

Top Vibe

Magazine

ONLINE

December Issue 163

RAY DYLAN

Merry Christmas

**“Advertising your
business”**



Top Vibe Magazine

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1.

TOP VIBE MAGAZINE AMBASSADORS:

Messages from our lovely Ambassadors, they will bring you something new every month.
Goodbuy Jenney - Lee thank you for the time spend with us.

2.

Cucumbers did you know?:

Did you know that cucumbers is not only used in a salad

3.

RAY DYLAN:

Ray Dylan did it again. Read all about his latest CD.

4.

ABOUT CBD:

This is very interesting. Read about CBD for holiday hangover.



REGULARS

1. COVER PAGE: 01

We dedicated our Cover page to the public our cover model is Carin de Bruin.

2. EDITOR'S NOTE: 03

Charmaine Britz Editors note.

3. AMBASSADORS: 04

Our Ambassadors share with our readers.

4. ADVERTS: 08

Support our advertisers to advertise in the magazine call 072 768 8582.

5. LANIE'S LANE: 12

Read about what Lanies Lane is all about.



Redakteurs Nota

Liewe lesers,

Die jaar staan einde se kant toe, almal is besig om vakansie te beplan en hulle wil nou net tot ruste kom.

Ons is reeds besig met die beplanning van ons Charity event vir 2023. Hou ons Facebook blad dop en raak betrokke.

Maak seker jy kry jou tydskrif aanlyn die beste nuus is as jy een uitgawe gemis het kan jy dit aflaai by www.topvibe.co.za Reeds in die "silly season" en dan raak dinge net nog maller. Wees veilig en op jou hoede vir skelms.

As jy weg gaan die vakansie maak seker iemand sien om na jou viervoetige kinders.

Totsiens tot volgende jaar bly gesond en dra jou hoed, sonbrandroom en donkerbril.

Liefde

Charms

Our Ambassadors.



Hi daar.

So kom ek aan die einde van 'n seisoen ek en my gesin verhuis binnekort na Pretoria.

Ek het my tyd as ambassadeur geniet en dit is jammer dat dit op 'n einde kom. Kersfees klop aan ons deur en die jaar is amper verby. Dit was 'n lang jaar met baie up's en down's maar dit is maar hoe die lewe is.

Ek sal julle dophou daar van uit Pretoria. Geniet die dae wat oor is voor Kersfees en moet nie die ware rede van Kersfees vergeet nie. Ek groet julle vir die laaste keer en wil my opvolger net die beste toewens.

♥ Liefde
Jenny



A Season of Hope

As this season begins may you be inspired to be a gift to others.

What is Hope?

Hope is a Gift

Hope given by him works together to give us confidence, joy, peace, power and love. That is a true gift! "And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us." Romans 5:5.

Julien du Plessis



GIDEON VAN VOLLENSTEE

Top 5 2010 Patricia Lewis Supersterre

Finalist

Current - Gospel Artist / Evangelist / Motivational speaker

Ok, so it was just a tick bite, but a tick bite on the worst of areas. On a main artery on my left foot that made the poison spread through my body extremely fast. About two weeks after, my glands started swelling to such an extent that I struggled to walk. Didn't think much of it at the time and thought it was just a glitch and will pass. Little did I know that I had severe tick bite fever. I had such bad inflammation in my left leg that my main artery in my inner thigh was severely swollen - as thick as my thumb - and the pain was excruciating.

The conclusion from this ordeal was that I got diagnosed with severe psoriasis, the itching was so intense I would literally scratch myself till blood would flow. The psoriasis then spread along my entire left side and kept infecting my glands. We literally tried everything to get rid of this, but it seemed it was here to stay without any solution and chronic medication was not an option for me! The problem then was that this now spread to my hands and

as a public figure, standing on stage and working directly with people; I was very embarrassed to greet someone let alone shake their hand or even talk to someone face to face. The skin on my hands would crack and bleed and I would shed skin like you wouldn't believe. Imagine this, everywhere I sat, I would leave a pile of dead dry skin on the table because of the itching and scratching. So embarrassing. I ended up with numerous plasters on my fingers to cover the cracked skin and deep cuts but that just attracted more attention to my hands.



Out of desperation, my wife Elaine, started researching alternative health remedies to assist and help clear up the inflammation. On a random day she had a chat with a random lady in a health shop, as the lady overheard her conversation with the person behind the counter regarding psoriasis. This lady suggested we contact Marcus Stephens from Autophagy & Fasting SA as he helped her friend in a similar situation. What a fantastic guy!

