

# Glamour Talk Mag

May 2023

ONLINE

Issue 33



**Frequently asked questions and answers for weight loss - Dr Q Fourie part 2**

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# 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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**EDITOR:**  
Charmaine Britz

**CONTACT DETAILS:**  
Cell: 072 768 8582

**E- MAIL:**  
[admin@topvibe.co.za](mailto:admin@topvibe.co.za)

**WEBSITE:**  
[www.topvibe.co.za](http://www.topvibe.co.za)

# 1.

**MEDIA HOUSE PROJECTS 2023:**

Please support our Ambassadors by helping them with donations. We will drop the donations 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.

**DR. Q FOURIE TALK ABOUT WEIGHT LOSS:**

Part 2 of frequent questions about weight loss answered by Dr Q Fourie.



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

# REGULARS

**1: COVER PAGE: 01**

*Our cover page is all about Mother's Day on 14 May 2023 Celebrate Mother's Day by showing Mom how much you love her.*

**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 will keep you updated.*

**4. MEDICAL HELP: 14**

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

**5. BACK PAGE MODEL: 20**

*Father's Day is coming up on 18 June 2023*

# Redakteurs Nota

Liewe leser,

Paas naweek het gekom en gegaan. Dit was 'n heerlike lang naweek en net genoeg tyd om jou batterye te laai. Die skool het begin en sowaar dit is die tweede kwartaal.

Met 'n vol program en opgewondenheid oor ons opkomende projekte wil ons julle nooit om betrokke te raak en saam met ons 'n verskil maak. Gaan loer gerus op ons Facebook blad wat daar aangaan ons sal al ons projekte daar plaas.

Geseënde Moedersdag vir al ons mamas hoop julle word lekker bederf.

Onthou Vadersdag is om die draai

Liefde *Charms*

# Our Ambassadors

Dear reader,

Yes it's the month of May. It's Mother's Day on the 14<sup>th</sup> May 2023. Spoil Mom by making a booking at the V-line today. This special is available for the month of May.

Full body massage  
Rejuvenation Facial or hybrid lashes  
Foot soak ONLY R500  
To book your appointment  
WhatsApp Valencia 074 268 3785

**VALMARIE  
VOLSCHENK**

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Facebook page: Valmarie  
volschenk Glamour talk  
ambassador  
Instagram: @valmarie\_v

Lots of Love  
Valmarie

Hello everyone!

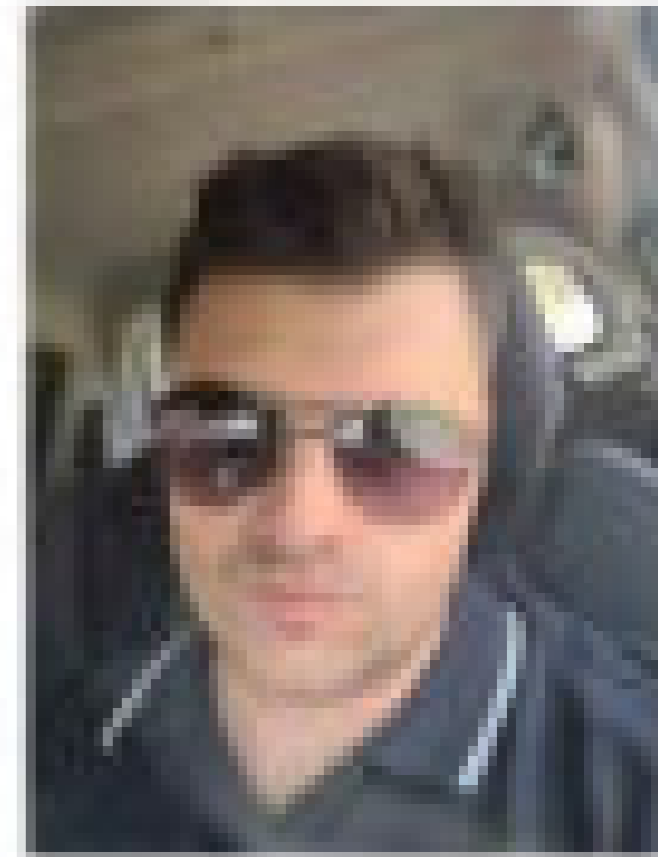
I hope you are having a wonderful 2023 so far! As promised, I will be sharing some very exciting news with you this month!

Please also remember to make donations for all our charity projects (all details are available on our Facebook pages).

