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Issue 18 - August 2023



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In This Month Issue

Letter From The Editor



Happy Women's Month! I am writing to you today to celebrate your strength, courage, and resilience. You are the backbone of our society, and we owe you a debt of gratitude.

Throughout history, women have faced discrimination and oppression. But you have never given up. You have fought for your rights, and you have made great progress.

Today, women are more empowered than ever before. We are CEOs, doctors, lawyers, and politicians. We are breaking down barriers and making our voices heard. But there is still more work to be done. We need to continue to fight for equal pay, equal representation, and an end to violence against women.

I am inspired by your courage and your strength. You are an inspiration to us all.

FEATURESTORIES

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- Page 30 Dealing With Period Cramps
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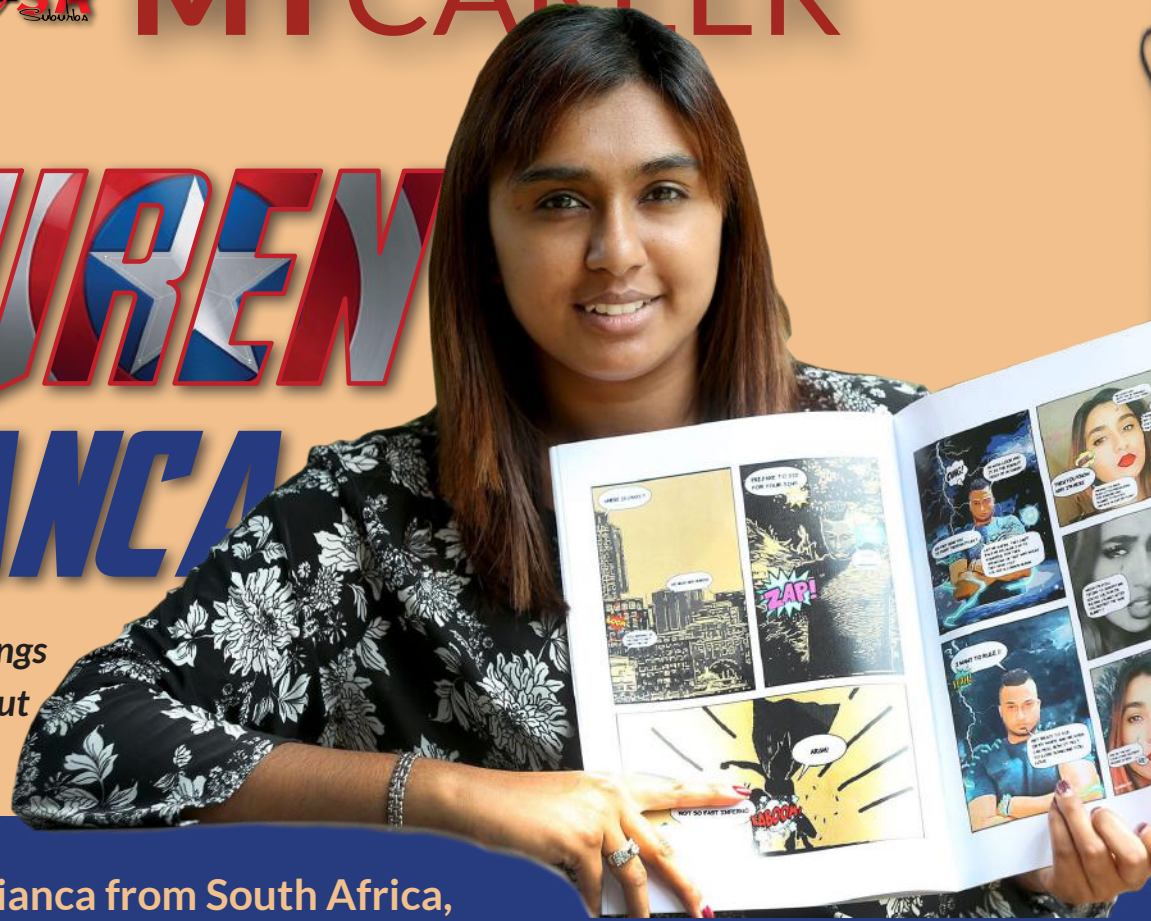
- Page 42 SA JKA National Championships



MEET AUTHOR

LAUREN BIANCA

“Put God first and things may seem difficult but never impossible”



I'm Lauren Bianca from South Africa, I do cosplay Marvel Characters such as Black Widow, Wanda and Dr Strange I have completed my degree in psychological counselling and have recently written, designed and published a new comic called "The Shadower". It's for all age groups including teens, the comic contains a superhero storyline that has Comic pictures of actual people. Each person who plays a Character in the Comic is actually real life people.



- **What inspired you to become an author, and how did you start in the writing industry?**

Mostly my love for Marvel and how their stories relate to so much of people. Each Character in Marvel shows a personality or trait that we as people have.

- **Please tell us a little about your latest book, and what readers can expect from it.**

The Shadower is a superhero book where a girl drinks the wrong medication and finds out she has superhuman powers. She then discovers there is an evil force beyond human control, so together with her team they fight the forces of darkness.





● **How do you approach the writing process, from idea to finished manuscript?**

Once I have an idea I start to write and as I feel as a writer I am blank, I take a deep breathe and continue with my daily life and that is where the next step comes in and I continue writing. Imagination and writing are not governed by time or set ideas. That's the beauty of writing

● **What is the most challenging aspect of writing for you, and how do you overcome it?**

One of the challenges to writing is to not duplicate other writers, be unique and sometimes its difficult to be unique. Before I write, I always weigh the ideas I have. For example, I wrote a superhero comic book. There are thousands of superhero comic book but what would make mine different, I used actual people as Characters because if I made it ordinary it would be a story lost in the middle of the ocean.

