

HEALTHY WEALTHY YOU

MARCH 2026 | ISSUE #33

MAGAZINE

BEST
GLOBAL SPAS TO VISIT

PRODUCT SPOTLIGHT
LA CABONADA

THE STORY
VHEMBE
CENTENARIANS

EXCLUSIVE INTERVIEW

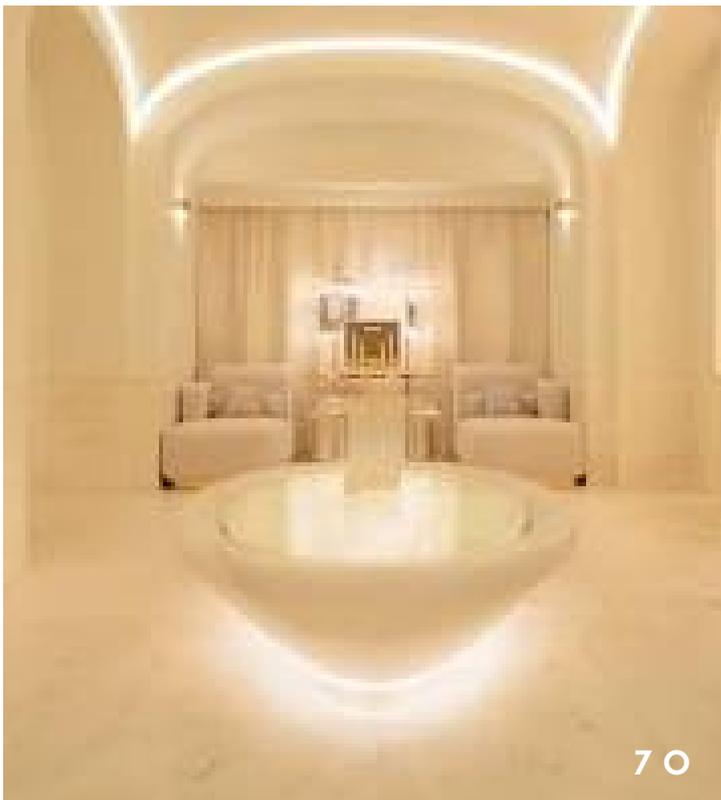
DR PRIYAL MODI, INTEGRATIVE
MEDICAL PRACTITIONER

Book Club Inpowerment: Building
Mental and Emotional Resilience By
Professor Suvira Ramlall
Product Review How La Cabonada is
Redefining Premium Refreshment
Featur Interview with Dr Priyal Modi,
Integrative Medical Practitioner
Communit Corner Thriving Beyond
Ageing: The Story of Vhembe
Centenarians



HELLO ©
ISSUE

33



Nutrition and food recipes: Green
Healthy dishes
Disease profile World Bipolar Day
Hotel and spa review: Three Global
Sanctuaries To Visit

BOOK CLUB

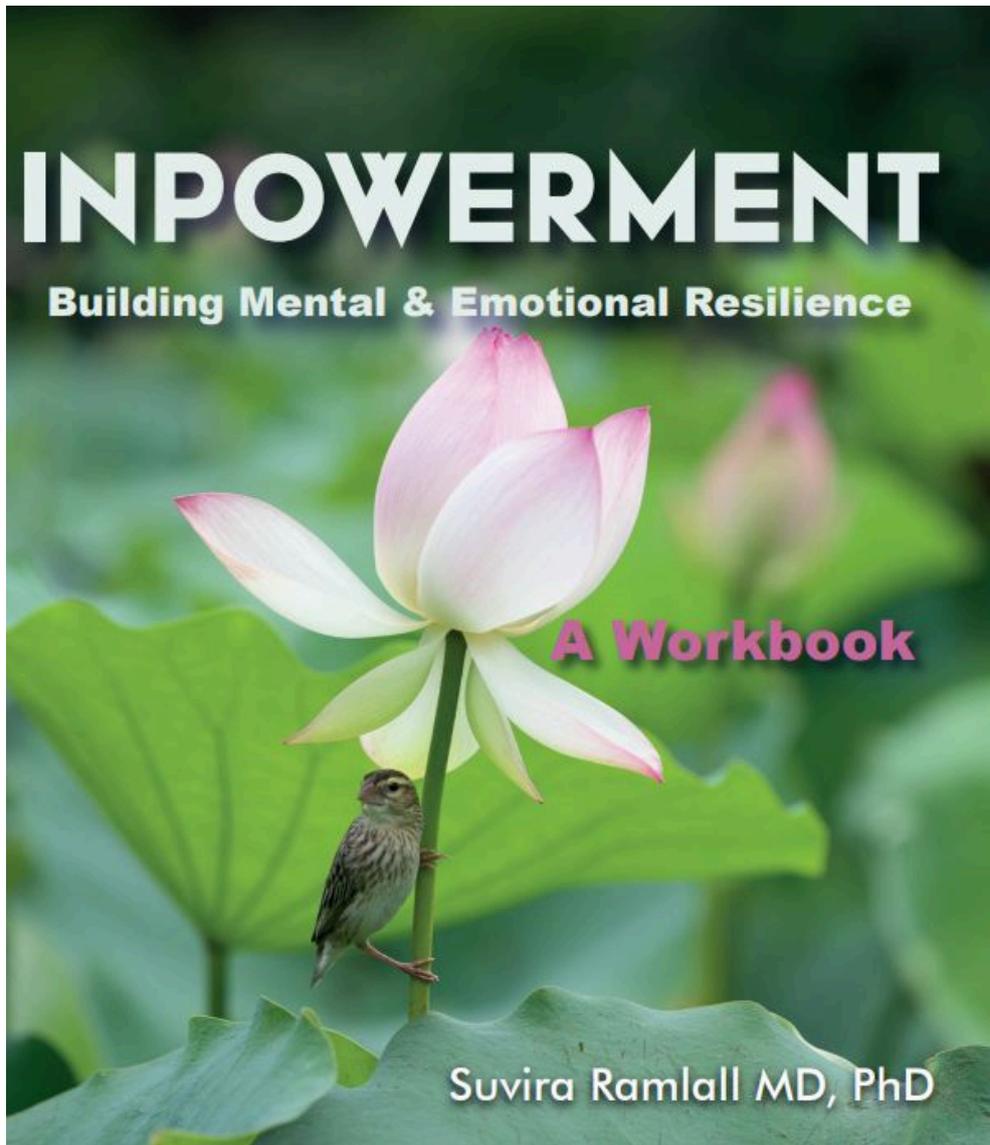
INPOWERMENT: BUILDING MENTAL & EMOTIONAL RESILIENCE

