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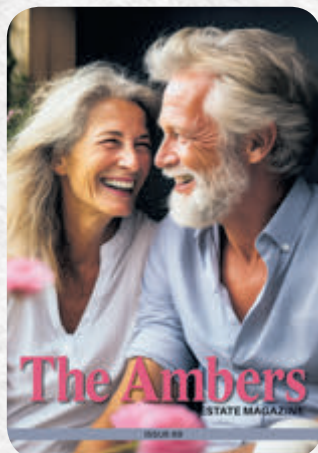
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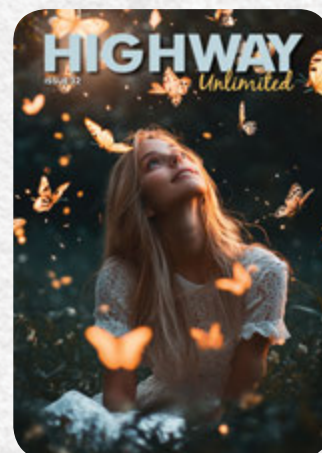
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Highway Unlimited is
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There is no doubt the world of printed publications has changed radically, it's become more specialized, either by topic or location. Instead of publishing a 'one-size-fits-all' product the focus has switched to niche markets - an aspect which **Kal - Media Publishing** are leading experts in KZN. Established over twenty years ago, we made the decision early on (unlike many of our other competitors) not to switch entirely to on-line versions of our magazines; we do both!!

Our research has proven our audience enjoy our hard copies, as do our community advertisers, some of which have been with us for twenty years.

We invite you to join us, if you are in business in one of our 'niche markets', call or email us. You'll be surprised by our reasonable rates and there are added bonuses; such as editorial space, long term contract benefits and of course, you become part of our special community.

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MEDIA PUBLISHERS
KALEIDSCOPE

Dear Readers

Have you ever just sat down and thought, really thought, what would make you happy?

I can hear things like a bigger house, no worries, money, money, money. Lets face it, it is what makes the world go around, or so they say? And yes, I also hear you say that you would rather be unhappy with money than without it. Buying things only makes you happy for a short period of time and you eventually get used to what you had. Then you move on to your next desire.

But seriously, what about the freedom to make your own decisions? To be able to choose who you are or what you want to be? Not to be judged for your decisions? Respect in the workplace or at home? Many people spend their entire lives searching for the answer to happiness. Everyone wants to know how to be happy and yet you probably don't know many people who actually are.

It's like the proverbial genie in the bottle, granting you three wishes!!! So give it some thought, because only you know what would truly make you happy.

We do have trying times what with the price of petrol, and the on-going road works to name a few. You only need to look out the window at the beautiful day to make you optimistic and a little happy with life at least.

It makes one think!!!!

Till we meet again

Pat Franken

082 552 3027



I've learned.... that one of the simplest ways to stay happy, is by letting go of the things that made you sad.



IN THIS ISSUE

- Page 06** Armchair Travel: The Post Office Tree - Mossel Bay
- Page 08** Does Pasta make you fat?
- Page 09** Healthy Pasta Recipes
- Page 11** From Farm to Table
- Page 13** Just a thought - Mid Life Crisis
- Page 14** Vet Talk with Doctor Nic - Your new puppy coming home Part 2
- Page 16** Constipation - How Physiotherapy can help
- Page 19** Skin Cancer - One of the most common cancers
- Page 22** Warm up your home this winter

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On My Mind by William Meyer

Making Sense Of Your Cents Investing Overseas – The Importance Of Diversifying Your Portfolio * Extraordinary Profits From Ordinary Shares * Winning Stock Market Strategies *

Geopolitical risks and massive market volatility are factors investors need to contend with. At times like this the importance of planning carefully and considering off-shore opportunities and idiosyncratic shares is clear.

It is critical for investors to have an international strategy. Adding an off-shore equity/currency component to a South African portfolio reduces the risk of volatility of the overall portfolio. If any one currency or country enters a bear market, an investor will be protected by a diversified portfolio.

The best countries to invest in have fewer government regulations and interference, less government ownership, fewer trade unions, lower taxes and no foreign exchange controls. A thoughtful allocation of capital that results in an ambivalent attitude towards political risks and currency moves is another way to avoid catastrophe.

Idiosyncratic growth stocks are an important building block in achieving this goal.

The profitability of these companies is driven by their own fundamentals, rather than macro-economic conditions, like the US-China trade war.

At Fenestra we tailor client's portfolios according to their individual needs.

