solo Microwave Oven **R3 999**, Hirschs.co.za

**THE
COOK'S
BOOKS**

You'll find well-thumbed copies of these cookbooks in our panel's kitchens.



5 Ingredients: Quick & Easy Food by Jamie Oliver, **R379**, Readerswarehouse.co.za



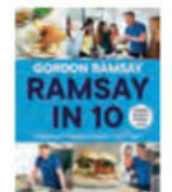
Dinner at Matloha's by Liziwe Matloha, **R338**, Exclusivebooks.co.za



Heavenly & Healthy Foods by Brookdale Health Hydro, **R300**, Brookdale.co.za



Ottolenghi Simple by Yotam Ottolenghi, **R455**, Woolworths.co.za



Ramsay in 10: Delicious Recipes Made in a Flash by Gordon Ramsay, **R496**, Makro.co.za



Veg: Easy & Delicious Meals for Everyone by Jamie Oliver, **R430**, Woolworths.co.za



Canned Beans

"They are a great source of plant-based protein, fibre and complex carbohydrates – and can be used in a variety of dishes such as salads, soups and stews," says Kiara.



Smartbite Multigrain Quinoa Chips Tomato

Looking for a healthy snack? These are the ones, plus they are a great source of protein and fibre.



Frozen Risotto

Although risotto rice has fewer vitamins than whole grains, it delivers rapid energy to the body. Best of all, risotto can boost immunity and improve digestion. For convenience try specifically: Woolworths Frozen Wild Mushroom Risotto. "My family loves risotto but it can take a little longer. The eight-minute one really takes eight minutes," says Claire.



Rotisserie Chicken

Chicken contains the amino acid tryptophan, which has been linked to higher levels of serotonin (the 'feel good' hormone) in our brains. Another way to feel good? Avoiding the schlep of cooking a whole chicken and buying it pre-made.

Tinned Tomatoes

Lycopene and other carotenoids found in tomatoes may reduce the harmful effects of UV rays. Opt for plum tomatoes, as they contain more phytonutrients.



The Harvest Table Bone Broth Powder

Though broth claimed superfood status a few years ago (thanks, paleo), it's still a thing today. Some swear its health benefits include everything from settling your stomach to helping build and strengthening your bones, helping fight inflammation and improving sleep and brain function.

Ostrich Steak

Ostrich is a lean meat packed with protein and is rich in vitamin B12, iron and zinc. That's a lot of bennies.

HEALTHY POWER FOODS

Our team picks the healthiest and tastiest items to shop for in 2023.

Kiwi

Orange may be the vit C OG, but it's not the superior source: a single kiwi packs more than your RDI for the vit.

Tinned Legumes

Legumes can help lower blood sugar and blood pressure. They contain antioxidants that help prevent cell damage and fight disease. "I don't have time to soak legumes overnight," says Claire, so tinned legumes work perfectly for the time-strapped.

Leeks

When it comes to the allium family, onion and garlic hog all the glory. They shouldn't: leeks contain the same heart-healthy, anti-inflammatory compounds. They're a great addition to soups.

Miso Paste

It is savoury with rich umami flavour, and has many uses in the kitchen from soups to roasts and even desserts. "It adds so much flavour and a little goes a long way," says Georgia.



A1 Fruit Water

We're big fans of this water for good reasons: It's made by infusing fresh sparkling water with real South African fruit, creating a healthy, tasty and refreshing drink. Fruit Water is sugar free, with zero calories and no sweeteners or preservatives.

Anchovy Paste

A rich source of omega-3 fatty acids, anchovies are associated with heart and brain health and contain helpful minerals, too.



Happy Culture Water Kefir Wild Berry

Get your glug of nutrients on the go. This fruity drink is harmoniously paired with the subtle yeastiness and living goodness of kefir. It's high in vitamin B12 and contains no sugar or caffeine.



103 | **1g** | **3g** | **23g** | **6**
cals | fat | protein | carbs | serves

SQUASH AND ROASTED RED PEPPER

Squash is rich in alpha and beta-carotene, antioxidants that deactivate free radicals. Studies even suggest that a carotenoid-rich diet can help reduce your pancreatic cancer risk.

INGREDIENTS

5 Red peppers • **1** Butternut squash • **1** Sweet potato • **1** Onion • **1 tsp** Oil • **1 tsp** Five-spice powder • **1 tsp** Ground cumin • **300ml** Vegetable stock • **1** Sprig of rosemary, leaves

finely chopped

METHOD

1 | Cover the peppers with foil and shove them in the oven to roast at 160°C for 25 mins. Once they're done, remove the seeds and stem and roughly chop the flesh. Set aside.
2 | Peel and dice the squash, sweet potato and onion. Sweat the onion in a lightly oiled soup-capacity saucepan until soft,

before chucking in your sweet potato, squash, five-spice powder and cumin.
3 | Fry for 5 minutes, then add the stock and chopped red peppers. Leave to simmer for 35 minutes.

4 | Time's up! Now whip out your food processor and blend the soup until smooth.

5 | Transfer it back to the pan, season well and scatter with rosemary before serving. Chef's kiss.



Cell protecting

Soup-er Heroes

Barring mulled wine and a roaring log fire, there are few things finer than a warm bowl of soup on a chilly day. While shop-bought versions can come packed with additives, and healthy varieties don't come cheap, batch-cooking your own is a thoroughly good move. Bring these recipes into rotation to wind down your spend while upping your veg intake all winter long.

181 | **3g** | **6g** | **28g** | **4** | **VG**
cals | fat | protein | carbs | serves | vegan

BARLEY AND BEAN

Don't let this fibre-rich grain gather dust in your cupboard. It helps balance your gut bacteria and promotes good digestive health – crucial factors in firing up your metabolism and accelerating weight loss.

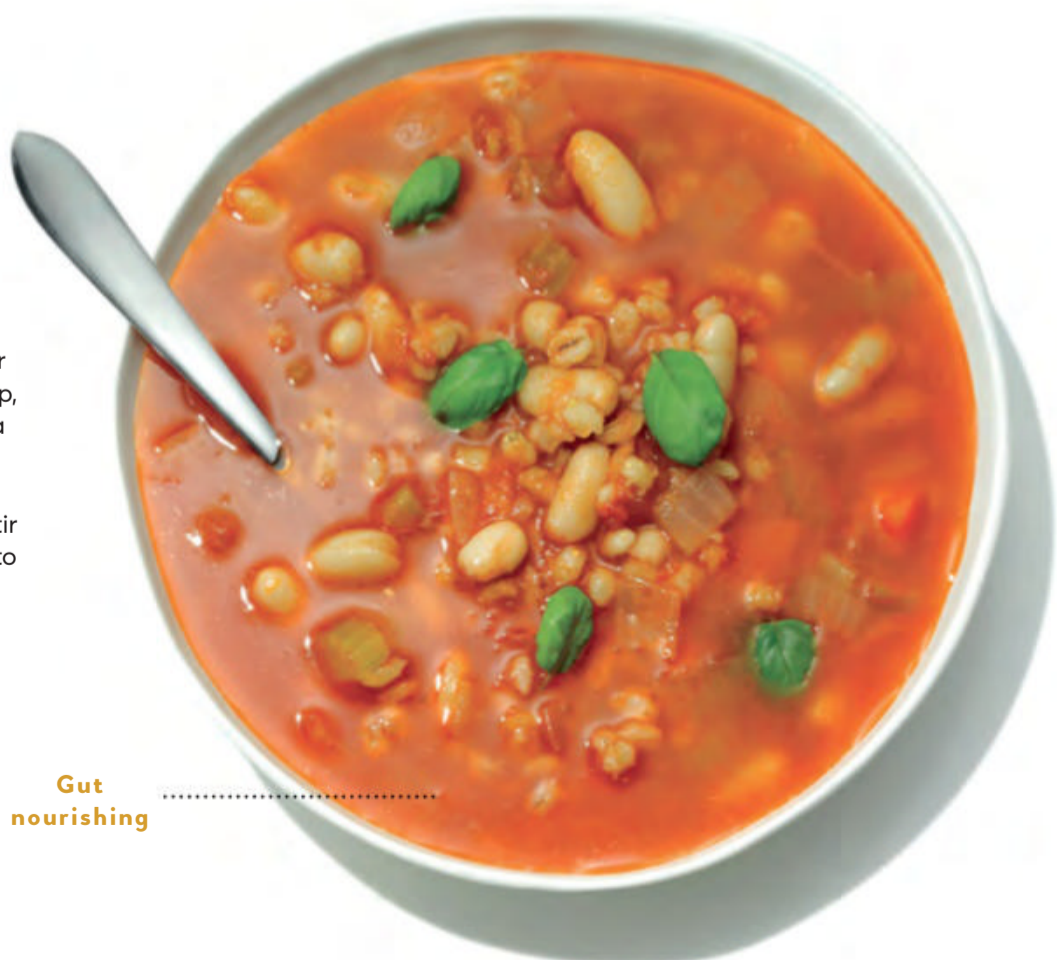
INGREDIENTS

4 Garlic cloves • **2** Onions • **1** Celery stalk • **2** Carrots • **1 tsp** Oil • **1** Sprig of rosemary, leaves finely chopped • **400g** Chopped tomatoes • **600ml** Vegetable stock • **100g** Cooked pearl barley • **100g** Cooked white beans • **3** Sprigs of fresh basil, leaves torn

METHOD

1 | First, dice the garlic, onion, celery and carrots. Heat a little oil in a saucepan, throw in your veg and sweat the lot for 5 minutes until nice and tender.
2 | Add the rosemary and tomatoes and simmer for 5 minutes.
3 | Pour in the vegetable stock, bring it back to a simmer, then add the pearl barley and beans.

4 | This one's up to you – either blitz in a food processor for a smooth, thick soup, or leave as it is for a more rustic, chunky broth. Whichever route you choose, stir in some fresh basil to finish, then season and serve. A hearty winter lunch if ever there was one.



Gut nourishing



Energy
lifting

424 | **23g** | **30g** | **20g** | **6**
cals | fat | protein | carbs | serves

CLAM CHOWDER

These mighty molluscs are rich in vitamin B12 and iron, which play a key role in the production of red blood cells and maintaining energy levels. Gram for gram, they contain 60 times more B12 than beef – clam you believe it?

INGREDIENTS

1kg Clams or mussels • **1** Onion • **2** Celery stalks • **2** Garlic cloves • **450g** Maris Piper potatoes • **120g** Pancetta • Knob of butter • **1 litre** Fish stock • **60ml** Dry white wine • **1½ tsp** Chopped thyme • **2** Bay leaves • **200ml** Double cream • **3 Tbsps** Chopped parsley

METHOD

1 | Cover the clams with 1 litre of cold water, bring to the boil and cook for 10 minutes. Keep yourself busy by dicing the onion, celery and garlic, then peel and dice the potatoes.
2 | Drain the clams, extract the meat from the shells (mind you don't burn your fingers) and roughly chop.
3 | Finely chop the pancetta and fry until deliciously crispy, then remove from the

pan and set aside. Chuck the onion, celery and garlic in the pan, add the butter, and sweat.
4 | Add the stock and wine, pour a glass for the chef (wine, not stock), then add the potatoes, thyme, bay leaves and half of the pancetta. Simmer for 25 minutes.
5 | Fish out the bay leaves and discard. Blitz a quarter of the soup, then mix it back in with the rest.
6 | Stir in the clams, cream and parsley. Heat through and top with the remaining pancetta. That ought to warm your cockles.

Move over winter colds, hello strong immune! Not only are soups food for the soul, but they're hands down the most convenient way to ensure that you're piling on those vital nutrients.

Joint
supporting



205 | **5g** | **24g** | **14g** | **4** | **DF**
cals | fat | protein | carbs | serves | dairy-free

CHICKEN AND BEETROOT

Chicken: good for more than just muscle building. Use the bones and offcuts to make stock, which contains glycosaminoglycans (try rattling that off after a couple of spiced ciders) – these support collagen production and help lubricate your joints.