Mental strength is often mistaken for the ability to remain unchanged by the storms of life. This misconception is elegantly deconstructed in Professor Suvira Ramlall's workbook, *Inpowerment: Building Mental and Emotional Resilience*. Drawing from over three decades of psychiatric practice in KwaZulu-Natal,

Prof. Ramlall moves away from clinical jargon to offer a soulful, evidence-based guide for the everyday South African. She suggests that resilience is not a static trait we are born with, but a dynamic internal literacy that can be mapped and mastered through intentional practice.

The book arrives as a timely intervention for a society navigating the lingering echoes of collective and personal trauma.

Prof. Ramlall argues that the outer lives we lead—our careers, academic successes, and relationships—are direct reflections of the health of our inner landscapes. In this comprehensive manual, she introduces the concept of the four bodies: the physical, mental, emotional, and spiritual,



each requiring specific nourishment to function in harmony. Readers are guided through practical exercises designed to dismantle the chronic stress that often lies at the root of modern medical disorders. By shifting the focus from surviving crises to promoting proactive wellness, the text empowers individuals to become their own primary caregivers.

One of the book's most compelling sections redefines sleep and self-care not as luxuries, but as fundamental medicines for the soul.



HOW LA CABONADA IS REDEFINING ALCOHOL-FREE REFRESHMENT

In a world where social calendars are packed and wellness is non-negotiable, the modern socialite is no longer choosing between a sophisticated night out and a clear head the next morning. Enter La Cabonada, the South African-born brand turning the non-alcoholic industry on its head.

Founded by B. Com Accounting graduate, Nabeelah Bahadur, La Cabonada was born from a desire to bring a gourmet, globally inspired twist to the world of beverages. We sat down with Nabeelah to discuss how she's crafting a guilt-free indulgence that tastes just as good as it looks.

Global Flavours, Local Wellness

For many, the word mocktail conjures images of overly sweet juices or syrupy sodas. La Cabonada is the antithesis of that. With a range of nine premium blends, the brand focuses on curated botanical profiles rather than sugar-heavy fillers.



"Traditional cocktails often rely on alcohol and bitters to mask the burn," Nabeelah explains. "At La Cabonada, we celebrate the flavour itself. Our creations range from the vibrant and spicy Mexican-inspired Chilli Fresa to the delicate, floral Middle Eastern Ispahan blend of lychee and rose."

The appeal isn't just in the taste, but in the transparency of the ingredients. The original range boasts just under 49 calories per bottle, while the new

sugar-free innovations—like the Cuban-inspired Virgin Mojito—contain as little as 0.5 to 3 calories. It's a sophisticated alternative that fits seamlessly into an active lifestyle.

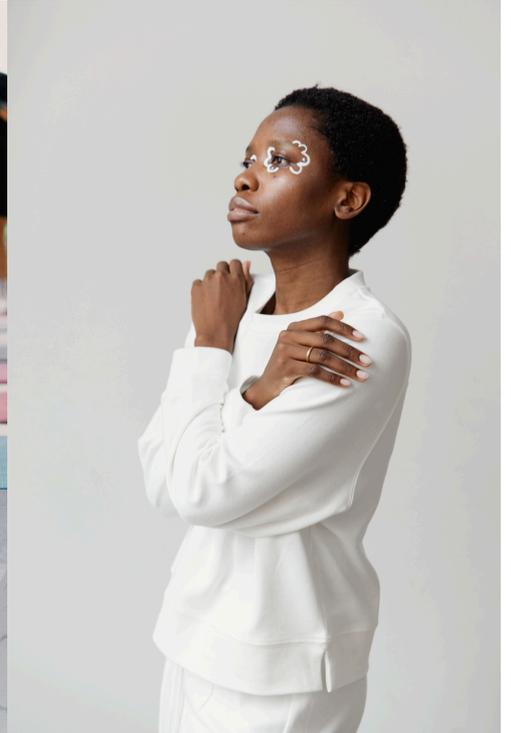
The Ritual of the Pour

A key part of the Healthy Wealthy You philosophy is mindfulness—finding joy in the small rituals of the day. Nabeelah believes that a premium drink should be an experience that begins long before

the first sip. "Our sleek glass bottles were designed to reflect the premium nature of the beverage inside," says Nabeelah. "Opening a bottle feels like unveiling a freshly crafted mocktail. Whether you're entertaining or unwinding after a long day, it makes the moment feel special."

