

ISSUE NO #24

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# HEALTHY WEALTHY YOU

## MAGAZINE

### FESTIVE SEASON EDITION



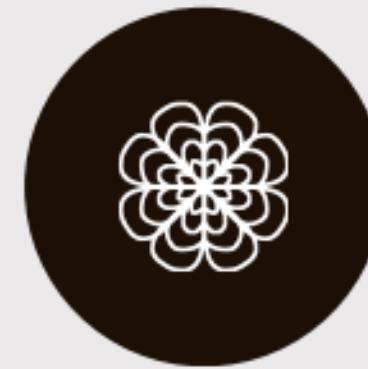
## PELVIC FLOOR HEALTH

Revitalize your pee and poo

## RECOVERING FROM ADDICTION

Holistic approach to  
rehabilitation

GUT HEALTH AND WELLNESS



**Wellness starts  
with one step.**



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## CONTENT FEATURES



### **Out and About**

SABPP FS HR Reset Wellness day



### **Book Review**

"Eat Ting." By Mpho Tshukudu and Dr Anna Trapido



### **Feature Story**

Interview with Tasvi Naik, Pelvic Floor Physiotherapist



### **Festive Special**

How Summer's Scents Fuel Wellness



# OUT & ABOUT

## WHERE

De Oude Kraal Estate and Spa  
Bloemfontein



## HIGHLIGHTS

Topic covered during the reset morning included Financial Wellness, Beauty Tips and Mental Health



## TREATMENTS

The full day activities ended with a pampering session and scrumptious meals



## BOOK REVIEW

# EAT T1NG:BY MPH0 TSHUKUDU AND DR ANNA TRAP1DO

Price: R325, 00

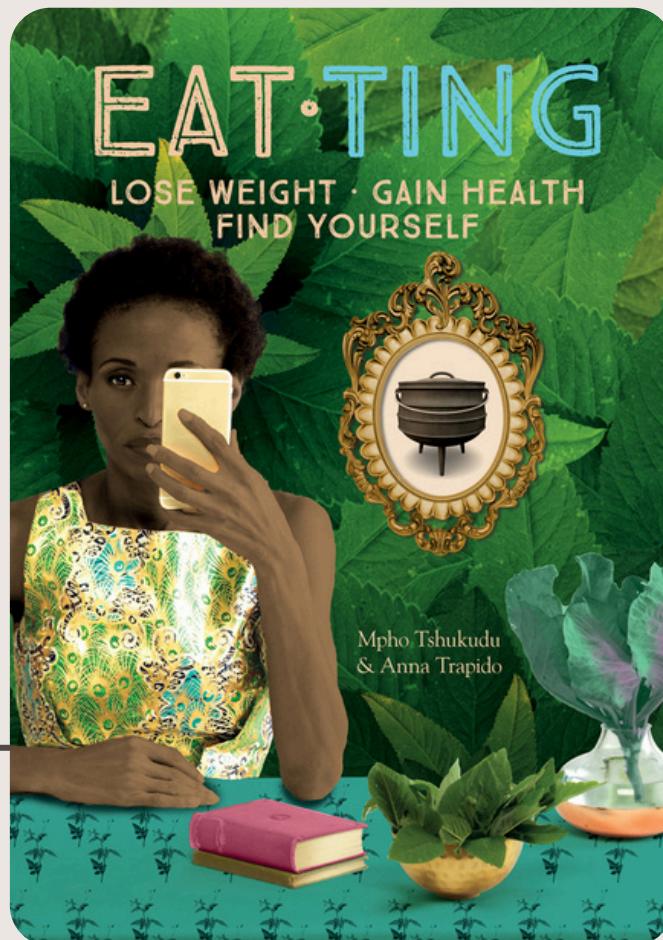
Dietitian, Mpho Tshukudu and Dr Anna Trapido wrote a guide that is not about strict rules or counting calories. It is about loving local tastes and feeling good in your own skin. The pages mix old ways with new health tips to boost wellbeing.

Eat Ting invites readers to enjoy meals without guilt or stress. The authors show that wellness does not mean giving up joy. The recipes bring the past into the present. Readers will find gluten-free sorghum flapjacks and salads made from low-GI ancient grains. There are simple tips on how to cook wild greens found in nature. Even nose-to-tail eating gets a fresh and tasty look.

### What You Can Expect

A bowl of mofokotso offers comfort like a warm and soft hug. The modern tshidzimba pairs well with sweet oven-roasted tomatoes. Spicy pumpkin salad adds a kick to the updated inhloko dish

Source: Quivertree Publications



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## Interview with Tasvi Naik, Pelvic Floor Physiotherapist

What inspired your unexpected journey into the specialized field of pelvic health for women and children?

Tasvi Naik: When I studied, I remember us having one lecture about pelvic health in 4th year. Being 22 years old, young and naive, I actually said I would never want to work in this field and ask questions about Pee and Poo. Never say never right? After having my kids, I attended a pelvic health lecture and was blown away by the content, the speaker and had a sinking realisation that I fitted the profile of someone with pelvic floor dysfunction. So thanks to pregnancy, birth and being a little bit more mature in terms of feminine function that got me into pelvic health. With regard to children, being a paediatric physio has always been my first love, so I have eventually been able to merge my practices of paediatrics and pelvic health.



