

Top Vibe

Magazine

ONLINE
ISSUE 134
2020

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OPEN NEW BRANCH
in Three Rivers Vereeniging.

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show 





I'M ON YOUR
PHONE!!

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Editors Note

So we are half way through the year 2020 and no one could have predicted that we would be in this situation with the Covid-19 Pandemic. This pandemic definitely had a very big impact on our normal daily lives as we know it, with the new restrictions and regulations in place to help slow down the infection rate, it completely changed our lives. Once we were able to move around freely to go where we wanted to and when we wanted to but now you are not even allowed to go visit your own family.

So much has changed and with so many of the small, medium and big companies that felt the impact of this pandemic, with allot of companies closing and so many people that has now lost their jobs, one can only ask yourself will we ever be able to recover?

This is a question that allot of people ask and honestly there is no definite answer to this. I, believe we will but then the following question pops up in my mind, if we can recover from this to what extend will that be cause surely there is no way that we will be able to go back to normal as we knew it prior to the Pandemic.

Even with all the negative "vibes" regarding this Covid-19, I have to say that there is at least some positives like the way that South Africans came together to combat this virus is truly amazing. God also crept into the hearts of our people to remind us that there are still so many people that doesn't even have the basic necessities and once again South Africans came together to help raising food, blankets, face masks and so much more to provide to the less fortunate people.

That really made me feel proud to be South African and **Top Vibe Magazine** want to give a special thanks to all the people and companies that made so much effort to make this possible.

Please stay safe, practice social distancing and ensure to regularly wash your hand / sanitize!!!!

Until next time **Top Vibe Magazine team.**

July Braai

July is the month for braai - July Braai!!!

South Africa is famous for there braai's, we just love to braai. Some of us will braai, everyday. Like a friend said to me every day is a braai day.

Are you one of those who braai, everyday or almost every day.

Please share your braai recipes with us, we will put it in **Top Vibe Magazine.**

Send your recipes to:
admin@topvibe.co.za

Take care, stay safe.

Have a great July, enjoy the braai's
Charms



Editor's picture: Charmaine Britz
Photographer: Charmaine Janse van Rensburg



Charms
Xox

Top Vibe Magazine

Comments:

Please write to us or contact us to share your opinion, ideas & comments.
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Don't Panic!! **Angel Wings**

Baby?

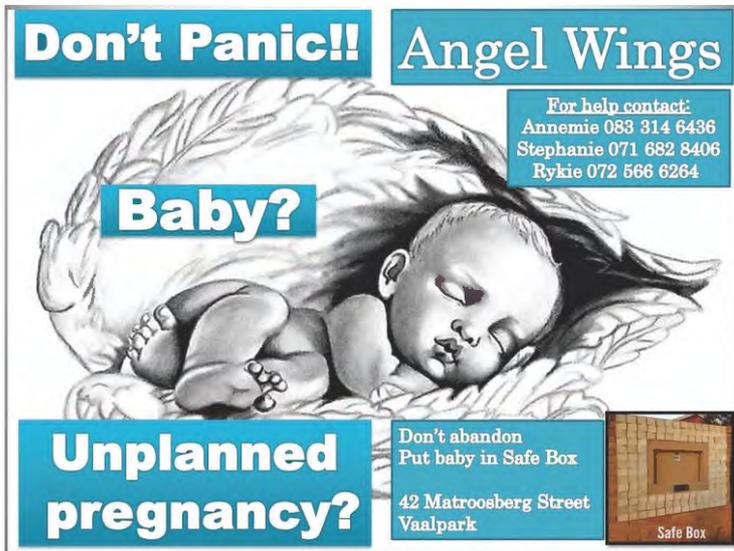
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Safe Box



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The Angel Wings Team

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Dignity Dream

Sanitary pads for Girls

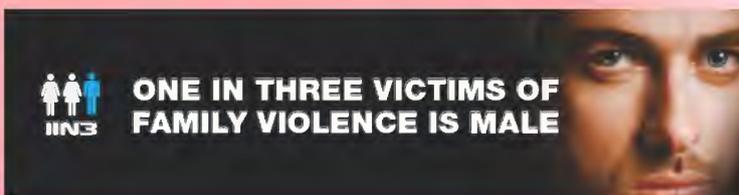
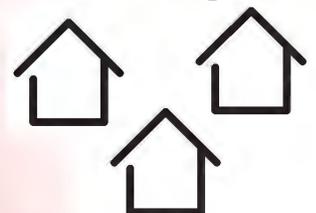


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Angel Wings



Jabes





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HKND Clothing range

Luigi the Afrikaans Gospel Rapper from Oudtshoorn has released his own clothing brands.

The initiate started after the artist release his hit track single "Hier kom 'n ding" of the international album release digitally and through national TV.

The brands are "# A walk with the Lord of his book, 'n Wandel met die Here of the Afrikaans translation, Sy Genade of the other music videos release and #HKND - Hier kom 'n ding.