Inclusivity in Every Sparkle

Beyond health, La Cabonada is built on inclusivity. Being both Vegan and Halaal-certified, these drinks ensure that no one is left out of the celebration.



THE ESSENCE OF HEALING THROUGH INTEGRATIVE MEDICINE

In an era where modern medicine often focuses on treating symptoms rather than the person, Dr. Priyal Modi is championing a shift back to the essence of healing through Integrative Medicine. By bridging the gap between clinical science and the innate intelligence of the mind, body, and spirit, Dr. Modi empowers individuals to move beyond the absence of disease and toward a state of true vitality.

Through her expertise in breathwork and yoga, she provides patients with more than just a prescription—she offers a lifelong toolkit for regulating the nervous system, processing deep-seated trauma, and rewriting the neural pathways of the mind.



GHWE: Since breath is our constant companion, how can we use conscious breathing as a daily anchor to navigate modern stress and burnout?

Dr Modi: Conscious breathing acts as a biological "reset button" that you can use to switch from stress (fight-or-flight) to relaxation (rest and digest) mode. It is the only function of the body that is both automatic and under conscious control. So by accessing our breath, we access our autonomic nervous system - sympathetic (stress) and parasympathetic (rest and digest). When we are stressed or overwhelmed, the breath tends to become shallow, rapid, and held in the upper chest.

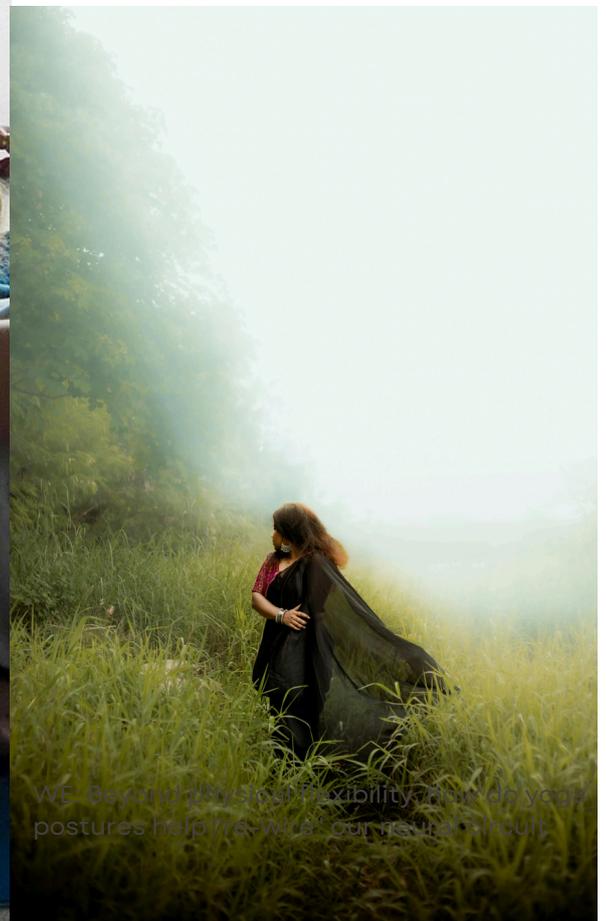
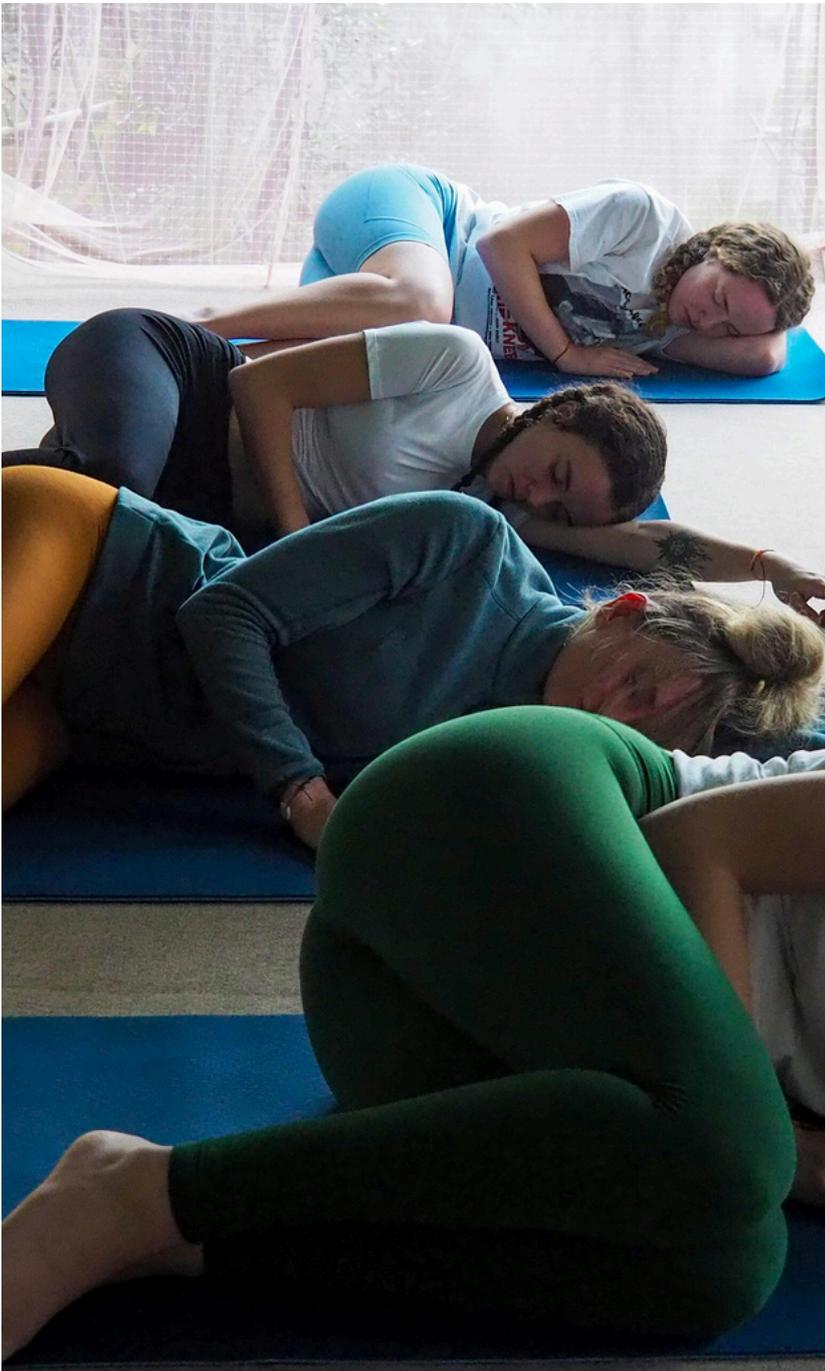
This pattern signals to the body that there is danger, keeping us in a state of heightened alert. By consciously slowing and deepening the breath, particularly through gentle nasal breathing and longer exhales, we send signals of safety to the nervous system.