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We consistently steer our clients away from risky investments and toward great companies. In the process we have protected clients from the worst calamities, e.g. Steinhoff and African Bank. Since inception in 1992 Fenestra has regularly outperformed the market, as measured by the All Share Index. In 2018, another good example, Fenestra did not buy or hold any of the worst 20 performing stocks, pointing to a significant out-performance of the market. We are very suspicious, paranoid and focussed, with 10 to 12 well researched shares in a portfolio. We invest in companies with great track records, honest management, strong balance sheets and great future prospects.

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William Meyer
079 624 4031

The bottom line

Fenestra doesn't invest clients' money in generic portfolios. Rather investment portfolios are custom made. We listen to our clients, find out exactly what their investment objectives are and design portfolios accordingly. **William Meyer CEO**

Why Fenestra?

Our Mission

Fenestra strives to be a great South African and International specialist investment group. We are driven by a passion for outstanding performance and an unwavering commitment to our philosophies and core values.

"The inherent vice of capitalism is the unequal sharing of blessings, The inherent virtue of socialism is the equal sharing of miseries."
Winston Churchill

We all find some of the 'faces' of capitalism unacceptable. At Fenestra we strive to change what we can. Our clients use their success to set up legacies for the greater good. We need to remember we are custodians and stewards of our wealth and we must act wisely.

I also love Apple CEO Tim Cook's words in the latest Apple results: *"We're always searching across a world of possibilities, finding those places where we can do the most good."*
We are grateful. Apple helped us find the Fenestra motto for 2025.

Focus

Fenestra limits its attention to about 50 outstanding companies but will invest in no more than 10 of them. This restricts the portfolio to only five or six outstanding performers. It is a style of investment advocated by the world's most famous investor, Warren Buffet, of whom CEO William Meyer is an avowed disciple.

Criteria

The criteria for investments are simple but top of the list is honesty of management. Other key investment criteria include an established profit history, a growing market with growing margins, strong cash generation ability and some blue-sky potential. It is also preferable if the managers are very significant shareholders.

Performance

Since inception in 1990 Fenestra Asset Management has regularly outperformed the market (as measured by the ALSI).

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William Meyer CEO

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The Post Office Tree Mossel Bay

The Post Office Tree, in Mossel Bay, is a famous historical landmark located in the Bartolomeu Dias Museum Complex.

This ancient milkwood tree, believed to be around 600 years old, is often described as South Africa's first "post office." Its significance dates to the early 1500s, when Portuguese explorers used it as a place to leave messages for one another while sailing along the coast.

The story begins in 1500-1501, when a Portuguese sea captain, Pêro de Ataíde, sheltered in Mossel Bay after a storm damaged his fleet. He wrote a report about the dangers he had encountered and placed it inside a shoe, which he hung from the

tree. The message was later discovered by another explorer, João da Nova, making the tree a reliable communication point for passing sailors. Over time, it became a kind of informal postal system where letters were left in boots, pots, or under rocks for others to collect.

Today, the Post Office Tree remains a popular tourist attraction and an important heritage site. A boot-shaped post box has been installed beneath the tree, allowing visitors to send letters that receive a special commemorative stamp. This unique tradition keeps alive the legacy of one of the earliest forms of postal communication in South Africa, linking modern visitors with a practice that began over five centuries ago.



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Does Pasta make you fat?

Pasta often gets a bad reputation when it comes to weight gain, but the truth is more balanced than many people think. On its own, pasta is simply a source of carbohydrates, which the body uses for energy. It's not inherently "fattening." What matters most is how much you eat, how often you eat it, and what you pair it with. Like many foods, pasta can be part of a healthy lifestyle when enjoyed in moderation.

Portion size plays a big role. It's easy to serve more pasta than the body needs, especially when large plates and generous helpings are the norm. A sensible portion, combined with other nutritious foods, can be satisfying without being excessive. Adding vegetables, lean proteins, and healthy fats helps create a more balanced meal that keeps you fuller for longer and reduces the likelihood of overeating.

The type of pasta you choose can also make a difference. Whole grain or whole wheat pasta contains more fibre than refined versions, which helps support digestion and provides a steadier release of energy. This can help prevent spikes and crashes in blood sugar levels, making it easier to maintain a healthy weight over time. For families, it can be a simple switch that offers added nutritional value without sacrificing taste.

It's also worth looking at the sauces and toppings that often accompany pasta. Creamy sauces, large amounts of cheese, and processed meats can add significant calories and fat. On the other hand, lighter options like tomato-based sauces, olive oil, fresh herbs, and vegetables can keep meals flavorful without being overly heavy. Small changes in preparation can make a noticeable difference.

In the end, pasta doesn't make you fat—habits do. A balanced diet, regular physical activity, and mindful eating are what truly influence weight and overall health. For families, enjoying pasta as part of varied, home-cooked meals can be both nutritious and comforting. It's all about finding the right balance and making choices that support a healthy, happy lifestyle.



