

# W FEMME T FET A FETALE



ISSUE 8, MARCH 2025

## ABOUT TIME

Final call to get your spot for our first in person event - EVER!

## MEMBER TESTIMONIALS

## BEHIND THE SPOTLIGHT

Karlien van Jaarsveld, an inspiring journey

## YOU NEVER KNOW

Why connecting matters

## THE IMPORTANCE OF GUT HEALTH

## INTRODUCING WINNERS & PARTNERS

women empowerment



letter from the editor



behind the spotlight



business empowerment



fabulous finds



membership pricing & tiers



our members



mental empowerment



our partners



physical empowerment



# CONTENTS



# A HEARTFELT CALL TO SISTERHOOD

## Building UCA Together

This month, I write to you with a full heart—full of passion, hope, and yes, a little heartache.

When I founded UCA, it was with a simple but powerful vision: to empower women on both sides of the same coin. On one side, to uplift existing entrepreneurs, start-ups, and business owners—offering a platform to connect, share stories, support one another, and grow together. On the other, to create opportunities for aspiring entrepreneurs by providing financial aid for education, resources, or small business essentials—sometimes something as simple as a laptop, a course, or mentorship.

Since our launch in August, we've been incredibly blessed to welcome amazing women into our community, reaching 11 members by December. But, like any journey, there are challenges. This past month, we said goodbye to two members who, due to financial constraints, had to step away for now. I completely understand, and I truly hope to welcome them back soon when the time is right for them.

But the reason my heart feels heavy today isn't about membership numbers—it's about something bigger. We live in a world where we constantly hear, "Support your fellow sisters," "Women empowering women," and "There's space under the sun for all of us." And yet, when we reach out—for engagement, for donations as small as R20, or even just for help in spreading the word about events—we often find silence. I know life is busy, and we're all navigating our own struggles. I also know that UCA isn't about me—I don't take a salary from this, and in fact, I've been investing my own resources into making it a reality.

Like so many of you, I've faced setbacks. Unemployment forced me to start a business from scratch just to keep going. And now, by the grace of God, I've secured a full-time contract through that very business. But even as I juggle it all, my heart remains with UCA, because I believe in what we are building together.

We've created something truly unique—a community built on transparency, authenticity, vulnerability, and yes, a whole lot of fun. But no dream can be realized alone. If we truly believe in female empowerment, we have to live it. We have to show up for each other, even in small ways. Sharing a post, engaging in a challenge, offering words of encouragement—these little acts have the power to move mountains.

We are, however, incredibly proud and grateful for our two partners: Phoenix Fitness & The Happiness Project. Their support has been invaluable, and we look forward to many more collaborations together. Partnerships like these remind us that together, we can create something truly impactful.

So, I share this not as a complaint, but as an open invitation. To walk this journey with me. To build something bigger than ourselves. To make UCA not just an organization, but a force for real change.

Because together, we rise.

With love, gratitude, and the biggest hugs,





# In Full Flight

Activities & events to look out for

## TWENTY-TWENTY-THRIVE

### MARCH

- 1st Femme Fetale Magazine gets released
- 1-31st Bi-Annual Business Growth Challenge
- 15th #AboutTime Public Networking Event

### APRIL

- 1st Femme Fetale Magazine gets released
- 10th Members' #HoppyGatherings Lunch
- 25th Quarterly Spotlight Webinar

### MAY

- 1st Femme Fetale Magazine gets released
- 1-31st #UCAPhoenixGlowUp Challenge

### JUNE

- 1st Femme Fetale Magazine gets released
- 5th Members' #WinterWarmer Lunch

### JULY

- 1st Femme Fetale Magazine gets released
- 26th Quarterly Spotlight Webinar

### AUGUST

- 1st Femme Fetale Magazine gets released
- 8-10th Members' #AnnualBirthdayBreakaway

### SEPTEMBER

- 1st Femme Fetale Magazine gets released
- 1-30th #UCAPhoenixGlowUp Challenge

### OCTOBER

- 1st Femme Fetale Magazine gets released
- 2nd Members' #FemmeFusion Lunch
- 8th UCA Fund-raising Golf Day

### NOVEMBER

- 1st Femme Fetale Magazine gets released
- 1-30th Bi-Annual Business Growth Challenge
- 27th Quarterly Spotlight Webinar

### DECEMBER

- 1st Femme Fetale Magazine gets released
- 4th Members' #Chicksmas Lunch



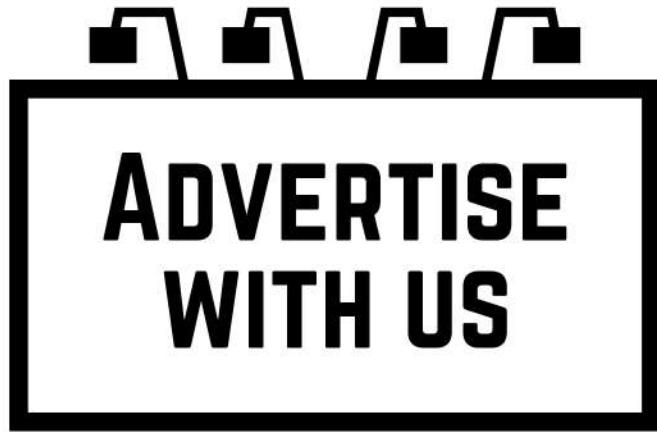
## member testimonial

"I joined UCA around August 2024, and this organisation has been so great for business. Within a week I got an order from someone outside of the organisation (thanks to all the promoting our founder does) and have since then gotten work from members within! We support each other, and I have thus far been connected with other members selling products and services that I can use. Joining this group has been great. Love yah!"

*Amani*

@amani.caricatures





### ONCE OFF

full page | R75  
half page | R50  
Quarter Page | R30

### 3-MONTH PACKAGE

full page | R200  
half page | R125  
Quarter Page | R75

### 6-MONTH PACKAGE

full page | R400  
half page | R250  
Quarter Page | R150

### ANNUAL PACKAGE

full page | R700  
half page | R450  
Quarter Page | R250



### REGISTER FOR UCA'S 1ST IN-PERSON NETWORKING EVENT

## “ABOUT TIME”

Join us for an empowering experience where connection, collaboration, and inspiration take center stage. Be inspired by dynamic speakers who will share their insights to ignite your passion and drive.