Even a few minutes of conscious breathing during the day can interrupt the stress cycle. Something as simple as pausing, placing one hand on the belly, breathing in slowly through the nose and allowing the exhale to soften and lengthen can help regulate the nervous system. Over time, this practice becomes an anchor - a way of returning to presence, clarity, and calm amidst the demands of modern life.

GHWE: In what ways does breathwork help the body process and release embodied trauma that traditional talk therapy might not reach?

Dr Modi: Trauma is not only stored in the mind, it is also held in the body and nervous system. Experiences that overwhelm our capacity to process them can leave physiological imprints - patterns of tension, breath restriction, and nervous system dysregulation.

Breathwork works through the body up (bottom-up) rather than only through the mind (top-down). Certain breathing practices, in particular, help shift the nervous system out of survival mode, creating the conditions for the body to release stored tension and incomplete stress responses. During deeper breathwork journeys, people may experience emotional release, physical sensations, or insights that arise without needing to intellectually analyse the experience. By allowing the body to process what words sometimes cannot reach, breathwork can support a more integrated healing process where mind, body, and emotion begin to come back into alignment.



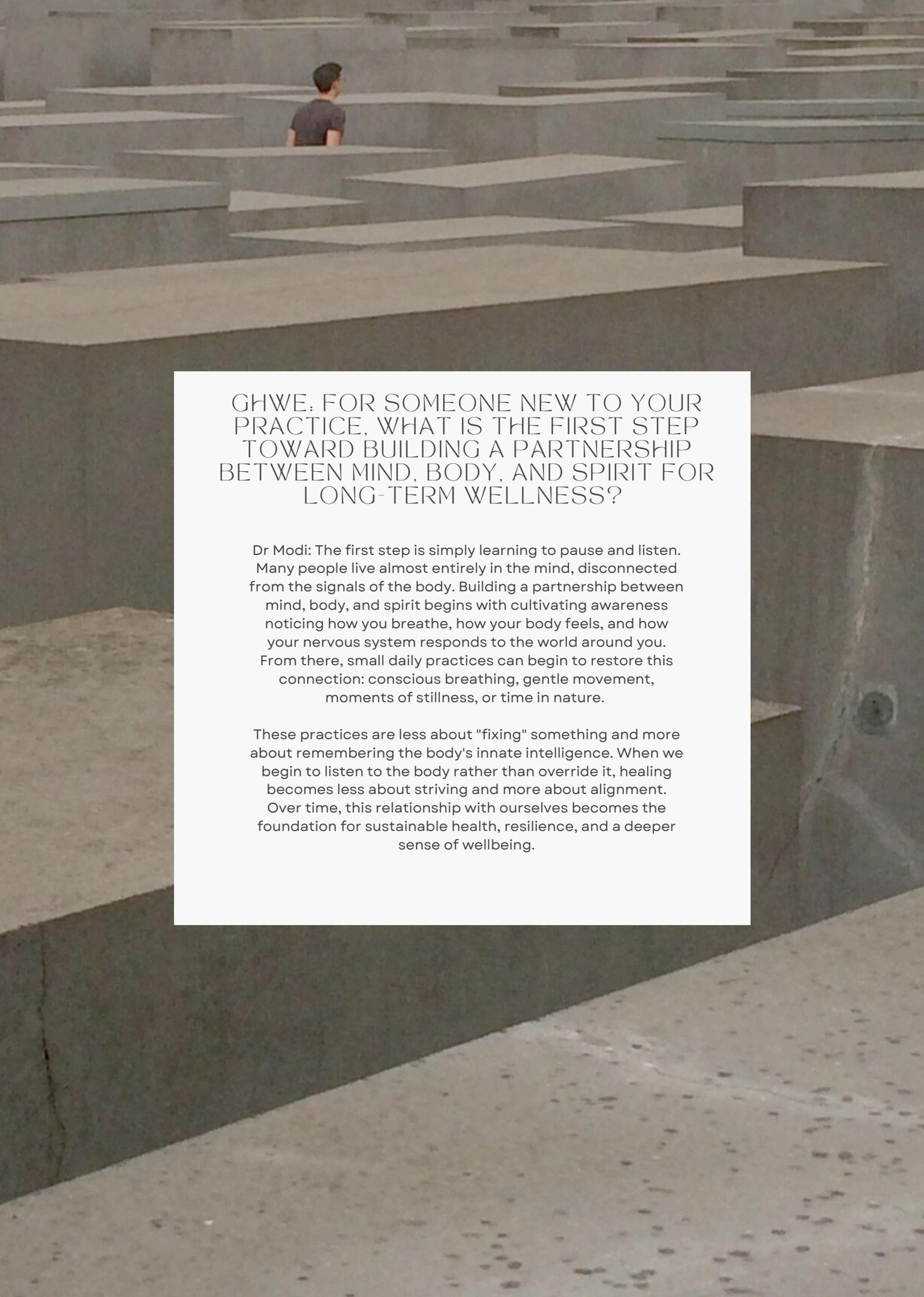
WE: Beyond physical flexibility, how do yoga postures help "re-wire" our neural circuitry?