Can you explain how pelvic physiotherapy specifically helps children improve both their bladder and bowel habits, as well as their gross motor skills?

Symptoms of endometriosis can include severe pelvic pain, painful periods, pain during intercourse, and infertility. Some people also experience fatigue, digestive issues, and heavy menstrual bleeding.

# For women, what does "re-connecting to the innate femininity of their pelvis" truly mean in the context of your physiotherapy work?



Tasvi Naik: A female pelvis holds so much energy at any point in the life span. I so often see how women are disconnected to the part of the body for various reasons e.g. trauma, shame, taboo, conservative upbringing or just never being allowed to understand this area. Helping women to understand the pelvic floor muscle and helping them connect to and feel in control of this space through education, exercises and breath helps them reclaim their innate feminine energy.

What are some misconceptions about pelvic health that you often encounter in your practice with both women and children?

Tasvi Naik: Women: "All you need to do is kegels!" "Leaking, prolapse and pain is part of being a woman" These two lines come up all the time. In my experience, most women don't know how to connect to the pelvic floor correctly so Kegels are ineffective and not everyone needs kegels. Most women need to learn how to let go and release tension in their pelvic floor. Leaking, prolapse and pain are common but not normal and definitely not a life sentence. There are ways to help and improve these conditions through good connection and control.

Children: "how can children have pelvic floor issues- doesn't it only happen if you have been pregnant or had children"- Every person has a pelvic floor muscle which needs to work in harmony with the rest of the body. So if it is too tight or uncoordinated, people will experience bladder and bowel problems irrespective of age or gender.

"Learning to use the toilet just comes naturally- kids should not find this difficult" Again, if kids struggle with sensory-motor coordination tasks, toileting won't happen naturally. It also takes one negative experience for kids to start holding so this can result in issues very quickly.





Beyond the physical improvements, what significant emotional or quality-of-life benefits do your patients typically experience?

Tasvi Naik: For both adults and children, Pee and Poo are everyday tasks that are unavoidable. So being able to help clients overcome issues in this area, takes away all the daily stress around using the toilet and this then allows them to play, work, attend school, enjoy their day i.e. just live. So the quality of life benefits are the goal!



# HOW SUMMER SCENTS AND FLAVOURS FUEL WELLNESS

Small habits = Big changes!



# HYDRATE YOURSELF IN THE MORNING

A close-up photograph of a person's face, looking slightly to the right. The person has dark hair and is wearing a light-colored shirt. A large, semi-transparent gradient overlay is applied to the image, transitioning from a bright green on the left side to a deep blue on the right side, covering most of the face and extending beyond the edges of the frame.

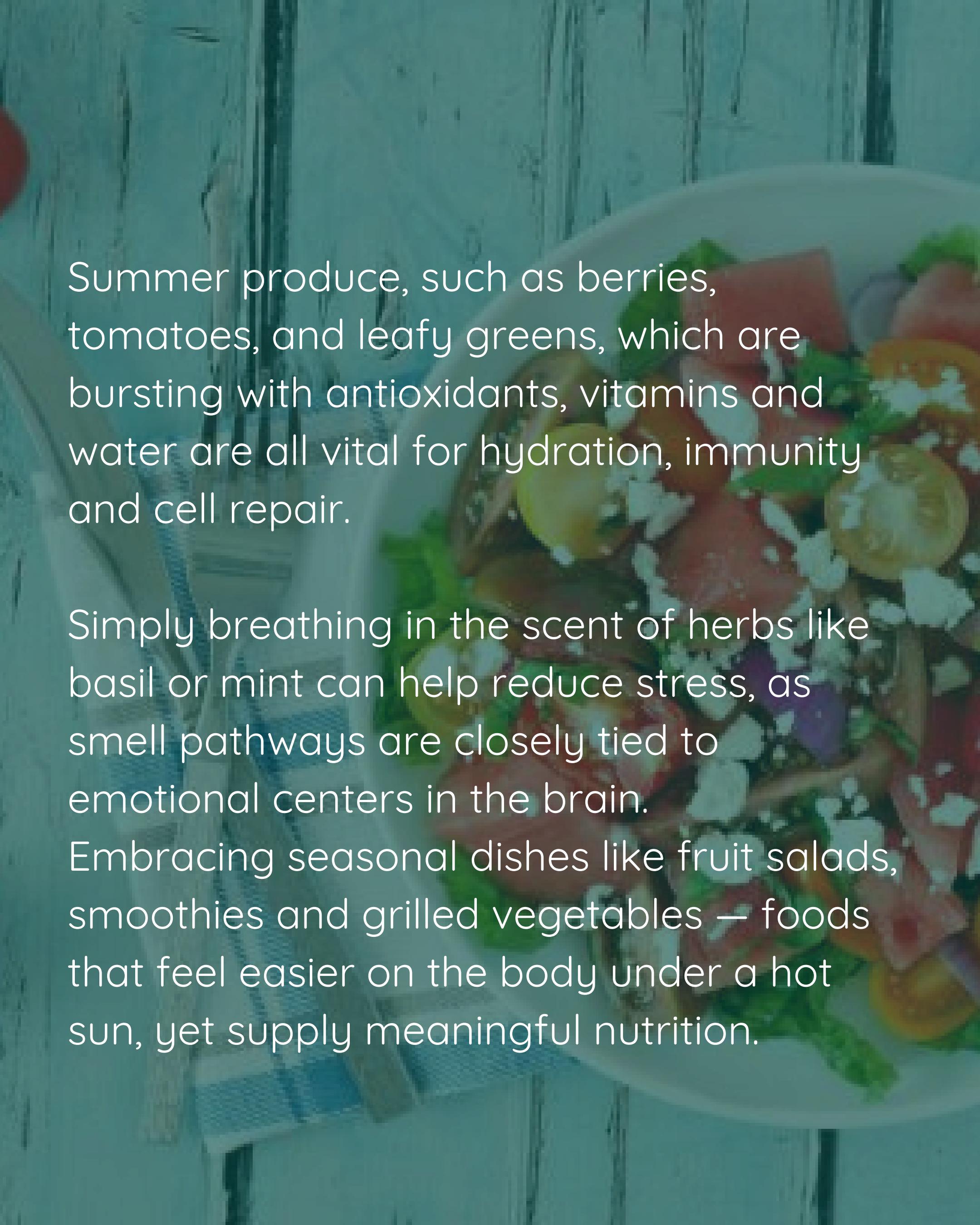
Warm days revive more than your mood, the natural fragrances of the season — think citrus, herbs and sun-ripened fruit — offer a subtle but powerful boost to both physical and mental health.

