



# LIFE & STYLE

www.lifeandstyle.fm

# LIFE & STYLE

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# FACT AND FAIR COMMENT IN 2021

Dave Charles

**“Well** as New Year celebrations go, this one was even more of a non-event for me than usual. I have never been one to get particularly carried away with the significance of one year ending and the next beginning. After all, that’s what happens every year...one ends, the next begins – its not particularly unusual. I also fail to understand the huge significance that some people place on birthdays. Everyone has them and they are generally completely insignificant. It’s just another day. Nothing notable happens – there are no miracles and wonders, no wishes are granted, you look exactly the same as the day before and the day after, and life carries on. The ubiquitous birthday messages on social media, prompted in large by reminders, are as disingenuous as the “ ... I am overwhelmed...” posted response.

Okay, so now I am beginning to sound like the Grinch who stole Christmas. Actually, I am beginning to resonate more with that character as time goes by, as did his creator, Dr Seuss. Hopefully, like Seuss and the Grinch, I will have eventually have a “moment” that restores my equilibrium. Until then, I will simply try to remain aloof and do my best to ignore the mounting evidence that the world we share is largely populated by muppets.

How else can we explain the mess we are making of everything? The current pandemic seems to be a rallying point for the lunatic fringe propagating an absurd amount of misinformation, fear and foolishness when what is required to best cope with the crisis is fact and fair comment.

To this end, I offer you the following MythBusters certified by the World Health Organisation.

**FACT:** Vitamin and mineral supplements cannot cure COVID-19

Micronutrients, such as vitamins D and C and zinc, are critical for a well-functioning immune system and play a vital role in promoting health and nutritional well-being. There is currently no guidance on the use of micronutrient supplements as a treatment of COVID-19. WHO is coordinating efforts to develop and evaluate medicines to treat COVID-19.

**FACT:** People should NOT wear masks while exercising

People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably. Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

**FACT:** The likelihood of shoes spreading COVID-19 is very low

The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

**FACT:** Water or swimming does not transmit the COVID-19 virus

The COVID-19 virus does not transmit through water while swimming. However, the virus spreads between people when someone has close contact with an infected person.





#### WHAT YOU CAN DO:

Avoid crowds and maintain at least a 1-metre distance from others, even when you are swimming or at swimming areas. Wear a mask when you're not in the water and you can't stay distant. Clean your hands frequently, cover a cough or sneeze with a tissue or bent elbow, and stay home if you're unwell.

**FACT:** Drinking alcohol does not protect you against COVID-19 and can be dangerous. The harmful use of alcohol increases your risk of health problems.

**FACT:** The coronavirus disease (COVID-19) is caused by a virus, NOT by bacteria. The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses.

Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a health care provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

**FACT:** COVID-19 is NOT transmitted through houseflies.

To date, there is no evidence or information to suggest that the COVID-19 virus is transmitted through houseflies. The virus that causes COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or speaks. You can also become infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands. To protect yourself, keep at least 1-metre distance from others and disinfect frequently-touched surfaces. Clean your hands thoroughly and often and avoid touching your eyes, mouth and nose.

