

# Glamour Talk Mag

**ONLINE**

**APRIL 2023**  
**Issue 32**

**Please support our charity events**

**Frequently asked questions and  
answers for weight loss - Dr Q Fourie**

INDEX

# CONTENT

## Glamour Talk Magazine

**COMMENTS:**

Please send an e-mail to [admin@topvibe.co.za](mailto:admin@topvibe.co.za) to share your opinion, ideas and comments.

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# 1.

**MEDIA HOUSE PROJECTS 2023:**

Please support our Ambassadors by helping them with donations. We do a drop off of dogfood etc on 4 June '23

# 2.

**ADVERTISE YOUR BUSINESS HERE:**

How to advertise your business here and save money. Call 072 768 8582 to book your advert space.

# 3.

**FASHION MATTERS:**

Wesley Wessels will keep you informed about fashion matters.

# 4.

**SPOIL YOURSELF:**

Spoil yourself with dark chocolates it's good for you



## REGULARS

**1: COVER PAGE: 01**

*Our cover page is all about Easter, enjoy the holiday's in April'23*

**2. EDITORS NOTE: 03**

*Editor - Charmaine Britz owner of Media House with magazine's like Glamour Talk Magazine / Top Vibe Magazine / Top Vibe Kids Magazine & 50+ Magazine*

**3.AMBASSADORS: 04**

*Our Glamour Talk Magazine Ambassadors Valmarie Volschenk and Wesley Wessels keep you updated.*

**4. MEDICAL HELP: 14**

*Dr. Q Fourie - give some medical advise.*

**5. BACK PAGE MODEL: 20**

*Mother's Day is coming up in May 2023*



Photographer:  
Charmaine Janse van Rensburg  
Venue: Photo Diary & Venue

## Redakteurs Nota

Liewe leser,

**Kan julle glo dis April en nie 'n Aprils fool grappie nie, die tyd gaan so gou verby.**

**Ons spannetjie is aan die gang ons volgende projek is vir ons vier voetige vriende, ons samel kos, komberse, speelgoed ens in vir hulle en gaan dit die 4de Junie afgee by Vaalpets. Ag ek vra mooi ondersteun ons ambassadeurs. Ons sal dit hoog op prys stel.**

**Saam met April kom ook padongelukke ons vra ry asseblief mooi en kom veilig aan by jou bestemming die paasfees. Ek hou nie daar van om te ry oor die paasfees nie. So ek bly tuis.**

**Met 'n vol program en opgewondenheid oor ons opkomende projekte groet ek julle eers tot volgende maand.**

**Raak gerus betrokke by ons projekte. Loer gerus op ons Facebook blad.**

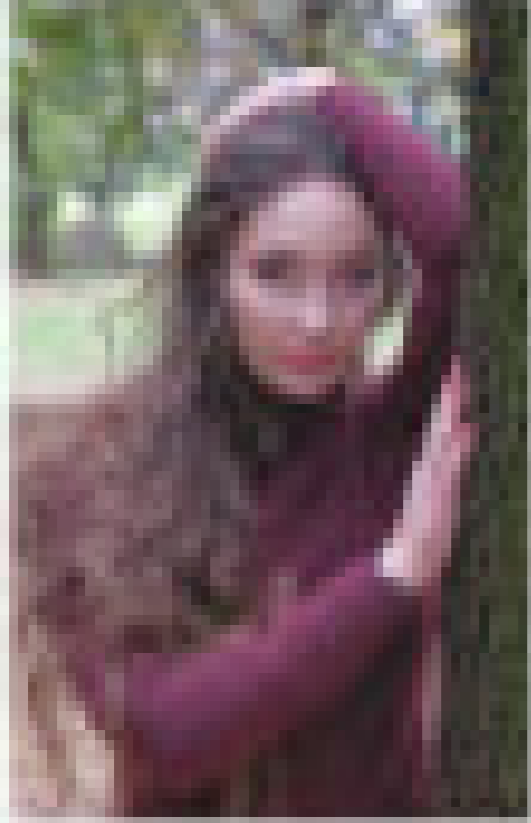
**Geseënde Paasfees vir jou en jou gesin van ons Glamour span!**

Liefde

*Charms*

MEDIA HOUSE:  
# TOP VIBE MAGAZINE  
# TOP VIBE KIDS MAGAZINE  
# GLAMOUR TALK MAGAZINE  
# 50+ MAGAZINE / TYDSKRIF

# Our Ambassadors



**VALMARIE  
VOLSCHENK**

Dear readers.