INGREDIENTS

2 Garlic cloves • **1** Onion • **2** Celery stalks • **3** Beetroots • **1** large carrot • **1 Tbsp** Oil • **1 Tbsp** Ground ginger • **600ml** Chicken stock • **3** Chicken breasts

METHOD

1 | First, grab a knife and dice the garlic, onion, celery, beetroot and carrot.
2 | Heat the oil in a saucepan, then sweat the veg and ginger for 5 minutes until tender and smelling spicy.
3 | Pour in the chicken stock and let it simmer for 30 minutes. Transfer to a food processor or, if

you're turned on by jeopardy, use a stick blender to blitz it to a pulp. (Maybe don't wear your new white cashmere knit, though.)
4 | Meanwhile, fry the chicken breasts until cooked through, then shred with two forks.
5 | Return the soup to the pan and add the shredded chicken. Stir, season and serve. Word to the wise: those leftover-from-Christmas red napkins are a good choice here.

**love
+ life**

Sex Education

In some parts of the world, sex therapy is so in-demand that therapists are turning clients away, but the same questions keep surfacing. Time to listen and learn.

Words By GEMMA ASKHAM

The road to healthy, oh-so amazing nookie starts right here...

Not too long ago, the words 'sex therapy' were as much of a turn-off as the bedroom issues the sessions sought to resolve.

Then Gwyneth Paltrow got a sex therapist and all of a sudden seeing one became less an admission of failure and more a proactive step towards optimal wellness. In the US, for instance, demand is so great that sex therapists are said to be turning clients away. Woah!

Why the sudden surge in demand? Well, thanks to the rise of the sexual wellness industry (estimated to be worth R646 billion globally by 2024), sex has been held up as a forgotten ingredient in maintaining good physical and mental health.

There's also an acknowledgement that your sexual needs evolve as you move through big life stages: having babies, entering menopause, divorcing your partner or dating again. Then, of course, there's the pandemic which probably called for a higher maintenance of desire between couples, especially in the age of WFH.

Case in point: Stats SA reported that almost a million babies were born, in South Africa, in 2021 – not our handwriting, but you get where we're going with this, right? Let's get to answering the questions on your libido's lips.



My partner and I have stopped having sex. How do we make it part of our relationship again?

"The reasons why couples stop having sex are as varied as the people having it," says Kate Moyle, a psychosexual and relationship psychotherapist. "But what commonly happens is avoidance of situations that may lead to sex, which then leaks into other forms of intimacy." Blame stress, illness or mental health issues, demanding offspring, clashing schedules or a burning desire to watch back-to-back episodes of a K-drama. As much as you'd like to pretend it's not happening, it's important to acknowledge the dry spell," notes Moyle. "As a therapist, I've heard the words: 'We just thought things would sort themselves out' so many times but, as with anything in life, changes don't just happen." She suggests scheduling intimacy into your calendars. If it sounds contrived, think about what you regularly diarise – your workouts, calling your parents – regular life occurrences that you need a nudge to keep on top of. By adopting what experts call 'maintenance sex' rather than 'tomorrow sex' (which never comes, and nor do you), you prioritise receiving pleasure again (if you feel under pressure to perform, Moyle suggests swerving intercourse for touching). Like any habit, the more you do it, the more you'll want it. As for when to open that sex window, pick a time when you're available logistically and emotionally – lazy Saturday afternoons beat grouchy Monday nights. The aim is to look forward to together-time like you would a meal out, not like you would a dentist appointment.



Why does sex with the same person change?

Sex and lightbulbs have more in common than you might think. Not just the screwing part, but the way they both burn bright, start to flicker and eventually go out. If early dating was your 100 watts stage, confinement has likely accelerated partnered sex to a lights-off zone, where you can't remember when someone last touched your filament. Moyle believes this simmering down of desire is often, ironically, a sign of how much you like your partner. "When you're emotionally invested in a relationship, you take fewer risks sexually for fear of rejection," she says. Having a sexual routine as predictable as your coffee order also shows insider intel: you know the exact formula to get the other person off. So, not bad at all. The drawback is that female desire is triggered by anticipatory, exciting and unknown situations. Kinsey Institute sex researcher Dr Justin Lehmiller found that study participants who changed up their sexual repertoire – such as trying different positions – were more likely to say that their sex life improves regularly. Their sexual desire also increases – suggesting that novelty is an effective strategy for warding off sexual burnout.



I'm single and anxious about sleeping with someone after months of no intimacy – any advice?

"If you haven't had sex for a while, it's really common to feel nervous or to worry about being 'bad' or awkward – and this goes for people who are single and for those in relationships, reassures sex therapist Leigh Norén. She recommends hopping back into the proverbial saddle slowly. "Let the other person know that you're only comfortable doing XYZ at first, or that you might need to take a break mid-session. You don't have to launch into a giant explanation of why (unless you want to), but they'll likely appreciate you being candid about it, leading to a more open experience all-round."

A clever relaxation trick is to reframe how you think of sex. "Instead of seeing it as a performance and something to be good at, see it as a moment of connection where you learn about what they like and what you like together. This can significantly reduce the pressure," adds Norén. If you're feeling rusty about how to verbalise what you like, instead of hoping a new partner just gets what you want (telepathy being unlikely considering they probably don't even know how you like your steak done), use positive encouragement. Guide your partner with your hands and make responsive sounds or breaths when their touch feels good. Rather than criticise things you're less keen on – which, if taken personally, can feel like you're undermining their ability – use phrases such as, "I really like it when you...", "Remember last time when you did...? That felt really good" or "Maybe you could try that position we saw on Netflix's *Sex Life* earlier..."

Kind words, spoken during those intimate moments, go a very loooong way!





Why have I lost my orgasm?

"Difficulty reaching the coveted big 'O' is more common than most people let on," says obstetrician-gynaecologist Dr Esther Rockson, who also shares that the beauty about technology is that there are now many reputable online resources to help women reduce their anxiety around sex and sexual pleasure (see sidebar section below). For Dr Rockson, figuring out where your orgasm has vanished off to means doing some internal work to figure out if there, perhaps, is a mental block preventing you from being fully present during sex. "Believe it or not, sex starts in the brain," she shares. A turned-on brain means one that's tapped into the moment, not wandering off about an email that you may have missed or the load shedding schedule. "Sex is an incentive-motivation model: it needs a reason to show up," says Norén. "So if you're not focused on sex and how good it feels, your libido won't kick in. Over time, sex then becomes something your brain and body associate with worry and boredom, instead of orgasming." If you used to orgasm and now don't, what's changed? Are you stressed about world events? Worried the kids could knock on the door at any minute? Distracted about a presentation you have to memorise by 8:00 tomorrow morning? Any – or all – of these things can jack up your nervous system, sending your body into fight-or-flight mode. "To put it bluntly, attempting to have

sex when your mind is elsewhere instantly decreases your sex drive," says Dr Rockson. Hand up if you've ever tried masturbating during the day, in the midst of tight deadlines? You probably didn't orgasm or took forever to, right? Consider, too, the other factors that could be at play in your body: does a new medication you're taking have an impact on your interest in sex or your ability to climax? Are you vulnerable to depressive episodes? Might certain hormonal changes – like the onset of the perimenopause, be having an effect? If you think there may be medical issues going on, schedule an appointment with your GP; either way, start a regular routine of practising non-judgmental awareness (like mindfulness exercises) to calm your nervous system and increase focus. "In order to build muscle, you need to work out regularly – the same goes for learning to be present in the moment. Once you get into the habit of being more mindful in your daily life, it will become easier to be mindful in your daily life, it will become easier to be mindful during sex, too," says Norén. If your brain is on board but your body still won't climax like before, change the way you touch yourself (or are touched). If you usually circle around the clitoris, put your fingers or a vibrator directly on the clitoris to intensify stimulation. Touching several areas at once can also make it easier to orgasm – for example, inside the vagina or around the anus, where there are lots of nerve endings. Someone getting right on your nerves, in this instance, is a win.



How do I know what I like in bed?

At some point during the four minute and fourteen second boat scene in the Netflix film *365 Days*, you likely felt a pulsating sensation down below. It's completely natural if raunchy sex scenes in your favourite series or film have left you intrigued – and confused – about what you're into. Moyle believes many of us still feel bound to outdated sexual scripts. "The model we've been taught is penis-in-vagina penetration. This excludes so much of sex that sits outside this space," she explains. "Those 'should be doing things' aren't our own ideas, they're the shoulds of others. Every body is different and only you will know what stimulates you. But how? First, explore your body: where and how do you like to be stimulated? What body parts respond to touch (think outside the crotch, too – nipples, neck, feet)? At what speed and pressure? Then think bigger picture to build up a sexual blueprint of what arouses you. What made the best sex you've ever had feel so good? What have you seen or read that really turned you on and why was it arousing? For inspiration, XConfessions (xconfessions.com) by female-focused porn director Erika Lust, produces short erotic films that Lust makes using real fantasies that women submit online. Or try OMGyes (omgyes.com) for practical guides to masturbation techniques, like orbiting (circling the clitoris) and shallowing (touching just inside your vagina), plus, how penetration angles influence pleasure. Every day's a school day.

MEET YOUR ONLINE SEX THERAPIST

On-tap sex advice minus the waiting list...



WEAREFERLY.COM; FREE
Ferly is part porn podcast (with downloadable erotic stories), part sex-ed tutor, featuring myth-debunking talks and guided masturbations. The app even goes as deeply as curating content according to your sexual needs. Now, activate your phone's DND mode for some Ooooo-so-fabulous me time!



BEEDUCATED; FROM AROUND R515 A MONTH
Aimed at both couples and singles, with classes spanning vulvas, penises, kink, self-confidence and massage, it's an approach to sex education that goes beyond a condom on a banana, or a finger poking an orange.



EMJOY; FROM AROUND R533 FOR AN ANNUAL SUBSCRIPTION

In Enjoy's audio tutorials, you can learn about breast play and G-zone exploration, alongside daily exercises to boost self-esteem, tips to stay checked in during sex and expert info on how your period affects your sex drive.

How To Write A Business Plan

Entrepreneur and co-author of *Self Made: The Definitive Guide To Business Startup Success* Bianca Miller-Cole shares her expertise.

If you lie in bed at night thinking about your million-rand idea (ice cream that doesn't melt?) but don't know where to start, a business plan could be your first move. Simply put, it's a document "outlining your intentions for the business," says Miller-Cole. "You're mapping out the answers to the important questions that come with starting a new venture, like 'Who is this for?' and 'What will it cost?'" Once your idea is locked in, the aim is to create a "comprehensive outline of everything that comes with being a business owner." While everybody's business plan is different, Miller-Cole has some key advice on how to nail yours.

1

Do your research

First things first: work out what your niche is. "Looking into the wider field will help you understand your product or service, and the gap that it fills," says Miller-Cole. Create a section outlining the market and where your product, or service, sits within it. And, she explains, don't underestimate the power of a focus group: "Talk to people and write down the key points they raise."

2

The four Ps

"Once you've worked out who your consumer is, map out how to target them, keeping the four Ps – product, place, price and promotion – in mind." Do this via a mind map or headed columns, "identifying what makes your business unique [the product], plan where you're going to sell it [the place], its cost compared to the market [the price] and the marketing or promotional strategy."

3

Checking off the nitty-gritty

It's great that you've got a lovely logo or packaging ideas in mind, but Miller-Cole says you need to keep track of the practical things, too. "It's so important to secure your social media domains and register as a business right at the start," she advises. Note down what you have done and what you're yet to do, keeping an eye on mounting costs and outstanding tasks. "It's also worth getting advice from an accountant about business banking, reading up on what you're allowed to expense and learning about trademarking."