**FACT:** Most people who get COVID-19 recover from it.

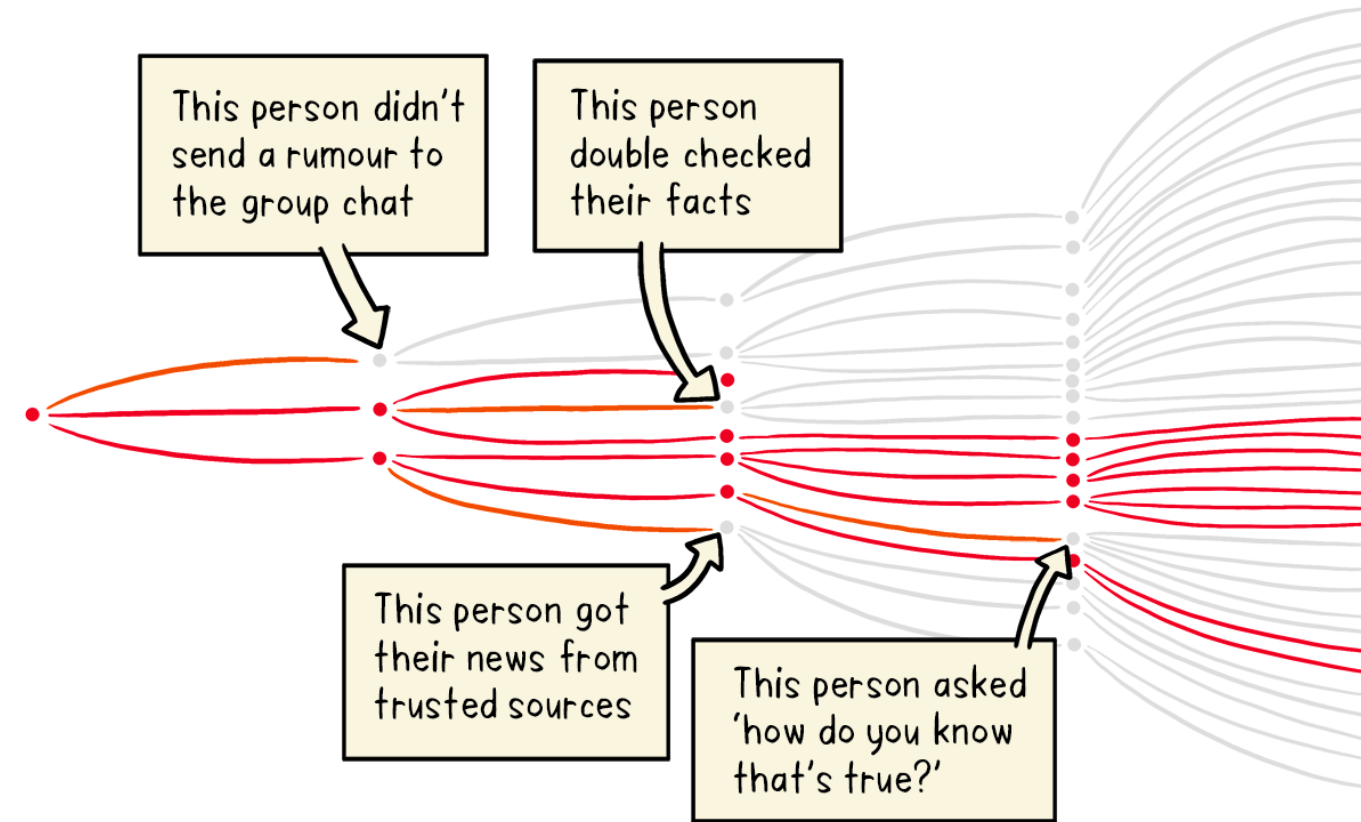
Most people who get COVID-19 have mild or moderate symptoms and can recover thanks to supportive care. If you have a cough, fever and difficulty breathing seek medical care early - call your health facility by telephone first.

**FACT:** Antibiotics CANNOT prevent or treat COVID-19.

Antibiotics work only against bacteria, not viruses. COVID-19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment. However, if you are hospitalised for COVID-19, you may receive antibiotics because bacterial co-infection is possible.



**\*\*Dave Charles presents the Afternoon Show 1-5pm on 88FM Radio Life&Style - The Voice of Ballito**





# MATTERS OF THE HEART

Dr Rosie Carey



**“It** is the month of St Valentine, so I'm going to grab this chance to talk about heart health. After all, nobody wants a 'broken' heart in February!

**Heart health is synonymous with high blood pressure and high cholesterol, but there's a whole lot more to having a healthy heart than checking your BP at the odd Vitality check. So, what is heart disease and how do you prevent it?**

Heart disease is essentially caused by a narrowing of the blood vessels of the heart, usually as a result of the building up of atheromatous plaque in the blood vessels. Because of the narrowing of the blood vessels, there is decreased blood flow to the heart, which means less oxygen gets to the heart muscle.

When the vessel becomes obstructed, there is no flow to the heart muscle, and it dies (essentially a heart attack). Plaques are formed through a combination of damage to the inside of the blood vessel walls (and the body's attempts to repair this damage) and deposition of cholesterol. The good news is that this type of heart disease can be both prevented and treated.

In order to prevent and treat heart disease we target both areas of plaque formation: damaged blood vessels and raised cholesterol. Prevention is mainly focused on lifestyle management, and treatment on medication. High blood pressure and diabetes (sugar effectively eats away at the lining of your blood vessels) are the biggest contributing factors to damage to your blood vessels, so prevention and treatment of these two chronic diseases is paramount in preventing heart disease.

High cholesterol (the bad cholesterol, that is) is obviously another contributing factor in plaque formation. Diet and exercise are the mainstays of prevention. Heart disease is preventable and partially reversible by optimising your diet and starting to exercise.

Monitor your blood pressure (it should be less than 120/80) and check your cholesterol, and if either of those start to become uncontrolled despite dietary and lifestyle changes, you should start medication to lower them. Remember that smoking also damages blood vessel walls, so ditch the cigarettes along with the sugar. (Don't despair! All is not lost – you can happily have a glass of red wine with your dinner).

**'High blood pressure and diabetes (sugar effectively eats away at the lining of your blood vessels) are the biggest contributing factors to damage to your blood vessels'**

There are other serious heart disorders such as arrhythmias and cardiomyopathies and these should be managed by a cardiologist, but by far the most common heart disease is atheromatous heart disease and you can prevent this.