● **What advice would you give to aspiring writers who are just starting?**

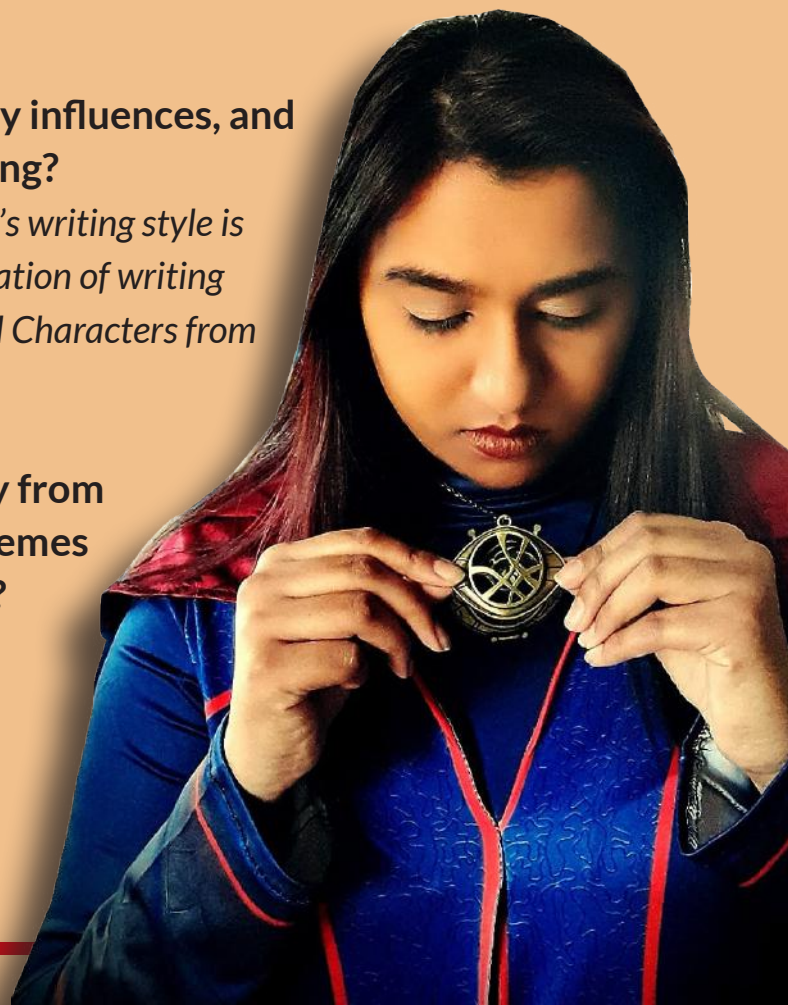
Always put God first and never give up the imagination that kept you running. Whatever inspired you to be a writer...Never loose it.

● **Who are some of your biggest literary influences, and how have they influenced your writing?**

I don't have a set person because everyone's writing style is different but what did influence by imagination of writing was a mixture of Shakespeare and fictional Characters from many books.

● **What do you hope readers take away from your books, and what message or themes do you try to convey in your writing?**

I would love them to know with the right people on your side you can accomplish anything and good always wins plus don't forget to have some fun on the way.



- How do you balance writing with other aspects of your life, such as family, work, and hobbies?

I write in my spare time, sometimes when you just cant sleep, that's where the best tales are created.

- Can you share with us any upcoming projects or books that you're currently working on?

I am currently working on The Shadower Book 2. More Characters more fun and more action.

- What is your ultimate goal as an author, and how do you see your writing evolving in the future?

My ultimate goal is to make people see that there is still fun and joy in imagination no matter what age you are. One of my biggest dream is to be part of the Marvel cast. Ones day, some day. Dreams do come true.

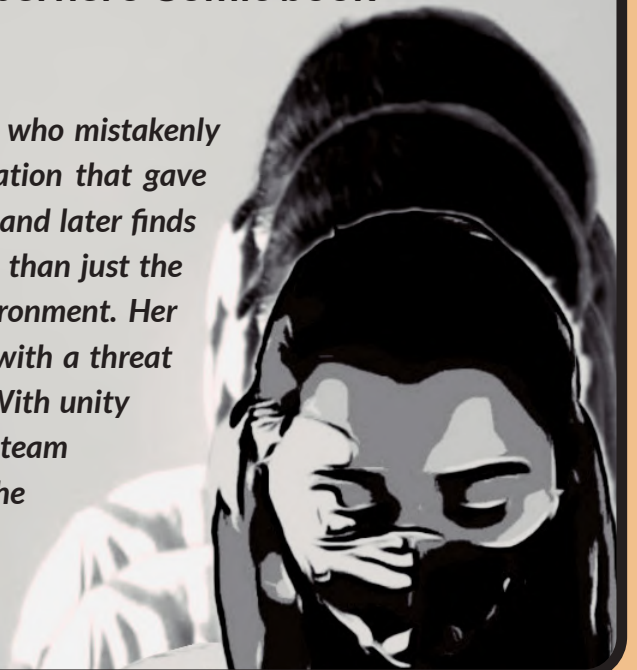


My Book

“The Shadower” Comic Book A superhero Comic book



The story is about A girl who mistakenly drinks the wrong medication that gave her superhuman powers and later finds out that there is more to than just the human work in her environment. Her and the team are faced with a threat that can destroy many. With unity and determination the team work together and fight the dark force of attack.





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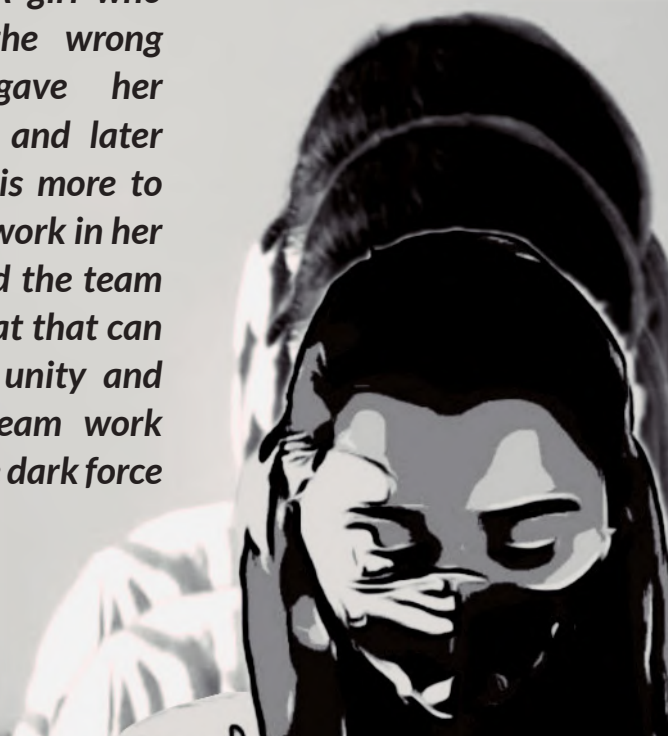
BOOK FAIR

The SHADOWER

Comic Book A superhero Comic book



The story is about A girl who mistakenly drinks the wrong medication that gave her superhuman powers and later finds out that there is more to than just the human work in her environment. Her and the team are faced with a threat that can destroy many. With unity and determination the team work together and fight the dark force of attack.



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SENZO ZINDELA

**Film Producer
Founder & CEO of Zindela Pictures
Humanitarian
Founder of the UGU Film Festival**

Written By: Bianca Cele

Senzo Zindela is a once in a lifetime force to be reckoned with, this natural-born leader hails from KwaZulu Natal in an area known as Nqabeni in Port Shepstone. His fast thinking and effective problem solving come naturally; his first ever business venture began at the tender age of 11 years old in 1995, selling sweets for 20cents a piece to the children in the neighbourhood and at school.