Look out for me on campus TV where Gift , Marshepo and I talk about beauty parents, fashion shows and what the essence of a woman is . I had a very fun experience with the VUT crew and the ladies . Thank you for having me. It would be an honor to come back again .

**Follow me on social media.**

**tiktok valmarie\_v**

**Facebook Valmarie volschenk and**

**Facebook page: Valmarie**

**volschenk Glamour talk**

**ambassador**

**Instagram: @valmarie\_v**

**Lots of Love**



Dear readers,

I hope you are having a wonderful 2023 so far! Time flies and I cannot believe we are already in April!

But no need to fear! We still have a bunch of surprises and events planned for the year.

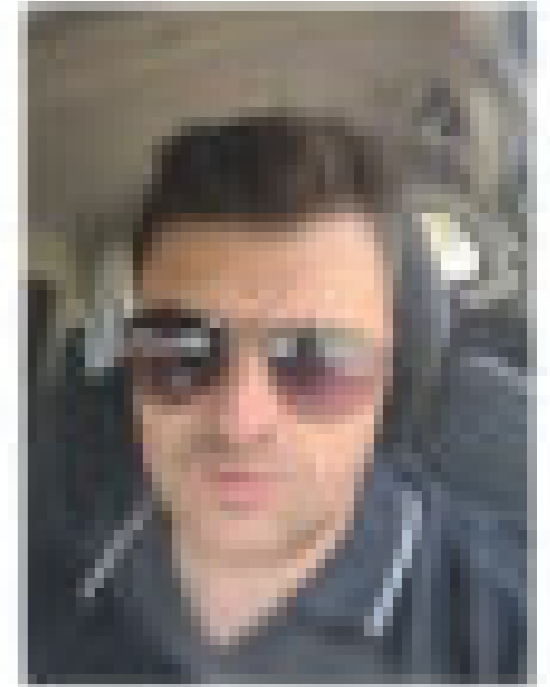
Please remember to go to follow our Facebook page to get all the latest updates regarding our events and charity drives.

I want to thank you for your continued support - without you this magazine would not be a success!

I also have some very exciting news which I will be sharing with you in the next few months so keep an eye out for that!

**Love**

**Wesley**

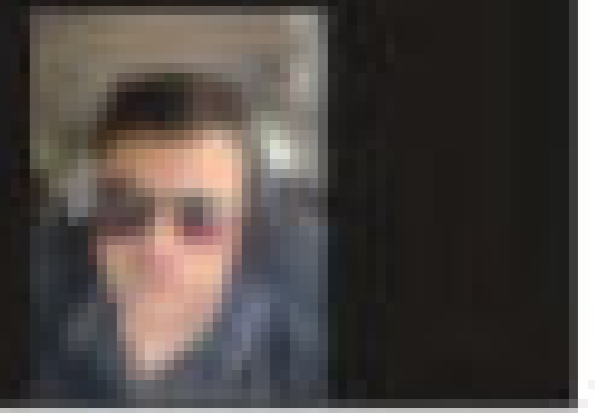


**WESLEY  
WESSELS**



# FASHION MATTERS

By: Wesley Wessels



According to The Atlantic, an October 1926 issue of Vogue featured a sketch of a black, long-sleeved sheath dress made by Coco Chanel. The magazine's editors predicted the dress would "become sort of a uniform for all women of taste."

The outlet notes that little black dresses were already linked to the working class and those in mourning, but as it found its way into magazines and showrooms, the dress became popular for upper-class women as well.

Vogue's prediction proved to be true. The style took off and can now be found in a wide array of silhouettes, lengths, and sizes. The little black dress, commonly abbreviated as the "LBD," has long been considered an iconic classic and a closet staple for many people — including celebrities.