## START DOING THESE 3 THINGS NOW:

- *Start exercising. Even if you start with a 10-minute walk a day, get out there and start moving your body. Ideally, you want to aim for a minimum of 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week.*
- *Get active. Aside from exercising, start moving in your daily life. A recent study has shown increased survival in people who have a less sedentary lifestyle, so take the stairs, park a little further away from the shops, walk when you can, stand instead of sitting while you're on your phone. All these small changes will add up.*
- *Cut sugar and salt from your diet. Avoid processed foods and increase your intake of fruit and vegetables. The Mediterranean diet, high in fish, legumes, vegetables, and good fats, has consistently been shown to be the best for heart health.*

You may have your heart figuratively broken by someone on Valentine's Day, but you can literally choose to have a healthy heart for the remainder of your life!





## THIS MONTH WE LOVE...

Ardmore Ceramics

**“Ardmore’s** eclectic mix of incredible ceramic and décor items with style now available in Ballito.

### CERAMICS

Colourful, imaginative, vibrant delicate and dramatic these are some of the hallmarks of the artworks that have garnered international accolades for Ardmore Ceramic Art in rural Kwa-Zulu Natal. It is here, in South Africa's most successful ceramics studio set in the verdant Midlands, that exquisitely handcrafted and highly detailed figurative work and functional ware are created by more than seventy artists who draw on Zulu traditions and folklore, history, the natural wonder world under the mentorship of its founder Fée Halsted. The ceramic art pieces are one-of-a-kind creations and the collection is constantly changing with new art pieces showcased in store.

### DESIGN

Taking the very best of Ardmore's iconic and enigmatic ceramic artworks along with the effervescent world around us, adopting the mantra of “Art into Design”. The Ardmore Design House produces a range of exquisite fabrics whose designs are exclusive to Ardmore, deluxe soft furnishings, bespoke furniture pieces, and lifestyle products all expressing the soul and innate character of Africa's exciting wildlife. The Sabie Collection reflects the latest designs in the Sabie Sofa in Delta and Tanzania and an array of exquisite cushion covers.

### THE GALLERY

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[www.ballitolifestylecentre.co.za/store-directory/style/thegallery](http://www.ballitolifestylecentre.co.za/store-directory/style/thegallery)





# LANDMARKS

Xee Summer

“I am a illustrator / designer and art director who has lived in Cape Town since 2012. I have worked 9-5's for corporates my whole life and went free-lance last year August while we were all in the thick of the pandemic. It was scary (and it still is most days ) but it has also made me grow and happier in so many ways. It has pushed me and my art is so many incredible ways. I am very grateful and thankful for this beautiful journey I get to share with everyone.”

## WHAT INSPIRED YOU TO START THE CAPE TOWN SERIES?

I was driving past De Waal Park late one Sunday afternoon and the light was so beautiful. As I drove past the gate, I decided to pull over and take a picture of it because I thought it would be a lovely thing to draw. I drew it in pencil, which is quite different to my usual style and medium. I really enjoyed working with pencil as a medium again and then decided to take a pic of another iconic spot and give it a go. The series wasn't planned and sort of took shape by itself. Before I knew it I compiled a list of places and I'd love to have a little exhibition towards the end of the year and potentially bringing out little coffee table books too. Who knows :)