Connect with like-minded women and entrepreneurs, building meaningful relationships that support growth in both business and life. Own your power, claim your place, and step into greatness. Let's rise together.

**DATE:** saturday, **15 mar '25** | 10h00 - 13h00

**LOCATION:** nice to meat you, 49 fried st, kempton park ah

**COST:** R450pp

**REGISTER:** <https://wkf.ms/4aB6kH7>

### OUR SPEAKERS & ENTERTAINMENT ON THE DAY:



**TARYN-LEE POTGIETER**  
*Founder of UCA*



**MALA SURIAH**  
*CEO at Fundi*



**URSULA FEAR**  
*Job Creation Specialist & Co Author*



**LISA FRASER**  
*MD at Elfin Events*



**VANESSA GRAY**  
*Vocalist & MC*

**OUR GOAL FOR  
2025**

raise an amount of

**R25k**

We're empowering current and aspiring female entrepreneurs by funding their journey to business ownership. Donate today and help shape a successful future for others!ts at 7 pm

**United Chicks Association**

FNB Business

Acc Nr: 63118728766

Branch: 250655

Ref: Donation + Your Name

www.ucassociation.org  
info@ucassociation.org  
+27 64 559 4330

**TAX CERTIFICATES  
CAN BE GIVEN  
UPON REQUEST**



## member testimonial

“Since I joined in October 2024, UCA has had tremendous impact on my network and business. This is not only a safe space where we can find reputable services and suppliers, but also a space to share experiences and help each other grow during workshops and get-togethers. I have met the most amazing woman, each with their own inspiring story of how they struggled through the start-up process of a new business - and conquered!

UCA is truly empowering. I am grateful for the orders I have received from our network and at the same time, really satisfied with the ones I have done business with. I look forward to seeing what we can still achieve together! SA Attitude Branding thanks you UCA and founder Taryn-Lee Potgieter.

The benefits of this network include of course: Increased Exposure, Opportunities for Partnerships, Access to New Clients, Build Your Credibility, Get Career Advice and Support, Help Others As you Gain More Experience, Create Long-lasting Relationships”

*Rozane*

*Rozane*

saattitude.co.za



**BEHIND  
THE  
SPOTLIGHT**



# Karlien van Jaarsveld, an inspiring journey

In the dynamic and diverse South African music scene, Karlien van Jaarsveld stands out as an artist whose journey from humble beginnings to superstardom is nothing short of extraordinary. Known for her powerful voice, deep emotional resonance, and mastery of Afrikaans pop music, Karlien has captured the hearts of fans across the country. Her rise from modest roots in rural South Africa to a successful music career serves as a testament to her unyielding determination, talent, and passion for music.

## HUMBLE BEGINNINGS IN THE HEART OF SOUTH AFRICA

Born on August 11, 1983, in the small town of Wolmaransstad in the North West Province of South Africa, Karlien van Jaarsveld was raised in a working-class family. Like many South Africans, her family faced financial difficulties, and life was not always easy. However, Karlien's love for music emerged early, offering her a sense of escape from the challenges of everyday life. Music was not just a pastime for Karlien—it was a lifeline.

Her parents, though financially strained, were supportive of her dream to pursue a career in music. Karlien spent much of her childhood singing in her church choir, where her raw talent quickly became apparent. In a community where opportunities were limited, Karlien's musical ability stood as her ticket to a better future.



*written by Vanessa Lewis*

Despite the constraints of her environment, Karlien harbored big dreams.

The Afrikaans music scene was an established force in South Africa, but as a young white woman from a rural area, she understood the barriers she would need to overcome to make her mark. However, she was determined. Through her teenage years, she continued to develop her voice, and by the time she graduated high school, she knew that music would be her future.

## PURSUING DREAMS AGAINST THE ODDS

As Karlien transitioned into adulthood, she began performing at local venues and small events, gaining experience while also facing significant hurdles. The South African music industry was competitive, and for a young Afrikaans artist emerging from a small town, success was far from guaranteed.



Karlien worked odd jobs to support herself while continuing to chase her dream. She sang wherever she could, from bars to wedding receptions, always honing her craft.

After years of perseverance, Karlien's big break came in 2004, when she entered the popular South African talent competition "Idols." Although she didn't win the competition, her performance caught the attention of record producers and music fans alike. Her journey on Idols was just the beginning of her climb to the top, as it gave her the exposure she needed to propel her career forward.

### **BREAKTHROUGH: FROM LOCAL TALENT TO NATIONAL STAR**

Karlien's breakthrough came with the release of her debut album, "Sevende Laan" in 2007, which immediately garnered attention on South African radio. Her first album was a testament to her versatility as an artist, blending contemporary Afrikaans pop with folk and rock influences. With chart-topping singles and a growing fanbase, Karlien van Jaarsveld became one of the most exciting new talents on the Afrikaans music scene.

Her soulful ballads and catchy, upbeat songs resonated with South African audiences from all walks of life. Karlien quickly became known for her powerful voice, her ability to connect emotionally with her audience, and her undeniable stage presence. Her breakthrough single, "Ek wil jou hê," reached the top of the charts and firmly established her as a force to be reckoned with in the South African music industry.

The success of her debut album led to a string of highly successful follow-up albums, including "Ek Herhaal Jou" (2010) and "Vir Jou" (2013).

With each new release, Karlien continued to evolve as an artist, experimenting with different genres and musical styles while remaining true to her Afrikaans roots. Her music became a reflection of her own growth, both as an individual and as a performer.

### **NATIONAL RECOGNITION AND ACCLAIM**

As her career skyrocketed, Karlien was recognized with numerous awards, including multiple South African Music Awards (SAMAs) and accolades from various music industry bodies. Her ability to write deeply personal, relatable songs helped her build a loyal fanbase that spanned not only Afrikaans-speaking South Africans but also broader demographics. Karlien's music spoke to the experiences of love, loss, and personal triumph—universal themes that resonated across all boundaries.

In addition to her music career, Karlien van Jaarsveld became a sought-after performer at South African music festivals and events. Her concerts sold out across the country, and she was known for her captivating live shows. Her authenticity and down-to-earth personality made her a beloved figure in South Africa's entertainment world, and her influence extended beyond the stage.