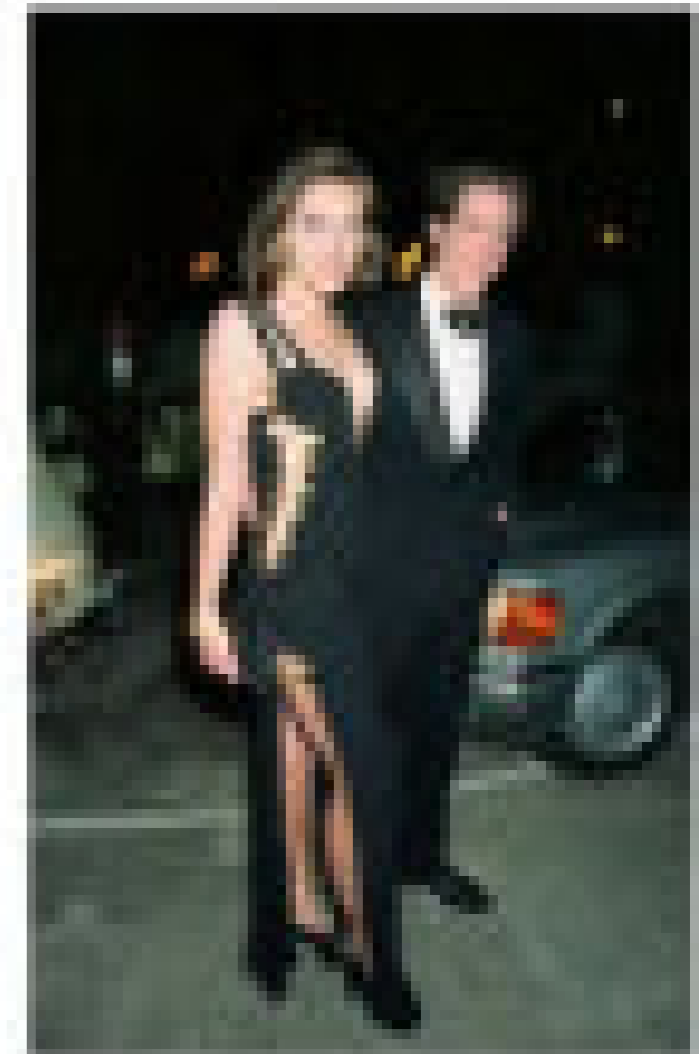
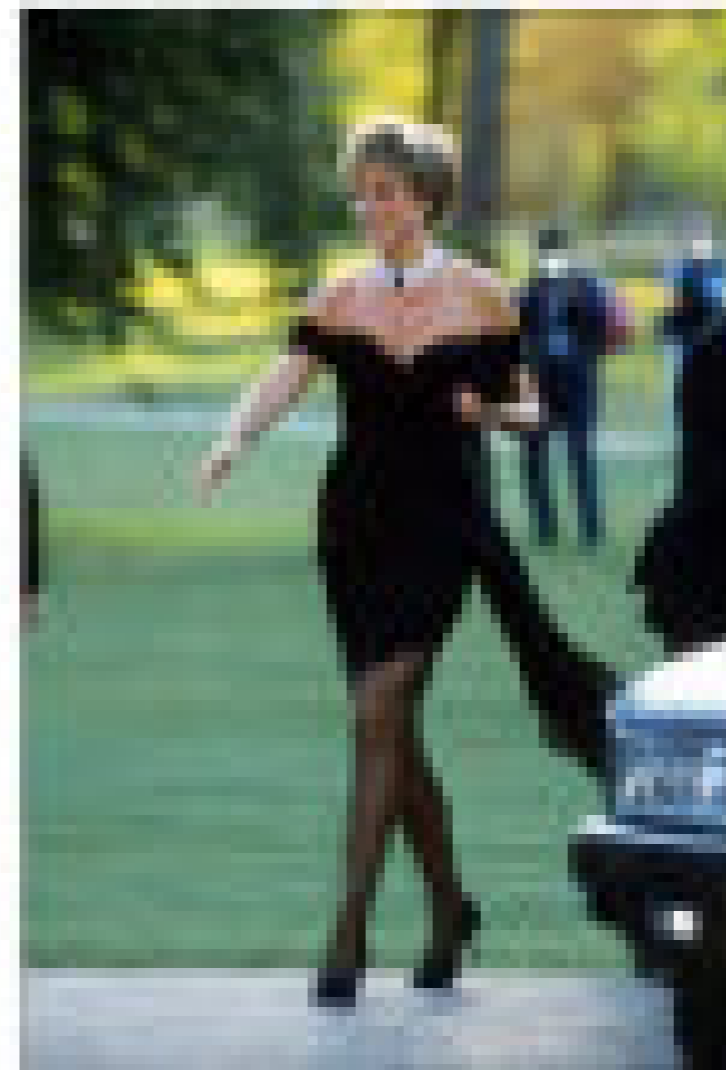
Another major moment for little black dresses also came in 1994 when Elizabeth Hurley wore a black Versace dress adorned with gold safety pins to the premiere of "Four Weddings and a Funeral." She attended the event with her then-boyfriend Hugh Grant, who was in the film.