4

Money, money, money

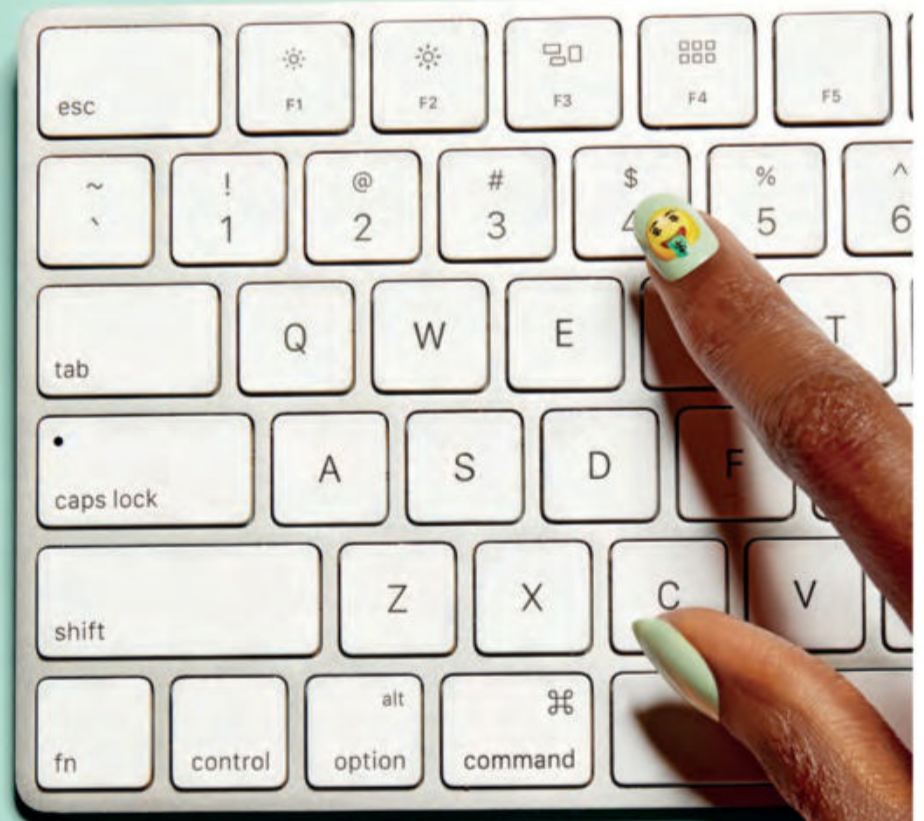
Next up, the finances. "You should understand how much money you need to start your business and the impact that will have on your current situation. Create a personal survival budget and a financial forecast within your business plan, on Excel or via an accountant." Once you know what money you need to survive, work out how many products or services you'll have to sell a month to offset this and revenue predictions. "Doing this at the planning stages should help you avoid any early financial issues."

5

Expect the unexpected

"Keep your finger on the pulse and be willing to adapt," says Miller-Cole. Having a plan is important, but you might find some of it is irrelevant when things are off the ground, or you have to face unexpected challenges. "Don't spend forever in the planning stages – believe in yourself and go for it. Be prepared for obstacles and for your road map to change."

Very NB!
Know the purpose of your business plan.





Gather Here Bakkie Lovers

Super stable, durable and sexy AF to drive,
here's a round-up of some bakkies that
mean business on the road.

Words By JULIET MCGUIRE

THE OG'S



**TOYOTA HILUX
GR-SPORT**

The Hilux is only South Africa's top selling bakkie. Some would call it the original gangsta (OG). Giving it even more street cred is this GR-Sport (GR-S) derivative. If you're not familiar with Toyota's naming convention, this model sits just under the Legend RS models, and features some added styling elements, refined handling and a power boost.

WHY SHOULD YOU BE DRIVING IT?

Because, as a nation, we are image-conscious when it comes to what we drive – and who wouldn't want to drive a car that's top of the pops? Yup, the GR-S makes a statement. The model-specific GR-S grille in high-gloss black, 17-inch alloys, GR logos and decals, as well as the Raider-designed bumpers, black side mirror caps, door handles and side steps, make for a bold and powerful look. The standard 2.8-litre 4-cylinder turbodiesel engine has had a sneaky upgrade and instead of producing 150 kW and 500 Nm, the GR-S spits out 165 kW and 550 Nm. It is mated to a 6-speed automatic transmission which translates to a smooth drive whether on- or off-road.

WHAT WILL IT COST?

Priced from R891 400.



**FORD RANGER
WILDTRAK 3.0 V6**

This right here, is the Toyota Hilux's Achilles' Heel. The other half of this bakkie-loving nation. The Wildtrak, more specifically, is currently the most expensive Ranger in the line-up... before the arrival of the Raptor (which landed on our shores in late February).

WHY SHOULD YOU BE DRIVING IT?

Because not only is the new Ranger something to behold, but the Wildtrak is stellar in terms of both looks and performance. For the first time, it's available with a 3.0-litre V6 turbodiesel coursing through its underpinnings. That's 185 kW and 600 Nm on tap. The perfectly mated 10-speed automatic 'box means that the entire driving experience is sublime. For those wanting to tow trailers or boats, this should be your potent playmate.

WHAT WILL IT COST?

Priced from R953 500
(The 2.0L BiT Wildtrak 4X2 is priced from R867 700)

THE PIONEERS



**JEEP GLADIATOR
RUBICON**

It has to be considered the coolest double-cab bakkie in South Africa and one that will certainly turn heads. This all-American 'truck' is currently the most expensive of its kind in SA. It's also the most in-your-face – and if a bakkie could be considered arrogant, this would be it.

WHY SHOULD YOU BE DRIVING IT?

Because there is nothing else quite like it. Not only does it have a 3.6-litre V6 petrol engine under the bonnet, albeit with less-than-desirable outputs of just 209 kW and 347 Nm, it can transform itself like a, well, a transformer. The windscreen can be folded down, the doors taken off and the roof removed. Just picture it; cruising along the coast, surfboards (and your girlfriends) in the back, blasting Amapiano. It's a Wrangler but not.

WHAT WILL IT COST?

Priced from R 1 329 900



**PEUGEOT LANDTREK
4ACTION**

I bet you're thinking this is Peugeot's first attempt at a bakkie, right? Wrong! Would you believe that Peugeot's bakkie-building days date back to 1938? Granted they were more of the workhorse kind, but what bakkie wasn't back then? This Landtrek is not even French, but rather Chinese-built as a collaboration between Peugeot and Changan Automobile.

WHY SHOULD YOU BE DRIVING IT?

Because it offers the competitive edge Chinese-built vehicles are currently exuding, as well as a French flair for good measure. It's bold and brash in design and stands out among a sea of similar broad-shouldered contenders. The 1.9-litre 4-cylinder turbodiesel, with its outputs of 110 kW and 350 Nm, might not excite you but it does fare better on the road than what it says on paper.

WHAT WILL IT COST?

Priced from R689 900

THE SAFEST BETS



**VOLKSWAGEN
AMAROK**

WHAT IS IT?

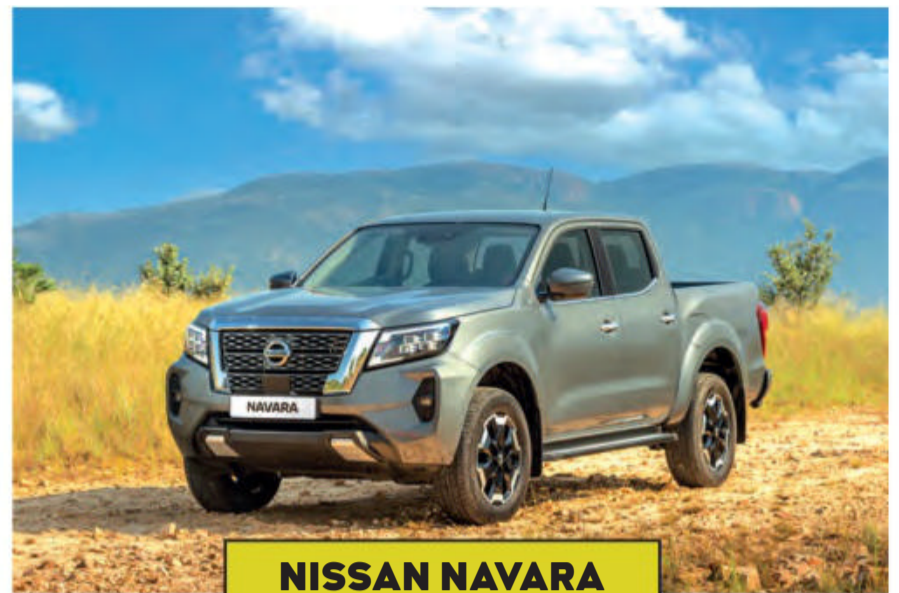
It's the highly anticipated new Ford Rang...flip, we mean Volkswagen Amarok. In case you weren't aware, the new Amarok is built on the Ford Ranger platform, has the same engines as the Ranger and is locally produced at the Ford plant in Silverton, Pretoria. In other words, the new Amarok is technically, for all intents and purposes, a Ranger.

WHY SHOULD YOU BE DRIVING IT?

As much as it's a Ranger, it still looks like an Amarok. Designwise, the only thing the Amarok shares with the Ranger is the roof rails, side mirrors and door handles. The interior, while like the Ranger, also has its own VW identity and this makes for a great place to be. And like the Ranger, you will also be able to opt for the 3.0 V6 turbodiesel engine. As soon as the Amarok launches locally, we will know what other engines are on offer... let's hold thumbs a Raptor rival also arrives on our mostly-sunny shores.

WHAT WILL IT COST?

Pricing TBC closer to the local launch.



**NISSAN NAVARA
PRO 4X 4X4**

The Nissan Navara is in its third generation. However, halfway through its lifespan, Nissan decided that it needed a complete overhaul. The result is thankfully far more positive than when this generation originally launched. It's also, now, built locally.

WHY SHOULD YOU BE DRIVING IT?

Yes, beauty is in the eye of the beholder, but regardless of that, the Navara has to be one of the best-looking bakkies on our roads. It also adds appeal with a comprehensive warranty and service plan, which is 6 years/150 km and 6 years/90 000 km respectively. And it could be considered to be one of the best rides when it comes to bakkies, on a myriad of surfaces.

WHAT WILL IT COST?

Priced from R812 900



**GWM P-SERIES LT
4X4 Auto**

This Chinese-built double cab was a bit of a cat among the pigeons when it arrived back in 2020. The same goes for many Chinese-built cars these days. About five years ago, things started to take a turn and brands that had been disregarded before, were now bringing products to our shores that could no longer be ignored. The P-Series being one of them.

WHY SHOULD YOU BE DRIVING IT?

It offers the best value for money out of any double cab on the market. As much as its performance could be considered as only average, its practicality and features list is where it shines. A 360-degree camera, 22cm infotainment system and host of safety features such as lane-departure warning and rear cross-traffic alert are just a few of the many standard features. It has everything its far more expansive rivals offer, but at a much more attractive price.

WHAT WILL IT COST?

Priced from R640 950



**MAHINDRA PIK-UP
KAROO DUSK**

It might be the most utilitarian of the double cabs on offer, but Mahindra has done well to up its game with a trio of special edition models for its Pik Up bakkie. It will be easy to see where the inspiration came from with them aptly being named the Karoo Dusk, Dawn and Storm models.

WHY SHOULD YOU BE DRIVING IT?

The Pik Up is one of the most affordable double cabs on the market and it's a no mess, no fuss kind of vehicle. Yet it still offers an SUV feel inside, which is on trend.

WHAT WILL IT COST?

Priced from R624 999

INFINITE POSSIBILITIES



WORDS BY MOLLY CREEDEN

STYLED BY KRISTEN SALADINO

PHOTOGRAPHED BY ANDREW MACPHERSON



P!nk was never one to shy away from a challenge (you've seen her aerial acrobatics), and she's continuing to find new ways to push herself. At 43, she feels stronger than ever and is getting ready to embark on a brand-new tour. Warning: Her nothing-is-off-limits attitude may inspire you to try a daring feat.

How should a woman act?

It's a question that's been asked of, and because of, P!nk for as long as she can remember. Should she be frothy and flirty, like her pop-star peers of the early aughts? Strong, like the Williams sisters who inspire her? Irreverent, like Billie Eilish, who inspires her 11-year-old daughter? Should she make her own wine? Do 75 push-ups in one take? Fling herself in a harness over a stadium of 70 000 people?