At 15 his interests diverted to a local photographer with whom he grew inspired by, wearing his cameras around his neck while capturing priceless memories for the people in the community. A young Senzo offered himself as an assistant, carrying the equipment for Mr Nhlumayo at a salary of between R5 and R10 a day depending on the profits the business acquired. Through this unlikely mentorship, he learned how to operate high quality manual and automatic cameras, which soon found him behind the lens and handling other aspects within the business in the absence of his mentor.



His mastery of camerawork gained him recognition and respect among many in the community, affording him bigger projects when he became a sole proprietor in the photography industry. Once he reached the age of 16, he was the talk of the village, boasting unique angles and obscure levels of creativity that wowed all his clients and increased the demand for his expertise. These were the years that fuelled his passion for film, the more his skills were needed, the bigger his team needed to grow. Thus, the initiative to expand this talent into a greener pasture ensued, as he trained relatives and friends in order to equip them with the necessary knowledge to help him become a more recognisable brand.

Upbringing

Born in the depths of Izingolweni on the 11th of November 1983, his humble beginnings found him in a sole breadwinner household. His mother was a full-time housewife while his father was a gold minor in Carletonville, Johannesburg.

Although he ran a successful business, in 2001 his English teacher Mr Dlamini advised him to shift his full attention to his academia. He encouraged that brilliant marks would secure great bursary opportunities, which would ensure that he received the necessary tertiary education he needed. The educator made him aware of the risks of running a business and that while everything proved to be lucrative, things could take a turn at any moment. The imperative point he drove home was that Senzo could not focus on school while running a company. At this difficult turning point he bravely accepted the advice, taking it wholeheartedly, he began to truly embrace his own potential. Mr Dlamini had mentioned that money lost value while education serves itself as a universal key that can open many doors, this marked an important milestone in his life. He left the business in the hands of all those he had trained, giving his undivided attention to his studies, he passed all his subjects with merits.

In February 2003 his father insisted that he look for a job and while he was commuting to Isipingo, Mbumbulu College was unveiled to him. A conversation between two ladies provided him with the information he had been praying for, he made his decision and rerouted his entire journey there and then, subsequently changing the course of his life.



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Your CHILD'S Self-Esteem



Source: <https://kidshealth.org/>

Sometimes it's easy to notice when kids seem to feel good about themselves – and when they don't. We often describe this idea of feeling good about ourselves as "self-esteem."

Kids With Self-Esteem:

- feel liked and accepted
- feel confident
- feel proud of what they can do
- think good things about themselves
- believe in themselves



Kids With Low Self-Esteem:

- are self-critical and hard on themselves
- feel they're not as good as other kids
- think of the times they fail rather than when they succeed
- lack confidence
- doubt they can do things well

Why Self-Esteem Matters

Kids who feel good about themselves have the confidence to try new things. They are more likely to try their best. They feel proud of what they can do. Self-esteem helps kids cope with mistakes. It helps kids try again, even if they fail at first. As a result, self-esteem helps kids do better at school, at home, and with friends.

Kids with low self-esteem feel unsure of themselves. If they think others won't accept them, they may not join in. They may let others treat them poorly. They may have a hard time standing up for themselves. They may give up easily, or not try at all. Kids with low self-esteem find it hard to cope when they make a mistake, lose, or fail. As a result, they may not do as well as they could.

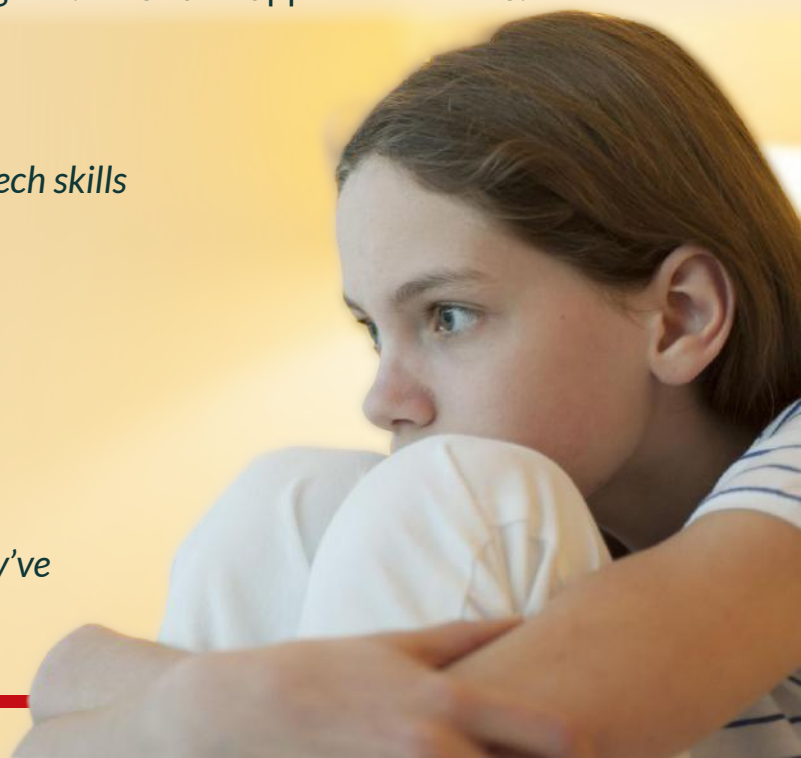
How Self-Esteem Develops

Self-esteem can start as early as babyhood. It develops slowly over time. It can start just because a child feels safe, loved, and accepted. It can start when a baby gets positive attention and loving care.

As babies become toddlers and young children, they're able to do some things all by themselves. They feel good about themselves when they can use their new skills. Their self-esteem grows when parents pay attention, let a child try, give smiles, and show they're proud.

As kids grow, self-esteem can grow too. Any time kids try things, do things, and learn things can be a chance for self-esteem to grow. This can happen when kids:

- *make progress toward a goal*
- *learn things at school*
- *make friends and get along*
- *learn skills – music, sports, art, cooking, tech skills*
- *practice favourite activities*
- *help, give, or be kind*
- *get praise for good behaviours*
- *try hard at something*
- *do things they're good at and enjoy*
- *are included by others*
- *feel understood and accepted*
- *get a prize or a good grade they know they've earned*



When kids have self-esteem, they feel confident, capable, and accepted for who they are.

How Parents Can Build Self-Esteem

Every child is different. Self-esteem may come easier to some kids than others. And some kids face things that can lower their self-esteem. But even if a child's self-esteem is low, it can be raised.

Here are things parents can do to help kids feel good about themselves:

Help your child learn to do things. At every age, there are new things for kids to learn. Even during babyhood, learning to hold a cup or take first steps sparks a sense of mastery and delight. As your child grows, things like learning to dress, read, or ride a bike are chances for self-esteem to grow.