Vegetable Pasta – One Pot!

INGREDIENTS

- 1 tbsp olive oil
- 2 Garlic cloves , minced
- 1 Onion , finely chopped
- 2 Zucchini, halved lengthwise and cut into sliced 0.8cm / 1/3" slices
- 1 Red capsicum/bell pepper, halved and sliced
- 1 Cup corn (frozen or canned)
- 1 Broccoli, broken into bite size florets
- 250g Penne, or other short pasta
- 800g Crushed tomato
- 1.5 Cups/375ml vegetable or chicken broth
- 2 tbsp tomato paste
- 1 tbsp Italian herb mix (or other dried herbs)
- 1 tsp Garlic powder
- 1/2 tsp Red pepper flakes (chilli flakes, adjust spiciness to taste)
- 1.5 tsp Salt
- 0.5 tsp Black pepper

OPTIONAL:

- 1.5 Cups shredded cheese of choice

TO SERVE:

- Finely chopped parsley (optional)
- Parmesan (if not using cheese)

INSTRUCTIONS

- Heat oil in a large pot over medium. Add garlic and onion – cook slowly for 3 to 4 minutes until onion is translucent and sweet.
- Turn heat up to medium high, add zucchini and capsicum. Cook 1 1/2 minutes.
- Add remaining ingredients EXCEPT pasta and broccoli. Stir until tomato paste dissolves.
- When liquid starts bubbling, lower heat to medium, add pasta and stir. Top with broccoli, push in.
- Place lid on and cook for 5 minutes.
- Remove lid. Cook for another 3 to 4 minutes, stirring frequently, until pasta is almost cooked through and most of the liquid has been absorbed by the pasta.
- Stir through half the cheese (if using). Adjust salt and pepper to taste.
- Top with remaining cheese, put lid on. Leave for 1 minute until cheese is melted and pasta is perfectly cooked.
- Garnish with parsley and serve immediately.
- Don't leave leftovers in the pot, residual heat will overcook the pasta so transfer into a serving dish.



Creamy Chicken and Pasta Bake

INGREDIENTS

- 500g of chicken cubes
- 1 Packet Royco® Parmesan & Garlic Flavour Potato Bake.
- 1 Cup of sliced mushrooms
- 1 Cup of sliced zucchini
- 1 Crushed garlic clove
- 2 Cups of cooked Penne pasta
- 50ml of butter
- 500ml of fresh cream
- 2 Cups of grated Cheddar cheese

METHOD

- Brown your chicken using butter.
- Add in the garlic and veggies and stir well.
- Mix Royco® Parmesan & Garlic Potato bake with the cream and add to the mixture.
- Top it all off with the cheese and bake for 30 minutes.
- Serve with milled black pepper.

VEGETARIAN

This pasta already features mushrooms and courgettes, simply switch the chicken with fine broccoli florets for a completely vegetarian meal.

FAMILY FRIENDLY

Grate the courgette instead of slicing it to hide this nutritious veg from picky eaters.



TOP TIP:

Drizzling olive oil over cooked pasta makes the sauce slip off, not stick. Time your pasta and sauce so that they can be mixed together before the pasta clumps together.

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Old Fashioned Vegetable Barley Soup

YOU WILL NEED – MAIN DISH

- ▶ 750 g Beef shin
- ▶ 2 T (30 ml) Oil, olive or canola
- ▶ 2 Large onions, chopped
- ▶ 1 Tsp (5 ml) Ina Paarman's Green Onion Seasoning
- ▶ 16 Cups (4 litres) of water
- ▶ 2 x 25 g Ina Paarman's Chicken or Liquid Beef Stock
- ▶ 1 Cup (250 ml) pearl barley
- ▶ ½ Cup (125 ml) split peas
- ▶ 4 Large carrots, grated
- ▶ 3 Large potatoes, washed and grated
- ▶ 3 Stalks of celery, finely sliced
- ▶ 400g Tin chopped tomatoes

GARNISH

- ▶ ½ cup fresh parsley, chopped
- ▶ grated rind of 1 lemon

METHOD

Sauté the meat until lightly browned in the oil. Remove the meat and keep on one side. Add the onions seasoned with Green Onion Seasoning and stir-fry until golden.

Add all the remaining ingredients, except garnish, cover with a lid and simmer slowly for ± 2½ hours or cook in the slow cooker for ± 4 hours or in the pressure cooker for an hour.

Taste for seasoning and serve in warm bowls or mugs. Garnish with parsley and lemon rind. Delicious with buttered Portuguese rolls.



