

HEALTHY WEALTHY YOU

NEWSLETTER

JULY 2025

GOOD HEALTH AND WELLNESS EXPO 2025 DURBAN

MIND, BODY AND SOUL

Why sleep is
important

FRUITY LEGS

Eat This fruit to
alleviate sore and
tired legs

INTERVIEWS

We profile Blu
Beryl skincare



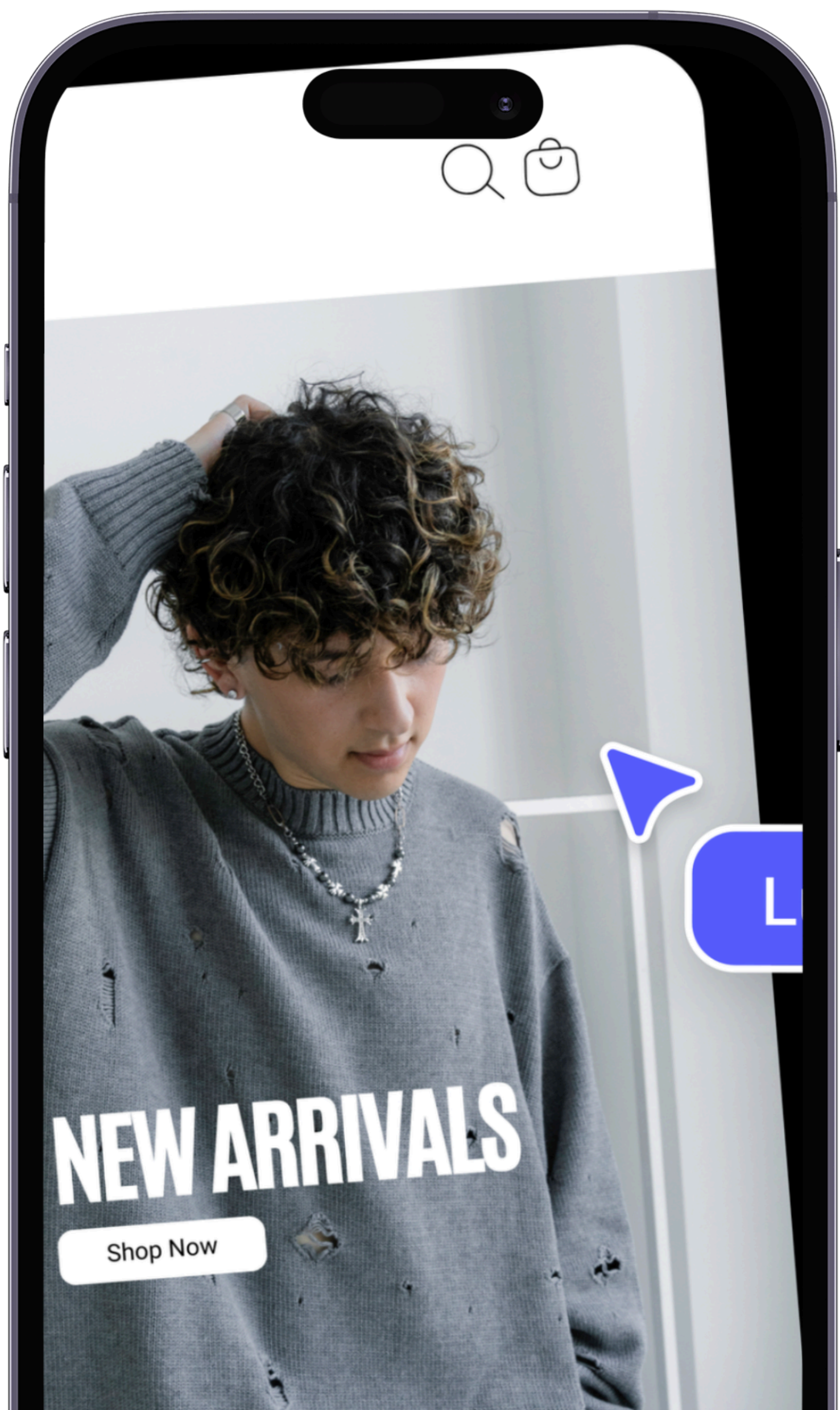
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MUST-HAVE
MENTAL
HEALTH
APPS



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YOUR POCKET GUIDE TO PEACE



10 MZANSI'S MENTAL HEALTH APPS

You need to know

Mental well-being is vital for a fulfilling life. In South Africa, technology offers powerful tools to support your mental health journey. These apps provide accessible, confidential, and often affordable ways to manage stress, anxiety, and other challenges.