### **OVERCOMING ADVERSITY**

Despite her success, Karlien's journey was not without personal struggles. Like many artists, she faced challenges in her private life, including personal heartbreak and struggles with balancing fame and family. In 2015, she went through a highly publicized divorce, which prompted a period of reflection and personal growth.

However, through it all, Karlien used her music as a means of healing, releasing deeply introspective songs that spoke of overcoming hardship and finding strength in the face of adversity.

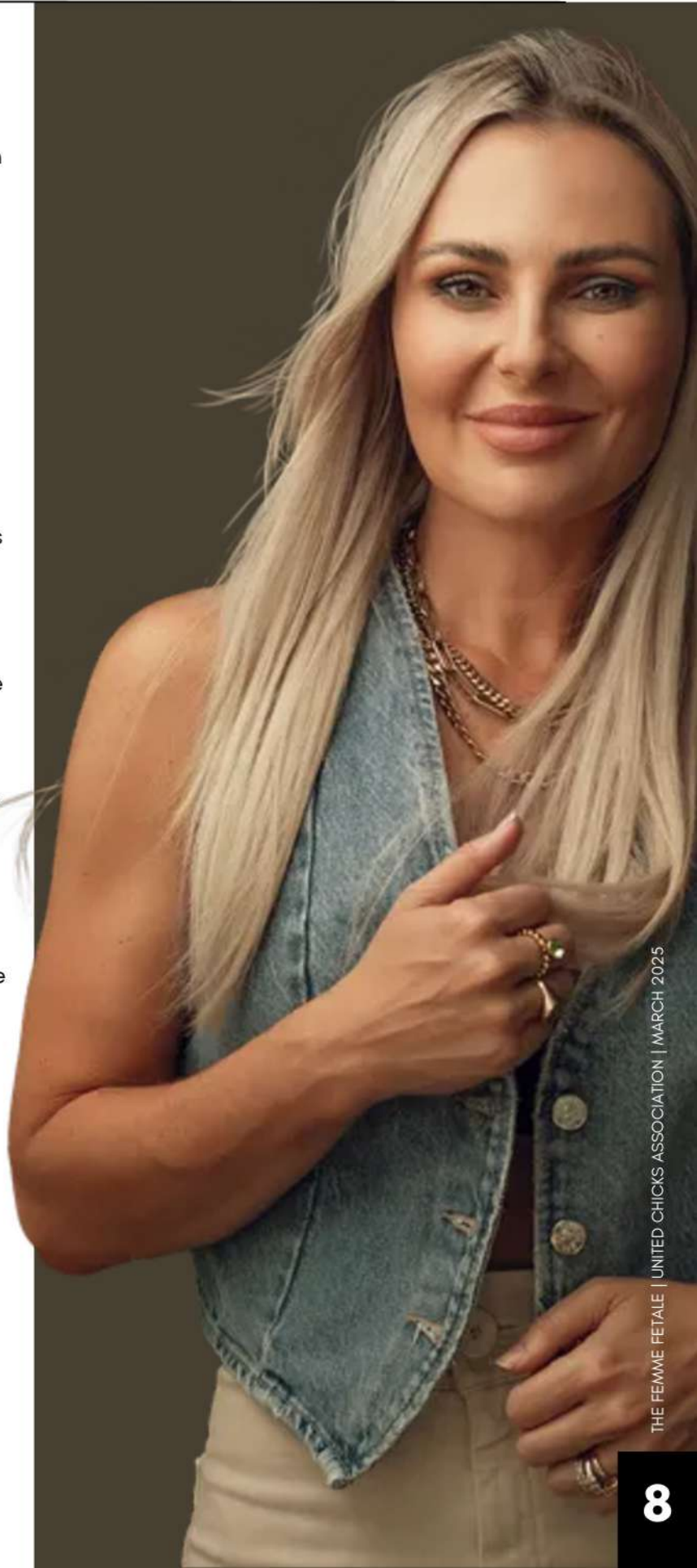
Her vulnerability and honesty in her music resonated with many fans who could relate to the emotions she expressed. Her music became an outlet for both her and her listeners, turning her personal pain into a source of collective catharsis.

### **FROM RAGS TO RICHES**

Karlien van Jaarsveld's journey from a small rural town to becoming one of South Africa's most beloved Afrikaans music stars is a remarkable testament to her resilience, talent, and dedication to her craft. Today, she is not just a musician but a symbol of what can be achieved through perseverance and self-belief.

With a career that spans more than a decade, Karlien continues to be a prominent figure in the Afrikaans music scene. Her music has earned her millions of fans and continues to inspire countless South Africans. Beyond her music, Karlien has also become a role model for young women in the industry, proving that success is possible regardless of your background.

Karlien's rise from humble beginnings in rural South Africa to national stardom embodies the essence of the "rags to riches" story. Her unwavering commitment to her passion for music, her ability to stay true to herself, and her determination to succeed have made her one of South Africa's most celebrated female artists. Through her story, she has proven that with hard work, talent, and perseverance, anything is possible.





Mont Marte



**AMANI CARICATURES**  
Instagram | WhatsApp | Facebook | Email  
019 839 3666  
Pretoria | South Africa  
Landscape Portraits | Corporate and Group Photos





# BUSINESS EMPOWERMENT



# You Never Know

## *Why Connecting Matters*

*by Janet du Preez*



I started my leadership and organisational development consultancy on very shaky foundations, although I didn't realise it at the time. I think most of us start our businesses on shaky foundations, though we don't realise it at the time.

I was confident enough in what I DID have going for me. I knew that I had expertise to share, and I knew that I was really good at sharing it in original and engaging ways. I was not a typical learning and development practitioner. I had no intention of boring people reading information off cluttered Powerpoint slides. My thinking was original, and I was an excellent facilitator.

I knew and understood people deeply. I could help them to understand themselves and I knew how to facilitate change at an individual and systemic level.

My approaches were not constrained to the textbook methods that often didn't work and unlike most people practitioners, I had solid business acumen and practical management experience. I had ideas; books full of them, at least 300 ideas from good to great and I was an outstanding designer of processes and transformational solutions.

BUT, I had no capital, no nest egg, no BBBEE credentials, no tangible offerings, no significant corporate experience, no idea of how to package, price or sell my services to corporates, no experience with tendering, no clear vision, no sense of how to position myself, no big organisation that was going to give me work to get started, no meaningful network and actually NO CLUE how to start and run a consulting company. I was stepping into a big competitive ring with huge guardians on the thresholds. Oh, and social media hadn't been invented, there were no good "How to" books on entrepreneurship, no crowd of content marketers. Websites were in their infancy and designing your site in WordPress was like learning Greek.