Remember it's Mothers Day 14 May. Spoil your Mom

Stay warm! Till next month

Love  
Wesley

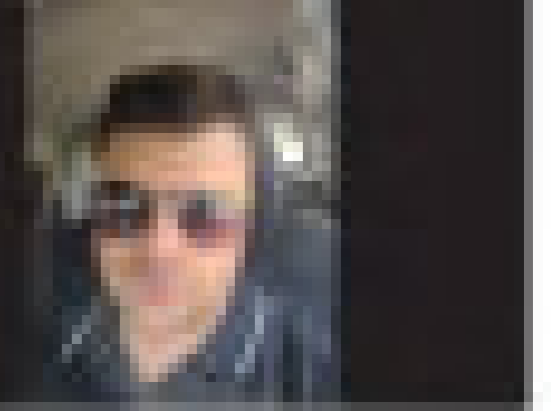


**WESLEY  
WESSELS**



# FASHION MATTERS

By: Wesley Wessels



Since I can remember, I have always wanted to make a difference in the lives of others. I love helping people where I can. In 2022 I decided to start a project called 67 Dresses. The aim of this project is to help people especially young girls and brides who cannot afford a dress for their special occasions.

There is 2 very important days in a girl's life – The first important day is a matric farewell (many girls see this as a “rehearsal” for their wedding one day) and then obviously the second, and most important day is the wedding day.

However, not everyone can afford their dream dress. Special occasion fabric is very expensive and the time and effort that goes in to making a magnificent gown cannot be priced, so one can understand that a dress can't just be made for free or donated to every girl. So, I have been thinking of ways to overcome this and that is where it all started.

The 67 dresses project has been brought to life to try and overcome these challenges.

The project works on a donation basis – Many people still have their own matric dance dress or wedding dress that has been sitting somewhere in a cupboard for many years and will most likely never be worn by them again. So, I have created this project as a way for people to make a difference for other people. These old dresses can be donated to me, I then add them to the 67 dresses collection and make repairs or alterations if needed.

Shoes, clutch bags, accessories etc. can also be donated. This also helps the concept of renewable and sustainable fashion which prevents these beautiful garments to just in a cupboard and never be worn again. Being a sell taught designer I also add dresses I make to the 67 dresses collection, so some dresses are brand new!

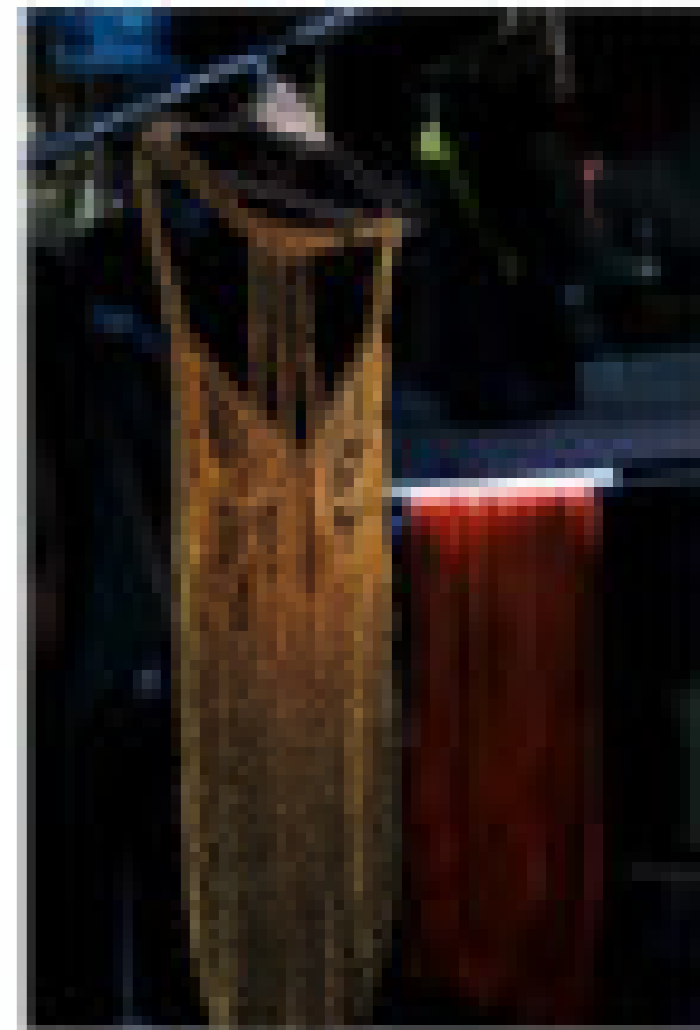
fee (which is fully refundable upon return of the dress) and borrow them a dress, shoes, accessories etc. to make their matric farewell dreams come true.