There's something special about bringing food home from a local farm stall. It's more than just shopping, it's an experience that connects families to the land, the seasons, and the people who grow their food. Brightly coloured fruits, freshly picked vegetables, homemade jams, and warm baked goods create a sense of authenticity that supermarkets often can't match. For many families, a visit to a farm stall becomes a simple but meaningful outing, filled with discovery and inspiration.

Buying from farm stalls also encourages healthier eating habits. Produce is often fresher, having travelled only a short distance from field to shelf, which means it retains more of its natural flavour and nutrients. Children, especially, benefit from seeing where food comes from, learning that carrots grow in the ground and that eggs don't start in cartons. This hands-on connection can spark curiosity and make mealtimes more engaging for the whole family.

Another benefit is the opportunity to support local farmers and small businesses. Every purchase contributes directly to the people who work hard to produce quality food, helping sustain local communities and traditions. In a time when convenience often takes priority, choosing a farm stall is a small but powerful way to invest in sustainability and local livelihoods.

Bringing your farm stall finds to the table can also inspire creativity in the kitchen. Seasonal ingredients encourage families to try new recipes or rediscover simple, wholesome meals. A basket of ripe tomatoes might turn into homemade pasta sauce, while fresh herbs can transform everyday dishes into something special. Cooking together as a family becomes easier and more enjoyable when the ingredients are fresh and full of flavour.

Ultimately, the journey from farm stall to table is about more than just food, it's about connection, care, and shared moments. Whether it's a weekend outing or a quick stop on the way home, these experiences bring families closer to what they eat and to each other. With every meal prepared from fresh, local ingredients, the table becomes a place not just for nourishment, but for warmth, conversation, and lasting memories.

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HOW TO AVOID PLUMBING ISSUES



- Fix leaks quickly – even small drips waste a lot of water
- Don't pour grease or oil down drains – it causes blockages
- Use drain strainers to catch hair and debris
- Know where your main water shut-off valve is
- Avoid chemical drain cleaners – they can damage pipes
- Insulate pipes to prevent heat loss and freezing
- Check water pressure – too high can damage plumbing
- Run hot water after using the sink to help clear residue
- Regularly inspect pipes for corrosion or leaks
- Call a professional for major issues to avoid costly damage

TOP ELECRCITY SAVING TIPS

- Switch to LED bulbs
- Turn off and unplug unused devices
- Use energy-efficient appliances
- Set your water heater to ~55–60°C
- Wash in cold water, air-dry clothes
- Use lids when cooking to save heat
- Take advantage of natural light
- Use timers or smart plugs to manage usage



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MID LIFE CRISIS

I was waiting in line to pay for groceries and could hear the lady three down, on the cellphone telling her friend (I presumed) about Anita having a mid-life crisis! I was dying to turn around and see how old this lady was, as presumably Anita was the same age.

Got me to thinking! What age does one have a mid-life crisis? And does that happen to everyone? They say the life span today is three score and 10, that makes it 70, if my memory serves me correctly. So half-way is what I take from mid-life, should be around 35. Turned around and had a peek, and this lady was around 50-ish. So.....

Suppose after 40 one tends to be more aware of the time left and the things which are undone in your life. I mean 40 is the new 30, or so they say, and 70 is believed to be the new 60 or 50 depending on who you are. I still see myself as the child I was long ago, maybe that is what keeps me young at heart? I wonder if her crisis came in a big or small package. For some its divorce, retrenchment, illness. For others it is probably daily boredom, unease, or depression. A part of you that says there is something or someone no longer in one's life. Wonder which one Anita was coping with?

What can one do about it? Obviously, Anita was depending on her friend to get her out of this one and help her with personal roadmap to get through her problem. What do you do if you do not have a friend to depend on? Do you just let the current take you away? Do you stop working and start living? Or do you just stay focused and strive for more happiness in your life?

My thoughts, and what I would do, and I suppose after much thought, is possibly

create a new vision and just take small steps each day with the intent towards creating a new route and not let this aspect of life slow me down. Yes, bills do have to be paid, chores and work must be done, that's life, but I suppose one must ensure that one identifies the important actions you take to move you towards what you want vs. what you do not want in life.

OR.... As the last words of the book of Gone with the Wind - Scarlett O'Hara says, when faced with her crisis "I'll just think about it tomorrow".



WHAT IS A MIDLIFE CRISIS?

- ▶ A midlife crisis is a psychological transition, not a medical illness.
- ▶ It affects roughly 10% to 26% of adults, typically between ages 40 and 60.
- ▶ **Key Facts Triggers:** Usually caused by major life events like divorce, job loss, or illness, rather than aging alone.
- ▶ **Happiness Curve:** Life satisfaction often bottoms out in the 40s and rises again in the 50s.
- ▶ **Gender Factors:** Hormonal shifts like menopause in women and lower testosterone in men can worsen symptoms.
- ▶ **Signs & Action Symptoms:** Look for sudden mood swings, impulsive spending, or social withdrawal.
- ▶ **Vs. Depression:** A crisis is temporary, but if daily functioning suffers, it could be clinical depression.
- ▶ **Coping:** Focus on positive lifestyle changes, counseling, or starting constructive new hobbies.