I couldn't convincingly persuade myself that I was an HR specialist, a change manager, a learning and development practitioner, a project manager or any of the people who typically did what I wanted to do, even though I was exceptionally good at all of those things. I didn't have the qualifications or the corporate track record. I felt like a nobody in a very intimidating world of somebodies.

I thought it would take me 3 months to make money. It took more than 3 years, primarily because of what I didn't know or was too intimidated to do. BUT, I did start making money and I did start to build a successful organisation and to have the kind of positive impact that *was the reason for my business's being*.

One of the reasons I struggled to sell was that I am inherently an introvert, although few people believe that. I LOVE people, once I've connected with them, but crossing the gulf between not connected and connected is daunting for me. Walking into a room full of strangers, because I want to be at a learning event, is intensely anxiety provoking, BUT that feeling doesn't last once I connect, so I force myself to cross the threshold and stick out my hand to say, "Hi, I'm Janet," often to the person who looks as uncomfortable as I feel.

Many people dislike the term "Networking". I am not wild about it myself. It sounds engineered and even manipulative. But, like it or not, meeting people has been key to the success of my business. When I look at my client base, every single one has come about because I randomly met people in MY natural habitat – people who enjoyed learning, just like I did, people who were also in my target market.

Some of my biggest current clients have come to me because in 2010 I helped convene an Organisational Development conference. I sat next to the COO of a non-profit I cared about because my adopted daughter had been served by them as an infant. She asked me to serve on their board. *You never know.*

On my father's last birthday, in 2013, I was the unpaid main "speaker" at a practitioner event. I was hosted by someone who became one of my favourite people. She asked me if I had time to meet with her personally.

I gave away some free coaching. She gave me my first real corporate work. We became friends and today her husband and I work together, becoming a powerful team. He is genius at making connections and I am genius at designing solutions. Together we are getting the kind of work I LOVE to do. *You never know.*

About 12 years ago, I was facilitating for a private college. That meant I got to sit in on all the other programmes. In the very first group I met a young practitioner, just starting out in her OD career. We became friends. I gave her some coaching. We never did any work together. We lost contact (my fault). Last year we bumped into each other. Last week she approached me with a lovely consulting opportunity. *You never know.*

Over 17 years of building my business, I have developed some networking habits that serve me well:

- I am picky about where I network to connect with potential clients – I go to the places where my target market hangs out. I go to places where I find like-minded people.
- I very selectively network and build trust with people who are just like me, trying to sell what I sell. The groups I am in are genuinely collaborative, supportive and refer generously.
- I always get the other person's business card or contact details or connect with them on LinkedIn. I don't wait for them to find me.
- I have meticulously built a well-stratified database of contacts. I capture detail including gender, location, industry sector, role, name of their business and where we met. *You never know* which groups or individuals you may want to target more personally in your messaging.



- I listen more than I speak. I ask them meaningful, interested, compassionate questions. I seek to understand them and to leave them feeling that I care. You never know what need you might discover that you can serve.
- I meet them afterwards if it makes sense to do so for both of us or just because I like them. You never know what a relationship may become.
- I give services away strategically – to people who could potentially open the doors for significant business and to demonstrate my expertise. I make it clear that there are no strings attached. They shouldn't feel manipulated. You never know when they might come back.
- I always aim to genuinely make people feel valued and to add value in all my interactions. You never know what influence they have, what they may need one day or who they know.
- Stay in touch even if nothing immediate comes of the connection. Keep it light and personal if possible. Nothing wrong with a useful bulk emailer, but a personal note is significantly more meaningful. Put lots of different hooks in the water. You never know when someone will bite.
- When you get a little opportunity, always deliver with excellence. There is no small or unimportant client. You never know what they might become.

YOU NEVER KNOW where paying business will come from and how you will build your credibility. I have learnt to trust that connecting with people in “networking” environments is vital. Much as I would love to, I no longer try to land a deal immediately from every connection. I simply enjoy getting to know people and finding common ground. I can trust that client engagement is a process that evolves over time.

YOU NEVER KNOW where paying business will come from and how you will build your credibility. I have learnt to trust that connecting with people in “networking” environments is vital. Much as I would love to, I no longer try to land a deal immediately from every connection. I simply enjoy getting to know people and finding common ground. I can trust that client engagement is a process that evolves over time.

If you would like to connect  
<https://calendly.com/engagementdynamics/connectwithjanet> or email  
[janet@engagementdynamics.com](mailto:janet@engagementdynamics.com).  
Company profile - <https://bit.ly/4i5SgYQ>



Janet du Preez (MD Engagement Dynamics).  
*MSc in the Management of Technology and Innovation*

Janet's aim is to inspire, equip and guide a new generation of core-driven impactful leaders, who will tackle problems that matter and build exceptional 21st century organisations. Drawing on great theory, creative methods, and a genius network, the mission of engagement Dynamics is to design, develop & deliver the most beautiful, useful and irresistible transformative leader development solutions on the planet.



## **ENSURING SAFETY, EVERY STEP OF THE WAY**

At RASO, our vision is simple yet critical: Every employee deserves to return home safely, every single day. We empower businesses with expert SHREQ (Safety, Health, Risk, Environment & Quality) solutions that protect workers, prevent incidents, and promote a culture of safety.

### **Our Services**

- ISO SHREQ Systems – Compilation, Implementation & Management
- SHREQ Management Improvement Plans
- Nationwide Independent SHREQ Audits
- Training & Skills Development
- Contracting SHREQ Leads for Projects & Events

### **Training & Courses Offered**

- Safe Work Procedures | Risk Assessments | ISO Principles
- Internal Auditing | Incident Investigation | Legal Liability
- Fire Fighting | First Aid | Emergency Preparedness
- Working at Heights | PPE | Safety Representative & More!

**RASO - YOUR PARTNER IN WORKPLACE & EVENT SAFETY!**

Contact Us Today at [pieter@raso.co.za](mailto:pieter@raso.co.za) / +27 76 506 3588



# FABULOUS FINDS





## PHILIPPA FRENCH

*Wearable works of art*

Philippa Spark, owner of Philippa French, works directly with teams of crafters in and around Durban, South Africa. Each artisan Philippa works with is responsible for supporting their direct and extended families.