The idea is to ensure that no girl gets left behind or end up not going to their matric farewell due to money constraints. The project is still growing, and I have many more ideas for this project.

I want to expand the project to be able to assist boys as well and not only focus on girls but on everyone.

For any donations, ideas on how we can expand this project or to arrange to come and see me to find your perfect dress please feel free to contact me on 061 478 8500 or email me on [67dresses@gmail.com](mailto:67dresses@gmail.com)

*Donate your dress*



# Media House Charity Events for 2023

**WOMEN'S DAY**  
**9 AUG 2023**

**DATE: 9 AUGUST '23**  
**VENUE:**  
 Wick Hotel  
 113 Wick Street  
 Drogheda,  
 Co. Dub.  
**TIME: 10:00**  
**ENTRANCE: FREE** (19+) (19+)  
 Snacks (19+)  
 Refreshments  
 Juice/Coffee/Tea etc

**WELCOME DRINK**  
**FREE GIFT**

**Bookings Essential**  
 Telephone: 011 708 5555  
 Email: [info@gtm.ie](mailto:info@gtm.ie)

**8 Glamour Talk Mag**



**TOP VIBE MISS & TOP VIBE MAGAZINE '23**



**CHARITY EVENT IN AID OF**



**CHARITY EVENT IN AID OF**

**Miss of** 

**Top Vibe Miss & Top Vibe Magazine '23**

**Date: 1 September '23**  
**Time: 10:00 for 11:00**  
**Venue: Bar with No Name (No Name Village)**  
**Dress code: Summer**

**Category Boys & Girls:**  
 10-12      13-15  
 16 - 18      19+

**Entries Open 1 March '23 - Entries Close 30 June '23**  
**Entry Fee: €200 (18 and June / Late entries: Boys 181 and July '23)**  
**Spectator's Fee: €50 (19+) - Children under 13 FREE**

**Prizes:**  
 Best Judges (19+)  
 Best Overall  
 Best Personality  
 Best Confidence (19+)

**Crown / Sash / Trophy Gifts**

**1. Judges Decides to Final**  
**2. No judging experience needed**  
**3. No main up for 12 / Age 13 main up experience**  
**4. Award to previous winners for Final Miss**  
**5. Each contestant featured in program**  
 Social Registration Fee: €100 (per candidate)  
 including postage etc

**Organizers:**  
 Judith du Plessis  
 info@gtm.ie

**Charity:**  
 Boys & Girls  
 info@gtm.ie

**Charity:**  
 Boys & Girls  
 info@gtm.ie

**Event Details:**  
 Captain: Sarah  
 Mrs G. T. Smith  
 Booking Fee: €200 (19+)  
 Best: Name, Surname & Category  
 Mail proof of payment  
[admin@gtm.ie](mailto:admin@gtm.ie)



*Our Charity event - Please support us!*

**MEDIA HOUSE**  
**FOOD** *drive*



Media House will spoil all residents at Inverloch old age home in Geelong with curry & rice on 10 June 2018

**Jar of hope**

Bring Media House what you do request from the public we kindly assist us by sponsoring any non perishable foods and toiletries in order to make this food drive successful. Thank you all at all times.









072 768 8582

MEMORABLE SOFT TANGY  
CLARINS  
DM for present

*Just be ...*

CARPETS 🌈 HANDMADE 🌈 PLACEMATS  
BLANKETS 🌈 TROWELS  
AND MANY MORE TO CHOOSE FROM



*Crochet with love*

ORDER LETTERS AND PAY  
ONLY THIS COURSE FEE

# With winter around the corner, how to stay Healthy.

Ways to stay healthy during the winter.

Exercise regularly. Exercise to increase our energy, improve your mood manage weight gain.

Drink water. Your body needs water in winter as much as it does during summer.

Eat well.

Fresh Air.

Wash your hands regularly.

Cough etiquette.

Rest and keep stress at a minimum.

Get supplements.

How can we keep our body healthy in winter?

SummaCare offers seven tips to help you stay healthy this winter and into the warmer weather months ahead.

Get Up to Date on Vaccinations. ...

Practice Proper Hygiene. ...

Protect Your Heart. ...