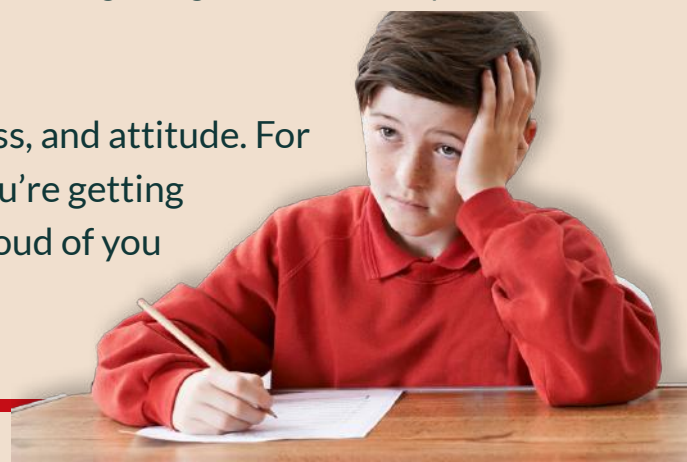
When teaching kids how to do things, show and help them at first. Then let them do what they can, even if they make mistakes. Be sure your child gets a chance to learn, try, and feel proud. Don't make new challenges too easy – or too hard.

Praise your child, but do it wisely. Of course, it's good to praise kids. Your praise is a way to show that you're proud. But some ways of praising kids can actually backfire.

Here's How To Do It Right:

- *Don't over-praise. Praise that doesn't feel earned doesn't ring true. For example, telling a child he played a great game when he knows he didn't feels hollow and fake. It's better to say, "I know that wasn't your best game, but we all have off days. I'm proud of you for not giving up." Add a vote of confidence: "Tomorrow, you'll be back on your game."*
- *Praise effort. Avoid focusing praise only on results (such as getting an A) or fixed qualities (such as being smart or athletic).*

Instead, offer most of your praise for effort, progress, and attitude. For example: "You're working hard on that project," "You're getting better and better at these spelling tests," or, "I'm proud of you for practicing piano – you've really stuck with it."





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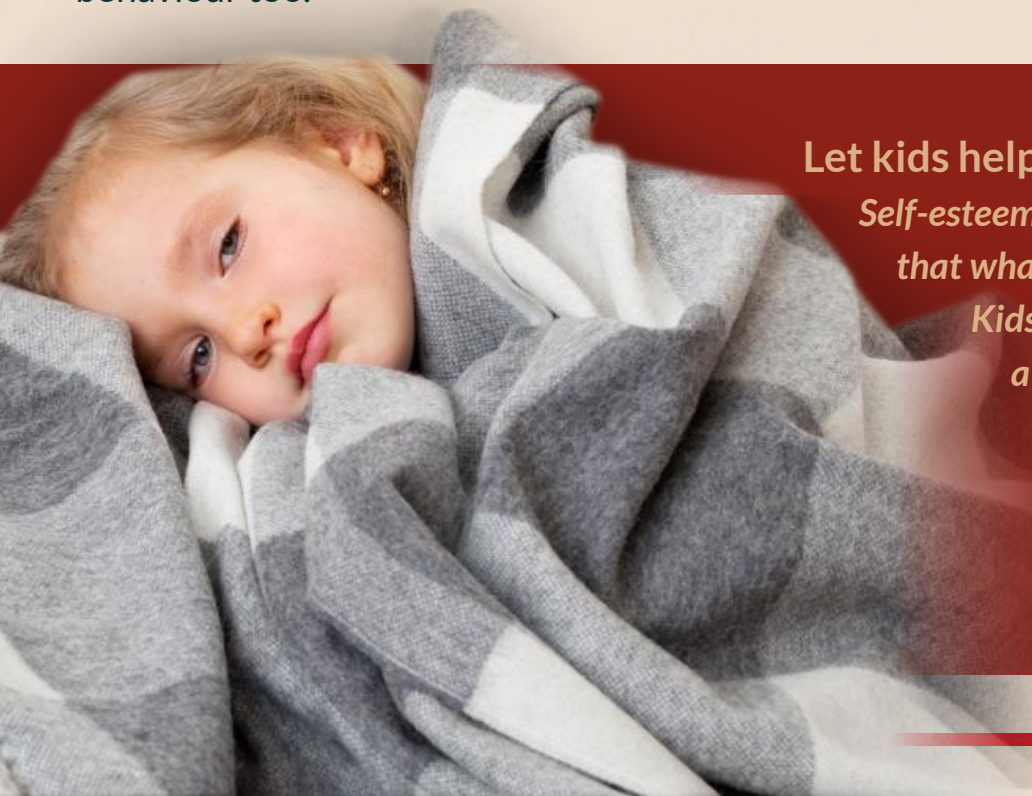
With this kind of praise, kids put effort into things, work toward goals, and try. When kids do that, they're more likely to succeed.

Be a good role model. When you put effort into everyday tasks (like raking the leaves, making a meal, cleaning up the dishes, or washing the car), you're setting a good example. Your child learns to put effort into doing homework, cleaning up toys, or making the bed.

Modelling the right attitude counts too. When you do tasks cheerfully (or at least without grumbling or complaining), you teach your child to do the same. When you avoid rushing through chores and take pride in a job well done, you teach your child to do that too.

Ban harsh criticism. The messages kids hear about themselves from others easily translate into how they feel about themselves. Harsh words ("You're so lazy!") Are harmful, not motivating. When kids hear negative messages about themselves, it harms their self-esteem. Correct kids with patience. Focus on what you want them to do next time. When needed, show them how.

Focus on strengths. Pay attention to what your child does well and enjoys. Make sure your child has chances to develop these strengths. Focus more on strengths than weaknesses if you want to help kids feel good about themselves. This improves behaviour too.



Let kids help and give.

Self-esteem grows when kids get to see that what they do matters to others.

Kids can help out at home, do a service project at school, or do a favour for a sibling. Helping and kind acts build self-esteem and other good feelings.