Connect with Care Anytime, Anywhere

Access to professional help is now at your fingertips. Kena Health provides affordable, high-quality private healthcare, including mental health counselling. Similarly, Syked connects users with registered South African psychologists and counsellors for accessible online therapy. These platforms bridge the gap for many who might otherwise struggle to find support.

Embrace Mindfulness and Calm

Daily meditation and mindfulness can transform your perspective. Headspace offers guided meditations, sleep sounds, and stress-relief exercises suitable for all levels. Calm provides a comprehensive experience with sleep stories, relaxing music, and breathing exercises to foster a sense of peace. Insight Timer boasts a vast library of free meditations and a global community, offering diverse styles for everyone.

Track Your Mood, Understand Yourself

Understanding your emotional patterns is a crucial step towards better mental health. Moodfit helps you track your mood and set personal goals, providing exercises based on cognitive behavioural therapy (CBT) techniques. Sanvello also uses evidence-based CBT for anxiety and depression, complete with mood tracking and coping tools. These apps empower users with data-driven insights into their well-being.

Innovative Solutions for Specific Needs

Technology is constantly evolving to meet diverse mental health needs. October Health, previously known as Panda, offers live audio sessions, life skill learning, and AI coaching. The Kuamsha app, developed in South Africa, is an innovative solution for adolescents facing depression, utilizing a gamified interactive narrative. These specialized apps offer tailored support for unique circumstances.

Support for Workplace Wellness and Crisis

Mental health extends to all aspects of life, including the workplace. Life Health Solutions focuses on employee mental wellness, providing confidential counselling and stress management resources. For critical moments, apps like Calm Harm, while not specifically South African, are designed to help users manage urges, with local crisis helplines often integrated or readily available.

These tools offer crucial support when it's needed most.

South Africa's digital landscape is blossoming with innovative solutions for mental health. From connecting with therapists to finding moments of calm, these apps offer vital support. Take a proactive step for your well-being today.

Registration for exhibitors is now OPEN



Skincare Essentials By Blu Beryl



"Blu Beryl skincare : Using Mushrooms to Radiant and Healthy Skin"

GHWE: Can you explain the fermentation process used for your active ingredients and how it enhances skin absorption?

Busi: For ingredients to be effective, they need to be able to penetrate the layers of the skin, and because the skin is supposed to be a protective layer for the inside, it is very selective in what it lets through from the outside.

A lot of ingredients cannot penetrate the skin's outer layer using the "natural" routes of how molecules go through the skin layers because they are too big or are not in the correct "orientation".

Fermentation process enhances bioavailability of ingredients because through the process, complex or large molecules are broken down into smaller, highly absorbable forms that penetrate deeper into the skin and become effective.

GHWE: How does mushroom mycelium specifically benefit the skin compared to other natural ingredients?

Busi: What most people are not aware of is that mushrooms (fungi) are "more alike" genetically to humans than plants or animals, which then means, mycelium derived bioactives or ingredients are more compatible for human use.

This is good because it means there's less-likely adverse effects on the skin when using mycelium ingredients in skincare. We'd like to believe that mycelium bioactives provide next-level skin benefits compared to other natural ingredients. They offer enhanced bioavailability - fermented mycelium bioactives are easily absorbed by the skin and get to work deeper, this is important for efficacy; they are more stable (not easily oxidised or degraded, which is often the case for plant based ingredients for example), the potency is also better - this is important because you achieve efficacy at lower dosage rates than when using plant or animal ingredients.

When the dose is high in products, that is when it may cause irritation or sensitivity on the skin. Ingredients are multi-functional, so less is more, no need to have a long list of ingredients or multi products to achieve results. Therefore, mycelium ingredients present high-performance alternative to traditional natural ingredients.

GHWE: Since your products are preservative-free, how do you ensure their shelf life and product stability?

Busi: Blu beryl products are formulated in an ISO 17025 laboratory, which means we have access to processes that allow us to package in an aseptic way.

We also use packaging containers that are "airless", which helps to keep air or product spoiling organisms from going into the product. Advances in biotechnology enable us to also use types of preservative that allows us to claim "preservative free". The above are specifically important for us as we would aim to produce products that support the skin own microbiome, which would otherwise be depleted by the usual broad spectrum preservatives.



Mushrooms: The Secret To Naturally Glowing Skin

"Uncovering Mushrooms as the Essential ingredient for Radiant, Healthy Skin."

GHWE: What steps do you take to maintain affordability without compromising the quality or efficacy of your skincare line?

Busi: Pricing for any product is largely based on or determined by the cost of production of that product. In skincare, one of the costliest ingredients are the active ingredients used. Most brands will reduce the amount of active ingredients they incorporate in their products (if they are functional products) to manage costs but the downside is that the product takes too long to show efficacy. The alternative if a brand wants products that show results quickly, they need to add higher quantities and/or use more ingredients in their formulations, and this drives the price up.