Be Mindful of Driving Conditions. ...

Wear Shoes with Good Traction. ...

Stay Hydrated. ...Get Vitamin D

How do I prepare myself for winter?

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power.

What foods to eat in winter?

The most warming vegetables that are good for your body are root vegetables like carrot, potato, onions, garlic, radish, yams, sweet potatoes, beets, turnips, etc, and hearty winter greens like palak, methi, sarson, muli, pudina, etc.

How do you keep your body warm naturally?

Go for a walk or a jog. If it's too cold outside, hit the gym, or just do some jumping jacks, pushups, or other exercises indoors. Not only will it warm you up, it helps build and keep your muscles, which also burn calories and make body heat.

What foods to avoid in winter?

Winter Foods To Avoid

Dairy Products. If you're a big fan of dairy products like cheese, milk, and yogurt, it's best to put a break on their consumption during winter. ...

Raw Vegetables. ...

Chilled Aerated Drinks. ...

What can I drink to keep my body warm?

5 Beverages To Keep You Warm This Winter!

Apple cider and cinnamon.

Warm lemon water.

Ginger brew.

Masala Tea.

Coffee.

Which fruit is heat for body?

Fruits like mangoes, apples and oranges are considered as hot foods; excessive consumption of these fruits may lead to irritation in the stomach. Common kitchen foods like onion, garlic, black pepper, ginger and other spicy foods are responsible for producing heat in the body.

What vitamin Are you lacking if you are always cold?

Lack of vitamin B12 and iron deficiency can cause anemia and lead you to feel cold. Good sources of B12 are chicken, eggs and fish, and people with iron deficiency may want to seek out poultry, pork, fish, peas, soybeans, chickpeas and dark green leafy vegetables.



# Frequently asked questions and answers for weight loss

## Part 2. By Dr. Quinten D. Fourie, IntegraCve, aestheCc and General PracCConer. MBBCh (Wits), PGPB(Boston)



### Will the patient expect a prescription?

Yes, most patients will expect medication to help them with the start of their weight loss journey. If patient has an appetite problem, prescribe a safe appetite suppressant. If their waist circumference is far above 90cm, and you suspect insulin resistance, start with a metformin. Further prescriptions can be prescribed after review of blood results. If metabolism seems to be an issue, Topiramate, Levothyroxine, Metformin and Phentermine can be prescribed off label, but personally I will rather wait for the blood results, although patients can be adamant to leave the consulting room with a prescription, sometimes very specific.

### Do you treat childhood obesity?

Personally, I can treat childhood obesity as I have done a Postgraduate certificate in Paediatric Nutrition through Boston University, but I am more comfortable to treat obesity from the age of 12. I'd rather refer to Paediatrician or Paediatric Endocrinologist if the child is under 12 years.

There may be other medical conditions that needs other therapy which should be diagnosed and treated. Many of the adult medications cannot be prescribed in kids under the age of 12.

### Do you prescribe Bio-identical hormone replacement?

Yes, I personally do. They are very safe, and you have multiple combinations for patients. They are safer because they are identical hormones to endogenous hormones. Although this is a topic on its own, out of my experience most patients do better on bio-identical hormones, they have less side effects, and very little risk for breast cancer or thromboembolism. My own theory is to let the patient age healthy. Giving them their essential hormones, decreases the speed of ageing, but it helps with maintenance of health and prevention of disease. This choice I leave in the health practitioner's hands as everyone has their way of doing things.



### Do you prescribe HCG or MIC?

These are strategies that you decide whether you want to use them. HCG is a synthetic Human Chorionic Gonadotrophin, which basically increases the Leptin hormonal level, that will cause quicker satiety, decrease fat storage, and increase fat breakdown. MIC is methionine, inositol and choline that assists with mobilization and detoxification of fat via supporting the liver. You can use both together, although I have seen in practice, they are less effective together. What I would suggest is to use your HCG for 4-6 weeks and then break for two weeks with HCG, where you can use MIC during that two-week break, and repeat the cycle if needed.

### How much weight loss can your patient expect?

It is important to note that results usually vary, because the goal is to help the patient to understand the importance of healthy lifestyle, exercise and only to treat what is necessary. Mostly one may expect a 5% to 10% loss of their current weight. Many patients will lose more, all depends on starting weight, sticking to diet and exercise, and continuing with medication. Duration I always mock the patient by telling them that the time it took you to gain the weight is the time it will take you to lose weight, but this is not entirely true.