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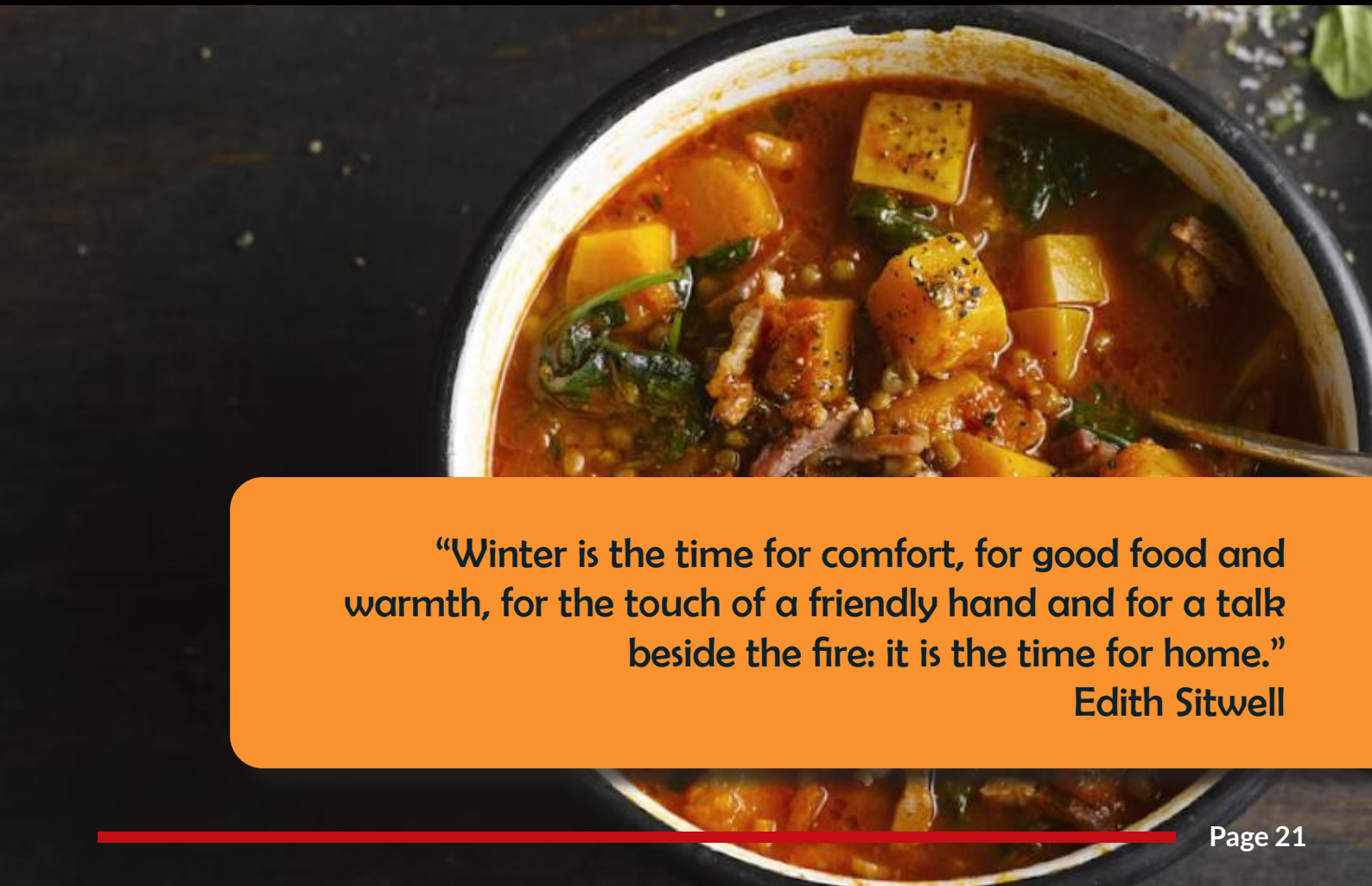
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IN THE *kitchen*



“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.”

Edith Sitwell

AMAGWINYA

(KOEKSISTERS OR DOUGHNUTS)

WITH CARAMEL GLAZE COCONUT & CINNAMON DUST

Type: Intermediate Total: 40 min Servings: 8

Ingredients

Doughnuts

- 4 teaspoons baking powder
- 4 cups cake flour
- 1 cup ground almonds, optional
- ½ teaspoon salt
- 4 eggs
- ¾ cups sugar
- 2 cups buttermilk
- Warm vegetable oil, for frying

Caramel Sauce

- ½ cup butter
- ½ cup brown sugar
- 2 tablespoons coconut milk
- Pinch of salt
- 1 teaspoon vanilla essence

Cinnamon Dust

- ½ cup sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ginger
- ¼ teaspoon cardamom powder (optional)
- Shredded coconut, for coating



Preparation Method

Amagwinya (Koeksisters or Doughnuts)

1. Sift the cake flour, sugar, ground almonds, Baking Powder & salt into a large bowl.
2. In a separate bowl whisk together the eggs & the buttermilk.
3. Whisk the egg & buttermilk mixture into the dry ingredients, beating well until the mixture is smooth & thick.
4. Heat the oil in a large deep frying pan.
5. When the oil hot enough ladle evenly sized rounded (using ice cream scoop) spoonful of batter into the hot oil & fry until golden.
6. Drain on paper towel to remove the excess oil.

Caramel Glaze

1. Add butter & brown sugar to a heavy based pan & set on stove top set to medium heat.
2. Using a wooden spoon, stir the mixture as the butter melts. Then add in coconut milk, salt & vanilla essence & let boil for about 4 min, stirring as you go.
3. Let cool slightly.

Cinnamon Dust

1. Whisk together the cinnamon, ginger, cardamom & powdered sugar in a shallow bowl, & set aside.
2. Dunk each magwinya in the caramel glaze, followed by the cinnamon sugar dust.
3. Toss the hot aMagwinya in the cinnamon sugar dust & leave to cool slightly.
4. Finish with a sprinkle of coconut.

CAPE MALAY MINCE AND PHYLLO PIE

Type: Easy Total: 70 min Servings: 4

Whip up a quick family dinner with the help of this easy recipe for Cape Malay Mince and Phyllo Pie. Delicious!



Ingredients

- 2.5 ml thyme
- 2.5 ml cumin
- 500 g mutton mince
- 45 ml Stork margarine
- 2 red peppers, chopped
- 1 garlic clove, chopped
- 1 red onion, chopped
- 12 g Knorr Country beef Dry Cook-in-Sauce
- 100 g dried apricots, halved
- 300 ml water
- 8 filo pastry sheets
- 50 ml margarine, melted

Preparation Method

1. Preheat oven to 200°C.
2. Sauté onion, garlic & peppers in Stork margarine over medium heat.
3. Add mince & brown.
4. Add cumin, thyme & dried apricots.
5. Add sachet of KNORR Country Hot Pot & 300 ml water & simmer for 20 min.
6. Spoon the mince mixture into a round casserole dish.
7. Brush each sheet of phyllo pastry with melted margarine, scrunch the pastry into balls & place over the mince.
8. Place in the oven & bake at 200°C until light golden brown.
9. Be careful not to burn.

CHICKEN & RED LENTIL CURRY

Type: Easy Total: 45 min Servings: 4

This recipe for Chicken and Red Lentil Curry will fill your home with a wonderful aroma and will taste as though it has been simmering for hours.

Ingredients

- 5ml (1 tbsp) sunflower oil
- 1 onion, diced
- 1 clove garlic, crushed
- 5ml Robertsons cumin
- 500g chicken thighs, cut in half
- 250ml (1 cup) red lentils, parboiled
- 250ml (1 cup) water
- 28g (1) Knorr chicken stock pot
- 5ml (1 tbsp) Knorr Minestrone soup powder
- 125ml (½ cup) plain yoghurt
- 50g cashews, toasted & roughly chopped

Preparation Method

1. Set pressure cooker on poultry mode.
2. Heat oil & sauté onion until slightly brown, add garlic, cumin, & fry for 3-5 min.
3. Add chicken thighs & brown well on both sides for 5 min.
4. Add lentils, water, Knorr Stock Pot, stir & cook for 10 min, close the lid.
5. Mix water with Knorr Minestrone Soup Powder, & stir in the paste for 5 min.
6. Stir in yoghurt & cook for 5 min.
7. Garnish with cashew nuts



Butternut Steaks

Type: Easy Total: 18 min Servings: 6

Adding Robertsons Braai & Grill All-In-One Spice to butternut steaks, turns this wholesome veg into a filling vegetarian dish.