The answer, I don't need to tell you, is that she should be however she wants to be, and that was P!nk's response long before it was cool. Twenty-three years into a career that's produced nine albums, 15 top 10 hits on the Billboard Hot 100 and three Grammy awards, P!nk (born Alecia Moore) has approached pop stardom with a brazen, don't-test-me energy that's surprising, in a way, because at her essence, she describes herself as "goofy," "cuddly" and a person who often acts out of guilt. It's at odds with the "crazy, snarling, man-eating, righteous person" she thinks some men have pegged as – particularly during the less-forgiving era in which she became famous. "I was the perfect person to take all of that flak," she says of the build-them-up-to-tear-them-down culture of the early 2000s. "I have very thick skin. I do what I want. I can handle criticism; it doesn't move my needle. It hurts my feelings, I guess – or it used to. But it doesn't change my actions."

P!nk is in a car being driven from a photo shoot in Los Angeles to her home north of Santa Barbara, where she moved back from L.A. eight years ago after a preschool application asked her to describe her daughter Willow's strengths and weaknesses and she wrote, "She's 3." She was chided by the admissions officer, decided to leave the city, and placed Willow in a school that was "outdoorsy and muddy." The country has been good for her family: Willow, now 11; Jameson, who is 6; and her husband, former motocross racer Carey Hart. She considers the ocean and the woods healing. She knows not everyone gets the option to leave a place that isn't working for them, and she feels lucky.

"In my career, I'm around so many people with so much energy directed at me," she says, "and I also make noise for a living. So it's important for my mental health to unplug and be in nature." It was that stillness that laid the groundwork for her new album, *Trustfall*, released in February. "I had time, because of a worldwide pandemic, so I went really, really slowly," she says of the three years she spent making the album – a process she typically does in half the time. "I was able to take more chances. Covid-19 slowed down life in a 'what matters' kind of way for me. Now all I want is to put things in the world that are meaningful and see my kids grow up." *Trustfall* taps into both the deep pain of feeling as if the world is

falling apart and the "f-ck it—might as well have fun" attitude that's useful when the world is falling apart. "These two opposition forces somehow meet and balance each other out," says P!nk, of electric and synthy tracks that live alongside ballads. *When I Get There*, for example – a love letter to someone who has passed, written by David Hodges and Amy Wadge – left this writer weeping into her keyboard.

"I'm sorry, it's a hard first listen," P!nk says. "I was the same when I first heard that song." Her voice gets quieter. "Um, I lost my dad in August of 2021. He had cancer for eight years. When that song was sent to me, I was very numb. I don't grieve in a normal way, like how I see other people grieve. They have such instant access to their grief, it seems. I just kind of go numb. It takes me a really long time to unpack that suitcase, and that song was part of the unpacking. I heard it, and I thought, That's my song."


The past few years have been marked by loss – her father, and with him, a complicated relationship ("My work now is to remember all of the good things because I know sometimes I have a tendency to remember the bad shit. I want to try to hold on to the good; there was a lot of good"), fractious politics, friends who lost parents to Covid-19 and "just all of this stuff."

"I kind of feel like we were walking around with this low-level trauma that some of us were aware of and some of

cover







us weren't," she says. One of the hardest losses was her family's nanny, Trish, to cancer. "She was one of the loves of our life," says P!nk. She thought about how to facilitate her kids' closure around the relationship, which was helped by the fact that Trish told them she would be their angel. "And so my youngest..." P!nk pauses. "Talking about this makes me cry. Jameson will walk around the kitchen and go, 'Hey, Grandpa, hey, Trish.'" On a hike in the middle of a hailstorm, P!nk could hear Jameson talking to his angel: "Trish, I know you're up there; you've got to make the wind stop!"

While the process of creating the album was sometimes heavy, the tour on which P!nk embarks this summer is a Technicolor spectacle. "It's a festival and a lovefest," she says of the show, called *Summer Carnival*, which visits stadiums throughout North America and Europe. "I'm kind of like a circus act." P!nk has become known for her aerial performances and acrobatics – ballet suspended in the air on silks, flips and spins and somersaults in a harness while flying through a stadium. "It's exhilarating," says P!nk. "Every performance I get to do new things, so I'm always trying to top it. And it's going to start getting really hard to do that because I've done the craziest stuff. But we're always on the lookout for new cool things that you might not die from."

"What's it like up there?" I ask her, of flying over everyone at 12 metres per second, and P!nk responds with the split brain of a working parent. "I start at the end of the stage, and I'm thinking, 'When did Willow last have her cold medicine?' 'And I think, I might be sad.' Then I get thrown onto an apparatus and I'm like, 'AHHH!!! I'M NOT SAD ANYMORE!!!' It's awesome."

To perform her highly physical show hundreds of times, P!nk is rigorous about keeping her body strong – particularly her core. She taught herself to sing and soar at the same time by hanging upside down and belting out songs while balls were thrown at her stomach. On tour, she works out three times a day – once in the morning, once in the afternoon, and "two hours of





pure, psychotic cardio at night” onstage. The workouts invigorate her. “I have so much energy.”

Back in Southern California on her farm, P!nk works out every day – a diligence she credits to growing up in a military family and competing in gymnastics. “I like being strong,” she says. “I identify with my core, my intuition and my strength. I have wide, big feet, and I joke, ‘The better to kick you with.’ I’m short, close to the ground, fast and agile.” P!nk has trained with Jeanette Jenkins since Willow’s birth, and throughout the week, the pop star alternates among cardio HIIT, strength training with bodyweight and dumbbells, yoga, Pilates, cardio kickboxing, cardio sculpting with medium and light weights and core-specific routines.

These workouts – which she typically does through Jenkins’s online portal – are often tailored to an upcoming performance. For the 2017 American Music Awards, for example, where she danced and sang horizontally on the side of a building, Jenkins focused on side and wall planks. When she’s gearing up for a silks performance where she might be doing splits, Jenkins integrates more yoga and Pilates, as well as reps that push and pull bodyweight. The trainer puts emphasis on strength workouts that ensure P!nk’s joints are strong, so she doesn’t get injured. Sometimes P!nk does Peloton, where “Cody Rigsby tells me to get my life together, and I listen.” She loves her strength; she’s the strongest she’s ever been. “I could pick up a car if I needed to,” she says.

Last year, she gave her body a gift. She was coming off hip and double disc replacement surgery in her back. She’d eaten a lot of sourdough during the pandemic, and her joints responded poorly to the weight gain. “I was probably a bit depressed from all of the loss,” she says, “and I couldn’t lose weight to save my life. I would work out three hours a day, eat clean, and my metabolism was a dud – I couldn’t get anything started. And I was like, ‘I’m exhausted, I’m sad, I haven’t been away from my family for three years – not even overnight. And I just need a minute.’” P!nk signed up for a two-week programme at SHA Wellness Clinic in Alicante, Spain, where she adhered to the Kushi diet – an anti-inflammatory plan rich in vegetables, beans and whole grains. Before every meal, she drank apple cider

vinegar mixed with water, and she refrained from drinking while eating. The thinking, according to the regimen, is that the body absorbs nutrients more effectively and feels sated if liquid doesn’t interfere.

“It was the longest I’ve ever been away from my kids and the biggest gift I’ve ever given myself,” she says. “I did it for me, which in turn would be for them.” P!nk lost weight during the programme and began to get back to feeling like herself. That process continued at home, where she adhered to many of the Kushi principles, including eating miso soup for breakfast. (She also returned to eating string cheese and Pirate’s Booty (a baked, puffed rice and corn snack) – along with the fish, salads and scrambled eggs with spinach that are staples in her diet.) The shift she felt after her time at SHA was due to more than nutrition.

“I got rest. I wasn’t getting rest before.

I slept in a bed by myself for the first time in 11 years. I had time to meditate and cry and journal.”

Famous for decades, with a reputation for keeping it real, P!nk did not slip in and out of the spa. The subject matter she touches on in her music – beginning with 2002’s *Family Portrait* (“Can we work it out? / Can we be a family?”) – resonates so deeply with people that they approach her for advice. When she was younger, she didn’t know what to say; now, she leans in. “People come to me for family therapy,” she says, while recounting a story of a father at SHA who asked her to talk to his daughter who seemed lost. She was happy to oblige. “It was nice until he started waiting outside of my room, insisting that I sit down with his wife. I was like, ‘Bro: I’m here to heal, this is not *Nine Perfect Strangers*.’”

Maybe that familiarity is the cost of having a long career in an industry in which sticking around for decades is unusual. “I guess I don’t see limits,” says P!nk, when I ask how she’ll keep challenging herself. “I don’t see the end of the road as the end of the road. I just see it as a place to start building. And I bite off more than I can chew, and I...” she laughs, “ferociously attack life. I feel like when the going gets tough, that’s when you dig deeper and double down. And I’m constantly saying, ‘What will I do with this one precious life?’ I’m going to do too much. I’m gonna slide in sideways until the end, going, ‘HOLY SHIT, DID YOU SEE THAT!?’”



the

RUNNING

RESET

An object in motion stays in motion, right? When you take a pavement hiatus – whatever your reason – getting back into it is as much a mind game as a physical feat. This expert advice will help you overcome any psychological hurdle and reignite your passion with more fire than before.





WORDS BY
Caitlin Carlson

PHOTOGRAPHED BY
Kimber Capriotti

WOMEN'S HEALTH

MAY + JUN 2023

You blinked, and it's almost time for the big race...and you realise you haven't run in weeks, maybe months.

WOMEN'S HEALTH

It's not that you've been lounging around on the couch. Maybe you've been lifting, yoga-ing or walking. And while you're active, yes, that feeling of being out of 'running shape' makes you dread lacing up to toe the start line of that fun-run 5-K, or even just the edge of your driveway.

If, like us, you've encountered the mental roadblock associated with returning to running after a break, you're...far from alone. The reality is that "it's hard to fake running fitness, both from a physical standpoint and a psychological one," says running coach Annick Lamar. How long it takes your body to get back into it is super individual (see "Body Bounce-Back Tips," below), but in a sense, the mental process also requires training. "Running can actually become a part of how we define ourselves and make us feel strong, purposeful and brave," points out Lamar. "When we take a break from it, those feelings may also go MIA."

But real talk: After stopping, it's tough to get back to running regularly. If you've already crushed a couple of jogs this week, however, it'll take your mind less effort to get out the door again (no surprise there!). "It's much easier to keep running than to start running, which means you'll face psychological and physiological hurdles when you're trying to reestablish the habit," says Dr Ayelet Fishbach, a professor of Behavioural Science and Marketing at the University of Chicago Booth School of

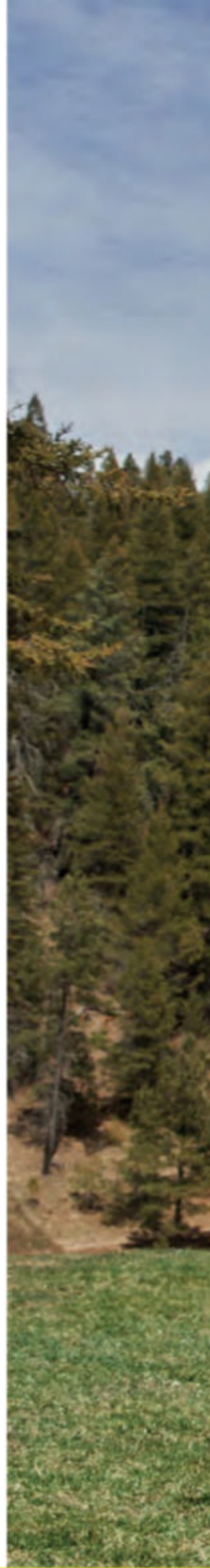
Business and the author of *Get It Done: Surprising Lessons From the Science of Motivation*.

You may even experience what experts call an "action crisis," which is when you're torn between continuing to pursue a goal and throwing in the proverbial towel. Researchers at the University of Zurich in Switzerland looked at how action crises impacted ballerinas and university students in two separate studies and concluded that the psychological state not only causes stress, but also messes with overall well-being. And that's exactly what can happen when you're debating whether to chase those post-run endorphins or shelve your sneakers the first time you get a side stitch. Don't sweat it: Research-proven ways to avoid this boulder are straight ahead.