## HOW DID IT FEEL MAKING AND SHARING WORK THAT IS A BIT OUTSIDE OF YOUR RECOGNIZED STYLE?

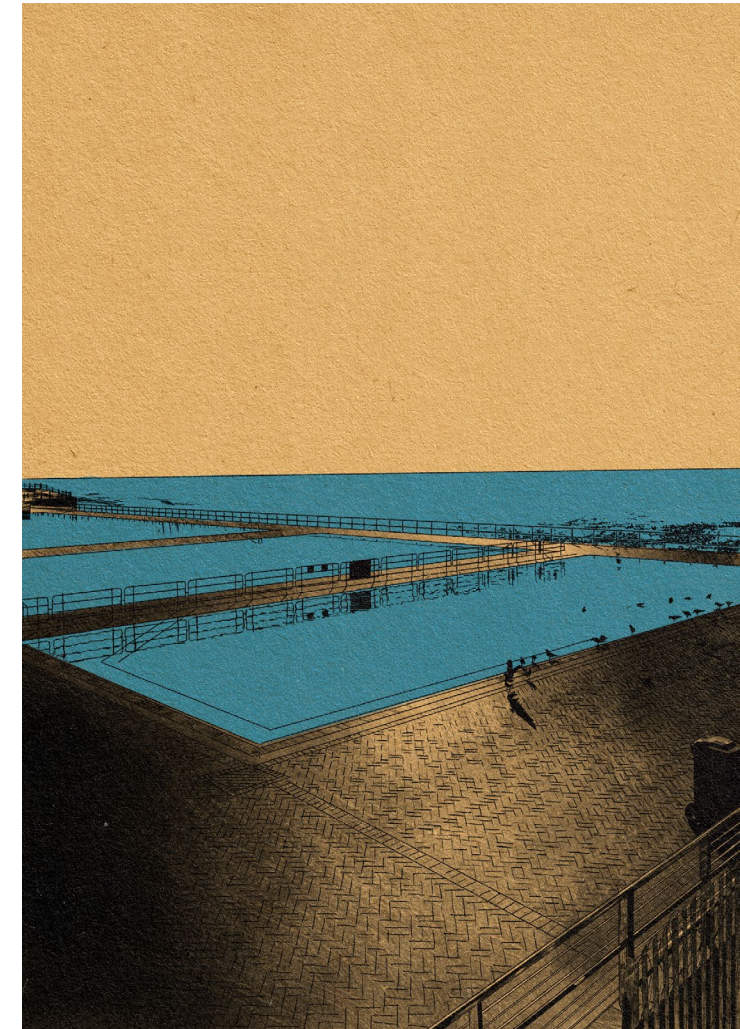
I was a bit apprehensive about posting this style in between my usual style of work as it would break the aesthetic on my page a bit but I realised that it would also open new doors and new opportunities and sometimes everything doesn't have to be so over considered and over curated and that the variety is beautiful in itself. It also reminded me that I love trying new things and exploring new things. Keeps things interesting.



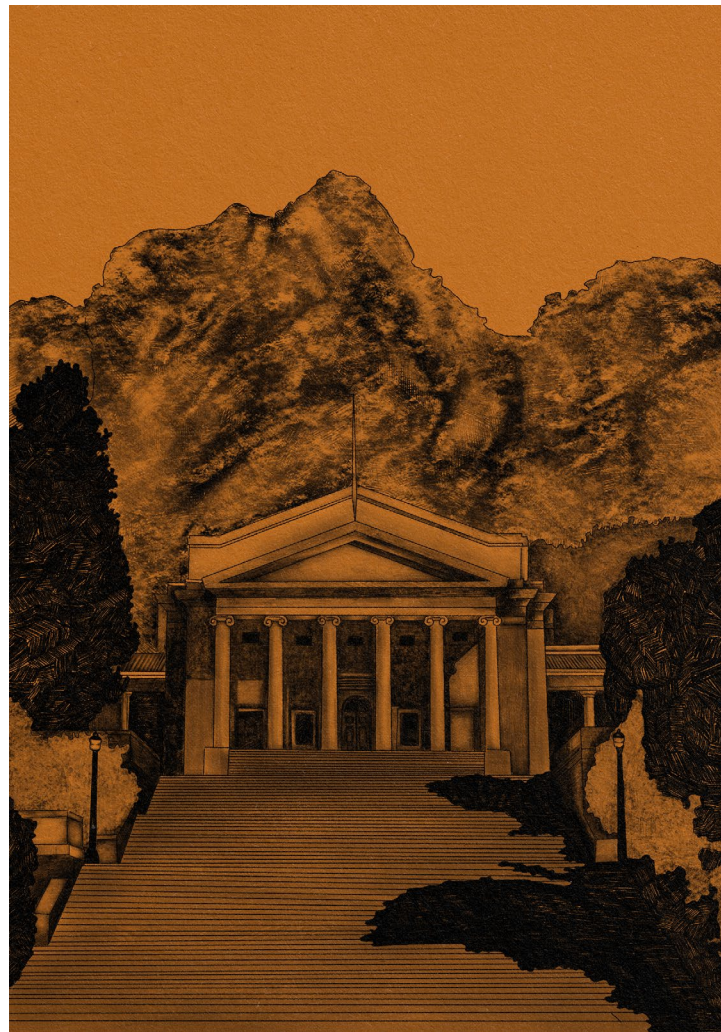
## HAS THIS PRACTICE BEEN AFFECTIVE IN YOUR GROWING ARTISTIC STYLE AND SIMPLY AS A PERSON LIVING THROUGH A PANDEMIC?

I honestly don't know what I would have done if I couldn't create art and draw during the last year. It has been the biggest form of therapy. It's such a calm escape for me and I have definitely found my safe space in this world and in my brain.

**XEE SUMMER**  
[www.xeesummer.co.za](http://www.xeesummer.co.za)  
 @xee\_summer









# REVISITING GRAVE DANGER

By Dan Charles

**“There** There are specific memories from childhood that seem to stick themselves in the corners of our sub-conscious like abandoned pieces of gum stuck under school desks that have hardened over time and are only re-discovered when an unfortunate hand unintentionally grazes over them.