GHWE: Beyond physical flexibility, how do yoga postures help "re-wire" our neural circuitry to change how we perceive ourselves and the world?

Dr Modi: Yoga postures are often seen simply as physical exercise, but their impact is much deeper.

Each posture influences the nervous system, breath, and the brain's perception of safety and possibility. When we move slowly and mindfully through postures while staying connected to the breath, we are training the nervous system to remain calm in the face of sensation and challenge. This builds resilience. Over time, the brain begins to associate effort and discomfort with stability rather than threat.

In addition, the body holds patterns that reflect our emotional and psychological states. Opening the chest, strengthening the spine, and improving posture can subtly shift how we experience ourselves. As the body becomes more open and grounded, people often notice changes in confidence, emotional regulation, and perspective. In this way, yoga becomes a practice not only of flexibility but of rewiring how we relate to ourselves and the world around us.

A person is seen from behind, standing in a maze of large, rectangular concrete blocks. The blocks are arranged in a complex, winding pattern, creating a labyrinthine environment. The person is wearing a dark t-shirt and is looking towards the center of the maze. The lighting is soft, suggesting an overcast day or late afternoon. The overall mood is contemplative and somewhat somber.

GHWE. FOR SOMEONE NEW TO YOUR PRACTICE, WHAT IS THE FIRST STEP TOWARD BUILDING A PARTNERSHIP BETWEEN MIND, BODY, AND SPIRIT FOR LONG-TERM WELLNESS?

Dr Modi: The first step is simply learning to pause and listen. Many people live almost entirely in the mind, disconnected from the signals of the body. Building a partnership between mind, body, and spirit begins with cultivating awareness noticing how you breathe, how your body feels, and how your nervous system responds to the world around you. From there, small daily practices can begin to restore this connection: conscious breathing, gentle movement, moments of stillness, or time in nature.

These practices are less about "fixing" something and more about remembering the body's innate intelligence. When we begin to listen to the body rather than override it, healing becomes less about striving and more about alignment. Over time, this relationship with ourselves becomes the foundation for sustainable health, resilience, and a deeper sense of wellbeing.