Finding him on Facebook was very easy and he promptly responded to assist. Our first meeting with Marcus was very informative as he thoroughly explained the effects of intermittent fasting together with proper nutrition on the human body as he is qualified in a medical background. He explained to us the process we need to follow to get our bodies in Autophagy to clean the cells out. This will happen after 16 to 18 hours of intermittent fasting. Now I always thought buying proper health food was expensive and only meant for the absolute wealthy but boy was I wrong. Marcus gave us a solid meal plan with the necessary ingredients to buy. You see, the food is more expensive than what we are used to, but you consume less which make your everyday unhealthy food more expensive. You eat more due too little to no nutrition value in the food.

When we started our journey with Marcus around the beginning of August 2022, I weighed in at 113kg, extremely unhealthy with loads of inflammation in my body and loved to eat! Food was my absolute comfort. Marcus started us on an intermittent fasting program for the first month. Mentally it was tough, but I knew if I could see this through, the benefits will out

Continue page 10

To take you through my health journey and how I lost 20kg in 7 weeks I must take you back to the beginning! 3 years of pain and agony started it all. Back in 2020, just before lockdown, we went to a farm in the Dinokeng area for my sister in-law's farewell party (they relocated to Australia). We were all out camping and that is where it all went south. Great weekend with big consequence!

The unexpected happened and I was bitten on my left foot by a septic tick.



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GIDEON VAN VOLLENSTEE

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will out way the bad! This entire journey taught me to eat to live and not live to eat!

The most important lesson was to teach your body who is in control and to only eat when you are hungry. I decided to cut out all sugar, starch and dairy! My first cup of coffee in the morning; you guessed it, black, no sugar!

As we entered week 2, I could already see results as I was shedding kilograms like it was nobody's business. We worked our way up to our first prolonged fast and that was the milestone in my life! I lost a total of 20kg in just 7 weeks. The amazing part is that I went from a XXL shirt to a Medium, A size 38 pants to a size 34! I exercise extremely hard - 4 times a week, 2 hours at a time and I have the energy of a youngster!

In doing this my hands healed and now I can stand on stage and sing again with confidence!

I want to say again, this is an absolute lifestyle change and NOT a diet!

<https://www.facebook.com/FastingandAutophagySouthAfrica/>

Therapeutic Fasting Specialists - we are an Alternative Healing Centre - We assist chronic health suffers as well as weight loss management.

BEFORE AND AFTER



113KG



93 KG



Merry Christmas from my family to your family



THE GOOD, THE BAD AND THE UGLY!!! 2023

By Lelanie van Niekerk

Leaving 2022 and entering 2023!!! WOW who ever thought that?

My thoughts are fresh, and I'm sure that I speak for most of us...born in 1977 golden era Lol!!! And THE 80's and 90's the best era to be in!!!!

The movies like TERMINATOR, STAR TREK, TOTAL RECALL, TANK GIRL, seemed in a FAR-TO-FAR distance never though that we will be going into the Year 2023



think it's a bit of both... are we going to do the same thing over like this year or are we going to be different are we going to stand out be the X-TRAORDINARY

Let me tell you a little story since we moved, I have been randomly picking up 10c not looking for it, I will be walking and will see one, everyone will pass that 10c and not give a HOETER by picking up that 10c small some of them are still in a very good condition and some not so good...

What I'm trying to establish by this we walk past so many opportunities that we don't ever recognize them anymore first it was a "BRILLIANT IDEA" this will be the year that the concept come to

birth but each year as it passes the idea just flows and get stepped on as LIFE happened.



Life happens to all of us even the rich, the poor The GOOD, THE BAD AND THE UGLY it happens....

It's like!! When I met my husband, he was yapping on about an idea for years and never take the initiative to do it "SO one night we were watching these infomercials like, VERI MARK and YES, his idea come up...not in his head again but on TV as we both now is in a stage of shock BLINKING with our mouths on the floor JAW DROPPING event....

Before him saying anything to me I'm like: "You see it's from all the sharing the idea to everyone and not doing it" Lol Ja...still fresh very fresh But, never good crying over un-hatch eggs....

Let's be like The Terminator "I'll BE BACK"



Let us make 2023 thee.... YEAR to remember let's make it happen not for anyone else other that you and just you...

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

THIS COMING YEAR'S WILL BE YOUR HARVEST YOU HAVE BEEN EXPECTING

20?????



CUCUMBERS - did you know?

FACTS OF THE DAY

Cucumbers... I didn't know this... and to think all these years I've only been

making salads with the cucumbers...😏

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping

everything in equilibrium, avoiding both a hangover and headache!!