The Telegraph reported in 2014 that Hurley, an unknown actress at the time, described the dress as a "favor" from Versace because she couldn't afford one. Someone from the Italian fashion house told her there was one item left in their press office that she could wear.

Now commonly referred to as "THAT dress" by fans and media outlets like CNN and Yahoo!, the Versace number made a lasting statement.

In 1994, Princess Diana donned a velvet, off-the-shoulder minidress for an event at the Serpentine Gallery in London, England.

The dress, designed by Christopher Stambolian, made headlines for its daring silhouette — and for its meaning. Diana wore the ensemble the same night that her husband Prince Charles admitted in a tell-all documentary that he had been unfaithful to her, The New York Times reported.



# FASHION MATTERS

By: Wesley Wessels

The legendary actress, who played a character named Holly Golightly in the movie, looked glamorous in the simple black dress, accessorized with a pearl necklace, tiara, and elbow-length gloves. The influential look was designed by Hubert de Givenchy, founder of the luxury fashion house Givenchy.

Hepburn's dress from "Breakfast at Tiffany's" sold for \$807,000 in 2006, according to "Today." The instantly recognizable look was also updated for the Givenchy Haute Couture fall show in 2018 after Givenchy's death, Elle reported at the time.

From: Google.

Every woman should have a little black dress.



*Our Charity event - Please support us!*

## MEDIA HOUSE

Top Vibe

*Magazine*

Top Vibe

*Magazine*

Glamour Talk Mag

50+

*Magazines*

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

Public drop off

at  
THE BAR WITH  
NO NAME





# What are the signs that winter is coming?

What are the signs that winter is coming?

Traditional Weather Lore

Thick onion skins. ...

Thick hair on a cow's nape. ...

The early departure of geese and ducks. ...

Numerous foggy days throughout August. ...

Pigs gathering sticks. ...

Spiders entering the home in large numbers and spinning large webs. ...

An abundance of acorns.

What happens in nature during winter?

Trees and plants go dormant to live through the cold and some animals hibernate while other stores up food in the fall to eat during the winter when it gets harder to find food.

What is a hard winter?

A hard winter or a hard frost is a very cold one

What does winter do to humans?

It frequently leads to shortness of breath, wheezing and coughing. Extreme cold weather can also cause airways to tighten, so individuals who suffer from asthma will frequently have an even harder time breathing. Winter is prime time for coughs and colds which also impair the ability to breathe.

What does winter do to your mind?

Everyone knows how winter affects certain people: It lowers their mood, makes them more prone to depression, and, in some cases, slows their mind to a crawl.

Does winter affect humans?