Ingredients

- 1 large butternut sliced
- 30 ml or 2 tbsp olive oil
- 30 ml or 2 tbsp Robertsons Braai & Grill Spicy BBQ

Preparation Method

1. Lay sliced butternut in an oven tray.
2. Drizzle with olive oil & then sprinkle both sides with Robertsons Braai & Grill Spicy BBQ spice.
3. Once the fire is ready place the steaks on the grill & allow to cook through turning gently.
4. The centre will be soft & the edges will be slightly crispy.

WINTER DESSERTS

TO INDULGE IN

Source: <https://www.whatsfordinner.co.za/>

Let's face it, everyone has an increased sweet tooth in winter! The cold temperatures and miserable weather, make us all want to curl up on the couch and indulge in something sweet, not so? As winter wraps its chilly embrace around us, there's no better time to indulge in sweet treats that warm the soul.

For those passionate about cooking, trying new flavours, and experimenting with spices, winter desserts offer a delightful avenue for culinary exploration. This blog focuses on easy-to-make winter desserts that require limited ingredients but are full of flavour - making them perfect for satisfying your sweet tooth during the colder months.

The Allure of Winter Desserts

Winter desserts have a unique charm and appeal, offering comfort and satisfaction during the chilly winter months. What makes winter desserts truly captivating is their versatility. From traditional classics to innovative creations, easy-to-make desserts can be enjoyed by anyone, regardless of their culinary expertise.

The Magic of Spices in Winter Desserts

Spices play a magical role in enhancing the flavours of winter desserts. Cinnamon, nutmeg, cardamom, and ginger are just a few examples of spices that add warmth and depth to a range of sweet creations. Besides their incredible taste, spices also offer numerous health benefits, from boosting metabolism to reducing inflammation. By incorporating spices into your winter desserts, you not only tantalize your taste buds but also contribute to your overall well-being.

American Pancakes

Using Hellmann's Original Mayonnaise in the mixture makes these American-style pancakes so light and fluffy that you won't know whether to eat them or use them as a pillow. Best served with warm maple syrup or a sprinkling of cinnamon and sugar.



Easy Winter Desserts with Few Ingredients

If you're short on time or prefer simplicity in the kitchen, we've got you covered with a curated list of easy winter dessert recipes. These recipes require minimal ingredients and preparation time, making them perfect for busy schedules. Whether you're a novice or an experienced cook, these desserts are sure to impress.



Thulski's Malva Pudding

Expect requests for second helpings of this decadent malva pudding made with apricot jam, Robertsons Cinnamon and a traditional touch of vinegar. Serve with warm custard.

Hot 'n Spicy Chocolate Tea

Feeling like something warm to drink instead of a dessert. Indulge in the richness of chocolate, Lipton® black tea and spices. Best served with a dollop of whipped cream.



Delicious Deep Fried Spiced Banana

Crispy banana fritters with flavourful hints of Robertsons' Nutmeg make the perfect dessert, and they're simple and easy to prepare. Serve with scoops of vanilla ice cream to satisfy any sweet tooth!



Amagwinya with Caramel Glaze Coconut & Cinnamon Dust

A South African twist on the traditional doughnut, this recipe is a firm favourite with those that have a particular sweet tooth in the family.

Experimenting with Flavours: Creating Your Winter Desserts

Don't be afraid to unleash your creativity and put your twist on winter desserts. Experiment with flavours and ingredients to create unique and personalized sweet delights. Balance different spices, combine various fruits, and explore creative toppings to add your signature touch. Let your imagination run wild and surprise your taste buds with innovative flavour combinations that reflect your culinary style.

Winter desserts hold an undeniable allure, bringing joy and warmth to the season. They provide a delicious escape into a world of sweet delights and culinary exploration. Embrace your love for cooking and continue to discover new flavours and ingredients to create delectable winter treats. For more dessert recipes and mealtime inspiration, be sure to visit our website and embark on a journey of sweet indulgence. Visit What's For Dinner today for more mouth-watering meal inspiration.

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Dealing With

Period Cramps

Source: <https://www.everydayhealth.com/>

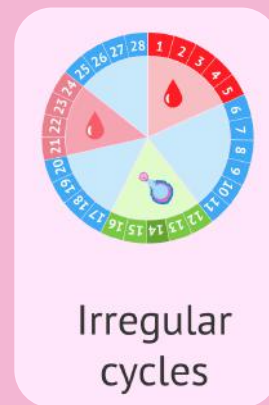
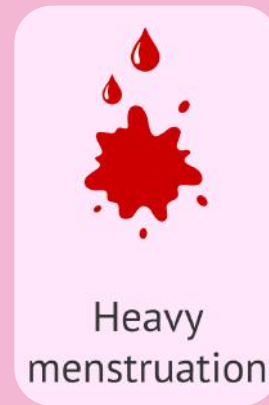
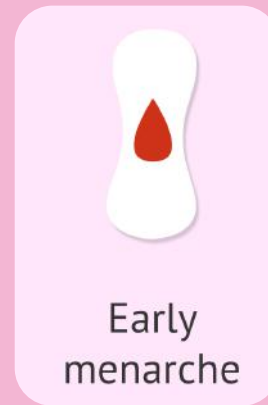
While period cramps can be painful, there are many ways to help get rid of the pain.

It's a very common condition. More than half of women who menstruate report some pain from period cramps each month. While cramps are not usually a sign of a serious health condition, they could be. And they undoubtedly put a crimp in your lifestyle, since you can't go out with friends or even go to work when you're doubled over.








Why Are Period Cramps Painful?

Dysmenorrhea is thought to be caused by compounds in the body known as prostaglandins. Before menstruation starts each month, the level of prostaglandins in the lining of the uterus increases.

Your prostaglandin level is its highest on the first day of your menstrual period, which is why menstrual pain is usually worse then. As your period progresses and the lining of the uterus is shed, your prostaglandin level decreases and pain gets better, ACOG states.