# MOVE YOUR BODY

## STRETCH, WALK, OR DANCE!

Bright aromas lift the spirit, for example, inhaling citrusy or herbal notes can spark energy and improve mood, because our brains are wired to respond positively to these familiar, fresh smells.





Summer produce, such as berries, tomatoes, and leafy greens, which are bursting with antioxidants, vitamins and water are all vital for hydration, immunity and cell repair.

Simply breathing in the scent of herbs like basil or mint can help reduce stress, as smell pathways are closely tied to emotional centers in the brain. Embracing seasonal dishes like fruit salads, smoothies and grilled vegetables — foods that feel easier on the body under a hot sun, yet supply meaningful nutrition.

# **DIGITAL DETOX**

## **NO SCREENS 30 MINUTES BEFORE SLEEP**

Extended daylight naturally encourages more time outside and more physical activity – walking, swimming, gardening – all of which support wellbeing.

Social rituals such as communal meals, garden dinners, picnics and relaxed get-togethers – help strengthen connections and feed emotional health.



# Recovering from Addiction

Recognising the symptoms of addiction is the first brave step toward clarity and change, and Malcolm Jafta of MeziTouch Rehab says this awareness “helps individuals name what they are going through, often for the first time.” In one powerful stroke, clients begin to understand that emotional instability, loss of control, or withdrawal are not moral flaws but treatable signals.

This honest naming clears the path for personalised healing, allowing every person to step toward self-discovery with new confidence.

Written By: Thulisa Mangcwywa



Types of Addictions include, but not limited to: Success (which may lead to greed and never fulfilled in life) , Disruptive Behaviours (inability to put things into perspective and short-temper).



# Holistic Approach To Recovery

A structured daily rhythm anchors recovery at MeziTouch Rehab, bringing order where chaos once lived. Malcolm explains that “predictability, purpose, and safety” come alive through daily therapeutic sessions, physical activities, and mindfulness practices. This reliable structure strengthens accountability while nurturing a calm, consistent space for deeper personal growth. In the end, daily structure becomes a steady guide toward long-term wellbeing.





## The Impact of Addiction in the Workplace



Many individuals find their work performance shaken by addiction's impact, from reduced focus to absenteeism and isolation. Malcolm notes that MeziTouch responds by "restoring confidence and competence" through practical tools like stress and time management. With relapse-prevention strategies woven directly into real-life work scenarios, clients reclaim their ability to perform, connect, and thrive. Balance becomes achievable again when professional challenges are met with holistic healing.

Healing expands when loved ones are part of the process, because addiction touches more than the individual. Malcolm emphasises that family sessions “rebuild communication and empathy,” helping relationships recover alongside the client. Fellowship meetings further widen the circle of support, connecting clients with others on similar paths. This community-driven approach ensures recovery is strengthened by shared understanding and enduring connection.



# Family Ties Strengthen

## How Rehabilitation Assessments Are Structured

Comprehensive assessments stand as essential first steps, giving MeziTouch Rehab a clear view of each client’s unique story. Malcolm highlights that addiction “is rarely caused by a single factor,” which is why medical, psychological, and psychosocial evaluations guide every personalised plan. By uncovering underlying issues such as trauma, anxiety, or depression, the team designs treatment that is precise, evidence-based, and compassionate.

Through awareness, structure, community, and compassionate assessment, MeziTouch Rehabilitation Centre helps individuals rediscover themselves and build a life anchored in balance and purpose.