BODY BOUNCE-BACK TIPS

Physical de-training (meaning, muscular and cardio-respiratory endurance begin to diminish) can start within 20 days of stopping an activity, says Lamar. As for how long it'll take you to get up to your former speed and pace again, that's individual, based on original skill level and length of pause. So, before you sprint outta the gate, factor in this pro advice.

MAY + JUN 2023





Memory Magic

Muscles remember movement patterns and pick them back up, research shows. Coming back to running is easier than starting from scratch: "When you repeatedly perform a movement, you reinforce the motor pathway," says Dr Irene S. Davis. "The more reinforced it is, the easier it is to recall." Like riding a bike!



Start small

Sounds obvious, but it's easy to launch into big, unruly goals right away. Instead, think micro (and we really mean micro) challenges. "That could be two to four runs of 15 to 20 minutes a week," says Lamar. Whatever you can do to remind yourself of the tortoise, not the hare, will help.



Walk *and* run

Begin with a programme that incorporates both (zero shame!), and slowly replace walking with running, says Dr Irene S. Davis, professor in the School of Physical Therapy & Rehabilitation at the University of South Florida. Seriously, remember what we said; tortoise, not hare!



Follow the 10 percent rule

Each week, add about 10 percent more mileage or time. So if you ran three 3 kilometre runs last week (a total of 9kms), you could go for 10kms this week. "It's okay to round up or down," notes Lamar. "The key is slow mileage increase to allow your body to adapt."



Cross-train (for real this time!)

Regaining fitness means consistency – and cross-training and strength training are helpful tools for keeping active while you build up run training, says Lamar. "Engage in a programme that strengthens the core, hips, calves and feet," adds Dr Davis.



Keep races off the calendar

When focused on performance, "you may get excited by adding mileage or end up worried about skipping a run if your body is achy," says Lamar. "The goal is to avoid injury and races can make you neglect that." Instead, work on finding the joy in it all.



Psych Yourself Up

Think about a reward you'll have after a run is over – and it doesn't need to be food-related either!



ON THE REBOUND

There's no time like the present to get back out there. Leverage all of the advice here or pick a few strategies at a time. Often, one method will work for a while, then you'll need to switch it up months later, says Dr Fishbach. And that's okay.

Go nostalgic

One check in the positives column when it comes to returning versus starting: You have a (maybe literal) track record you can think back on to remind yourself of what you've done in the past – and can most certainly do again. People benefited, in terms of increased commitment and motivation, from simply writing down how much they'd run before, in studies conducted by Fishbach. If memories of

your last run are hazy at best, contemplate other baby steps you've taken toward your goal of running again. Maybe you bought new shoes or scheduled your workouts into your calendar or you've been keeping up that cardio base on your spin bike.

Tap into your deeper "why"

"It's not about how much motivation you have – it's about the quality of that motivation," says Dr Carla

Meijen, a sport and exercise psychologist and the editor of *Endurance Performance in Sport: Psychological Theory and Interventions*. A lot of people run for external reasons, such as to lose weight or achieve an aesthetic goal. Those may get you out of bed in the morning, but they likely won't keep you going day after day. Ideally, you'd generate longer-lasting internal motivation (think: to live a healthy lifestyle



Dr Fishbach. But it's not enough to simply accept discomfort; participants in Fishbach's studies actually set a goal of feeling uncomfortable, and doing so helped them be more engaged in their activity and feel more excited and willing to do it again. (She's careful to point out that this is different from physical pain – a sign to slow down!)

Advise a fellow struggler

"When you are struggling with something, giving advice to another person facing that hurdle helps you realise you know how to motivate more than you thought," says Dr Fishbach. The best part is that you don't have to actually give anyone the advice – writing down what you would theoretically say to someone else will suffice.

Make a solid "if-then" plan

Having a fix in advance of dealing with a specific setback or barrier is key, says Dr Meijen. For example, if you get majorly fatigued and cranky, then you'll remind yourself how accomplished you're going to feel when you push past the tough part. Or if you get a cramp, then you'll ease up and focus on cadence.

Reflect after each run

There are three stages of performance, says Dr Meijen – planning, performance, and reflection. Often runners perform, then they want to get right back into planning the next run. But you'd be wise to reflect on each workout – how it went and how you can improve. Maybe you were in your head, focusing on how you felt slow compared with when you last ran. On the flip side, maybe you noticed your third run of the week felt easier than the first. Doing this helps boost confidence in addition to practical aspects.

or for the pure stress relief of it) as well. Spend time reflecting on why you want to get back to running, recommends Dr Meijen. Consider why you started in the first place, what you enjoyed about the sport when you were doing it and what led you to take a break.

Channel discomfort

It's inevitable: When you start or restart a behaviour or habit, you are going to feel uneasy. "That's usually a sign that you are learning," says

HOW TO ADOPT A KEEP-MOVING MINDSET

Just in case you need it, here's some enticing motivation to continue lacing up: You gain four incredible psychological perks by practicing an endurance sport consistently, according to Dr Meijen. One is learning how to pace yourself, two is knowing it will be uncomfortable and choosing to do the task anyway, three is using all that thinking time to your advantage and four is not letting boredom get to you. These mind skills can carry over into other aspects of your life, like pushing through a difficult work task. Physically, of course, a running base is useful for overall wellness and cardiovascular health. But it's also the first step in achieving any performance goals, reminds Lamar: "The bigger your foundation, the more training you can lay on top of it in terms of speed and interval work." And, for what it's worth, the running community is pretty friendly as is being able to hold a (breathy) convo with a running buddy or lining up at the start with your family and a relaxed and happy attitude. Some things you appreciate more the second (or 22nd) time around.

beauty

Bright Eyes

From how to use eye cream to cracking the code on lush lashes, experts agree that your peepers deserve more attention than you tend to give. Perhaps even their own routine? Here's your need-to-know.

Words By CELIA SHATZMAN



WOMEN'S HEALTH

MAY + JUN 2023

They say that eyes are the windows to your soul, so that makes the skin around your eyes the... frames that weather the storms of life? Perhaps too heavy on the analogy there, but the point is: the eye area – though it only makes up a tiny percentage of your face – is telling. It's also super sensitive and delicate. "It's the thinnest skin on the whole body and tends to show fine lines and wrinkles before other parts," says dermatologist Dr Tracy Evans. The fragility of the region makes it more susceptible to irritation and inflammation, too.

But with a little TLC, your eyes can look and feel healthier and brighter. We hit up the experts to find out absolutely everything.

Dream aisle

Treating your eyes used to be limited to creams, but now there's a variety of forms. "Skincare for the eyes is not one size fits all; it's customisable," says Dr Christine Choi Kim, a medical and cosmetic dermatologist. "Personal preference may dictate whether you reach for a lighter serum or gel versus a heavier cream or balm." In case you missed it: eye care happens during the day, too – not just before bed. Think: light-as-a-feather serums for AM and heavier balms for PM. To maximise the perks, layer ones that have different benefits. "For instance, you may want to reduce puffiness and lighten up dark circles," says Dr Kim. The only rule: thinner products go on first, followed by thicker products to seal them in. Here's how they rank, from light to heavy...

Serum

These generally have smaller molecules, so they can penetrate deeper and hone in on specific issues," says aesthetician Ildi Pekar.

TRY

Creightons Vitamin C Bright Eye Serum, **R120**, Dischem.co.za



Gel

If you're prone to clogged pores and milia, Dr Kim recommends a lightweight gel or a water-based formulation. However, just know that these won't be quite as hydrating.

TRY

Optiphi Eyesigns Active Gel, **R1176**, Optiphi.co.za



Cream

"Moisturisers contain bigger molecules, so they protect, maintain and hydrate skin," says Pekar. Not sure which item to bag? Start here – you can't go wrong.

TRY

Lelive Eye-Conic Peptide + Coffee Arabica Eye Cream, **R329**, Faithful-to-nature.co.za



Balm

Balms are great for extra-thirsty skin, as they fight flakes and plump fine lines. Layer them over any of the previous forms for an ultra-moisture lift.

TRY

Vichy Aqualia Thermal Awakening Eye Balm, **R395**, Dischem.co.za



Lash Love

It's no secret that long, luscious lashes make your eyes pop. Enter: lash serums. Fortunately, there are several over-the-counter options to give your lashes a boost. "Some serums contain conditioning agents, plant oils, hyaluronic acid, peptides or amino acids," says Dr Kim. "While, technically, they won't help you grow thicker or longer lashes, they may hydrate your existing ones for a glossier appearance." Try RapidLash Eyelash Enhancing Serum, **R1080**, Dermastore.co.za. The manufacturer claims that it enhances and conditions eyelashes. While Catrice Super Boost Lash And Brow Serum, **R126**, Dischem.co.za, contains a complex hyaluronic acid and provitamin B5 for some nourishment. And Clarins SOS Lashes Serum Mascara, **R500**, Clarins.co.za is a half-mascara, half lash-care treatment that contains organic castor oil to strengthen the lashes. So many options!

1
Begin with freshly
cleansed skin.

2
Apply a small
amount
(the size of
a cooked
grain of rice)
of eye formula to
your ring finger.

3
Starting from the inner
corner of your eye,
distribute a few dots
along the under eye area,
outside of the bony orbit,
working your
way outwards.

4
Tap the eye cream in
gently, being careful
not to rub or pull on
the skin.

5
Wait a minute or
two for it to absorb
before moving on
to the next step in
your routine.

Tapped In

Remember what we said about that delicate eye-adjacent skin? That means being über gentle with product. Follow the steps above for foolproof application.

BONUS BOOST

Doing a gua sha massage helps the product absorb and will depuff. Give it a go after you've applied all your skincare. "Glide the stone from the centre of the face to the temple, down to the ear, then to the neck," says Pekar.

Treatment plan

Want something a little stronger than what you might find in a bottle? In-salon procedures can take results up a notch... or two

IF YOU HAVE

Crow's Feet...

We really love the moments that made them, but we don't always love the fine lines smiles leave around our eyes. "Contraction of the orbicularis oculi muscles can lead to the appearance of crow's feet," says Dr Kim. "Over time, these fine lines become present even at rest, when you're not engaging those muscles." Neuromodulators such as Botox, Dysport and Xeomin can relax the muscles that encircle the eyes, giving skin a smoother appearance. The effects typically last an average of three months before gradually wearing off.

IF YOU DEAL WITH

Dark Circles...

Sometimes they're genetic and no matter how much sleep you get, a cream – or even more ZZZs – just can't fix them. But a filler might. "We can use it under the eyes to help improve that hollow look," says Dr Evans.

IF YOU'RE

Super Puffy...

One (admittedly aggressive) option is to remove or reposition the fat pads under the eyes, known as a lower blepharoplasty. The surgical procedure is typically done under anaesthesia and may require several weeks to months of healing.

IF YOU WANT TO FIGHT

Hyperpigmentation...

Lasers near the eye area can level up your complexion. One note, though: "For any procedure around the eyes, particularly lasers, you want to seek a licensed and trained dermatologist or plastic surgeon for your care," says Dr Kim. No amateurs allowed – your eyes are precious.



Golden rules of eye care

1

Always apply sunscreen around the eyes and wear sunglasses for UV protection.

2

Replace mascara and liquid eye make-up every three months to prevent bacteria build-up.

3

Wash your face at night (no excuses) to ensure you go to bed with clean skin and avoid eye infections.

4

Use gentle ingredients around the eyes – save retinols and alpha and beta hydroxy acids for the rest of your face.

Clean Slate

Thoroughly removing your eye make-up and cleansing before bed is crucial. Skipping a wash increases your chances of irritation, inflammation, infection and even eyelash breakage. Plus, the best eye cream in the world can't get to work if it isn't applied on cleansed skin. "The skin renews every night, so it's important to apply products on a clean area to help with absorption," says Pekar. To ensure that you catch every last trace of make-up, oil and impurities, double cleansing is your friend. First, remove your eye make-up. Dr Kim recommends holding a remover-soaked cotton pad over your eyes for 30 to 60 seconds to allow the make-up to dissolve before swiping away – no rubbing or pulling needed. Follow this by cleaning your whole face with something that's made for removing make-up. Voila: so fresh and so clean!

