

# Top Vibe

Magazine

ONLINE  
FEBRUARY 2023  
Issue 164

Why it's important  
to have your eyes tested



**WAAROM KOLLAGEEN?**

**“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.

## 2.

### WAAROM KOLLAGEEN?:

Lees meer oor Kollageen en wat dit vir jou vel beteken.  
Deur: Cemón Strydom.

## 3.

### ADVERTISERS:

Support our advertisers, they support us.

## 4.

### WHY HAVING YOUR EYES TESTED:

It's important to have your eye's tested see page 18 & 19



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*We celebrate the new year.  
Model anonymous celebrating Valentine's Day*

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*Our Ambassadors for 2023 is Julien, Amanda and Bianca.*

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

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*Read about what Lanies Lane is all about.*



# Redakteurs Nota

Liewe lesers,

Die eerste maand van 2023 het verby gevlieg waar gaan die tyd heen?, dit was net nou die ander dag oujaar en nou is ons al in Februarie maand.

Dit is amper tyd vir ons, Gryse jeug ouetehuis projek en ons vra indien enige iemand ons kan help sal dit opreg waardeur word. Ons volgende uitgawe sal ons foto's met julle deel.

Ons is hard besig om vir jou ons leser die beste lees stof bymekaar te kry met interessante dinge. Hoop julle gaan dit geniet.

Geniet die maand van liefde onthou, wees eers lief vir jouself voor jy lief kan wees vir ander. Bederf jouself, gee altyd 'n glimlag.

Vir eers moet ek totsiens sê tot volgende keer bly gesond en sterkte vir jou dingetjies.

Liefde





# Our Ambassadors.



Dear readers,  
Being a girly girl on a budget.  
Growing up i used to be obsessed with all these girly things like makeup, jewelry, and pampering products.

Living in today's world, life is really expensive and for some it's un affordable. I found the perfect solution for you! Let me introduce you to Derm-O-Holic.

WHO is Derm-O-Holic

Derm-O-Holic is a cost effective cosmetic brand for all ages , everyone want to look and feel good but cant afford all the expensive brands.

We want to empower young and Old to FEEL and LOOK the best if you feel and look good you accomplice so much more.

Entrepreneurs :We also made it an open line for Agents to resell and make an extra income as the life style and changes of today is way above our standard income. Support local. Receive value for money.

Much Love **Julien du Plessis**

Dear readers

February is known as the beautiful month of love where everyone celebrates their relationships. Not just romantic relationships but also friendships and family bonds.

Valentines day is about embracing the person you love the most by showering them with gifts even cards because i believe its the little things that matter. We celebrate it by wearing red which means "courage and readiness to sacrifice. White means "pure intentions and high deals". Both these colours are magnificent and meaningful to this day. Valentines day comes only once a year so i urge everyone to celebrate it with their loved one. Whether it is with your partner or siblings just with the person you love the most. Make them know how much you love them and how much you adore them. Re assure them that you will forever love them and be there for them at all times **LOVE AMANDA**

Dear readers.

It feels like I have matriculated 2 years ago, but in reality, this is my 5<sup>th</sup> year out of school. Since time has no sympathy with us, I encourage you to tackle and work on that dream/goal you have for yourself, because before you close your eyes it will be the end of the year again. I had the amazing opportunity to start my 2023 journey in Thailand, and it truly humbled and amazed me at the same time, since I realized how big the world actually is and that the opportunities are endless. Don't be too hard on yourself - the smallest victories can make the biggest impacts. It is the month of love, so I encourage you to make small impacts by being nice to other people. Victories aren't just things you can show, but also ending your day thinking to yourself "you did good today" and realizing you made an impact in someone else's life. Let's spread some love!

Love

**Bianca**

# WAAROM KOLLAGEEN?

Deur: Cemón Strydom

Waarom Kollageen?

Ek dink die beste manier om die 'waarom' te beantwoord, is om die noodsaaklik van kollageen, en die werk daarvan, te verstaan.