Vet Talk

with Dr. Nic



YOUR NEW PUPPY COMING HOME Part 2

Now that there is some more understanding as to what we vaccinate against, let's return to your new puppy coming home.

To summarise from the previous article, puppies require 3 sets of vaccinations generally 3 – 4 weeks apart, starting from 8 weeks old, then 12 weeks, then 16 weeks. Different clinics may have variations on this, but each pup must get 3 sets of vaccinations. If you have never had a parvo positive puppy on your property before, then allowing your new little pup in the garden is fine, but we caution against taking them into public areas like parks, markets and the beach until at least a week after their 3rd primary vaccination. This will ensure that their immunity is top notch, so should they be exposed to any of the nasty diseases, their immune system is ready to tackle the disease. We advise making an appointment to see your vet within the first few days of bringing your new pup into your home for a check up and see if everything is in order or what may need attention.

Deworming is VERY important and we do this throughout the initial primary vaccination phase to make absolutely sure that there aren't any annoying internal parasites present, as they can quite severely hinder your pups development if they are present. Usually (and I generalise here), reputable breeders will have a vet record vaccination booklet / card that shows when the vaccinations were given, when the next one is due and what deworming the little one has already had. Your vet will then guide you through the rest of the process. It's always a good idea, especially in a multi pet household, to do one big deworming session for EVERYONE, humans too, after the introduction of a new pup. Unfortunately, pups acquired from some welfare organisations can be absolutely riddled with parasites, be it ticks and fleas to worms, but what most people aren't aware of is the other parasites that are not worms and your regular dewormers will not get rid of. These include Coccidiosis and Giardia, both intestinal parasites that can cause serious issues and growth stunting. Saldy, due to over crowding and unsanitary

conditions, pups from some welfare organisations are particularly prone to getting some, if not all of these parasites. They are easily treated thankfully, but they need to be identified, by a vet, and treated appropriately.

Nutrition cannot be over emphasised. Bottom line, if you are able to afford a premium food for your puppy, please do so. As with children, the better their nutritional input, the better and healthier their development. Depending on the adult size of your pup, feeding a premium (adult size appropriate) diet for at least 12 months is the best way to do it. For the large to giant breeds, it is recommended to feed a premium brand for 18 months to 2 years. First prize would be to remain on a premium diet if possible, otherwise another good quality adult food, but speak to your vet for guidance on this area. When selecting the correct "size" food for your pup, generally the foods are divided into 3 main categories – Small-mini breed (<10kg), medium breed (10kg-25kg), large / giant breed (25kg+). This is based on the anticipated ADULT weight of your pup.

Now is also the time to get your pup onto a good Pet Insurance too, before anything happens so that nothing can be reported as a "pre existing" condition that won't be covered. Even if it is just an Accidents and Emergencies insurance, because puppies will be puppies.

Socialisation and puppy training are also so important too. Teaching your pup the basics of obedience is paramount. Getting your pup socialised too, not only with other dogs, but other people and children. Pups are able to join our Watercrest Pups Puppy School after their second vaccination. The earlier they can start learning, the better!!! And we utilise a portion of the grounds on our property for this, that ONLY vaccinated animals go onto, which is why it is fine for the pups



to go there too, even though they haven't yet received their 3rd vaccination. It is so cute to watch the pups learning through instruction and through play, to become happier well rounded individuals.

Sterilisation needs to be discussed to, in a nut shell, there are far too many unwanted / abandoned animals in this world, caused by humans. Your kids don't need to see the "miracle of birth", it's messy and gross. Your female doesn't need to have puppies to "complete her" or because "she'd make such a good mom". None of these reasons is justifiable to bring a litter of puppies into the world, "just because". There has been a shift in the timing of sterilisation now a days. Small to medium breeds can be done from 6 months, both male and

female. We are now leaving the large to giant breed dogs, if possible, to at least a year or giant breeds, 18month before sterilising. Through research, it has now been shown to be beneficial from a developmental point of view to leave the larger breeds a bit longer, so that they can reach skeletal maturity before sterilisation.

If there are behavioural issues, mainly in males, that start to manifest before 12 months of age, it is then still prudent to get them sterilised sooner than 12 months. It is often the men in household that seem to have an issue with castration of their male dogs. If your male dog has a sweet and awesome demeanour, castrating him will not change this. If he is aggressive and dominant, castration removes the male hormone induced bravado and can calm them down, provided it is done when they are still young and doesn't become learnt behaviour vs hormonal driven behaviour. "But my dog always licks down there, he will know his testicles are missing", this is false.