As a screen-fixated child, a lot of those particular wads of memory revolve around television programs. To this day, I am still haunted by the memory of an apparition emerging from a television set in the guise of Kermit the Frog and watching him lurch closer and closer to me as I burrowed myself into the covers of my grandparents’ sleeper couch where I was stationed for the evening. Another quaint nugget that came to the forefront of my thinking during the time that our country faced an impending national drought was a classic Sesame Street ditty that detailed the importance of conserving water.

Since the second tsunami wave of Covid-19 infections crashed over the country, I've been doing my civic duty of monastically sheltering in place. Whilst in the throes of my involuntary state of inertia, my mind has been conjuring up another obscure re-run that seems to be jammed in the defunct-DVD-player of my subconscious: the critically acclaimed Season 5 finale of CSI: Las Vegas, written and directed by Quinton Tarantino in 2005, called Grave Danger.

To briefly summarise: the episode revolved around the abduction of the protagonist, Nick Stokes, which resulted in him regaining consciousness inside of a glass container that had been buried underground. One could call this container something of a grave of sorts. One could say that Nick had suddenly found himself in grave danger (now that’s quality scriptwriting). Along with a very perturbed Nick Stokes, the container also included a camera streaming footage of his torment to his colleagues, a light to illuminate said torment to said colleagues, a piece of gum (because being hotboxed with your own breath would be far too much torment - you’ve all gone out shopping with

your face masks, you know how it is) and a gun that was loaded with a single bullet (for in the event of said torment being too much to bear). I have never really interrogated why that sensationalised action/crime/drama has lingered on within me for the past fifteen years. I suppose it must have been enthralling for a 10-year-old me to imagine the possibility of a high-stakes situation like that ever taking place. In fact, it must have terrified me.

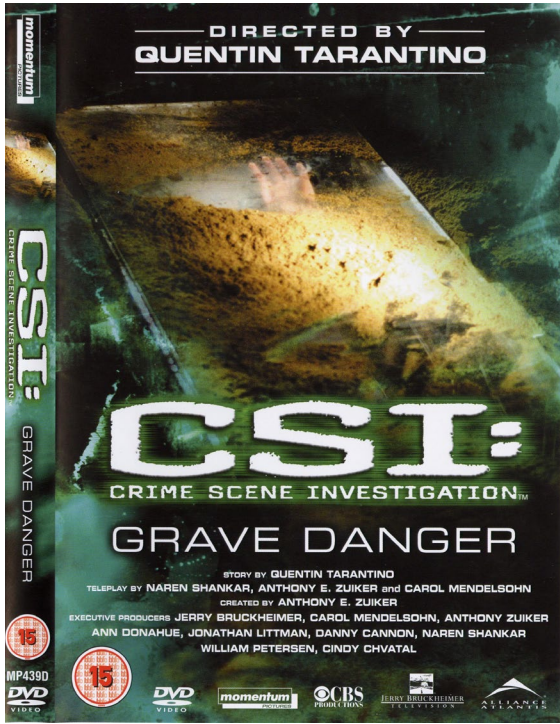
My relationship with confined spaces has always been a fraught one. I privately went through a brief phase of fearing that the world would eventually run out of oxygen. Surely, plants couldn’t generate enough oxygen for everyone in the world - the world has a lot of people, and breathing is one of the things that we all have to do! This resulted in me oscillating between frantically breathing in-and-out (because I was a child and very selfish - I wanted the most of this fictionally scarce resource) and taking long deep breaths and holding them in so that I could acclimatise to my imagined future where we would all have to carefully manage the frequency of our respiration (which probably would have been a very healthy and relaxing practice to maintain if each of those breaths wasn’t held down by a ludicrous sense of anxiety). With that being said, the thought of being buried alive and having a non-hypothetically finite supply of my lungs’ favourite past time (my second favourite now, I hadn’t started smoking then) was horrific. I bet that you’re probably thinking about your own breath right now. (I’m trying my best not to – I just lit another cigarette).

*However, I did delight in hiding. I found great pleasure in confining myself into any small crevice that would accommodate my size and stature - cupboards, cardboard*



*boxes, any aperture would do. Winning streaks in games of hide-and-seek were some of my proudest moments. My whereabouts were my own best-kept secret, and I had all the space I needed to breathe all of the air that I wanted to breathe.*

The long and the short of it is this: when I look at the back of the front door, I see the inside of Nick Stokes’ coffin. That’s a pretty macabre and very culturally specific statement (hence the need for all of the additional padding in the form of a preface). The scratches around the bruised bronze handle remind me of the etched record of every effort of escape from within the confines. Instead of being buried in a pile of gravel, we’re buried beneath the weight of a global pandemic. Instead of a camera sending a live feed of our entrapment to psychologically torture our crime scene in-



vestigation colleagues, we turn on our own cameras to host Zoom functions. Instead of chewing a single piece of gum, we munch on a gratuitous amount of assorted snacks. And we don’t know when we’re going to find a way out. And there’s nothing we can do ourselves - the weight is too much.