At the helm of the establishment with Philippa is two head crafters, Cebi and Nkulu, who help Philippa to run the business, and who oversee the workmanship and the quality of the products before they are sent out to customers.

Philippa and her team work on the basis of mutual respect and love, all working together to fulfill their collective dream of opening stores worldwide in the future, and being able to uplift entire communities within Southern Africa.

Every order is a reason to celebrate, a reason to believe in the future of the business and a reason to continue on our quest for success. All items are “hand made, wearable works of art”, using only the best quality glass beads.

*“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” – Desmond Tutu (1931 – 2021).*

Go check out her Instagram profile @phillippa\_french or contact her on +27 82 410 2998 for more information!



## BELLEEN ROSE

*Flower preservation*

Preserve the memories that matter most with Belle En Rose Resin. We specialize in transforming delicate blooms into stunning, long-lasting pieces of art. From wedding flowers to memorial tributes, our resin preservation process protects and enhances the natural beauty of your cherished flowers. Hold your memories close to your heart with our beautiful, handmade creations.



## KAATJIE PRODUKTE

*A colourful lifestyle brand that makes the ordinary extraordinary.*

Custom family portraits & quirky art printed on handmade items, by Malani Venter.

Go check out her Instagram profile @kaatjie\_produkte or check out her website kaatjieprodukte.co.za



# CUPCAKES OF HOPE

*A NPO serving hope, one treat at a time  
for children battling cancer*



go to their website, follow them on socials and get a team together to bake cupcakes, to raise funds to support children with cancer.

Instagram: @cupcakesofhope  
Facebook: Cupcakes 4 kids with cancer



# MEMBERSHIP PRICING & TIERS



# LADY-IN-WAITING

## youth membership | R20pm

- **Access to the UCA Network:** Connect with successful women entrepreneurs for mentorship & support.
- **Exclusive Youth Development Workshops:** Learn about business, leadership & personal growth.
- **Feature in Femme Fatale Magazine:** Be showcased as a rising star or share your ideas!
- **Discounted Entry to UCA Events:** Attend empowering workshops & networking sessions at special youth rates.
- **Mentorship Matching:** Get guidance from an experienced UCA mentor.
- **WhatsApp Group (Youth Edition):** Join a fun & inspiring community of like-minded young women.
- **Volunteering & Leadership Opportunities:** Get hands-on experience at UCA events.

# DUCHESS

## adult membership | R50pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Share your business promotions within the UCA community *once a month* (either at the beginning or end of the month).
- **Femme Fatale Magazine Advertisement:** *Get one free advertisement and publish one article per year to showcase your expertise.*

# COUNTESS

## adult membership | R100pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Share your business promotions *once a month* (either at the beginning or end of the month) with an additional promotion boost through priority placement.
- **Femme Fatale Magazine Advertisement:** *Two free advertisements and two articles per year to promote your business or achievements.*
- **Discounted Workshops & Seminars:** Get exclusive invitations to UCA members-only workshops and seminars at reduced rates.
- **Member Spotlight:** Be featured on UCA's social media platforms to promote your personal or business brand.
- **Priority Support:** Access faster and more personalised assistance from the UCA team.

# PRINCESS

## adult membership | R200pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Promote your business *twice a month* (beginning and end), receiving additional promotional support within the group.
- **Femme Fatale Magazine Advertisement:** *Four free advertisements and four articles per year to maximize your visibility.*
- **Discounted entry to UCA hosted Events, Workshops & Seminars:** Get exclusive invitations to UCA members-only workshops and seminars at reduced rates.
- **Member Spotlight:** Be featured on UCA's social media platforms to promote your personal or business brand.
- **Priority Support:** Access faster and more personalised assistance from the UCA team.
- **One-on-One Business Coaching:** Gain access to personalised business advice through one-on-one coaching sessions (if required / requested).
- **Opportunities to Host Webinars & Workshops:** Share your knowledge and skills by leading events within the UCA community.
- **UCA Branded Denim Jacket:** Enjoy discounted rates on the exclusive UCA-branded denim jacket after completing 12 months of membership.

# QUEEN

## adult membership | R300pm

- **Access to the UCA Network:** Connect with like-minded women and entrepreneurs for collaboration and support.
- **Monthly Online Networking Sessions:** Participate in virtual networking events to expand your professional circle.
- **WhatsApp Group Marketing:** Enjoy *unlimited* WhatsApp marketing posts, giving you the most visibility and reach within the UCA community.
- **Femme Fatale Magazine Advertisement:** *Unlimited* advertisements and article submissions, ensuring constant exposure for your business.
- **Free Entry to UCA hosted events, Workshops & Seminars:** Attend exclusive workshops & seminars without paying extra.
- **Featured Guest at Events:** Be spotlighted as a key UCA member during select events.
- **Member Spotlight:** Be featured on UCA's social media platforms to promote your personal or business brand.
- **Priority Support:** Access faster and more personalised assistance from the UCA team.
- **One-on-One Business Coaching:** Gain access to personalised business advice through one-on-one coaching sessions (if required / requested).
- **Opportunities to Host Webinars & Workshops:** Share your knowledge and skills by leading events within the UCA community.
- **Free UCA Branded Denim Jacket:** Receive a free denim jacket after 12 months of membership, a token of appreciation for your commitment.



## **ZP AUTO REPAIRS, SPRAYPAINTING & CUSTOMS**

☎ 0823897045

✉ [zpautorepairs@gmail.com](mailto:zpautorepairs@gmail.com)

🌐 <https://whatsapp.com/channel/0029Vaczv8w65yDGgWQnNE3Z>

📍 10 Thomas Jackson str,  
Oatlands, Krugersdorp, 1739

### **WE SPECIALISE IN THE FOLLOWING**

MECHANICAL, AUTO REPAIRS & CUSTOMISING OF VEHICLES.

DIAGNOSTICS. ECU REPAIRS & KEY CODING.

PANELBEATING & SPRAYPAINTING.

MAJOR, MINOR, MINI SERVICES.

FRONT AND REAR BRAKES.

CLUTCH REPLACEMENTS.

WHEEL BEARINGS. CV JOINTS.

ENGINE REBUILDS. GEARBOX REPAIRS AND REPLACEMENTS.