Dogs do not have the cognitive function to realise they're missing. So that isn't an excuse to not have the procedure done. Male dogs that are left intact can get all the same conditions human males can get, such as prostatic issues or cancer and testicular cancer too. Sometimes the testicles don't drop into the scrotum, this is a condition known as Cryptorchidism. The retained testicle needs to be removed, sometimes both, as if they are left internally, they become cancerous over time.

Bitches, unless they are a legitimate breeding bitch, should be spayed too. They too can be susceptible to getting mammary cancer (breast cancer) and also a nasty condition known as a Pyometra, which is an infection inside the uterus and can be life threatening. This generally requires emergency surgery to save the dogs life, and this condition usually manifests much later on in life after multiple seasons. Leave the breeding to the breeders, it is so incredibly irresponsible for a pet to have a litter "just because". It is because of this mind set that there are so many unwanted and abandoned dogs around, which puts unacceptable pressure on welfare shelters, like the SPCA, who are then unfairly criticised for having to euthanase high numbers of dogs because they are unable to be rehomed. It is a human problem due to human causes, so please, let's not be irresponsible.

In our next article, we'll be covering aspects of acquiring a kitten, what needs to be done when and what to expect.



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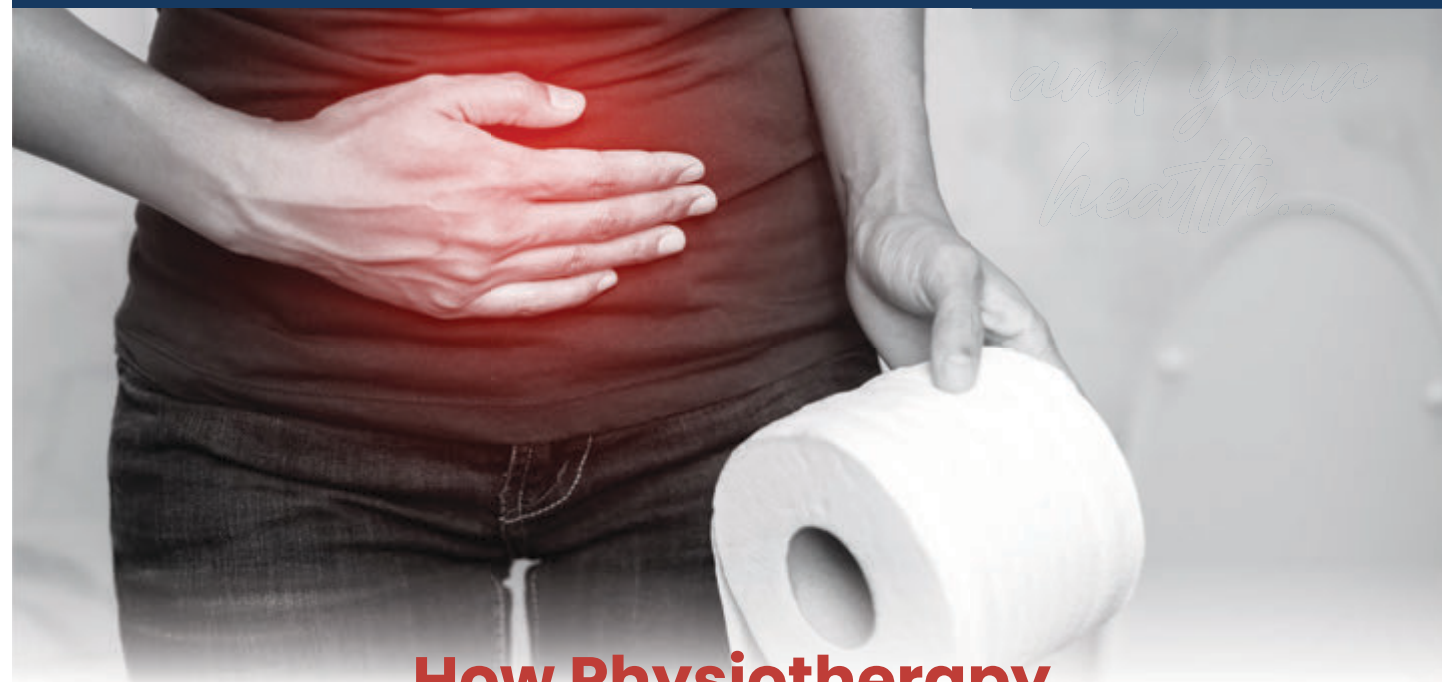
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CONSTIPATION



How Physiotherapy can help restore comfort and movement

Constipation is a common yet often overlooked health issue affecting people of all ages. While it may seem like a minor inconvenience, ongoing constipation can have a significant impact on overall health, comfort, and quality of life. It can influence energy levels, posture, pelvic health, and even contribute to ongoing pelvic or lower back pain. Understanding why bowel health matters - and how physiotherapy can help - is an important step toward long-term wellbeing.