I hate to end this with a spoiler, but Nick does get pulled out of the grave in the end. There’s a whole thing where there are pressure-sensitive explosives under his container, so he has to get pulled out while a giant pile of dirt gets poured over him to distribute the weight - but he does get out. And so will we. We will be given some way out. But hopefully, there won’t be surprise twist involving explosives at the end of all of this.



# The MARKET



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L&S Beauty

## LOVE YOUR HAIR

Nikolas Michael

**“How** do I make my hair healthy and beautiful? This question is by far, one of the most frequently asked and certainly one of the most difficult to answer. There are so many aspects that need to come together and all of them play a vital role in assuring that condition is maintained.

As individuals, our hair is so unique and different from one another that what works for one person may not work for the next. What we eat and our general health plays a big part in the strength and texture of our hair. The colour that is used and the way its applied is one of the most crucial elements in maintaining healthy and responsive hair that is vibrant and manageable. The aftercare products and home maintenance is very important too, as it's easy to leave the salon looking gorgeous. After all it's what we get paid to do.

What's important to me is educating my clients and empowering them so that they can recreate the looks we do. Giving them the correct tools to do so is imperative. This all boils down to consultation- the most important part of your appointment. If you are wanting to love your hair and feel it's in need of more love, then we are waiting for your call. *Book a consultation and we will give your hair the love it needs. In the meantime, here are a few hero products I can't do without:*

- Sebastian potion 9
- Sebastian whipped creme
- Sebastian twisted curl cream
- System professional solar halo
- System professional lux oil

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# DATES WITH A DIFFERENCE

## Dating

“**While** 'dinner and a movie' has its place on the ideal date spectrum, we're thinking out the box during this month of love.

### TAKE A HIKE

Together, that is! Walking through nature is not only good for the soul, it's good for your relationship too. The Umhlanga Lagoon Nature Reserve, just outside of Umhlanga Rocks and opposite the Breakers Hotel, is an important refuge for wetland, coastal and forest animals, plants and birds (with over 208 species).

The trail starts at the car park at the end of the promenade and, once you're through the gates, there's a wooden boardwalk across the Ohlange River before the trail heads into thick coastal forest, followed by dune forest, before arriving at the beach. Many of the trees are labelled, so you can stop and take in some botanical info while you walk. Keep an eye out for the 500-year-old white stinkwood.

**DISCLAIMER:** the beach has been known for a skinny dip or two, so don't be surprised if others are following suit (in their birthday suit!).

Gates open 6am-6pm, visit:  
[umhlangatourism.co.za](http://umhlangatourism.co.za)  
[durban-tourism.com](http://durban-tourism.com) for directions

### THE COUPLE WHO BIKES TOGETHER

Holla Trails offer bikes for hire, and a range of trails to suit all skills levels, so why not head out on a bike with your loved one for some downtime? You can

hire a bike, the rental price includes the trail permit, a helmet and the rental period is for 3 hours, but the fees work out much cheaper if you're a member, if you have your own bike, or if you choose to run a trail. If you don't have a bike, be sure to book in advance as bikes tend to get hired out quickly. Select a route before you leave, and a friendly staff member can assist you with this. Routes are colour-coded, and the distances clearly indicated, so you can easily choose a route according to your fitness level. For an extra R55 they will even give your bike a good wash before you head home.

Visit:  
[hollatrails.co.za](http://hollatrails.co.za)

### SHARE A CONE

What happened to just sharing an ice cream, or splitting a waffle together? We love Scoop at Ballito Lifestyle Centre for their colourant- and preservative-free homemade treats, made with real farm-sourced dairy. And locally sourced barn eggs milk





# COVID AND OUR BEACHES

Steve Honeysett

**“Who** would have thought that a virus would bring the world to its knees in 2020 and change every little thing that we have taken for granted for so long?

Being designated front-line workers by the Municipality, my team and I faced a mammoth task of sifting through what information we could get our hands on and try to put together a realistic operational plan which we could implement out on our beaches.

Every ocean sports user fought for their right to use the ocean during times of lock down and, from the ordinary person on the beach to the association and governing body, all were trying to convince government that it was safe to be in the sea.

When one does not live near an ocean or use it regularly, as is the case with many government officials, we get decisions made that sometimes can be mind boggling and make very little sense. Then there are decisions that either favour certain user groups or, in fact, open such loopholes in the system that it becomes unfair.