Kollageen hou letterlik 'n mens of dier se liggaam aanmekaar en kom voor in die vel, bene, gewrigte, senings, spiere, hare en naels. Maar daarmee saam, tref 'n tekort aan kollageen, byna almal ouer as 30 jaar. Kollageen is 'n proteïen wat natuurlik in die liggaam geproduseer word en in kort is dit die gom wat jou liggaam aanmekaar hou en daarsonder begin jou liggaam letterlik uitmekaar val.

Soos jy ouer word, produseer jou liggaam minder kollageen, en dit kan lei tot:

- 'n Verlies aan soepelheid en ligamente wat stywer voel.
- Fyn lyntjies en plooië maak hulle verskyning.
- 'n Tekort aan kollageen kan selluliet

ook vererger.

- Opgeblaasheid en ander dermsimptome kan 'n aanduiding wees dat jou liggaam meer kollageen benodig.
- 'n Tekort aan kollageen beteken ook dat jou bene teen mekaar begin skuur en dit kan uiteindelik lei tot onsteking en artritis.

Voedsel soos hoender, eiers, sopbeensop (bone broth) verskaf kollageen aan enige dieet. Nog 'n makliker metode om dit in te kry is om 'n gehidroliseerde vorm kollageenpoeier te gebruik.

Die poeiers kan sonder moeite in jou daaglikse roetine opgeneem word. Jy kan dit in jogurt, skommeldrankies en selfs in sop, bredies of souse voeg. Party is hittebestand en kan by muffins, piesangbroodjies ensomeer gebruik word. As jy die regte kollageen kry kan jy jou koffie 'n meer romerige smaak gee, of selfs met, 'n gegeurde kollageenpoeier, vir jou laat dink jy

sluk aan 'n vrugtesap.

Kollageenpoeiers hou soveel voordele in, maar nog een is beslis, dat omdat die poeiers 'n proteïen is, dit jou langer versadig gaan hou.

As jy elke dag 'n aanvullig kollageen neem, soek iets wat heeltemal natuurlik is. Daar is verskillende poeiers wat vervaardig word uit beesvleis, hoender en vis, asook opsies vir veganiste en vegetariërs.

Wat het ek al persoonlik probeer?

- Harvest Table se Pure Collagen Powder
- MotherKind se Glow from Within
- NuSkin se Beauty Focus Collagen Plus (wat einde Maart sy verskyning maak in Suid-Afrika)

Elkeen hou beslis sy eie unieke voordeel in en alhoewel die eerste twee genoemde kollageenpoeiers, 'n alom kollageen is en jy nie presies weet waar dit in jou liggaam 'n verskil gaan maak, hou Beauty Focus 'n unieke voordeel in

in jou liggaam teiken - jou vel.

Om meer te leer van my persoonlike ervaring en ondervinding met onderskeie kollageenpoeiers, volg my gerus op my Facebook blad by Conversations with Cemón

[https://www.facebook.com/groups/215734544013921/?ref=share\\_group\\_link](https://www.facebook.com/groups/215734544013921/?ref=share_group_link)



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# 2023 Home décor trends



## What is the decorating trend for 2023?

In 2023, home décor and design trends are primed to shift into earthy, texture-rich territory via brown and wooden furniture, handmade pieces, neutral color palettes, and bespoke touches that lend warmth and character to a space.

Flux and change are constants in life. As such, we can look forward to what's new and exciting with every coming day. And in 2023, we're bound to see interior design trends that thrill with the unknown. But, some contemporary design style ideas only refine and strengthen what the design world loves right now. Either way, we're set to see ethereal spaces trumping what's come before.

Tip: It's important to know that interior design trends 2023 come in many different styles. Taking an interior design style quiz can help designers pinpoint which trends match your personal style!

## What color furniture is in for 2023?

Channel deep charcoals and browns. "Heading into 2023, we're really into darker and dramatic shades, such as deep charcoals and browns. These tones are not only elegant and upscale when complemented with tonal furnishings and accessories, but they bring a warm and comfortable feel to the space.