The Screen Factor

You're not imagining things if your actual eyes seem more bothered and bloodshot these days. Many of us spend our days staring at screens for way too long. To mitigate that, follow the 20-20-20 rule: every 20 minutes, take a 20-second break from your screen and look at something 20 feet (X metres) away, says optometrist Dr Jennifer Tsai. "It's a reminder to step away and not focus as intensely. You don't blink as often as you think you do when you stare at close things." If your eyes are dry and itchy due to that increased screen situation, eye drops can help. We recommend Optive Lubricant Eye Gel Drops, **R177 for 10ml**, Clicks.co.za. The ingredients in the drops are also found naturally in our normal tears, and provide moisture, says Dr Tsai. And even if you've never had eye issues, a yearly optometrist visit is a must to monitor eye health because you never know when bacteria might find its way to you. Stay on top of it.

Optic Oasis

From dryness relief to lash lifters, these little helpers will get the job done in a wink.



Sweet Relief

A refreshing facial mist that instantly awakens – spritz up!

Elizabeth Arden Eight Hour Miracle Hydrating Mist, **R515**, Dischem.co.za



Swipe Right

Sweep away sweat and make-up – while plumping and hydrating skin.

L'Oréal Revitalift Replumping Micellar Water, **R90**, Dischem.co.za



Mask It

This mask gets its power from birch sap and drenches skin with freshness. Let your skin welcome a splash of hydration.

Sothys Organics Masque Hydratant Éclat, **R685**, Orleanscosmetics.co.za



Optimal Oil

Recommended for all skin types, including sensitive skin and skin that is prone to dehydration. It assists in the oxygenation of the skin.

Vitaderm Lipid Complex, **R614**, Vitaderm.co.za



Restore and Repair

Great eye cream for dark circles and puffiness. Use alone or under makeup once or twice a day in the AM and/or PM.

CeraVe Eye Repair Cream, **R200**, Dischem.co.za



Fuller Lash

Conditioning agents nourish lashes so they're tougher.

Essence Grow Like A Boss, **R130**, Dischem.co.za



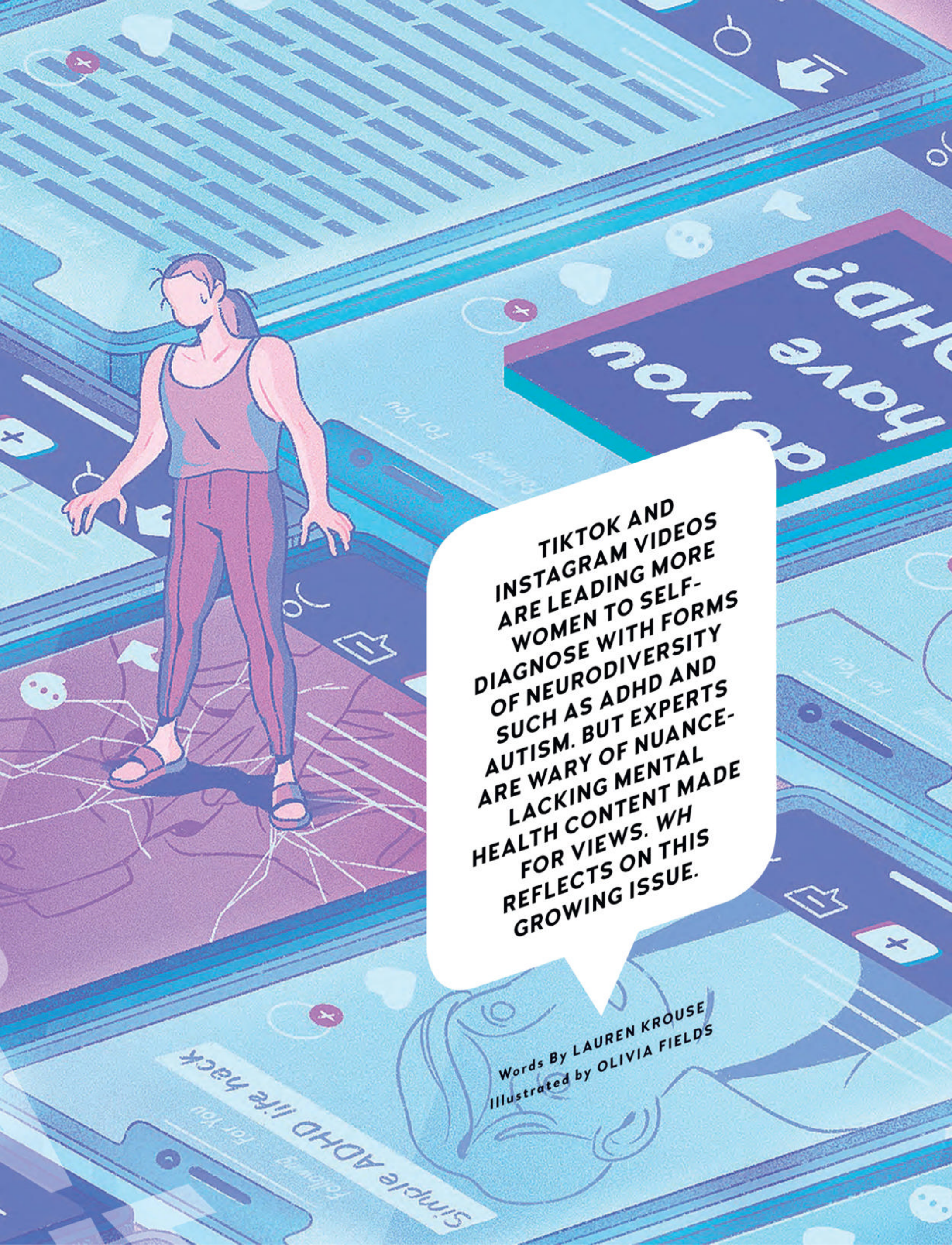
Bomb balm

A boost of moisture for the eye area! Contains nourishing niacinamide and aloe vera. The transparent texture is an addition to your skincare routine in the morning or before bedtime.

Essence Hydro Hero Under Eye Stick, **R76**, Clicks.co.za

The background is a vibrant, isometric illustration of several smartphones. The screens display various social media elements: profile pictures of people, speech bubbles, and icons for sharing, liking, and commenting. The color palette is dominated by shades of blue and purple, with white text. The overall style is modern and digital.

THE SOCIAL MEDIA MIRROR

An illustration of a woman in a purple tank top and leggings standing in a digital, blue-toned landscape. The landscape is composed of various social media icons and text elements, including a speech bubble, a video player, and a profile picture. The woman is looking down at the ground, which is covered in a network of white lines. The overall style is modern and digital.

**TIKTOK AND
INSTAGRAM VIDEOS
ARE LEADING MORE
WOMEN TO SELF-
DIAGNOSE WITH FORMS
OF NEURODIVERSITY
SUCH AS ADHD AND
AUTISM. BUT EXPERTS
ARE WARY OF NUANCE-
LACKING MENTAL
HEALTH CONTENT MADE
FOR VIEWS. WH
REFLECTS ON THIS
GROWING ISSUE.**

Words By LAUREN KROUSE
Illustrated by OLIVIA FIELDS

Throughout her life, Caitlin Manner, 39, has been surrounded by people whose brains work in unique ways. Her mom, dad, sister, brother and one of her sons all have attention-deficit/hyperactivity disorder (ADHD). Her oldest and youngest are on the autism spectrum. She thought she was the exception – until she went on TikTok.

A busy mom in a military family, Caitlin struggled to manage her sons' medical appointments on top of school, sports and the housework. She tried keeping open planners in her bedroom, office and kitchen to ensure she didn't forget anything. But in the early months of 2021, she missed a crucial appointment that her oldest needed to continue speech therapy. The family's health insurance company made them jump through all sorts of hoops to get coverage, and they'd already waited weeks for a coveted slot. Now, they'd have to wait three months to snag a new one. "It was really frustrating because I knew how important it was and still couldn't keep track of it," says Caitlin. Despite her best efforts, her system wasn't working.

It was mid-pandemic and, like many of us desperate for a social outlet during that time, Caitlin started spending more time on TikTok. "It was a life preserver for those long days," she says. Videos about ADHD began to pop up on her For You page (FYP), recommendations pulled by TikTok's algorithm. Caitlin found herself relating to others' stories – like how she could hop from chore to chore, never quite finishing any of them. "And by the end of the day, my house is a fricking mess and I haven't accomplished anything," she recalls, quoting a video. When Caitlin heard that,

she thought: This is me.

In April 2021, she went in for a consultation with a clinical psychologist. After a discussion about her personal history and symptoms as well as a series of assessments, he confirmed that she had ADHD. "It gave me a name for it, which meant I could start reframing my life," she says.

Over the past few years, TikTok and other forms of social media like Instagram and Facebook have grown into makeshift mental health support networks. While more studies are needed to determine how apps may impact us psychologically, TikTok has already served as a gateway to self-diagnosis for an untold number of users.

"I think it's clear that our systems are woefully under-equipped to manage the emerging mental health crisis happening in our nation right now," says Dr Wizdom Powell, an associate professor of psychiatry and the director of the Health Disparities Institute at UConn Health. "It's not surprising to me that under those conditions, people would turn to self-help resources more frequently, and in particular, rely on social media." Consider this your introduction to the growing online community of neurodivergent people, plus a to-do list if you suspect your favourite app's algorithm has got you all figured out.

+ Discovering Neurodiversity

Scroll through TikTok's #selfdiagnosis videos and you'll quickly find the #ND community. Being ND – or neurodivergent – means your brain operates in a way that's different from what society would consider "normal" or "average" (a.k.a. "neurotypical" or NT). It's an extension of the idea of neurodiversity, says Dr Lawrence Fung, a psychiatrist and the director of the Stanford Neurodiversity Project. Neurodiversity highlights that we all exist on a spectrum of varying levels of strengths and challenges based on neurological and behavioural traits. There is no set definition of what "counts" as neurodivergence. Rather, it's an umbrella term used to refer to many conditions that involve special ways of thinking. Among others, these may include ADHD, autism, obsessive-compulsive disorder (OCD), Tourette's syndrome (TS), and dyslexia. Social media provides people with a virtual space to share their experiences with neurodivergence and to trade notes on self-advocacy. In 2020, TikTok use surged 180 per cent among 15- to 25-year-olds, according to Statista. By 2023, TikTok had become one of the



578

The average number of minutes South Africans spend browsing the internet daily.*

Source: Atlas VPN

most downloaded apps in South Africa, with 11.83 million downloads and women accounting for 56.1 percent of users. And according to data released in 2023, last year, the average South African spent almost 9 hours and 37 minutes a day browsing the internet. During the 2020-2021 period, self-reported mental health concerns soared; they troubled 1 in 10 adults in 2019 but about 4 in 10 by 2021, per KFF (previously Kaiser Family Foundation).

This isn't to suggest that all or most of these folks were on TikTok – or another platform – and that it directly led to their concerns. Some of the people may have been experiencing an increase in preexisting conditions' symptoms, with all the life changes related to the pandemic. And being exposed to content that could give them a name for what they were feeling may have pushed them to see their struggles as real problems, perhaps ones related to neurodiversity.



Certainly, for some TikTok users, ND creators helped them recognise symptoms that had been there all along and, in a perfect world, would have been identified long ago. Many forms of neurodivergence are diagnosed in infancy or childhood. But girls, women, and gender-nonconforming people don't always fit into the typical diagnostic criteria of neurodivergence; instead, their conditions are misunderstood as personality defects or quirks (see: hyperactive boy as the face of ADHD versus girl with inattentive-type ADHD shrugged off as a daydreamer or... just a lazy, messy kid). In fact, studies suggest ADHD and autism may be underdiagnosed in women due to harder-to-identify symptoms and girls' ability to "mask" differences by imitating others. Plus, accessing a professional screening in order to get a diagnosis is out of the question for many – especially those in marginalised communities. After years of thinking something's not quite right, finding a label – even if it comes from TikTok – can feel completely transformative.