A lot of the ingredients used if product formulated in South Africa, are imported, which also drive unaffordable prices. The active ingredients used in Blu beryl skincare products are produced by the parent company – Sawubona Mycelium – and are locally produced in South Africa, therefore, the price for bioactives supports affordable pricing without compromising on quality or efficacy of the products. The actives are also multifunctional, therefore, the formulations are kept simple (short list of ingredients) but effective, allowing us to keep the prices down. The other ingredients that we use in our formulation are locally produced as well.

GHWE: Are there particular skin types or concerns (e.g., acne, sensitivity, aging) that your products are especially effective for?

Busi: Our product include a cleanser, 2x serums and 2 moisturisers. The Age Control serum is focused on ageing with grace as it helps slows down the signs of aging, helps reduce hormonal acne breakouts, reduces the appearance of acne or age spots as well.

The Hydration serum is geared towards skin hydration and hyper-pigmentation, reduces the appearance of fine lines. The two moisturisers can be used with either of the two serums depending on what one would like to achieve.

ORANGE YOU GLAD FOR LEG RELIEF

Healthy Wealthy You July Newsletter



By Thulisa Mangcotywa

EFFORTLESS NATURAL REMEDY

Tired, aching legs can truly slow you down. After a long day of standing or activity, throbbing calves and swollen ankles are common complaints, leaving your legs feeling heavy and begging for rest. This humble winter fruit offers a natural solution to alleviate the discomfort of overworked legs.

Oranges are more than just a refreshing snack; they are packed with compounds that actively support circulation, reduce inflammation, and help ease leg fatigue. A 2025 review on citrus bioflavonoids, for instance, highlighted how regular orange consumption improved blood flow and reduced inflammation markers in individuals with poor circulation.

Oranges possess powerful properties for leg health. Hesperidin, a key flavonoid abundant in oranges, has been shown to improve blood flow and reduce swelling. This finding aligns with studies demonstrating hesperidin's positive impact on vascular function and leg swelling in those with chronic fatigue or circulatory issues. The high vitamin C content in oranges also combats oxidative stress, a contributor to muscle soreness and fatigue. Furthermore, citrus bioflavonoids strengthen blood vessels, potentially reducing the appearance of varicose veins, while potassium helps regulate sodium levels, preventing bloating and water retention. Oranges also provide natural electrolytes, aiding faster muscle recovery after periods of prolonged standing or walking.

To harness these benefits, easily incorporate oranges into your daily routine. Eat one fresh orange daily, drink orange juice with pulp for added fiber and bioflavonoids, or even consider orange-infused essential oil for a leg massage. A citrus smoothie with ginger and turmeric can provide an extra anti-inflammatory boost. Hesperidin supplements are also available at health shops if you're seeking a concentrated dose.

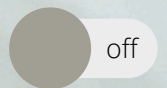
Oranges are a simple, natural remedy for tired, sore legs. Their ability to enhance circulation, reduce inflammation, and support vein health offers a powerful solution to that dreaded "heavy leg" feeling. Imagine stepping out of bed without a single thought about your joints!



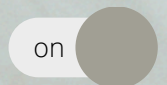


Hello Winter

alarm



sleep till noon



UNDERSTANDING THE BUSINESS OF SLEEP WITH SLEEP CLINICIAN, DR ALISON BENTLEY

Your body runs a vital enterprise every night. Good Health and Wellness Expo team learned this recently from South African sleep clinician Dr. Alison Bentley, who shed light on the often-overlooked "business of sleep." Understanding this business is key to optimizing your overall well-being.

Sleep is not simply an absence of activity; it's a period of intense productivity. Dr. Bentley explained that during sleep, our bodies perform crucial maintenance and repair tasks. "Think of sleep as your body's nightly board meeting, where all the essential decisions for the next day's operations are made," she advised. Hormones are regulated, memories are consolidated, and physical restoration occurs.

Ignoring your sleep "balance sheet" can lead to significant deficits. When we consistently skimp on sleep, our "business" struggles, Dr. Bentley warned. This can manifest as reduced cognitive function, weakened immunity, and even an increased risk of chronic diseases. Just as a company needs adequate investment to thrive, your body needs sufficient sleep to operate efficiently. Investing in quality sleep yields substantial returns.



Prioritizing consistent, restorative sleep is a direct investment in your health and productivity, according to Dr. Bentley. She emphasized that small, consistent changes can lead to big improvements in your sleep "profitability." This might include establishing a regular sleep schedule, creating a conducive sleep environment, and winding down before bed.

Understanding your personal sleep economy is crucial for long-term health. Dr. Bentley's insights underscore that healthy sleep is not a luxury, but a fundamental pillar of wellness.

Sleep.
Heal.
Thrive.