THRIVING BEYOND AGEING



THE VHEMBE CENTENARIANS STORY

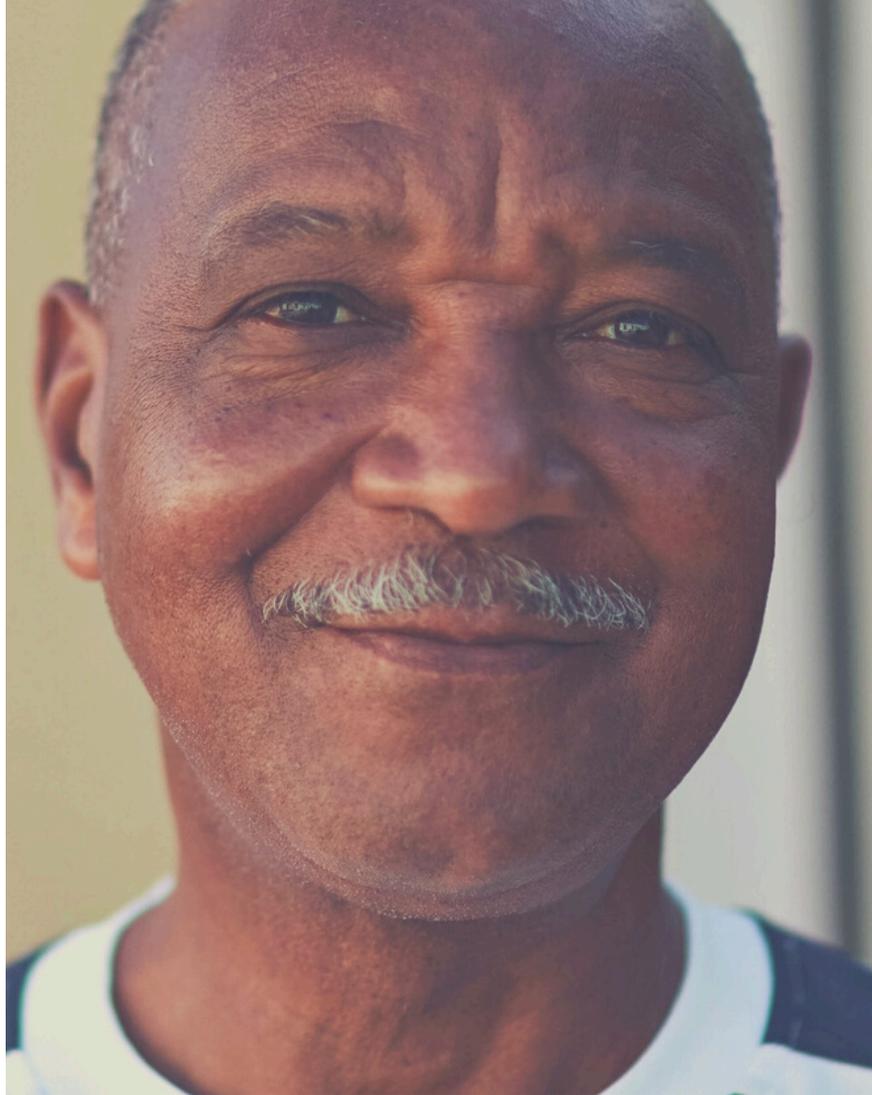
Africa stands at a unique crossroads where lifespans are extending without a guaranteed increase in quality of life. While modern medicine successfully combats infectious diseases, a rapidly transitioning society now faces a surge in non-communicable illnesses. True health requires more than just years by

exploring new path offered by science and choosing wellness.

The Secrets of the Vhembe Centenarians

Vhembe District in Limpopo serves as a remarkable case study with over 2,000 residents aged 100 or older. These individuals mirror the world's "Blue Zones" by maintaining

deep spiritual convictions by consuming traditional, unprocessed foods and physical activity remains a daily ritual. They strongly believe in social bonds to stay strong and alcohol plus sugar are avoided. Centenarians like 101-year-old Muyahavho Maria Muedi prove that disciplined habits foster a ripened, vibrant age.



EFFECTS OF RISING CHRONIC DISEASE

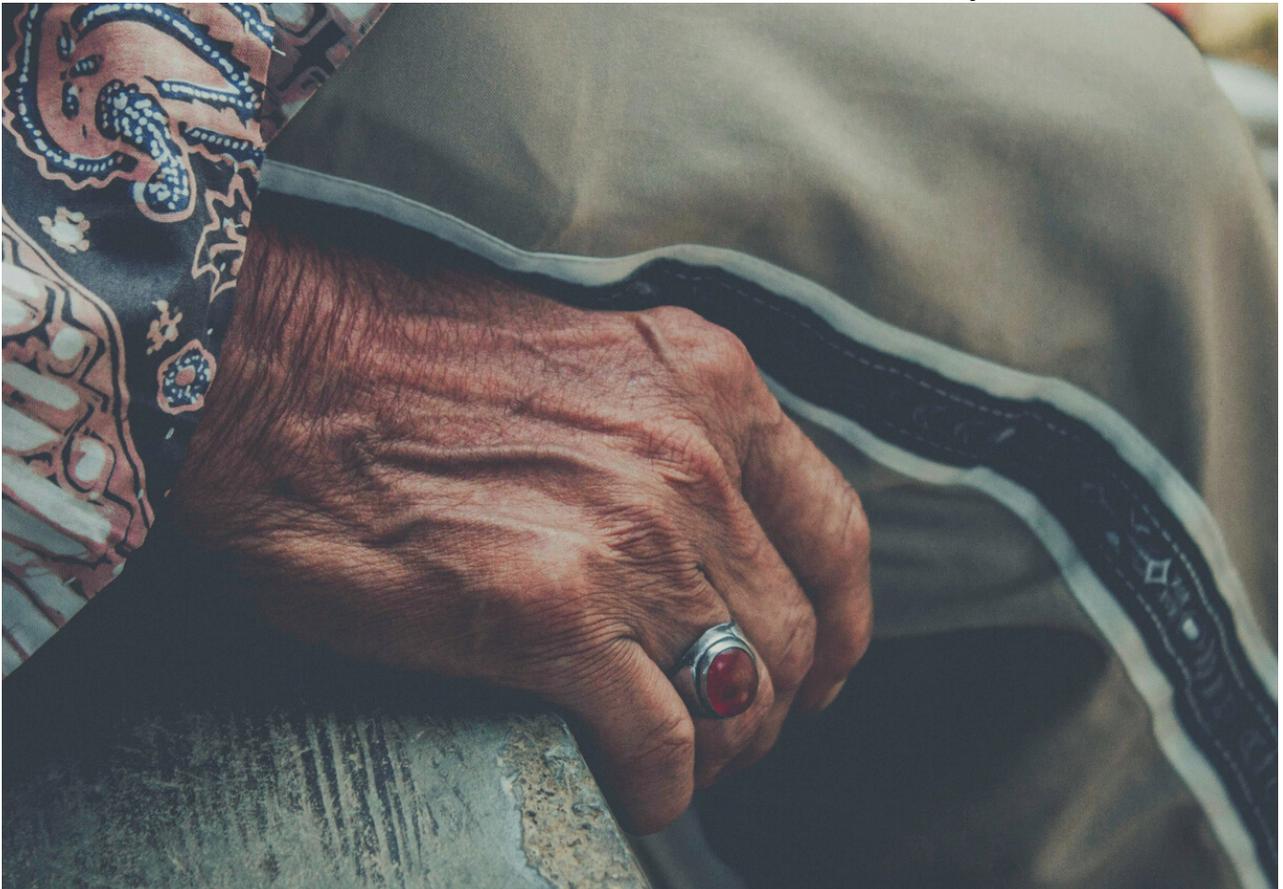
South Africans currently live 7to an average of 65, yet nearly a decade of that time is often spent in debilitating ill health. Professor Xavier Gomez-Olive notes that hypertension rates among those over 60 in rural study areas are significantly higher than global averages. Rapid urbanization and lifestyle shifts are accelerating the onset of diabetes and cardiovascular issues.