+ Redefining "You"

Uncovering a new piece of your identity can come with mixed

emotions. When Ceasarae Galvan, 25, joined TikTok, her FYP and videos from creators like @domesticblisters (KC Davis, a therapist and author who often speaks about ADHD) and others led to her diagnoses of ADHD and autism.

Since starting therapy and a medication that works for her, she's feeling better. But she's also had to navigate heavy feelings of anger and resentment. She believes she could have been more successful if she'd been diagnosed sooner. Currently, she's working on making changes: "The way I interact at work, how I do my laundry, all of it is now designed to work for my brain without any shame," she says. A weekly meeting with her supervisor, a flexible work set-up and plenty of baskets for organisation help her thrive.

+ Finding Balance

While it's empowering to learn about yourself and neurodivergence, social-media-as-medical-doctor can be dangerous. First, there's the potential for misdiagnosis and over-diagnosis. Case in point: 52 per cent of videos on #ADHD on TikTok presented misleading claims, according to a study published in the *Canadian Journal of Psychiatry*. Ads

can be tricky too. Mental health support companies sometimes share misleading, influencer-esque videos on TikTok and have been criticised for oversimplifying ADHD by health experts as well as Media Matters, a non-profit watchdog group that scours the Web for misinformation. When Sammi Burke, 28, a writer, editor and paramedic, began to suspect she had ADHD, thanks to her FYP, she scheduled an appointment with a psychiatrist. She wasn't a textbook case, but because she showed some symptoms, they tried medication. It didn't seem to work and costs were piling up, so Sammi dropped her treatment. She later realised some factors that made it difficult for her to focus on her computer work may have been more situation-based: loud neighbours whose kids were up late could be a frustrating distraction for anyone. She also had an excessively heavy workload. "I still don't know if I for sure have ADHD," she says. "I wasn't so much looking for a label as I was for a way to get through my workday." Since leaving her high-stress editorial job, life has become a bit easier. In Sammi's case, the algorithm wasn't on the nose about what she was dealing with, and it led her down a path that wasn't very useful. This is not uncommon. Still, if someone is struggling (for any reason) and seeks help, they deserve

GET SUPPORT

If you suspect you might have ADHD, your GP should be your first port of call. While they can't diagnose you, they can refer you for a specialist assessment if your symptoms cannot be explained by a mental health condition or they're significantly affecting your day-to-day life. Where you're referred to will depend on what's available in your area, but an assessment may include a physical examination along with a series of interviews. If you do decide to seek a private diagnosis, look for resources on finding an ADHD psychiatrist and questions to ask your consultant.



Scroll Patrol

How to tell if your social media source is legit

RED FLAGS

▶ They speak in absolutes (such as “If X, congrats – you have ADHD!” or “This isn’t X – it’s your ADHD”).

▶ They universalise personal experiences, as if what happened to them applies to all cases, and suggest specific treatments.

▶ They have questionable credentials, if any. (They may have a degree – but it’s unclear what they do or if they’re practising with clients like you.)

▶ They don’t show their research, or they refer you to articles that aren’t attached to a credible source.

GREEN FLAGS

▶ They present *possibilities* with disclaimers (keywords: may, might, could, possibly, maybe).

▶ They share their personal story and coping tools – but make it clear this may not apply to others.

▶ They have clear credentials in their bio (Psychiatrist, Clinical Psychologist, Medical Doctor etc.).

▶ They share links to peer-reviewed research from the past few years and professional organisations to back up any claims.



support and clarity, experts say – whether or not they fit the diagnostic terms for the condition they initially think they’re living with.

+ Moving Forward

Mental health is a complex combination of life experiences mixed with genetics and more. It can be difficult for people who might not fall at either extreme of the spectrum to differentiate between challenges with universal or temporary causes (like the economy, hustle culture, what Sammi went through) and those that are personal or permanent (neurodivergence). Another issue that’s worth stating? The horoscope effect (a.k.a. the “Barnum effect”), or the way often-repeated, broadly relatable content can lead someone to believe they have a condition whether or not they do, says Dr Powell. When it feels like the algorithm is psychic or magical, it’s tempting to take video suggestions as meaningful insights about who you are. TikTokers often recommend taking heaps of online assessments for conditions like ADHD or autism, but these tests were not designed to be used that way. They’re best taken with the help of a clinician who can expand

on your initial answers and search for subtleties that could indicate different or co-occurring diagnoses. A diagnosis “is really not cut-and-dried, and it’s not about a checklist,” says Dr Fung. Without help, you might also miss medical diseases that masquerade as other conditions or overlap with them, such as hyperthyroidism (which, like anxiety, can cause a racing heartbeat). Bottom line: Think of self-diagnosis as a starting point. From there, at the very least, getting information from reputable sources is essential to ensuring you’re not building an explanation or an understanding of yourself based on bad intel. For Caitlin TikTok was a gateway to deeper knowledge of herself and how to care for her mental health. She has started treatment and is currently trying to find the medication dose that works for her before moving on to developing other coping mechanisms. In the meantime, she’s working on being more compassionate with herself. “I’m much better at self-advocating for time to regulate, and my understanding of myself has improved immeasurably,” she says. “And it was all thanks to strangers in a 60-second format.”



Strip a Salmon Fillet

Some fish comes with the skin on. No worries. Break out a sharp chef's knife and begone with it. (Or lightly oil the skin and broil till crisp for a crunchy snack.)



01 Place the fillet, skin side down, on a cutting board.



02 Hold the fish in place with the clean palm of your non-dominant hand. Starting with the base of your knife at the top right corner of the fillet, draw the blade toward the bottom left corner.



03 This may take a few swipes, so if you don't get it on the first go, repeat step 2 until you do.

PROTEIN **BUT** BETTER

Call it a great protein flavour recession: Over the past few decades, something happened to grocery-store beef, chicken and fish – it started to all taste the same. Fret not. We show you how to bring tasty, fresh cuts right to your kitchen – and make them flavoursome AF.

Words By KIERAN LEGG, A. C. SHILTON AND PAUL KITA

THIS FARMED SALMON IS A (VERY) GOOD THING

It's fattier, which means more benefits for your health – and taste buds.

You've heard about all the studies: people who eat fish rich in omega-3 fatty acids may reduce their risk of stroke, heart failure, Alzheimer's disease and even depression. Yet South Africans are still falling short of consuming the recommended amount of 220 grams of fish per week, according to the Department of Agriculture, Forestry and Fisheries.

But the fish farmers behind the company New Zealand King Salmon are raising salmon so delicious that it's hard not to want to eat more of it – and it's all due to fat.

After cultivating nine generations of fish, the company has managed to produce a salmon that has a fat content of 25 percent, says Michael Fabbro, vice president of New Zealand King Salmon's North American operation. "If you were to compare that with wild salmon, it would be between 12 and 15 percent fat," he says.

(And the fattier the fish, the greater the amounts of DHA and EPA, two omega-3 fatty acids beneficial to your heart and brain.)

To raise its salmon, the company employs football-field-sized net pens that are 98 percent water and 2 percent fish. "At that density level, the waste is naturally composted by the organisms on the seabed; it doesn't build up," says Fabbro.

Locally, companies such as Greenfish are importing quality salmon from Norway. But you don't have to look beyond our waters to net yourself healthy helpings of omega-3. Line caught Yellowtail, fished straight from our oceans, packs a considerable payload of these fatty acids, providing you with an ethical and tasty way to keep your heart and head happy.

Visit greenfish.co.za and capefish.co.za for sustainable sources of your favourite catches of the day.

Jerk Salmon

Recipe by executive chef Edward Brumfield of the Marcus Samuelsson Group

The heat and spice in this recipe's jerk marinade tag-team with the richness of high-fat farmed salmon.

INGREDIENTS

- 1 Head garlic, minced
- 1 cup Chopped scallions
- 1 cup Coriander leaves, loosely packed, plus sprigs for serving
- 1 Scotch bonnet pepper or habanero chili pepper, stemmed
- 1 (4cm) piece fresh ginger, peeled and chopped
- 2/3 cup Molasses
- 2/3 cup Olive oil
- 1 tsp Ground allspice
- 1/2 tsp Ground cinnamon
- 4 (120g) Skinless salmon fillets
- Lime wedges, for serving

METHOD

1 | In a blender or food processor, add the garlic, scallions, 1 cup coriander leaves, hot pepper, ginger, molasses, olive oil, allspice and cinnamon. Season to taste with salt. Puree until smooth. **2 | In a large bowl**, combine the salmon with half the pureed jerk marinade; turn the fish to coat well. Refrigerate for 15 minutes. **3 | Preheat your oven to 190°C.** Place the salmon on a non-stick baking sheet, pour the rest of the marinade over it, and roast until flaky, 8 to 10 minutes. Serve with the lime wedges and coriander sprigs. Feeds 4.

THE BUTCHER BEHIND THE GOOD STUFF

Butcher Ryan Boon is hooking up SA's best restaurants with pasture-reared beef that's a cut above the rest.

There's one big reason the meat you eat at those fancy eateries tastes sublime: sourcing. Top chefs know that delivering a tender, juicy, belly-patting rib eye (or tomahawk, or...) starts not in the kitchen but on the farm.

Ryan Boon, who runs Ryan Boon Meats, brings these mouthwatering cuts from the outskirts to the urban centres. "Most beef you'll find is from cows that have been pumped full of hormones, antibiotics, you name it," explains Boon. "It affects the flavour, you're just not getting the same thing."

Sure, we might be used to it by now, but those mass farmed animals are actually also shortchanging us of vital nutrients. "If you take a look at a steak from a grass-fed, free-roaming cow, it's darker, and that's because it's packed with more protein," says Boon. "It actually tastes like beef."

These 'liberated' cuts also tend to contain more omega-3 fatty acids than their commercial counterparts. These are polyunsaturated fats that your body can't produce but are essential to many aspects of your health such as your heart, weight and even your mental well-being.

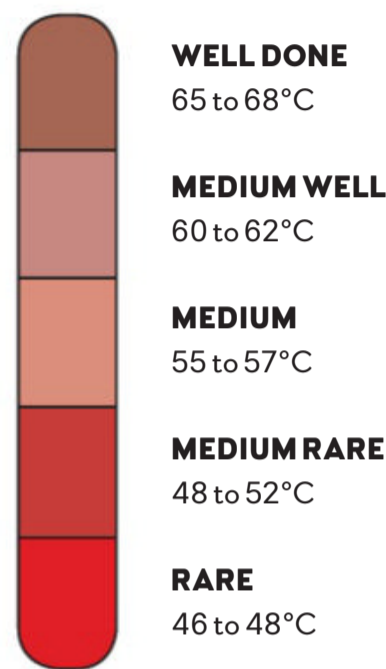
The important part is that while omega-6 is all-good in moderation, a diet that leans heavily into 6 and neglects that magic number "3" is going to cause you problems down the line.

A low intake of omega-3 can lead to chronic diseases such as diabetes and rheumatoid arthritis. Compared to pasture-reared stock, commercial steaks are often high in omega-6.

"Sure, there's a big price difference," says Boon. "But my advice is cut down on how much meat you're eating and make sure you invest in quality over quantity."

Time The Temp

Pulling the meat out of the oven at the right doneness is critical to a delicious meal. Your best bet, says Dabney, is to buy an instant-read digital meat thermometer with an alarm. (We like the Meater Wireless Smart Meat Thermometer, R2 599, Yuppiechef.com.) Then cook the meat until your desired doneness using this chart.*



*As the meat rests, residual heat will continue to cook the beef 5 to 10 more degrees. The temperatures above take this into account. Quick note: consuming undercooked meat (below 62°C for tenderloin) may increase your risk of foodborne illness.

WOMEN'S HEALTH

Sear-Roasted Beef Tenderloin Steaks

Recipe by Cassidee Dabney, executive chef of the Barn at Blackberry Farm in Walland, Tennessee

If you're buying online, you can often pick up specialty cuts – such as beef tenderloin roast, a massive hunk of lean meat that cooks up so sublime you can skip the steak knife. Fear not screwing it up: "Dividing the tenderloin into two roasts is a great option if you have multiple meat-temp needs in your house," says Dabney.