Luigi made a great impact in South Africa and are already available at online stores and from L.U.G. RECORDS.

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#HKND

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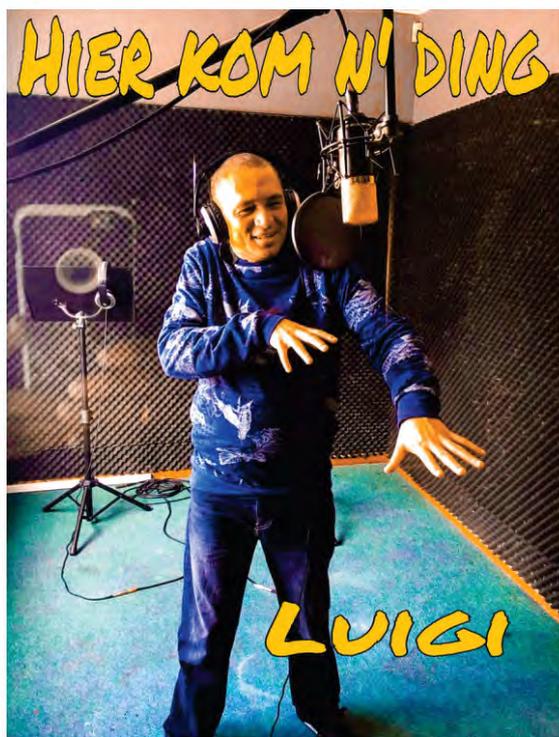
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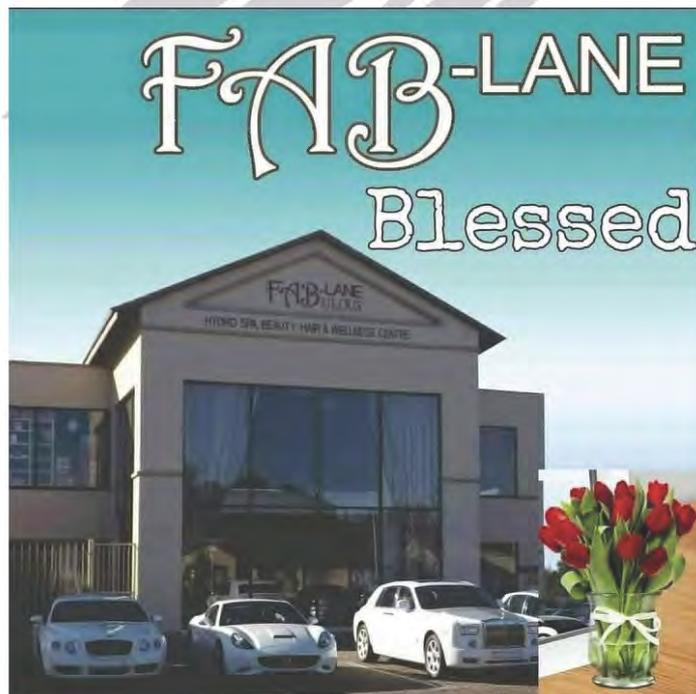
Luigi

April





RE -OPEN IN VANDERBIJLPARK AT HOUSE OF



127 Piet Retief Blvd, Vanderbijlpark, SE 1

FOR MORE INFORMATION CONTACT ERIKA - 072 777 2861 / CHARMAINE - 067 821 1440

Winter Wellness

Here are some mental health and general wellness tips for winter so you can stay healthy during the colder, darker season:



1. Frequent Hand Washing

Though it sounds like a broken record, frequent hand washing throughout the day is an absolute must in maintaining your health during the winter. It not only helps protect your immune system and prevent you from developing flu and cold, but it protects others



Saunas and steam rooms can help reduce stress.

2. Head to a Sauna or Steam Room

If you begin to feel yourself experiencing depression or higher levels of stress during and after the holiday season, steam rooms and saunas can help. They help tense muscles to relax which can alleviate feelings of stress. The high temperatures also get you working up a sweat, which is a great way to detoxify your body and your skin.

3. Take Vitamin Supplements

Consuming lots of vitamin C during the winter will help your body to battle cold and flu symptoms if you do experience them. Vitamin D helps to supplement the lack of light experienced during winter, but it's still important to get out in the sun whenever it does appear. Vitamin D helps to absorb other important vitamins like vitamin A, iron and calcium.

4. Drink Herbal Teas

There are many types of herbal teas that can help you stay healthy. Herbal teas like lemon and chamomile can ease depression and anxiety by calming nerves and relaxing your body. They can also help you sleep better. Some herbal teas like green and Rooibos are great as antioxidants. For the most benefit be sure to look for organic teas made from high-quality ingredients.

5. Sleep Longer and Better

When the days get shorter, your body will naturally want to sleep longer and will adjust its rhythm to the hours of daylight. Use the longer evenings to wind down and begin relaxing before bed. Try to go to bed as early as possible to give your body enough rest during the times it craves it the most.