(ALL MAKES AND MODELS AUTO & MANUAL)

### **CUSTOMS : WE SPECIALISE IN THE FOLLOWING**

RACE CAR BUILDS, CAR RESTORATIONS, CUSTOM CAR BUILDS, CUSTOM DOOR PANELS, RESTOMOD PROJECTS, ENGINE SWAPS, PERFORMANCE UPGRADES, CLASSIC BUILDS AND MUCH, MUCH MORE !!

### **WHY US?**

- 7+ YEARS OF EXPERIENCE IN MECHANICAL & CUSTOMISING SERVICES.
- GUARANTEED WORKMANSHIP.
- UNBEATABLE PRICES






# OUR MEMBERS



Specialising in Caricature Portraits and Caricature Live Events, Amani Caricatures brings a unique blend of artistry and entertainment to any occasion. Whether you're looking to capture memorable moments with a fun twist or add a lively and creative element to your event, Amani Caricatures' work is sure to impress. Their talent for turning faces into charming, exaggerated art pieces will leave you and your guests with unforgettable keepsakes. Perfect for corporate functions, weddings, or any gathering where laughter and creativity are welcome.

 @amani.caricatures  Pretoria



From corporate events to intimate gatherings, Elfin Event Dynamics delivers exceptional service and creativity to every project. We offer incentive travel, unique corporate gifts, and have worked with clients from charities to major brands like Salesforce and ABSA. We're proud to have organised the launch of Mandela's 46664 campaign. Let us bring your next event to life!

 [www.elfinevents.co.za](http://www.elfinevents.co.za)  Fourways



Your place to get delicious & beautiful handmade royal iced cookies, handbags & zipper pouches. Look out for collaborations with other local small businesses.

 [justtgoodies.co.za](http://justtgoodies.co.za)  Boksburg



**BUSHVELD STREET EAT**  
COOKED WITH FIRE & IRON

Bushveld Street Eats brings the vibrant flavors of South Africa's street food to life! Inspired by the rustic charm and rich culture of the bushveld, they celebrate local ingredients and time-honored recipes. With every bite, experience a taste of the outdoors and the rich culinary traditions of our beautiful land.

 +27 78 177 4682  Tarlton



Engagement Dynamics is a leadership and organisational development company, driven by intentional thinking, deep connection with our clients and delivery-focused action. We support and promote superb, strategic, astute leadership, effective engagement of people and dynamic responsiveness to change, complexity and conflict.

 +27 76 626 6047  Johannesburg



Discover timeless craftsmanship with Lady Rischmüller Handmade, where every piece is uniquely designed and carefully handcrafted. From luxurious leather goods to beautifully curated accessories, Lady Rischmüller adds a touch of elegance and style to your everyday life. Proudly South African, their products celebrate quality, creativity, and attention to detail. Explore their stunning collections and indulge in the artistry of handmade excellence.

 @lady\_rischmuller\_handmade\_  Nelspruit





At Ozone & Health Hub, we combine the revitalizing benefits of ozone therapy with a range of nutritious wholefood products to promote holistic wellness. Our female-led business is dedicated to helping you achieve optimal health, offering treatments that boost immunity and enhance vitality. Experience the difference with Ozone & Health Hub, where well-being and empowerment go hand in hand.

+27 79 697 4790 Pretoria



At Red Feather, we're passionate about elevating your bath experience with our organic, rose-infused bath salts, body scrubs, and bath oils. Each product is crafted with care to provide a luxurious and rejuvenating experience, helping you unwind and pamper yourself naturally. Treat yourself to the soothing and aromatic delights of Red Feather, and transform your bath time into a serene retreat.

+27 66 055 7677 Tarlton



At Ribbon Your Hair it is our passion to accessorise your children's hair for any occasion (school, formal & fun). Contact us for your custom made bows & ribbons today!

+27 66 058 6236 Alberton



Since branding is a service based business - SA Attitude focuses on personalised customer service and support. They are an owner managed, family business, with a vision is to be your first call for branding expertise, and be your branding advisor and labelling consultant. Their mission is to put the personal touch back in customer service while branding your company and creating logo visibility that you can be proud of. SA Attitude makes it happen for you - just the way you imagined it. And yes, they do have an attitude! #SAAttitude

+27 79 513 2421 Benoni

EmboSystems is a South African company specializing in providing innovative technology solutions tailored to meet the unique needs of businesses across various industries. With a focus on delivering high-quality services, EmboSystems offers a range of products designed to enhance operational efficiency and drive business growth. Their team of experts is dedicated to understanding client requirements and implementing cutting-edge technologies that align with their strategic objectives.

Whether you're looking to upgrade your IT infrastructure or seeking customized software solutions, EmboSystems is committed to delivering excellence and fostering long-term partnerships with their clients.



Need More? Add your own without programming!

**CONTACT US: 011 867-4361 / 083-625-4299**





# MENTAL EMPOWERMENT

# The Happiness Project

## *A Journey Back to Ourselves*

by Ana Ninkovic

For the longest time, I believed that happiness was something to be earned—something just out of reach, waiting on the other side of success, approval, or meeting impossible expectations. I spent years chasing it, only to realize that the more I searched outside myself, the further away it felt.

That realization sparked The Happiness Project.

Not as a business, but as a space—one where people could come as they are, shed the masks, and finally breathe. A space where authenticity isn't just encouraged but celebrated. Because real happiness isn't found in perfection; it's found in the messy, beautiful process of being and accepting ourselves.

But self-acceptance isn't always easy. It requires courage—the courage to look inward, question our beliefs, and explore the many layers of who we are.

That's why The Happiness Project isn't just about words; it's about action. Through thought-provoking stories, educational videos, and meaningful talks on mental wellness, we invite you to investigate different aspects of your life with curiosity and kindness.

We help you build the courage to introspect, to strengthen the most important relationship you'll ever have—the one with yourself.

In a world that tells us to be more, do more, and fit into boxes that were never meant for us, The Happiness Project stands as a reminder: You are already enough. Your feelings, your struggles, your story—they all matter. No one is perfect, but that's what makes us unique. And more importantly, that's what connects us.

So, if you've ever felt like you're too much or not enough, know this—you belong here. This is your invitation to show up as you are and embrace the happiness that's been within you all along.