What Is Constipation?

Constipation is generally defined as infrequent bowel movements (fewer than three per week), difficulty passing stools, hard or dry stools, excessive straining, or a sensation of incomplete emptying. Some people may experience bloating, abdominal discomfort, or sluggish digestion as part of the condition.

Constipation can be caused by a range of factors including poor hydration, low fibre intake, stress, reduced physical activity, certain medications, pregnancy, surgery, and medical conditions affecting the gut or nervous system. Importantly, constipation is not always just a digestive issue - it is often influenced by muscle function, posture, breathing patterns, and lifestyle habits.

Why Healthy Bowel Habits Matter

Regular bowel movements are essential for removing waste products and maintaining gut health. When stools remain in the bowel for too long, water is absorbed from them, making them harder and more difficult to pass. This can lead to increased straining, discomfort, and disruption of the body's natural rhythm. Poor bowel habits over time may contribute to haemorrhoids, fissures, pelvic floor dysfunction,

urinary symptoms, and chronic pain. Constipation can also affect appetite, sleep, and daily functioning, reducing overall quality of life. Maintaining healthy bowel habits supports not only digestive health, but also pelvic stability, spinal alignment, and general physical wellbeing.

The Link Between Constipation, Pelvic Pain, and Lower Back Pain

The pelvic floor is a group of muscles that supports the bladder, bowel, and reproductive organs. These muscles must be able to both contract and relax appropriately to allow for normal bowel emptying. Chronic constipation and repeated straining place excessive load on the pelvic floor, often causing the muscles to become tight, fatigued, or poorly coordinated.

When the pelvic floor is not functioning optimally, people may experience pelvic pain, discomfort during bowel movements, bladder issues, or feelings of pressure or heaviness. In addition, the pelvic floor works closely with the deep abdominal muscles and lower back muscles to support posture and movement. Dysfunction in one area can affect the others.

A persistently full bowel or straining posture can also alter spinal mechanics and increase tension through the lower back and hips. Over time, this may contribute to chronic lower back pain, stiffness, and reduced mobility.

How Physiotherapy Can Help Manage Constipation

Physiotherapy plays an important role in managing constipation by addressing the musculoskeletal and

functional factors that influence bowel movement. A physiotherapist may assess posture, breathing patterns, abdominal and pelvic floor muscle function, and movement habits.

Treatment may include:

- ▶ Pelvic floor muscle retraining, focusing on learning how to relax and coordinate the muscles during bowel movements rather than over-contracting.
- ▶ Breathing techniques, particularly diaphragmatic breathing, to reduce abdominal pressure and support natural bowel emptying.
- ▶ Abdominal muscle activation, helping to improve the gentle pressure needed to move stool through the bowel without straining.
- ▶ Toileting posture education, such as using a footstool to elevate the feet, which helps align the bowel in a more effective position.
- ▶ Lifestyle and bowel habit education, including establishing regular toileting routines and responding promptly to natural urges.
- ▶ Exercise prescription, as regular movement stimulates gut motility and supports overall digestive health. Physiotherapy focuses on restoring normal function and reducing reliance on laxatives, where appropriate.

Physiotherapy for Pelvic and Lower Back Pain

When constipation is associated with pelvic or lower back pain, physiotherapy can address both issues together. Treatment may include hands-on therapy to reduce muscle tension, targeted strengthening of core and pelvic muscles, stretching to improve mobility, and postural retraining.

Physiotherapists also help individuals understand how everyday activities, lifting habits, prolonged sitting, and stress can influence both bowel function and pain levels. Education and self-management strategies form a key part of long-term recovery. Supporting Bowel Health Through Daily Habits Alongside physiotherapy, simple lifestyle measures are essential. A balanced diet rich in fibre from fruits, vegetables, whole grains, and legumes supports stool bulk. Adequate hydration keeps stools soft and easier to pass. Regular physical activity, even gentle walking, promotes healthy bowel movement. Consistency with meals and toileting routines helps train the bowel over time.

When to Seek Help

If constipation is persistent, painful, or associated with pelvic discomfort or lower back pain, professional assessment is recommended. Physiotherapy offers a safe, effective, and holistic approach to managing constipation and its related symptoms.

Healthy bowel habits are a foundation of good health. With the right guidance and support, constipation can be managed effectively, improving comfort, movement, and overall quality of life.