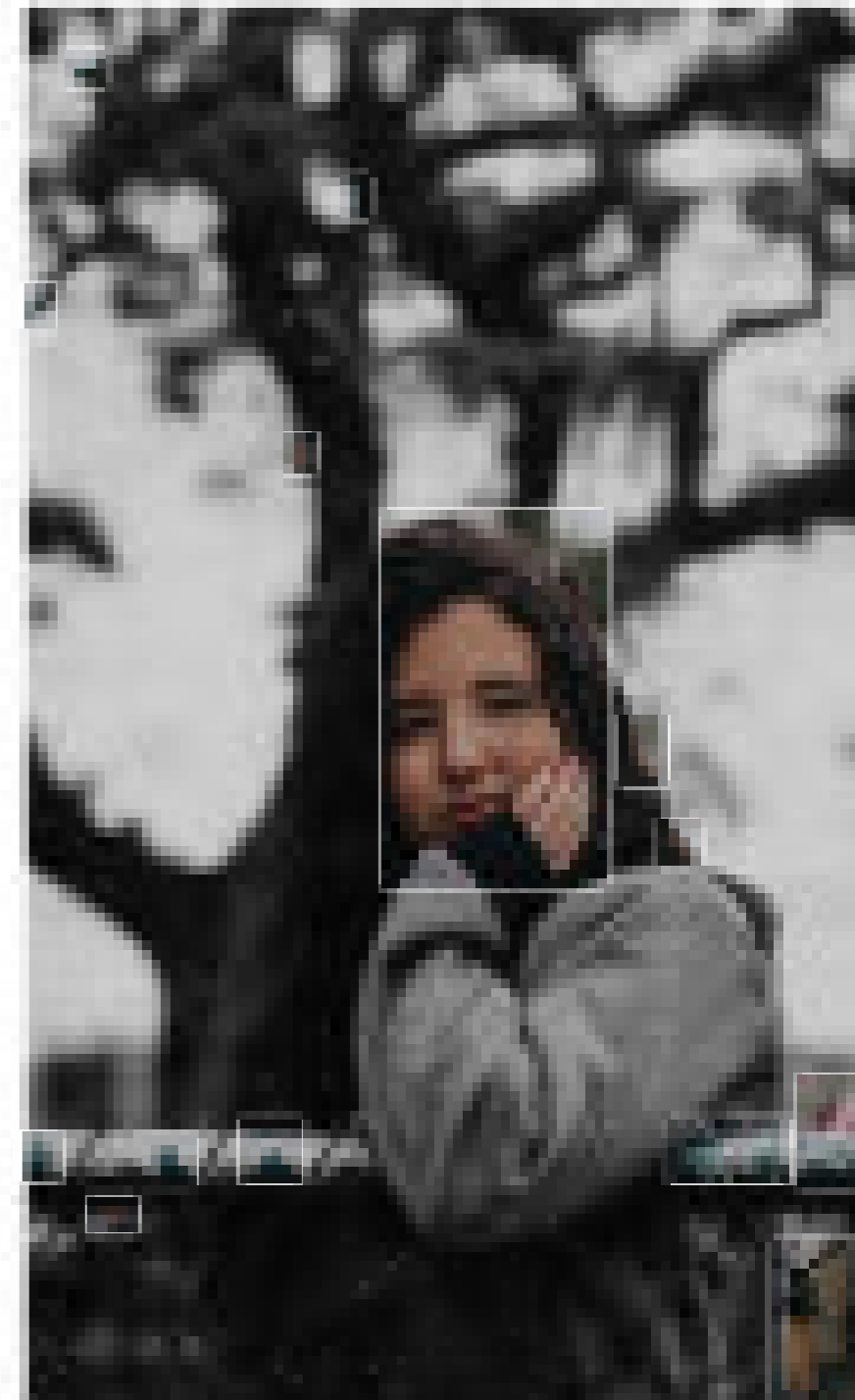
Cold weather increases the risk of illness and death from coughs, lung and heart problems, falls, poor mental health and carbon monoxide poisoning from poorly maintained heating appliances

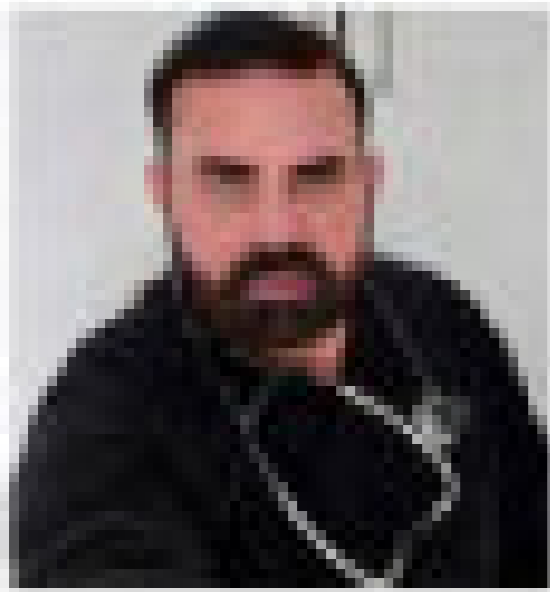
What is winter lazy?

Humans tend to feel lazier during the winter months than they do during the summers. This is because the colder temperatures can make it uncomfortable to go outside and participate in outdoor activities. It is also easier to become bored during the winter because there are less events going on.

Why are winters sleepy?