**ANA NINKOVIC**

✉ [ana@projecthappiness.co.za](mailto:ana@projecthappiness.co.za)

☎ 0714747819

🌐 <https://projecthappiness.co.za>







Your Ultimate Partner in Energy Solutions Across South Africa & Beyond!

At PEPS, we go beyond sourcing—we collaborate with developers and consultants from the feasibility stage to execution, ensuring seamless project success. With our unmatched expertise, deep industry connections, and hands-on project management, we offer a service unlike any other in the energy sector.

**Our Expertise Includes**

- Market Research – Understanding trends, key players & regulations
- Product Positioning – Highlighting unique transformer advantages
- Partnerships & Distribution – Connecting with top local distributors
- Strategic Pricing – Competitive analysis for cost-effective solutions
- Monitoring & Evaluation – Continuous improvement for sustained success
- Project Management & Logistics – Road & sea freight with site services

With years of experience working with contractors and OEMs, we simplify the decision-making process for end users and clients—delivering expertise, efficiency, and excellence every step of the way.

Powering Progress, One Project at a Time!

info@pep-solutions.com | +27 82 375 1414



# OUR PARTNERS



# our amazing partners



A passionate graphic designer and artist dedicated to bringing your visual ideas to life. With a keen eye for detail and a creative flair, I offer bespoke graphic design solutions and unique art creations that captivate and inspire. Whether you're seeking compelling designs for your brand or one-of-a-kind art pieces, my mission is to deliver exceptional quality and creativity tailored to your needs.

📞 +27 64 559 4330

📍 Boksburg



Empowering women to rise stronger, Phoenix Fitness goes beyond physical wellness, inspiring confidence, resilience, and self-worth through every step of the journey.

📞 +27 83 324 8416

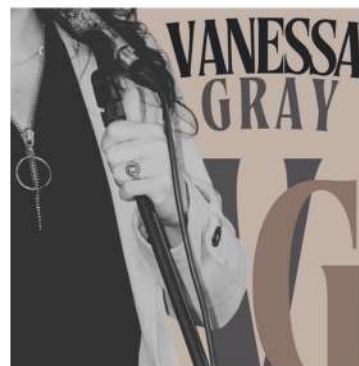
📍 Benoni



The Happiness Project, founded by Ana Ninkovic, is a community of coaches redefining wellness through connection and courage. They help individuals—parents, leaders, organizations, and teens—align their lives with their core values, offering guidance and validation on their personal and professional journeys.

🌐 [projecthappiness.co.za](http://projecthappiness.co.za)

📍 Cape Town



Vanessa Gray is a versatile vocalist who brings her musical talent to restaurants, year-end events, birthdays, pubs, private gigs, and weddings. In addition to performing, she offers voice and singing coaching to help others find their unique sound. Whether you're looking for live entertainment or wanting to improve your vocal skills, Vanessa Gray delivers with passion and expertise.

📞 +27 66 055 7677

📍 Tarlton



**L R**  
**R I S C H M Ü L L E R**  
**L R**  
**H A N D M A D E**

Established in 2016 by CEO and Founder Lanie Rischmuller, Lady Rischmuller Handmade is a South African brand dedicated to crafting unique, bespoke items that bring a special touch to everyday life. From custom orders to a diverse range of handmade products, the brand offers a one-stop online shop for those seeking personalized creations.

Lanie's commitment to quality and individuality has not only garnered a loyal customer base but also earned her a nomination for a Woman of Stature Award. Explore the collection and experience the artistry that defines Lady Rischmuller Handmade.

<https://ladyrischmullerhandmade.co.za/>







# PHYSICAL EMPOWERMENT

# The Importance of Gut Health

## *for Bodybuilders and Athletes*

by Truzaan Berowsky



Gut health is more than just a buzzword in the fitness world. For bodybuilders and athletes, maintaining a healthy gut is essential to performance, recovery, and overall well-being. The gut is responsible for digesting food, absorbing nutrients, and housing a large portion of the body's immune system. Understanding the role of gut health in fitness can significantly improve your performance, muscle growth, and recovery. Let's dive into why a healthy gut is so crucial for bodybuilders and athletes and the advantages it brings.

### **The Link Between Gut Health and Athletic Performance**

The gut is often referred to as the "second brain" because of its impact on both physical and mental health.

For athletes and bodybuilders, the gut plays a vital role in the digestion and absorption of the nutrients needed to fuel intense training sessions and promote muscle recovery. Without proper gut health, the body's ability to break down and absorb nutrients such as proteins, carbs, and fats is compromised, which can lead to decreased energy levels and hinder muscle growth.

#### **Gut health is critical for:**

- *Nutrient absorption:* A healthy gut enables the efficient breakdown of food into essential nutrients that fuel muscles and tissues. Without this, even a well-balanced diet may not have the desired impact on performance and muscle growth.
- *Immune function:* The gut is home to approximately 70% of your immune cells. A healthy gut helps in preventing inflammation and reducing the risk of illnesses, which can keep athletes on track for training without disruptions
- *Energy levels:* A balanced gut microbiome (the collection of bacteria in your intestines) regulates the metabolism of fats, proteins, and carbohydrates. This balance ensures that you have sustained energy throughout the day, especially when performing high-intensity workouts.

#### **Advantages of Healthy Gut Health for Athletes and Bodybuilders**

- *Enhanced Nutrient Absorption and Recovery:* The absorption of vitamins and minerals, such as vitamin D, B-vitamins, and magnesium, is directly influenced by gut health. These nutrients are essential for muscle function, recovery, and growth. A healthy gut promotes the efficient digestion and absorption of these nutrients, which in turn supports recovery after intense training, reduces soreness, and aids in muscle repair.