**Then the most common question is, if their insurance / medical aid will pay?**

In South-Africa none of the Medical Aids do not cover for obesity treatment, although some medical aids have their own obesity plan for the patient, but only focus on healthy diet and exercise, all done telephonically. I don't know if obesity is covered in other countries.





# Spoil yourself



Ways to spoil MOM on Mother's Day.

- Send Her for a Spa Day.
- Get Artistic at Waffles and Watercolors.
- Give Her Flowers.
- Make Her Breakfast in Bed.
- Have a Picnic.
- Host a Mother's Day Party.
- Make a DIY Mother's Day Gift.
- Create a Scavenger Hunt.

Make your mom feel extra special by spoiling her with one of her favourite home cooked meals. Decorate the dinner table with her favourite colours and place special notes of how much you appreciate her around her plate. Top the evening off with a one of a kind gift she will remember forever.

Try posting something that you know will make her smile, such as a silly cat picture, a movie-related meme, or even just a sincere compliment. Invite her to do something fun. Inviting your mom to go and do something with you is also a good way to cheer her up.

## MEDIA HOUSE

Top Vibe

Magazine

Top Vibe

Magazine

Glamour Talk Mag

50+

subscribers

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



# Winter health tips...

Exercise regularly. Exercise to increase your energy, improve your mood manage weight gain.

...

Drink water. Your body needs water in winter as much as it does during summer. ...

Eat well. ...

Fresh Air. ...

Wash your hands. ...

Cough etiquette. ...

Rest and keep stress at a minimum. ...

Get supplements.

Exercise regularly

Exercise to increase your energy, improve your mood manage weight gain. If an outdoor activity such as running doesn't appeal to you, try working out at home. Try to exercise for 30 minutes per day and three times per week.

Drink water

Your body needs water in winter as much as it does during summer. Drinking water can combat dehydration, that leaves you feeling tired. It also helps with weight loss.

Eat well

Choose healthy foods that contain plenty of nutrients to increase your immunity against disease. Eliminate salty and sugary foods. Instead, increase your consumption of winter squash, citrus fruits, cabbage and lentils. Fruits are also a great source of water.

Fresh Air

Allow stale air to leave your home, office or car by opening windows. This creates a germ free environment and decreases your chances of getting seasonal colds and flu.

Wash your hands

It may be an everyday task, but washing your hands properly can prevent the spread of germs. Remember, we touch many surfaces and need to sanitise our hands regularly. Keep hand sanitiser or wet wipes. Or use water and soap with warm water.

Cough etiquette

Cough into your elbow or upper sleeve so that germs won't spread when you use your hands. When sneezing, use a tissue and don't leave it lying around.

Rest and keep stress at a minimum

A good night's rest and low stress levels helps your immune system which helps to fight colds and flu. If you're exhausted, try to get a good night's rest and try not to watch television or consume caffeine

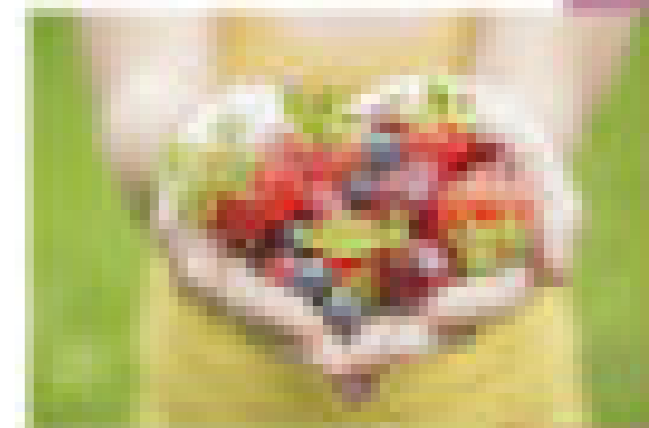
before bed as it may interfere with your sleep. On average, we need seven hours of sleep every night.

Get supplements

Using supplements can help your immune system. Visit your doctor or pharmacist and stock up on multi vitamins, especially vitamin C which fights colds and flu.

Clean your home

You'll be spending a lot of time indoors, so keeping your home environment clean should be a priority. Keep surfaces clean and clear air vents. It's important to keep your home's air clean.



# MAGAZINE

## Media House



**NEXT ISSUE JUNE 2023**

**REMEMBER**

**FATHER'S DAY 18 JUNE 2023**

**TO DOWNLOAD GO TO**

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