7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.

8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

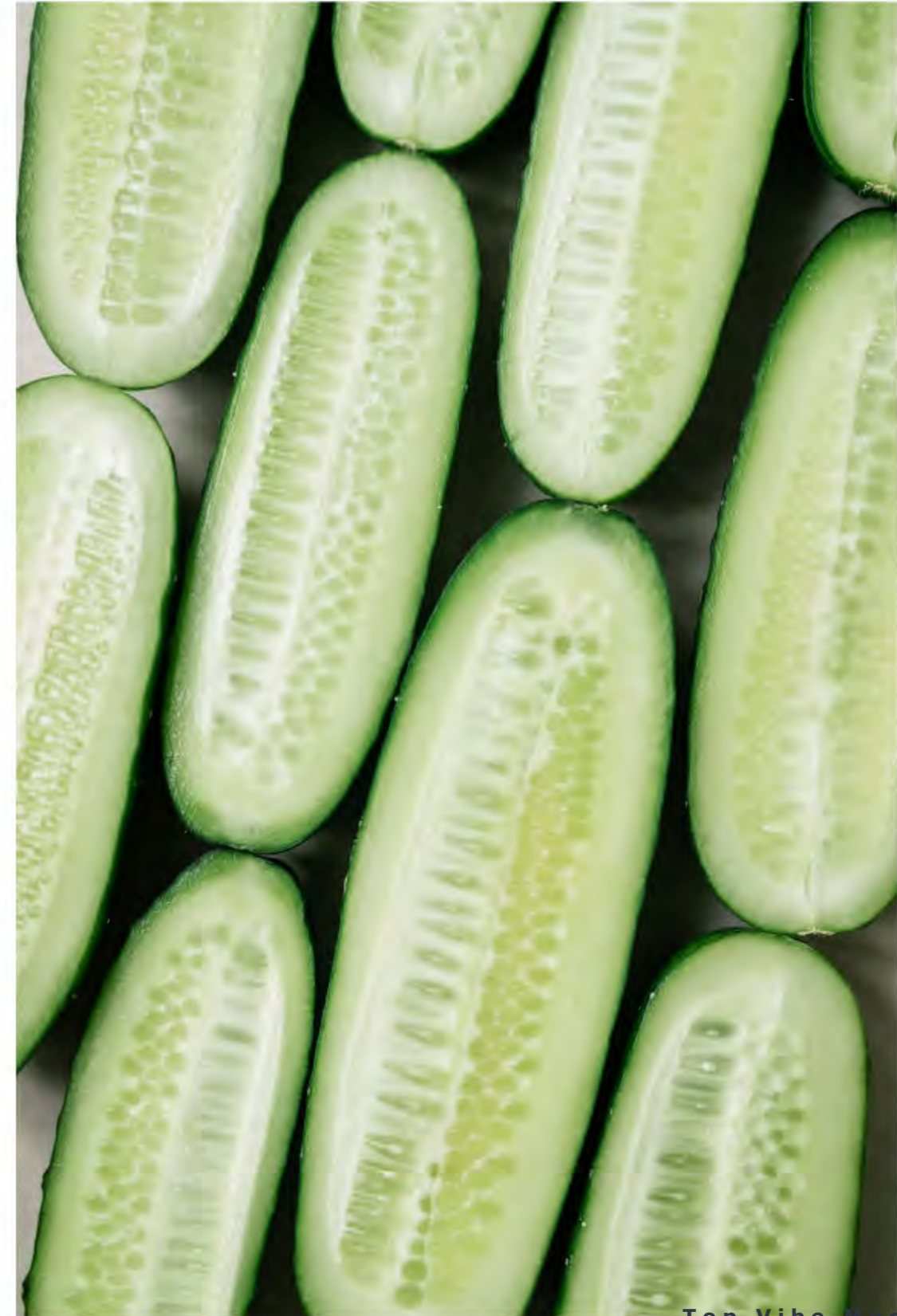
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



RAY DYLAN

RAY DYLAN SING OOR 'N

SPEZIALE SOORT LIEFDE IN NUWE ENKELSNIT

weier nie. Tot ek, as kunstenaar, het gewet hier kom 'n hit toe ek dit vir die eerste keer hoor."

EK WENS, wat in Amerika vervaardig is, is reeds die vierde enkelsnit wat die musikant saam met Vonk Musiek uitreik en volg in die voetspore van emosiebelaaide snitte soos Vir Eens In My Lewe en Laaste groet, asook By Jou Voete Lê wat dansvloere laat gons het oor die afgelope paar maande.