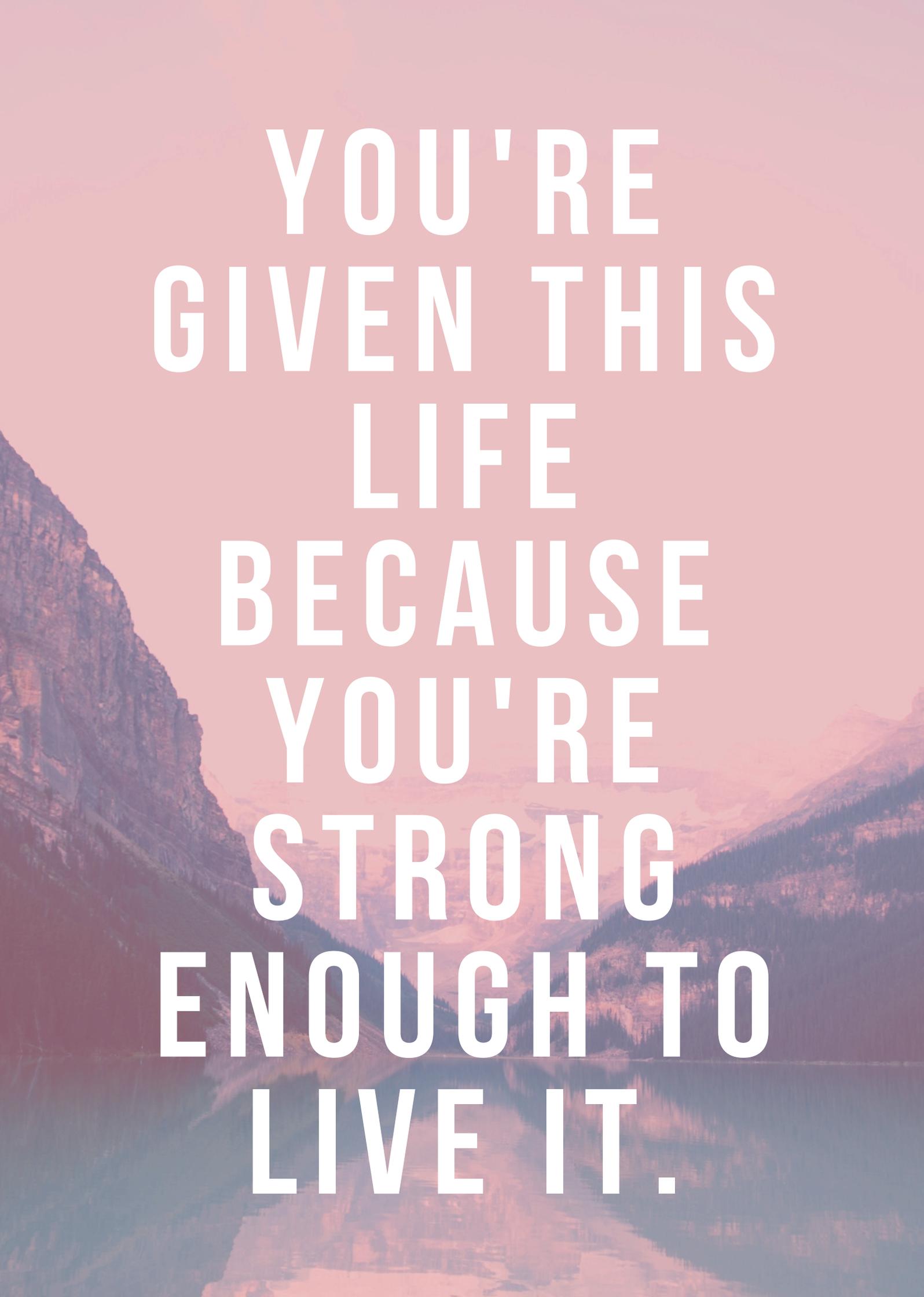
The Looming Shadow of Cognitive Decline

Dementia cases in sub-Saharan Africa are projected to rise sharply by 2050, placing immense pressure on rural communities and economies. Professor Stephen Tollman emphasizes that brain health is a lifelong journey that must be integrated into every sector of

of society. Older adults often serve as the primary caregivers and economic anchors for extended families. Protecting their minds is vital which requires support systems so that mental resilience can secure our shared future.