Rules and regulations aside, the ocean has many health benefits to offer that help to ward off sicknesses and contribute to our general sense of wellbeing. The sea actively assists with strengthening people's immune systems through the negative ions that each wave generates.

So where do we stand with this virus in an ocean environment? We know that keeping a social distance between people in the water is as beneficial as it is on land. We know that there is very little scientific knowledge about whether the virus can survive in the sea or under the constant bombardment from the UV rays of the sun. To my knowledge there has not been a single recorded case of

COVID-19 coming from people swimming in the ocean. We are bombarded with alarming stories on both mainstream and social media platforms that cause fear and panic without necessarily being balanced by cold hard fact.

How easy it has become for stories to be circulated and for personal impressions to be placed out there for the world to read. Rumour and sensation runs rife, and we begin to lose perspective in the general panic that ensues. I am not claiming that there is no virus. We know only too well that it is spreading fast and it's affecting thousands of people but, to my knowledge, no one has contracted the virus in the ocean.

So, one might be safe to assume that the ocean is a safer environment than most other places that people choose to exercise in at present. Socialising on the beach is a serious problem where a total neglect of the COVID-19 rules has given government a valid reason to place closure restrictions. This is understandable and people really have themselves to blame for behaving foolishly in light of the current pandemic.

We can only hope that the curve will soon be flattened and the second Covid wave can be controlled sufficiently to allow for new protocols to be developed that allow for more responsible use of the ocean again for exercise and recreation.

**\*\* I will keep you posted on my daily surf reports on Radio Life & Style 88FM.**





# HOW MUCH EXERCISE DO YOU NEED TO DO

## Staying Active

**“Get** at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. Greater amounts of exercise will provide even greater health benefit.

**To stay healthy, adults aged 19 to 64 should try to be active daily and should do:**

- At least 150 minutes of moderate aerobic activity such as cycling or brisk walking every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
- 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)
- A mix of moderate and vigorous aerobic activity every week – for example, 2 x 30-minute runs plus 30 minutes of brisk walking equates to 150 minutes of moderate aerobic activity and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) A good rule is that 1 minute of vigorous activity provides the same health benefits as 2 minutes of moderate activity.
- One way to do your recommended 150 minutes of weekly physical activity is to do 30 minutes on 5 days every week. All adults should also break up long periods of sitting with light activity.









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# NUTRITION SUPPORT FOR POST-COVID FATIGUE

by Kim Wilson

**“What** we choose to eat and how we supplement after suffering through a viral infection can have a profound effect on our speed of recovery, especially when symptoms of fatigue persist.

Whilst over 1.3 million (and counting) South Africans have recovered from their COVID-19 infections, there seem to be long-term health consequences of the infection, termed “post-viral fatigue”. Some of the main symptoms of this include pain and light sensitivity, extreme fatigue, headaches, dizziness, foggy brain, sleep disturbances and sometimes even depression.

Although we have no targeted research on the nutrition support for post-viral fatigue after Covid-19, there are several areas that it makes good sense to focus on.

## START WITH THE BASICS

Having post-viral fatigue means that you may not have the same energy to shop, cook and eat as before. Now is the time to think practically whilst still being kind to your body. Take advantage of online grocery delivery services, or stock up on ready-made meals. Eating a ready-made meal from one of our many providers on the North Coast will still be better nutritionally for you than skipping a meal, choosing a processed snack bar, or takeaways. If you are able to prepare your own meals (or can enlist the help of a family member or friend), then focus on the below key nutrition tips.

### Key Nutrition Tips:

- Choose more plant-based foods: vegetables, fruits, nuts and seeds, beans, pulses and wholegrains. Eat a variety of plant foods each day as they are rich in nutrients that build your immune system and boost your overall wellbeing.
- Eat quality sources of protein with your meals: eggs chicken, nuts, meat and if you're vegetarian/vegan add tofu, beans and lentils.
- Include healthy fats in your meals: olive oil, olives, avocado, nuts, seeds and oily fish.
- Make sure to keep healthier snacks on hand such as nuts, seeds and fresh fruits.

## FOCUS ON GUT HEALTH

There is a growing body of evidence demonstrating that gut health can influence a number of symptoms like those we see in Post-Covid Fatigue. We know that a healthy gut biome (healthy gut bacteria) influences mood disorders such as depression and the immune system and our susceptibility to subsequent infections. It makes good sense then to support gut health through supplementation with Probiotics whilst following the healthy eating suggestions above.