## Are accent walls in style 2023?

Make a statement with the latest design trend—bold and beautiful accent walls. Accent walls are a great way to define a space, and in 2023, we're going to see them in a whole new light.



## THE LOVE MONTH 2023!!!

*By Lelanie van Niekerk*

### THE MOST BEAUTIFUL SHORT LOVE STORIES

Who doesn't enjoy reading inspiring short love stories from all over the world? After all, life writes the most beautiful love stories possible. For more, have a look at our cute love quotes.

When compared to scripted love stories in movies or novels, the real-life counterpart feels a lot more genuine. In the following, you can find heartwarming short love stories from real life that not even writers could think of. These are the cute short stories about love that will help you to not forget the incredible power of love.

**"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."**

Here are the inspiring real-life love stories of the greatest power on earth in its manifold expressions. Some of these stories are funny, others will make you smile. But they all will deeply convince you of the great power of love and how it is able to overcome every obstacle.

Enjoy these awe-inspiring tales of love.

**Let's start with some beautiful and inspiring stories about love.**

#### 1<sup>st</sup> Love story

##### Eternal love

One day at work, Amanda received a beautiful flower bouquet. In it, she counted 11 flowers and found a short note in it. It was written in beautiful lettering and said:

**"My love for you will last until the day the last flower in this bouquet dies."**

The note was from her husband who had gone on a business trip. Unsure as to what to make of the message, she went home in the evening and soaked the flowers with water. One day after another, the flowers became a little less beautiful until they all died. All but one flower. This was the day when she realized that there was one artificial flower in the bouquet that would last forever.

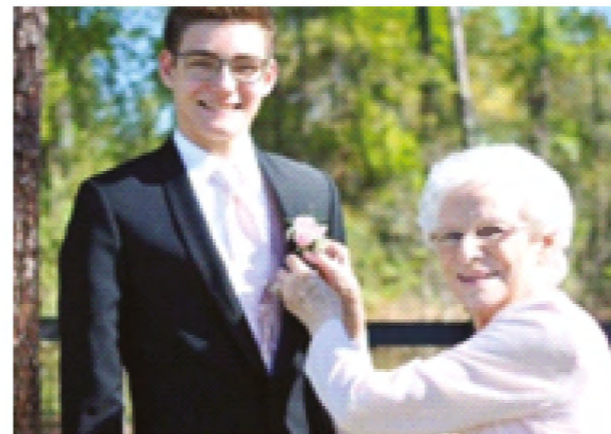


#### 2<sup>nd</sup> Love Story

A well-deserved prom night

Alex and his grandmother always had a unique bond with each other. He would spend hours with her, listening to his grandmother's stories of a lifetime. She once told him that she had met his grandfather a long time after graduating from high school. This was also the reason why she was never asked out to go to prom. When the day of Alex's prom had arrived, his grandmother was so excited for him. She had watched him save money for months so that he could afford a tuxedo and even a limousine. His grandmother eagerly waited to find out who Alex would be taking to the prom. But to her great surprise, he told her that he would be taking her to prom. He told her that every woman deserves to go to prom, no matter if they are 18 or 80.

High school junior takes his 93-year old grandmother to prom - ABC NEWS



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#### 3<sup>rd</sup> Love story

##### The bicycle rides

It is the year 1975, when Charlotte Von Sledvin, a 19-year-old student of a Swedish royal family, travels to India to get a portrait made by a gifted artist. The artist was born into a poor Indian family of the lowest caste, also known as the "untouchables." Despite the incredibly difficult circumstances, the artist named Pradyumna Kumar Mahanandia had gained an outstanding reputation for being a gifted painter. His reputation led Charlotte Von Sledvin to travel all the way to India to get her portrait done.

The two had fallen in love

By the time the portrait was finished, the two had fallen in love. Pradyumna was fascinated with Charlotte's beauty. Never had he seen a more beautiful woman from the Western world. He gave his best to capture all her beauty in the portrait, yet never fully succeeded. Nonetheless, the portrait

it was magnificent and Charlotte fell for his simplicity and his beautiful character. Because of him, she spontaneously decided to stay longer in India. Out of a couple of days became weeks and then even months. The two had fallen so deeply in love that they decided to get married according to traditional Indian rituals.