Bianca Buter



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TIPS ON LIGHTING TRENDS FOR YOUR KITCHEN IN 2026

- ▶ **Layer lighting:** combine ambient, task, and accent
- ▶ Use under-cabinet LED strips for clear prep lighting
- ▶ Add statement pendants over islands or dining areas
- ▶ Try backlit backsplashes or countertops for a modern glow
- ▶ Choose warm, soft color temperatures (cozy over harsh white)
- ▶ Install dimmers for flexible mood and function
- ▶ Highlight features with accent lighting (shelves, niches)
- ▶ Go for energy-efficient, smart-controlled lighting



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SKIN CANCER

one of the most Common Cancers

Catch it early, Don't get caught!



Skin Cancer Screening and molemapping is about early detection, prevention & treatment of skin cancers. The biggest cause of skin cancer is exposure to ultraviolet light especially the sun.

The main types of skin cancer are Melanoma, Basal Cell Carcinoma and Squamous cell carcinoma.

1. **Basal cell carcinomas** are the most common ones and can be very disfiguring if not treated timeously. They are raised, transparent, pearly nodules that form on the skin, usually on the face and other sun-exposed areas.
2. **Squamous cell carcinomas** are usually flat and scaly. Any sore that does not heal like normal is suspicious of being cancerous.
3. **Malignant melanoma** is a type of cancer that develops from pigment containing cells. It can at first look like a freckle or an innocent mole that has been there for a long time. However, a melanoma can appear anywhere on the skin. They can be small brown or black or larger, multi-coloured patches on the skin with an irregular outline. They may also become elevated, crusty and may even itch and bleed. But they spread easily and are therefore the dreaded killers.

The Good News: Skin Cancer Is both Easy to Identify and Easy to Treat in The Early Stages. Just Be Aware and have your skin checked regularly!

It is a good idea to check your skin every three months to look for early signs of skin cancer.

Any new moles or any moles with changes (size, thickness, discolouration, bleeding or not healing, etc.) should be checked! If you find something that seems suspect to you, rather be on the safe side and have it checked out.

Remember The ABCDE Rule

A for Asymmetry
(one half looks different from the other half)



B for irregular, blurred or jagged **B**orders

C for Colour variation



D for Diameter larger than 6 mm



E for Evolving or Elevating over time



[ABCDE images credit: Skincancer.org]

Who is more at risk of skin cancer?

- ▶ People who have lots of moles or large moles.
- ▶ People with a history of skin cancer themselves or in their family.
- ▶ People who had severe blistering or burning during their childhood or adolescence.
- ▶ People with light skin, blond or red hair and blue, green or grey eyes.
- ▶ People who have been/are exposed to sun very often.
- ▶ People who abuse(d) steroids to increase their sport performance.
- ▶ People with auto-immune diseases on treatment

Dr Annemie is a family physician in Waterfall, 32 Link Road (Durban KZN) with a special interest in skin cancer since 2010. With specialised equipment, Dr Annemie will examine your skin, scan your moles, identify suspicious lesions and track changes over time should this be required.

For appointments contact Jannet at 063 782 3502



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Warm up your home *This winter*



When space is limited, comfort becomes even more important. A small home can feel just as warm and inviting as a large one with a few thoughtful touches. The key is to focus on how space feels rather than how much you can fit into it. By choosing the right colours, textures, and lighting, you can create an atmosphere that feels welcoming without spending much money.

Start with soft furnishings, which are one of the easiest and most affordable ways to add warmth. Cushions, throws, and rugs instantly make a room feel more lived-in and cozier. You don't need to buy everything new, mixing and matching what you already have or picking up a few budget-friendly pieces can make a big difference. Layering different textures, like a knitted blanket over a simple sofa, adds depth and comfort to even the smallest spaces.

Lighting also plays a powerful role in setting the mood. Harsh overhead lights can make a room feel cold and uninviting, so try to use softer, warmer lighting instead. Table lamps, fairy lights, or even candles can transform the feel of space in the evenings. If natural light is available, make the most of it during the day by keeping window areas uncluttered and using light curtains that let the sunshine in.

Another simple way to make a small space feel cozy is by adding personal touches. Family photos, artwork, or handmade items bring character and warmth into your home. These details don't have to be expensive - they just need to reflect your personality and memories. Even rearranging what you already own can refresh your space and make it feel more intimate and inviting.

Finally, keep things organized but not overly minimal. A small space benefits from smart storage solutions, but it should still feel lived-in rather than empty. Baskets, boxes, and multi-purpose furniture can help reduce clutter while keeping essentials within reach. With a little creativity and care, even the smallest home can become a warm and comforting retreat for the whole family.



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