HOME REMEDIES FOR PERIOD CRAMPS

-  Use essential oils
-  Try yoga
-  Make dietary changes
-  Avoid certain foods
-  Consume herbal teas
-  Use a heating pad
-  Try acupuncture



How to Tell if Your Period Cramping Is Normal

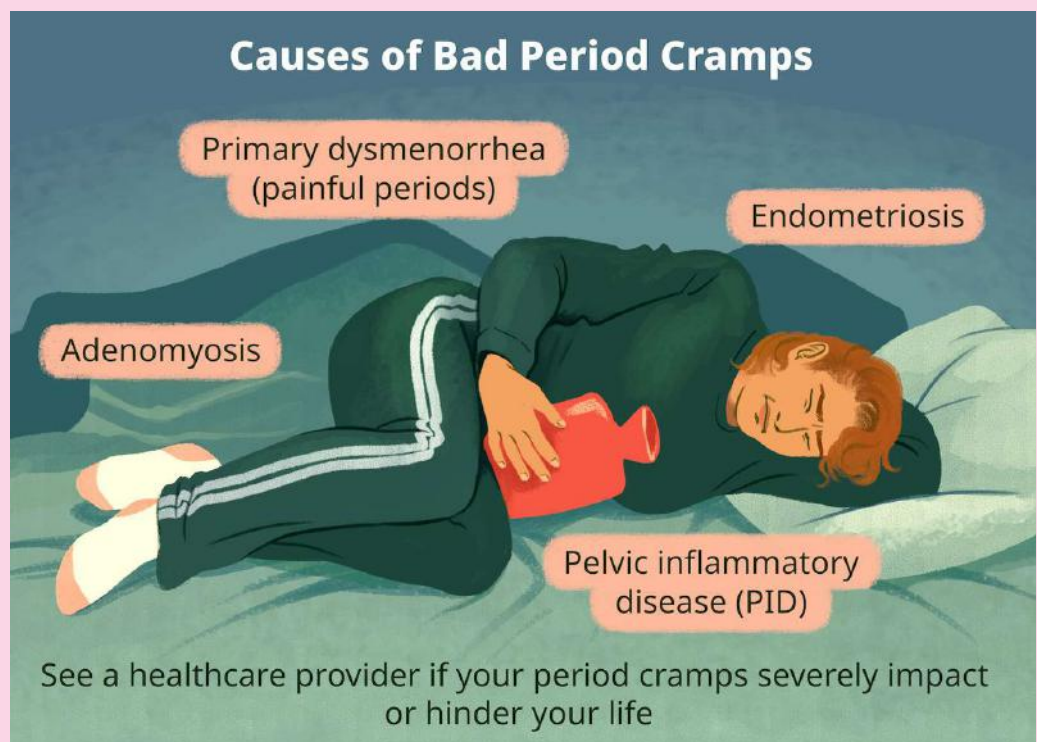
Each girl or woman typically experiences a similar level of cramps from one month to the next, says Jackie Thielen, MD, an internist and women’s health specialist at the Mayo Clinic in Jacksonville, Florida. For some women, monthly pain is minor. For others, it can be quite debilitating.

The main question doctors ask when determining whether your cramps are normal is “Are they normal for you?” Dr Thielen says.

Can Bad Period Cramps Be a Sign of Something Else?

Period cramps usually don’t signify that something is wrong with your health. But in some cases they can be a symptom of a medical condition:

- **Endometriosis** This disorder occurs when tissue similar to the tissue that normally lines the inside of your uterus grows outside your uterus, often adhering to your bladder, ovaries, or even your bowels.
- **Uterine Fibroids** These are noncancerous growths that emerge inside the uterine walls. They can range in size from one tiny speck to several bulky masses.
- **Adenomyosis** Tissue that normally lines the uterus begins to grow inside the organ’s muscle wall.



Can You Heal Menstrual Cramps With Home Remedies?



Most of the time, menstrual cramps can be treated by women at home.

But if your pain is severe and impacts your lifestyle, don't be afraid to talk to your doctor. You might need medicines that are only available by prescription or some other treatment to help.

To help reduce period pain, here are 10 safe and effective home remedies for menstrual cramp relief.

1. Try Some Yoga Poses to Ease Menstrual Pain

Whether it's the stretching of your muscles or the relaxing effect of the poses, a regular yoga practice can indeed help your cramps.

When 20 undergraduate students did an hour-long yoga program once a week for three months, they had less menstrual cramping and period distress than 20 women who didn't, according to researchers for a study published in September 2016 in the Journal of Alternative and Complementary Medicine.

The Journal of Physiotherapy review that sanctioned heating pads also found benefits for yoga.

You can practice during your period or between them, but some instructors advice women against doing inverted poses (like a shoulder stand) in the midst of menstruation, so as not interfere with your natural flow.

2. Curl Up With a Heating Pad to Ease Period Cramps

"The uterus is a muscle, so anything that helps relax muscles, like applying heat, can be beneficial, Thielen says.

Indeed, research published in Evidence-Based Nursing found that topically applied heat was just as effective as ibuprofen for period cramps. Over the two study days, the women used heat alone, heat plus ibuprofen, ibuprofen alone, or a placebo. The best results were in the heat plus ibuprofen group; adding heat led to faster improvements.

A review published in March 2014 in The Journal of Physiotherapy also found that heat significantly lessened a woman's period pain.

3. Pop a Safe Painkiller to Cut the Inflammation

Moderate use of nonsteroidal anti-inflammatory (NSAID) medication like ibuprofen (Advil, Motrin) or naproxen (Aleve) is one of the best ways to curb period pain, Thielen says. This is because NSAIDs reduce the amount of prostaglandins in the body.





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For this reason, taking a pill just before you get your period can keep the level of pain-causing prostaglandins from rising, she says.

As with any medicine, you should first check with your doctor to be sure NSAIDs are a good choice for you, especially if you have a history of bleeding or stomach or kidney issues.

If the NSAIDs you buy in the store don't offer enough relief, your doctor might prescribe an NSAID with more potency. "Some women need up to 800 milligrams three times a day for cramps. You'd have to take a lot of over-the-counter pills to equal that," Thielen says.

4. Acupuncture May Help by Relaxing the Nervous System

Acupuncture can help relieve cramps, says Jeannie Bianchi, a licensed acupuncturist in San Francisco. This ancient Asian healing method is thought to relax the nervous system, allow more blood to flow to internal organs, and quell inflammation, Bianchi says.

In a review published in April 2016 in the Cochrane Database of Systematic Reviews experts looked at 42 studies that observed the effects of acupuncture on period cramps. Each compared acupuncture with no treatment, conventional treatment (such as anti-inflammatory drugs), or a sham acupuncture procedure. Many of the studies found that the acupuncture group had less period pain and no side effects. The researchers emphasize, however, that the quality of all of the studies was poor.

5. Some Herbal Tea Varieties Can Calm Cramping

Certain teas may help relieve menstrual cramps, says Sonya Angelone, a registered dietitian nutritionist in the San Francisco Bay area.

Research on herbal teas for menstrual pain relief is scarce, but teas have been used by menstruating women in numerous cultures for centuries.

Chamomile and peppermint teas are often recommended for menstrual pain because they are calming to the body.