Many people choose to use light boxes that operate on a timer and turn on gradually when it's time to wake up. This helps your body feel like it is morning. Using this method means that over time, it will be easier to wake up, even if it's dark outside.

6. Practice Meditation and Relaxation

When you start to feel the winter blues, anxiety and stress, it's important to know how to manage it in a healthy way. Going for a walk outdoors

whenever weather permits will drastically improve your stress levels, even if it's just once around the block. You may also want to develop the habit of deep breathing whenever you feel anxiety mounting. Meditation and mindfulness are great practices for managing stress as well.

Find a dark room to sit in by yourself and close your eyes. Relax your muscles, and focus on being present – emptying your mind of all thoughts.

7. Get Social

During the holidays, it's easy to find lots of things to do. Local community Christmas programs and events like parades, tree lightings, ice skating and craft fairs abound. But after the holidays, many people start to feel lonely as the activity and buzz die down. This is the perfect time to reconnect with old friends. Plan dinner and movie nights or a day for winter-themed crafts. Organizing family game nights is also a great way to stay connected with loved ones.

Plan A Winter Vacation

8. Plan a Vacation

A winter vacation is a great way to shake off the winter blues and recharge yourself in a healthy way. Planning a getaway to a warmer climate will help lift your spirits and give you something to look forward to.

Even if going on vacation isn't in the budget, simply researching ideal destination spots and browsing through travel packages will make you feel better. Hit up travel websites and check out the reviews on top hotels in tropical locations. Make a list of the top holiday spots, and explore them on Google Streetview. Then make a long-term plan to visit the spot that interests you most.

Planning for a Safe, Healthy and Fit Winter Many of these tips are easy to implement in your daily life if you add them in slowly. And assessing your own health and well-being during the winter will help you to find your own areas for improvement.



Cook with mushrooms for immune boosting benefits.





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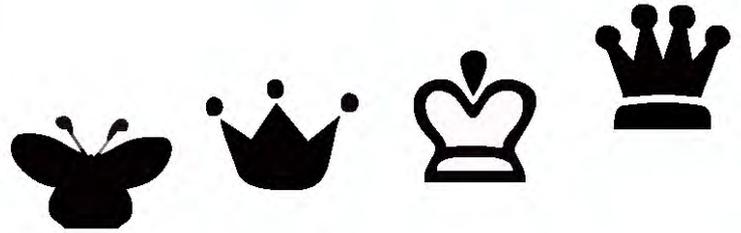
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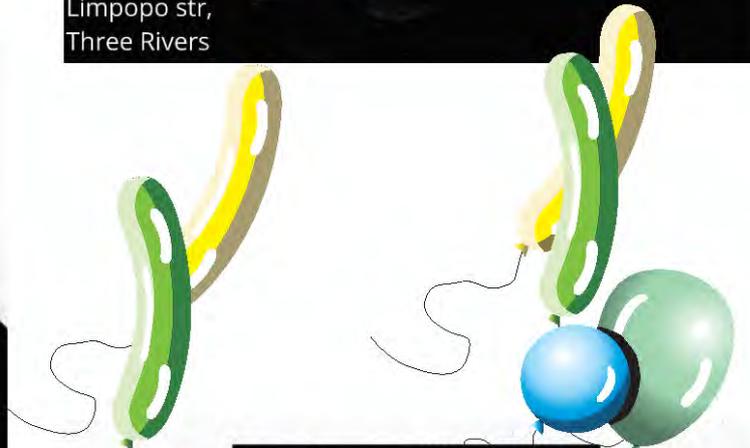
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TO



Call

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Me: Hallo God.
God: Hello...

Me: I'm falling apart. Can You put me back together?
God: I'd rather not.

Me: Why?
God: Because you're not a puzzle.

Me: What about all the pieces of my life that fall to the ground?
God: Leave them there for a while. They fell for a reason. Let them be there for a while and then decide if you need to get any of those pieces back.

Me: You don't understand! I'm breaking up!
God: No, you don't understand. You're transcending, evolving. What you feel are growing pains. You are getting rid of the things and people in your life that are holding you back. The pieces are not falling down. The pieces are putting in place. Relax. Take a deep breath and let those things you no longer need fall down. Stop clinging to pieces that are no longer for you. Let them go.

Me: Once I start doing that what will I have left?
God: Only the best pieces of yours.

Me: I'm afraid to change.
God: I keep telling you: YOU'RE NOT CHANGING! YOU'RE BECOMING!

Me: Becoming Who?
God: Becoming who I created you to be! A person of light, love, charity, hope courage, joy, mercy, grace and compassion. I made you for so much more than those shallow pieces you decided to adorn yourself with and that you cling to with so much greed and fear. Let those things fall off you. I created you... I'm gonna keep telling you this until you remember.

Me: There goes another piece.
God: Yes let it be like this.

Me: So... I'm not broken?
God No, but you're breaking the darkness, like dawn It's a new day. Become!! Become who you are!

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