Die musiekvideo is deur Kreativ Productions verfilm by Urban Brew Studios en die eindresultaat laat Ray soos die rockster lyk wat hy is.

Alhoewel dit 'n gewone "optrede video"-konsep is, is beligting en ander elemente slim aangewend om 'n

asemrowende effek te skep. Kyk die video hier: <https://youtu.be/29kZIlf3ntQ>

Ray is 'n huishoudelike naam in die Afrikaanse musiekbedryf en is veral bekend vir treffers soos Hokaai Stoppie Lorrie, Dis Verby, Jessica, Hier binne klop 'n Boerehart, Angel-face, You're My Everything, Vir Ewig Jonk, Uitbasuin, Hier Teen Jou Lyf en meer.

Sedert hy op die ouderdom van twaalf saam met Bles Bridges begin optree het, het hy die kuns vervolmaak om met Afrikaners se harte te praat en verskeie goue- en dubbelplatinumstatus-albums en -liedjies uitgereik.

Tans is hy baie besig om saam met ander kunstenaars, soos Juan Boucher, te werk aan opwindende projekte in sy eie ateljee, RDM Studio.

Die sanger wil ook graag voor die einde van die jaar Country Vibes 2 uitbring, waarmee hy en

liedjieskrywer en musiekvervaardiger

– Piet Farrell – tans doenig is.

EK WENS is een van daardie liedjies wat dadelik in jou kop vassteek. Dit nooi jou uit om saam te neurie en aan

te hou glo in ware liefde. Laai dit hier af: <https://linktr.ee/raydylan>

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Webblad – www.ray-dylan.co.za

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CBD for Holiday Hangover

The office Christmas party, holiday dinners with friends and ringing in the New Year. All occasions offer alcohol and lots of laughs. Until the next morning when you don't feel so good. Don't let a hangover the next morning prevent you from enjoying this holiday season. Try CBD to get rid of that hangover quickly, so you can be you again.

While a hangover can look different for each person, some symptoms are common. When you start experiencing these symptoms, you know the cause. You are likely to feel dizzy enough to make it difficult to get from your bedroom to the bathroom, much less any further. You may be nauseous and vomiting, leaving a painful stomach that lurches at the thought of food for several hours. You're likely to be dehydrated and feel tired even if you can't sleep. You might have a bad headache, even a migraine. You're likely to feel irritable and short-tempered.

Why You Have a Hangover

The average person knows you get a hangover because you drank alcohol, and the body is trying to get rid of the toxins. However, it's difficult to say exactly what in the body causes the hangover. It can be made worse with lack of hydration.

Your body produces chemicals to get rid of the toxins, which could be another reason for your hangovers. Whatever the reason, hangovers can't be prevented because your body must go through the process of getting rid of the alcohol you've consumed. For most, the best they can hope for is to reduce the severity and length of a hangover. They may try all kinds of tricks that others recommend. Some will work, and some won't make a difference.

What About CBD for Hangovers?

CBD oils have been hailed as the cure-all for just about everything. In fact, it sounds so much like a miracle drug it can make you sceptical. Well, here's another idea – try it for hangovers. You just might be surprised to find it works and you don't have to suffer for hours.

The first thing you should know is what not to do. Don't take CBD before you go out drinking. It will reduce the effects of alcohol, but that only allows you to drink even more. The result will make the hangover even worse. Instead, take it after you finish partying or drinking. When you take it before going to bed, it has time to work before you get up the next mornig.

It will reduce the effects of alcohol, but that only allows you to drink even more. The result will make the hangover even worse. Instead, take it after you finish partying or drinking. When you take it before going to bed, it has time to work before you get up the next morning.

Reports have shown that CBD helps reduce nausea and vomiting, which will help you feel better. If you wait until you're feeling nauseous, it may be difficult to keep anything down, including CBD. You can take CBD drops and put them under your tongue. The oil has time to work without making you feel worse.

CBD can help alleviate your irritability and help your headache to go away. Different people note improvement from using CBD in different ways. At the same time, it doesn't cause the high you get with THC or any other severe side effects.

The next time you're planning to enjoy a fun night with your friends and you know you will be drinking, plan ahead to take CBD to prevent or reduce your hangover symptoms. Enjoy your holiday without the hangover.

Contact Louis Eksteen on 083 274 3471, or Louis@CannabisoilResearch.com for high quality CBD and CBD Plus products for this Festive season, or order online at CannaMart.co.za



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