Biological Frontier of Gut Health
Researchers at the Sydney Brenner Institute are discovering that the gut microbiome holds the key to how humans age. Trillions of microbes regulate inflammation and cognition, acting as a biological lens through which we can view lifelong health. Data from Soweto and Agincourt suggest that healthy ageing actually begins at conception. The gut influences everything and every meal shapes an individual's final years.





**YOU'RE
GIVEN THIS
LIFE
BECAUSE
YOU'RE
STRONG
ENOUGH TO
LIVE IT.**



**I READ,
I TRAVEL,
I BECOME.**

DEREK WALCOTT



Green Healthy

"Live your life with a nice and healthy food"



Granola Seed with Fruits



Veggies Salad

THREE GLOBAL SANCTUARIES TO VISIT



Luxury wellness has evolved into a high-art form that prioritizes biological harmony over simple relaxation. As we move deeper into 2026, the traditional spa day is being replaced by immersive residency experiences that fuse heritage, wild ecology, and medical-grade botanical science. From the manicured elegance of French fashion houses to the raw pulse of the African bush, these three destinations represent the absolute pinnacle of modern restoration.

DIOR SPA

The Dior Spa at the Hôtel Plaza Athénée represents the ultimate marriage of Parisian sophistication and advanced dermatological technology. Within this subterranean cocoon of white lacquer and gold leaf, the focus remains squarely on reverse aging and systemic revitalization. Guests can indulge in treatments like the Dior Prestige Haute Précision, which uses deep tissue massage techniques to redefine facial contours with surgical accuracy

It is a space where the legacy of Christian Dior's love for flowers meets cutting-edge micro-nutritive protocols.

***you must be
able to handle
the luxury***



HEALTHY WEALTHY YOU

The Sanctuary at Wilderness Mombo



It offers a profound reconnection to the earth within the heart of the Okavango Delta. This retreat eschews clinical walls for open-air decks where the soundtrack is provided by the surrounding floodplains and wandering wildlife.

Healing here is rooted in the "Mombo Way," using indigenous plants and traditional African wisdom to ground the nervous system. After a day of sensory immersion in the bush, the restorative power of a sunset massage while elephants graze nearby is incomparable.

Terre Paisible Spa

It serves as a holistic beacon in the Franschhoek Valley, blending viticulture with deep soul-work. Surrounded by olive groves and vineyards, this South African gem focuses on the peaceful land philosophy, using their own medical-grade essential oils and botanical extracts. The signature treatments are designed to align the body's circadian rhythms with the natural cycles of the valley, offering a grounded, earthy luxury.



World Bipolar Day

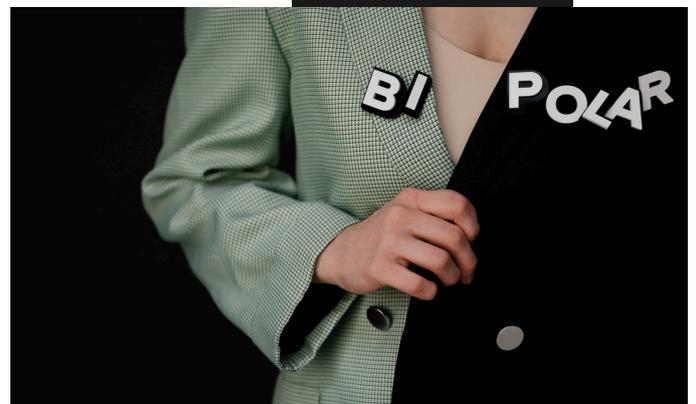
Bipolar disorder remains one of the most misunderstood mental health conditions in the modern era. While often reduced to simple mood swings in casual conversation, the reality is a complex biological journey between two intense poles: mania and depression. On 30 March, South Africa joins the global community to observe World Bipolar Day, a date chosen to coincide with the birthday of Vincent van Gogh, who was posthumously diagnosed with the condition.

The Duality of the Highs and Lows

Mania presents as an overwhelming surge of energy that can initially feel like a superpower. During these episodes, individuals may experience a decreased need for sleep, rapid speech, and a heightened sense of creativity or grandiosity. However, this peak is frequently followed by a devastating crash into clinical depression. This phase brings profound exhaustion, loss of interest in daily life, and a heavy emotional weight that can make even the simplest tasks feel insurmountable.

Breaking the Stigma through Education

Society is beginning to shift its perspective toward a more empathetic understanding of psychiatric health. Historically, cultural stigmas and a lack of resources have led many to suffer in silence or seek alternative explanations for their symptoms. Awareness campaigns now emphasize that bipolar disorder is a chronic medical condition, much like diabetes or hypertension, requiring consistent management rather than a pull yourself together approach.



Community support groups and workplace wellness programmes are becoming vital lifelines for those navigating the nuances of the healthcare system.

A Holistic Approach to Management

Effective treatment requires a delicate balance of medication, psychotherapy, and lifestyle adjustments. Stabilization often involves mood stabilizers prescribed by Psychiatrists, but the wellness aspect thrives on routine, such as maintaining strict sleep hygiene and avoiding triggers like excessive stress or substance use. Support from family and friends acts as the final, crucial pillar in the recovery architecture.