This works quite well during the summer months but during winter, when your exposure to sunlight is limited, it can result in your body producing too much melatonin, making you feel drowsier as a result.





# Frequently asked questions and answers for weight loss

By Dr. Quinten D. Fourie, IntegraCve, aestheCc and General PracCConer. MBBCh (Wits), PGPN(Boston)

weight, but rather a multitude of factors associated with their weight. It is up to the health professional to recognise what came first.

## *Should I weigh myself often?*

Yes, it is shown that people that succeed in losing weight did measure themselves more often. Weighing yourself once a week, with the same scale, early morning after having been to the bathroom, is the best way. Do NOT get discouraged as weight often changes as water shifts in the body. Also tell your patient when they start to exercise, they may gain a few kilograms because their muscles develop and grow, and muscle weighs 5-times more than fat does. Most important indicators are fat percentage, measurements and how they feel in their clothes.

## *Which types of fat should I exclude from my diet?*

Saturated fat is important to avoid, but not to exclude. Normally your body needs at least 10% of your calories as fats. The better fats that should be part of your diet is poly-and-monounsaturated like olive oil, cold water fish, tofu, avocado, and small amounts of nuts. Fat intake will obviously differ from the eating plan / lifestyle the patient chooses. Remember most of our hormones are derived from Cholesterol which then is turned into

Arachidonic acid and from there the hormonal pathways get more intense.

## *Will increased water intake help me to lose weight?*

Drinking water before mealtime will help fill you up and causes you eat less. There was a study found that adults who drank two cups (250ml/cup) of water before each meal did lose more weight than those who didn't.

Water also helps you stay hydrated and remove toxins. Fat percentage is better when you are hydrated. The gut is also then prepared to have enhanced absorption of nutrients.

## *Should I skip dinner if I had too much for lunch?*

This is a question with a dual answer. Mostly the answer is to eat a smaller dinner then, rather to overeat with a midnight snack. If this is part of your intermittent fasting plan, and you will be in your fasting time at dinner, it can be skipped.

Interestingly, it is proven that people that do eat a breakfast is leaner than those who don't. Breakfast initiates the metabolism, therefore known as "the most important meal of the day", and it has scientifically been mentioned that it does kick-start the metabolism.

## *Should I ditch all carbohydrates to lose weight?*

I don't usually suggest a low-calorie diet. Carbohydrates are important to protect muscles and to support immunity. When you do include carbohydrates in your diet, make sure they are low Glycaemic Index (Low GI) like whole grains (like low GI bread, full grain bread), fruits (like apples, berries like strawberries and blueberries or combo of mango-and-orange), and veggies (cruciferous veggies like broccoli, spinach, kale, sweet potato without sugar or Brussel sprouts). If you do decide to "ditch" the carbs, rather turn to the good-fat Ketogenic or Banting diet.

## *What will happen during my first visit for weight loss?*

You should give your patient an examination trying to find causes and complications for obesity. Review your patient's medications to see if the culprit may be the medication. Ask your patient about past diets, if there was any successes or failures, and about the patient's eating habits as well as exercise routine, if any. Try to find what the patient think might be the reason for their weight loss? If it is related to appetite start with an appetite suppressant.as CONTINUE NEXT PAGE

## *Is my weight the only cause for my chronic diseases?*

Diseases, like cardiovascular disease is often blamed on "obesity", but it is similarly associated with stress. Research has suggested that that the health critics blame "obesity" as the cause, but it might even be due to the stress of weight stigma or "body shaming". Many overweight patients go on multiple diets, causing weight cycling. This is closely associated with worsened morbidity and mortality.

It is important not to treat the overweight patients with judgement, and to continue to order diagnostic testing with complaints. Overweight patients are more susceptible to regular health professional consultations. I have the approach to not always get stuck with their known chronic disease, and always try to find a separate cause to their complaint. Obesity could be the actual disease, and other conditions associated with it could be part of the target organ damage. Therefore, the complaint may not be the patient's



Discuss these medications with the patient.

Suggest a diet to the patient, I initially start with good-fat ketogenic / good- banting diet. If the patient is willing, do blood tests for possible causes for overweight.

Investigations are always an option as well as genetic testing. If there are signs of depression, start with a neutral antidepressant.