Unfortunately, the time came when Charlotte had to leave again in order to complete her studies in London. Thousands of miles separated the two but their feelings for each other never changed. They stayed in contact through letters, which they exchanged almost weekly with each other. Naturally, the newlyweds terribly struggled with the great distance between each other. Charlotte offered her husband to buy him air tickets, which he refused. He had not only decided to complete his studies first, but he had also set his mind on reuniting with the love of his life on his own terms. He even made her the promise that he would do anything he can to see her again.

After Pradyumna had finished his studies, he took all his possessions and sold them. Unfortunately, the money he earned didn't even come close to a flight ticket. All he could afford was a cheap and used bicycle. Many would have been greatly disappointed; some would have even given up. But not Pradyumna. Instead of allowing the difficult circumstances to stop him from seeing his beloved wife again, he met the decision to use what he had in order to see her again. Nothing could stop him



from reuniting with his wife, even if that meant an exhausting bicycle ride half around the world.

His decision was the beginning of a bicycle journey from India to the Western world. Pradyumna took all his paintings and brushes along with him in order to financially support his endeavor. His voyage led him through eight countries and took more than four months. But eventually, he arrived at Charlotte's hometown in Sweden and finally saw her again. From then on, the two did never leave each other's side for too long.

Well, I hope you enjoyed reading these amazing true love stories, and remember love does exist when you least expect it, it normally finds you....

# MEDIA HOUSE

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**Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will DROP OFF 4 June 2023**

## VAALPETS





SOMETHING NEW IS COMING!!!

In a fast-paced world that requires us to be "on" all the time, it's tempting to reach for an energy drink or another cup of coffee to maintain the focus we need throughout the day.

TRthriv focus tea is the solution you have been waiting for. Rich in plant-derived ingredients, it contains caffeine present in Guarana and several tea ingredients, as

well as Lemon Flavouring and Sweetener.

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LAUNCHES 26 January in ZA. Use her WA link to send her a message [wa.link/kthvnl](https://wa.link/kthvnl) to get on the pre-order list 📧@Cemón Snyman call to order



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# Why it's important to have your eyes tested

**E**yes are sensitive indicators and may reveal vision problems, eye diseases and general health irregularities long before any obvious physical symptoms exist. Health care professionals recommend that all people should have periodic and thorough eye tests as part of their routine primary health care.

Why is it important to get your eyes checked?

Regular eye examinations are important because: having your vision corrected can improve the quality of day-to-day life. they will help detect certain eye conditions such as cataracts, glaucoma and age-related macular degeneration, which could lead to sight loss. poor vision could be a risk for falls.

What illnesses can be detected by an eye test?

8 Health Problems That Can Be Detected Through an Eye Exam

High blood pressure.

Heart disease.

Diabetes.

Rheumatoid arthritis.

Thyroid disorder

Parkinson's disease.

Cancer.

Multiple sclerosis.

Can an eye test detect serious problems?

Many diseases often begin with little or no obvious symptoms, yet they can be picked up in a routine eye test. If spotted early, a diagnosis of one of these devastating illnesses can be life-saving. We recommend having an eye test every two years to check the health of your eyes.

At what age should you get your eyes checked?

I generally recommend an exam from birth to 2 years old if there is suspicion

of a problem or a family history of a problem. Children then should receive additional eye exams at 3 years of age, and just before they enter kindergarten or the first grade at about age 5 or 6.

Can eye test detect brain problems?  
During an eye test, an optician can identify a brain tumour by either noticing a swelling of the optic disc or seeing pressure on the optic nerve.

.oth of these can cause changes in vision. But, it's important to remember that eye tests can't always identify brain tumours.

Here is more than enough reason to have your eyes tested.

Do not hesitate make the apointment now.



# MAGAZINE

## MEDIA HOUSE



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