*Having post-viral fatigue means that you may not have the same energy to shop, cook and eat as before. Now is the time to think practically whilst still being kind to your body.*

**FOCUS ON BRINGING DOWN INFLAMMATION**

Covid-19 is associated with the development of excessive inflammation in the body. Dietary supplements such as Omega 3 Fish Oil, NAC and Curcumin are also key to bringing down inflammation in the body. NAC and Curcumin, whilst stimulating glutathione (the master anti-oxidant) aid respiratory health, especially where shortness of breath and excessive heart palpitations remains an issue.

**Support Your Mitochondria**

Mitochondria are widely touted as the energy producers of the body and so mitochondrial dysfunction may play a role in prolonged fatigue. It is prudent therefore to take steps to support your mitochondrial wellbeing in order to rule out dysfunction as a potential cause of your fatigue. In addition to a good diet you may consider targeted supplements such as Coenzyme Q10, a B Vitamin Complex and Pyrroloquinoline Quinone (PQQ) as these are all supportive of mitochondrial function.

**Eat and Supplement Your Way to a Speedy Recovery**

Overall, what you eat can greatly impact your recovery from post-viral fatigue. Adding a targeted supplement regime to this should expedite your journey to wellness. Come and speak to one of the friendly and informed staff members at Lifestyle Health and they will assist you in finding the combination of nutrients best suited to your needs.

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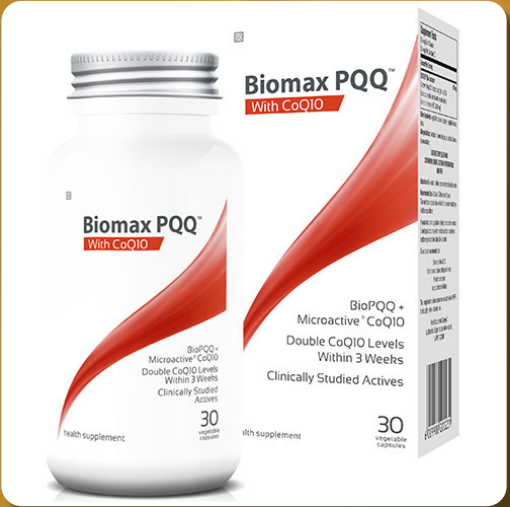
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## FOR THE LOVE OF BEES

Local bee keeper Trevor Thompson

**“We** have an interesting relationship with bees on the North Coast. For ages the green monoculture of sugar cane that was all pervasive here before urbanisation began in earnest created a fairly hostile environment for them. Bees don't do well if they don't have bio diversity around them, so bee keeping was not an option here.

**But with development, strangely for the bees, it all changed for the better. Many estates planted bee-friendly landscapes to replace the sugar cane and it wasn't long before the bees were back in business.**

While most people enjoy the honey that bees produce and while the health supporting properties of organic honey are well documented, there is a general awareness that swarms of bees can kill. They do so fairly regularly in Africa. The African Bee is known globally as the killer bee and is much more aggressive than its placid European and American equivalents. It is also much more productive which makes bee keeping in this part of the world rather fun.

When a queen bee decides to spread her wings in search of a new adventure, she sets off accompanied by a myriad of loyal supporters. These are the swarms that occasionally make their way into places where they are not really welcome – like your ceiling... While they are on the move, these swarms are generally docile and not to be feared. But when they set up shop in your home or garden, they can become a problem. Trevor Thompson is a local bee keeper who also offers a humane bee removal service. He loves bees and builds his own hives to create the perfect conditions for them to thrive. He is also a wonderful resource for excellent organic honey on the North Coast. If you have a bee problem or are thinking of setting up a little apiary business here, you should definitely contact Trevor. He's a great guy and happy to share his passion for bees.

### CONTACT:

Trevor Thompson: 082 770 8376







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View over Sunset Dam toward site of Springvale Village.

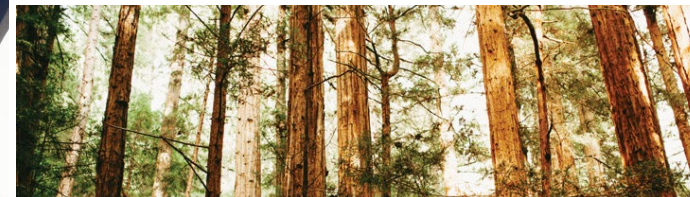
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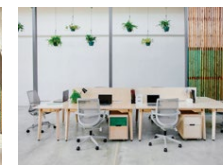
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“

Explore, take chances, be adventurous.  
Look at all your knowledge as a gift.  
The more generous you are, the more loving-kindness you cultivate.  
Let others do things their own way.  
Don't worry about who gets the credit.  
Let go of wanting and experience freedom.  
Don't procrastinate.  
Lighten up.  
Be courageous.  
Have Faith.







**After every storm  
comes a rainbow**

**Lifestyle**  
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