Other teas associated with dysmenorrhea are those made from cramp bark, ginger, or fennel.

6. Up the Magnesium in



Tips for
LIFESTYLE SA
magazine
painful periods

Your Diet

Dietary magnesium seems to help ease the pain of cramps, says DeJarra Sims, ND, a faculty member at Bastyr University in San Diego and the author of *Your Healthiest Life Now*. Magnesium is found in many foods, including almonds, black beans, spinach, yogurt, and peanut butter.

If you want to take a magnesium supplement, Dr Sims suggests speaking with your doctor, since the dose you need depends on the severity of your cramps along with other factors.

7. Massage With Essential Oils for Pain Relief

Massaging your skin with certain aromatic essential oils can relieve menstrual cramp pain, according to research published in *The Journal of Obstetrics and Gynaecology Research*. Investigators asked 48 women with menstrual cramps and other symptoms to massage either essential oils or a synthetic fragrance into their lower abdomen between periods.

Women in both groups reported less pain, but the essential oils group did better. Based on the women's reports, researchers found that the duration of pain was reduced by almost a half a day after self-massaging with the essential oils.

Some oils thought to be helpful include lavender essential oil, clary sage essential oil, and marjoram essential oil.

Just be sure you're using essential oils safely. Buy high-quality oils that are tested for purity. The National Association for Holistic

Aromatherapy suggests diluting pure essential oils in an unscented cream, lotion, or carrier oil before placing it on your skin to avoid irritation.

8. Boost Those



Always eat enough food, and don't overdo exercise



Try yoga or stretching to relieve cramps



Add foods rich in antioxidants and magnesium during your period



Consider trying turmeric to reduce pain



Eat cruciferous veggies all month long



Feel-Good Endorphins With Exercise (or Orgasm)

The body's natural endorphins are known to boost your mood. But they also have a pain-relieving effect. A well-known way to boost endorphins is aerobic exercise. Having an orgasm is another.

A study published in March 2015 in the Journal of Family & Reproductive Health, found that, in 100 women, either stretching exercises or aerobic exercises done three times a week for two months reduced cramping.

9. Improving Your Diet May Alleviate Period Cramps

When researchers put 33 women with dysmenorrhea on a low-fat vegetarian diet, they found it eased their cramps, according to research published in Obstetrics and Gynaecology.

Start by swapping out less healthy fats like the saturated fats found in animal products for healthier ones like unsaturated fats found in olive oil, suggests the American Heart Association. Overall, try to make the fats you eat better quality, such as those found in fish or nuts, the organization suggests. Examples of meals not overly reliant on fats can be found in the healthy eating plate guide from the Harvard T.H. Chan School of Public Health.

10. Birth Control Pills May Lessen Painful Cramping, Too

While not exactly a home remedy, birth control pills and hormonal intrauterine devices are potential tools in your anticramping arsenal and should not be overlooked, Thielen says.

Consider cramp relief a benefit to some types of contraception. Many women find relief from painful cramps when they start the pill, Thielen says. "Hormonal birth control typically lessens the amount of bleeding, and less bleeding can translate into fewer cramps," she says.





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TOP BUSINESSWOMEN SHARE THEIR BEST PIECE OF ADVICE

Source: <https://www.womenontop.co.za/>



Source: <https://www.womenontop.co.za/>

Being a leader and a successful businesswoman doesn't just happen overnight. It takes dedication, time, perseverance, and passion to deliver excellence. As we enter Women's Month, celebrating the indomitable spirit and boundless potential of female entrepreneurs who have left an indelible mark on the business world is so important. Four inspiring trailblazers, who have shattered glass ceilings, defied norms, and carved their unique paths to success in their respective careers, share the best advice for female professionals around the country.



Accept the fact that the journey will have its ups and downs.

According to **Veronica Moleele, CEO of Penguin Marketing Agency**, accepting the fact that success is not linear is vital. “I had a period earlier this year that I was just mentally checked out. Motivating myself to get out of bed, let alone work, felt almost impossible. I was tired, emotionally shattered, sad, and disconnected, but the worst part was the annoying voice in my head that compounded my mood into an onslaught of abuse and meanness.

Then the guilt would creep in that I wasn’t good enough, doing enough, being enough and that just began a vicious downward spiral of depression,” Veronica shares. “Finally, I couldn’t take it anymore and made one decision that was going to shape the months to come. I was going to just start trying to be kinder to myself. Every time I heard the voice, I would soothe myself with a counter voice of love, patience, and kindness.

I realized how important the ebbs and flows of life are and that being in a dip doesn’t make you a bad person. Fighting with the voice in your head is just swimming upstream, it’s not productive and isn’t doing you any favours, so shut the nasty B!%#@# Up and be kind and I mean really kind and patient with yourself... this too shall pass.”

Don’t overextend yourself

In the intricate dance of business, recognising and respecting our limits is essential. Overextension can cause major strain on our resources, creativity, and well-being and, according to **Kriya Gangiah, owner of Kri8tive Media**, finding balance will serve as a major tool for growth. “If you are busy and you do have too many clients,

I know that you want to be able to help everyone and take on every piece of business that you can but, sometimes, you just need to take a step back and reflect on how much you can actually do,” Kriya explains. “Being a business owner does not mean that you need to work into the early hours of the morning to make sure that you get the business in. Try not to spread yourself too thin so that you can give your undivided attention to the work that you do take on.”



Learn from and uplift the women around you

This women's month, **Deirdre King, Managing Director at Jacaranda FM**, emphasises the importance of women supporting and learning from one another. Deirdre encourages businesswomen to uplift and inspire their peers while confidently claiming their rightful space in the workplace. Dismissing distractions like the so-called 'boys club' and the illusory 'glass ceiling', she advocates for letting one's accomplishments do the talking.



Deirdre also suggests seeking out natural mentors among fellow women, observing their approaches, and extending a helping hand when needed. Additionally, Deirdre emphasises the transformative impact of finding a purpose-driven mentor, one whose guidance can shape a fulfilling professional journey. "Align yourself with mentors who work with purpose," she advises, "Purpose is the driving force that creates a career, jobs are just moments in time."

Invest in your passion

Kim Jayde, a dynamic force in the world of entrepreneurship, exemplifies the embodiment of ambition, creativity, and resilience. Beyond her captivating presence as a television personality and model, Kim has ventured into the realm of business with an unwavering determination to make her mark. So, when asked what the best piece of advice she can share with other female professionals is, she says that putting everything into your passion will boost its success rate.



"Find what you are most passionate about and invest in that passion," She shares. "Learn all you can, take the course, and invest in the equipment!" Kim, who is both a DStv Content Creator Awards winner and founder of KJ Productions, adds "Surround yourself with people that believe in your vision to bring it to life. Then – shamelessly promote your business! Talk about it, post about it, and market your business or profession with pride. My father always told me 'It takes 10 years of hard work to become an overnight success', so keep working and you will get there!"

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