INGREDIENTS

- 2-3 kg** Trimmed beef tenderloin, halved to make 2 roasts
- 2 Tbsps** Canola oil
- 2 Tbsps** Butter
- 3** Whole garlic cloves, smashed
- 3** Fresh thyme sprigs

METHOD

1 | Pat the tenderloin dry with paper towels and allow it to rest at room temp for 2 hours. **2 | Preheat your oven to 220°C.** Heat a large cast-iron pan over medium high. Generously season the tenderloin with kosher salt and freshly ground black pepper. Add the oil to the pan and, when it begins to shimmer, sear the two roasts on all sides, 3 to 4 minutes a side. **3 | Remove the tenderloin** from the pan and transfer it to a roasting pan. (Do not clean out the cast-iron pan.) Roast the meat according to the chart at right, about 10 to 15 minutes for rare, plus 5 to 10 additional minutes for every level of doneness thereafter. **4 | Carefully remove the tenderloin** from the oven. Heat the cast-iron pan over medium. Melt 2 tablespoons of butter and add the garlic, thyme, and roasts; baste for 1 to 2 minutes. Transfer the roasts to a cutting board, let them rest for 5 to 10 minutes, then slice and serve, topping with a little melted butter and pan drippings. Feeds 14 to 16

MAY + JUN 2023





JUN 2023 WOMEN'S HEALTH

PASTURED POULTRY IS THE FUTURE

That's due to its supreme taste, nutrients and ability to help small farmers grow.

If you've been unimpressed with organic or free-range supermarket chicken, pay a few bucks more for a still-bland bird, advise Andre and Kaitlynn Kauerauf.

When the married couple stepped in to save their family farm Bramleigh which was set to go on the market, they didn't have grand ambitions.

"We were excited to have our own vegetable garden," says Kaitlynn. "And maybe a few chickens."

The goal, however, was to be as self-sufficient as possible. They wanted to control where their food was coming from because supermarkets and their opaque labels were not as transparent as the pair would've liked. All the animals on their farm, including their chickens, are pasture raised. "That's because we wanted the most nutrient-dense food we could possibly get," says Andre. "And the only way to do that is to raise animals as closely to their natural habitat as possible."

The chickens get to live outdoors, foraging for food and shouldering shifts in temperatures themselves. "Sometimes hot, sometimes cold; that can build a healthy immune system [for the animal]," says Kaitlynn.

The result: pasture raised produces a meat that's much darker than the commercial kind. "The fat is more yellow and the flavour generally indicates higher nutrient density," says Andre. Pasture-raised chickens (and their eggs) tend to contain more vitamin D because the animals are raised outside in the natural light—not doomed to a bleak life in tiny, dark pens.

"The more nutritious the diet of the animal is, the more nutritious the end product is for the consumer," says Kaitlynn. "When regulations are vague on the labelling of products, knowing the person who produces your food is invaluable! So for us, the decision to go pasture raised helps ensure the product is good for the customer, the animal and the environment."

Yoghurt-Marinated Roast Chicken

Recipe by John Fraser, chef-owner of Iris in New York City
High-quality pastured chicken has an almost herbal flavour. Highlight that by marinating the bird in a herbed yoghurt mixture. "The acids in the yoghurt will help to tenderise the meat," says Fraser.

WHAT YOU'LL NEED

- 1¾ cup** Plain Greek yoghurt
- ½ cup** Olive oil, plus 1 Tbsp
- 2** garlic cloves, minced
- Zest from 1 lemon, plus 1 tsp juice
- ¼ tsp** Minced parsley
- ½ tsp** Minced rosemary
- 1 pinch** saffron (optional)
- 1.5 kg** Pasture-raised whole chicken
- 1 large** Onion, diced
- 3 ribs** Celery, diced
- 1 large** Carrot, diced

HOW TO MAKE IT

1 | In a bowl large enough to fit the chicken, combine the yoghurt, ½ cup olive oil, garlic, lemon zest, parsley, rosemary, saffron (if using), 2 teaspoons salt, and ¼ teaspoon freshly ground black pepper. Add the chicken, coat well with the yoghurt mixture, and marinate in the refrigerator, covered, for 12 hours. **2 | Preheat your oven to 180°C.** Rinse the chicken and pat it dry with a paper towel. Transfer the vegetables to the bottom of a large roasting pan, sprinkle with sea salt, and add the chicken, breast side up. Tie the legs together, close to the body of the chicken, with twine. Rub the 1 tablespoon olive oil all over the chicken and sprinkle with 1 tablespoon sea salt. **3 | Roast the chicken** until a meat thermometer inserted into the thickest parts of the breast and thighs reaches 75°C, about 90 minutes. Carefully remove the chicken from the oven and let it rest for 15 minutes before carving. Feeds 6.

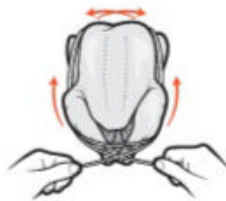
WOMEN'S HEALTH

Truss a Chicken

Floppy birds result in uneven cooking. So tie up your chicken using a 30cm of kitchen twine and these steps.



01 Place the chicken with the breast side up, legs facing you. Align the twine beneath the tip of each drumstick, then pull each end up and over the tips to form an X. Pull the twine to bring the legs together.



02 Holding the twine tight, bring the ends up and around the neck cavity of the bird and beneath the breast, returning to the position of the legs and pulling tight so that the breast "puffs" up.



03 Tie off the twine with a strong knot and clip any excess.

Breakthrough

ART CURATOR

LERATO BERENG-MOJI

MOVING TO A NEW

ENVIRONMENT in hopes of levelling up your career or life can go either way. Sometimes, it may take longer for the grass to finally be greener on the other side. That was the case for Lerato Bereng-Moji, an art curator, director and co-owner of the Stevenson Gallery, who soon learned that studying and living art were two different concepts.

Right after graduating with a degree in fine arts from Rhodes University, Lerato joined the art scene in Cape Town. It was here where she met her art heroes and cut her teeth working in curatorship. Coming from Maseru in Lesotho, Lerato found both Cape Town and the art scene overwhelming. “Coming to Cape Town, which is kind of a mega art city, everything was a lot to take in,” she muses. “I was super starstruck when I first arrived. I remember finally meeting someone like Penny Siopis, an honorary professor at the University of Cape Town’s Michaelis School of Fine Art, whose art we’d studied in school.” Still, she found the city a tad intimidating, which took a toll on her mental health. “Cape Town is a very Eurocentric city for starters, and has a very different landscape from many African cities,” she explains.



“While learning a lot – and I’ll always be grateful for that experience – I also found it incredibly alienating.” Lerato also struggled with resonating with the art in Cape Town. “I found that the predominant voice [in most of the art] was really unfamiliar to me. It was difficult to find my own voice and to figure out who I was, and what I wanted to do creatively in a space that had very little that I could add to my experience.” In this way, Lerato felt not only far from home geographically but conceptually, too.

Then in late 2010, an opportunity to travel to Joburg for a conference presented itself. At the spur of the moment, Lerato decided not to book a return ticket. “I was offered a return ticket and I kind of impulsively decided to ask for a one-way,” she recalls. She didn’t know much about Joburg at first, but grew to love it. “I really enjoyed the energy and hustle of the city and most

2010

The year Lerato learnt that Joburg was exactly what her mental health needed.

11

The approximate number of art exhibitions Lerato has curated in her career.

people here are migrant labourers like myself,” she points out. Lerato started hustling to find work in the Joburg art scene, while enjoying the new Afrocentric space that spoke to her. “You immediately encounter Joburg with a punch in your face and I appreciated the honesty of the city,” she shares. Not only that, but Joburg is only a mere four-hour drive to her home country. In late 2013, Lerato also completed a Masters thesis, centred on Lesotho, which was met with great appreciation. “I called it *Conversations at Morija*. The first iteration happened in 2013, and again in 2015 and 2017,” she says. Another will be held in October this year, around Lesotho’s Independence Day, and will centre on her recent exhibition and book *How to Make a Country*. “I now understand that the only way to make it, or to make something of myself in the world, is if I’m entirely honest,” she muses. And that’s a liberating lesson that she’s since carried into all aspects of her life!

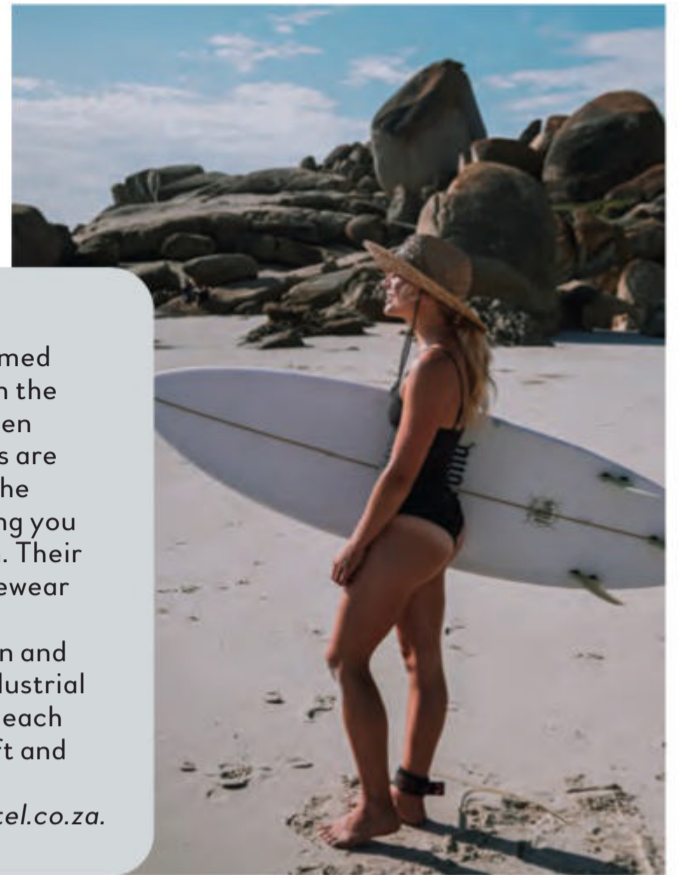
BEST LESSON

“So often, we try to fit ourselves into the moulds that are presented as what has already been, but we’re not here to occupy spaces of what’s already begun.”

WH

Winners' List

Events, products and new releases that take the team's top prize.



SEAS THE DAY

Made from reclaimed materials found in the ocean, Copenhagen Cartel's garments are here to clean up the oceans while giving you something stylish. Their cossies and activewear are made from regenerated nylon and consumer and industrial textile waste, but each piece is super-soft and functional. Visit CopenhagenCartel.co.za.



NEXT-GEN COLLAGEN

WH fave, The Harvest Table, have just launched their new Premium Multi Collagen Granules, a global first in the collagen market. It's the easiest way to get the radical 3 in 1 benefits of Multi Collagen into your daily diet. So what can you expect? Well, optimum results in terms of strong hair and nails, glowing skin, reduced joint aches and a healthy gut. Find out more at Harvesttable.co.za



FEEL THE FIZZ

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SCRUB AWAY

Meet the Umberto Giannini Scalp Scrub Exfoliating Anti Dandruff Scrub. It's vegan. It exfoliates. It's everything you need in your hair care routine. This scrub is enhanced with a source of photo-nutrients, pineapple enzymes and walnut shell micro grains to gently scrub your scalp and leave your hair feeling smooth and silky. Get yours at Clicks.co.za



GO OIL OUT

Want a simple cooking upgrade? Take your food and your health to the next level with locally produced B-well Canola Oils. It's naturally cholesterol free, low in saturated fat, high in Omega 3 and the perfect cooking companion for a healthy lifestyle. Available in 750ml, 2L and 4L.



GET GUTSY

Fermented with tons of strands of probiotics, Rawbiotics blends gut-healthy strains with different herbal extracts to address individual needs. There's the Daily blend, taken for prevention and maintenance and the Gut blend, specifically formulated to assist with gut disorders like IBS. For more blends, visit Rawbiotics.co.za

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