With the first follow-up visit discuss blood results you requested. Point out the abnormalities and explain why they hinder losing weight. Adjust the patient's diet if needed according to the bloods results. Prescribe supplementations to restore and encourage the patient that it is not a lifelong sentence, and that with follow up's medication and supplements may be decreased.

Follow up visits, keep on monitoring the patient's vital signs, weight loss medication, food intake and exercise regimen. Encourage to keep a weight loss diary. Vital signs should be monitored because some patients may even go off certain medication like anti-hypertensives and anti-diabetic patients. Ask the patient if the weight loss medication is effective, in case it is not, change medication or your strategy. At the end of the book is a flow diagram to assist you in directions you can follow to get to the root of the problem.

### *What should the patient bring with?*

The patient should bring with their medications, herbs, and the supplements they take. It is very helpful if the patient brings any recent blood results with. If the patient can bring a diary of food intake will also be very helpful. This gives you a specific weight loss history for that patient, and another route may be followed.

### *What are the typical questions to ask the patients?*

Ask the patient their complete medical history. Ask them about their medications, medical conditions, previous surgeries, and allergies to medication. Ask about smoking / drinking habits, and familial medical conditions and genetics. If patient has no diet diary, ask about how a usual day will look like and what exercise they do. Ascertain which body areas are of concern. What is their ideal weight, what their current weight and height. If needed, take their measurements. Do they do any exercise and what type, how many times per week and for how long.

### **CONTINUE NEXT ISSUE**



# Spoil yourself

## With dark Chocolates

Dark chocolate is loaded with nutrients that can positively affect your health. Made from the seed of the cacao tree, it's one of the best sources of antioxidants you can find.

Studies show that dark chocolate can improve your health and lower the risk of heart disease.

### *What are the benefits of eating dark chocolate?*

Dark chocolate is packed full of important minerals, including iron, magnesium, zinc, copper and phosphorus. In your body, these minerals are used to support factors such as immunity (zinc), can help keep your bones and teeth healthy (phosphorus), and contribute to better sleep quality (magnesium).



# Keep your feet happy

Feet First: Six Tips To Maintain Healthy Feet and the Freedom To Move

Clean Your Feet Daily and Wear Clean, Dry Socks. Wash your feet daily in lukewarm water. ...

Inspect Your Feet Regularly. ...

Cut Nails Carefully and Regularly. ...

Always Wear Well-Fitted Shoes. ...

Moisturize Your Feet at Night. ...

...

Keep Your Blood Sugar Under Control.

Why is it important to take care of your feet?

Why take care of your feet?

Feet are your body's foundation, so keeping them healthy is vital to your overall health. Years of wear and tear

can be hard on your feet.

Overuse, shoes that don't fit properly and even genetics can lead to injuries and disorders of the foot that can greatly impact your mobility.

How do I keep my feet healthy as I age?

How to care for aging feet

Wash and thoroughly dry your feet for good hygiene.

Wear a fresh clean pair of socks and change them daily.

Keep the insides and outsides of your shoes clean.

Rotate your shoes — don't wear the same pair two days in a row.

Wear properly fitted shoes.

What are three ways to take care of your feet?

Wash your feet every day and dry them with care, especially between the toes. Trim your toenails as needed after you've

washed and dried your feet.

Wear properly fitting shoes that do not rub or pinch your feet. Keep the blood flowing

Is Vaseline good for your feet?

Use an Overnight Treatment - Vaseline® Jelly can be used as an effective overnight cosmetic treatment for dry, cracked feet and heels as it helps create a sealing barrier, locking in the essential moisture your feet need to repair themselves.

What is healthy for your feet?

Some healthy food suggestions to promote healthy feet:

Leafy green vegetables like broccoli, spinach, kale and watercress. Walnuts, almonds, chia seeds, lentils and beans. Blueberries, blackberries and

cherries. Sardines, salmon and mackerel (omega 3)

What causes bad feet?

These bad-smelling fungi are commonly known as athlete's foot. Some other factors that could cause stinky feet include: Poor hygiene. Wearing the same shoes every day or not changing your shoes frequently enough



# MAGAZINE

# Media House

A photograph of a woman with short brown hair, wearing a light grey sweater, sitting on the floor and reading a book to a young child with blonde hair, wearing a dark blue shirt. They are both looking at the book. The background is a dark wood-paneled wall.

**NEXT ISSUE IS MAY 2023**  
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