- **Reduced Inflammation and Faster Recovery:** Poor gut health, particularly an imbalance of gut bacteria (dysbiosis), can lead to systemic inflammation. Chronic inflammation can hinder recovery, increase the risk of injury, and impair muscle growth. A well-balanced gut microbiome helps to manage inflammation levels, enabling athletes to recover faster and return to training sooner.
- **Improved Immune Function:** Gut health is essential for a strong immune system. Athletes put their bodies under considerable stress, which can sometimes lead to weakened immunity. By maintaining a healthy gut, bodybuilders and athletes can ensure that their immune system functions optimally, reducing the chances of illness or infections that could interrupt training and performance.
- **Better Mental Focus and Motivation:** Gut health influences not only physical performance but also mental well-being. The gut-brain axis is a system of communication between your gut and brain. A well-functioning gut can have a positive impact on mood, stress levels, and mental clarity. For athletes, this means better focus, motivation, and reduced feelings of fatigue during training and competitions.
- **Fatigue and Low Energy:** When your gut is struggling, nutrient absorption suffers. Without proper nutrients, you may feel drained, sluggish, or fatigued, which impacts both workouts and daily life.
- **Immune System Dysfunction:** Poor gut health can lead to a weakened immune system, making you more susceptible to infections, colds, or illnesses. For athletes, getting sick means missing out on training sessions or competitions.
- **Hormonal Imbalance:** Gut health influences hormone production, including cortisol and insulin. Disruption of gut health can affect these hormones, leading to issues such as increased stress (high cortisol) or poor blood sugar control (low insulin sensitivity).

## Foods That Can Improve Gut Health for Athletes

The foods you choose play a significant role in maintaining a healthy gut microbiome. Incorporating gut-friendly foods into your diet can enhance digestion, support nutrient absorption, and improve overall health. Below are some foods that are particularly beneficial for gut health:

- **Probiotics:** Probiotics are beneficial bacteria that promote a healthy balance in your gut microbiome. They can help with digestion, reduce inflammation, and strengthen the immune system. Some great sources of probiotics include:
  - Greek yogurt
  - Kefir
  - Kimchi
  - Sauerkraut
  - Miso
- **Prebiotics:** Prebiotics are types of fiber that feed the healthy bacteria in your gut. Including prebiotic-rich foods in your diet helps maintain the balance of beneficial microbes. Some top prebiotic foods include:
  - Bananas (especially when slightly underripe)
  - Oats
  - Garlic
  - Onions
  - Asparagus
  - Leeks

## What Poor Gut Health Does to Your Body

Poor gut health can manifest in various ways, some of which may have significant effects on an athlete's performance:

- **Digestive Issues:** Common symptoms such as bloating, gas, constipation, or diarrhea can all be signs of an unhealthy gut. These issues can severely disrupt your workout routine, especially if your body struggles to digest or absorb nutrients properly.
- **Increased Inflammation and Muscle Soreness:** An unhealthy gut may lead to systemic inflammation, which not only hampers recovery but can also increase muscle soreness after training. Inflammation can impede the body's ability to repair muscle fibers and cause long-term performance issues.

- **Fiber-Rich Foods:** Fiber helps with digestion and promotes a healthy gut environment. It supports bowel regularity and helps prevent constipation. Some fiber-rich foods that are great for athletes include:
  - Whole grains (brown rice, quinoa, oats)
  - Legumes (lentils, chickpeas, black beans)
  - Leafy greens (spinach, kale, arugula)
- **Bone Broth:** Bone broth is rich in collagen and amino acids that can support gut healing. It's especially helpful for athletes with a leaky gut or those dealing with digestive discomfort after training.
- **Ginger and Turmeric:** Both ginger and turmeric are anti-inflammatory spices that can help reduce gut inflammation, improve digestion, and reduce bloating. Incorporating them into your meals or consuming them as teas can offer gut health benefits.
- **Fatty Fish:** Omega-3 fatty acids from fatty fish such as salmon, mackerel, and sardines have anti-inflammatory properties that can help reduce gut inflammation, improve overall gut health, and support muscle repair.

## Conclusion

For bodybuilders and athletes, gut health is essential to not only enhance performance but also support recovery, muscle growth, and long-term health. A balanced gut microbiome can improve nutrient absorption, reduce inflammation, strengthen the immune system, and help you stay energized. On the other hand, poor gut health can lead to digestive issues, fatigue, and impaired recovery. By including gut-friendly foods such as probiotics, prebiotics, fiber-rich foods, and anti-inflammatory spices, athletes can improve their overall health and performance, ensuring they stay at the top of their game.



**Meet me**  
I'M TRUZAAN BEROWSKY

I'm a lifestyle and wellness coach. I help individuals to reach their goals by supporting them with exercise and nutrition programs.

Nice to meet you!

**Truzaan Berowsky**  
Founder of Phoenix Fitness  
IBFF MS Fitness Universe 2024

Contact: +27 83 324 8416 | [truzaanb@gmail.com](mailto:truzaanb@gmail.com)

Instagram: [@truzaan\\_b](https://www.instagram.com/truzaan_b) | TikTok: [@truzaanberowsky](https://www.tiktok.com/@truzaanberowsky)



# Herbal Release

HEADACHES

SNORING

SINUSITIS

CONSTIPATED

WATER RETENTION

Herbal Release

AIM Herbal Release<sup>®</sup>

LYMPHATIC HEALTH<sup>™</sup>  
WITH ECHINACEA EXTRACT

DIETARY SUPPLEMENT

60 VEGAN CAPSULES

GLUTEN FREE

NON-GMO

VEGAN

SALE • SALE • SALE • SALE • SALE • SALE

BUY 1 FOR R276 & 1/2 PRICE FOR THE 2ND ONE

- MAINTAIN A STRONG IMMUNE SYSTEM
- NEUTRALIZE FREE RADICALS WITH PLANT ANTIOXIDANTS
- DETOXYFY THE LYMPHATIC SYSTEM
- PROMOTE REGULAR BOWEL MOVEMENTS THAT ELIMINATE TOXINS AND BODY WASTE

# The UCA-Phoenix Glow Up challenge

## *Strength, Support & Success*

Here's a refined version with improved flow, clarity, and engagement while keeping the original spirit intact:

We have been incredibly excited and deeply honored to partner with Phoenix Fitness and to work alongside the inspiring, committed, and highly professional Truzaan Berowsky. Our UCA Phoenix Challenge was an absolute blast, providing not just an exciting journey into health and overall well-being but also a powerful sense of community.

One of the most rewarding aspects was witnessing our participants cheer each other on, keeping the energy high and the motivation strong. While we started with a large group and, as expected in any challenge, saw some drop off, we are immensely proud of those who persevered—not just through the challenge itself but also through personal battles like illness, depression, and tough days.

The results have been truly inspiring! Participants saw amazing progress, with weight loss ranging from 1.8kg to an incredible 9kg. Some may not have lost as many kilograms but made massive strides in losing centimeters and improving their overall fitness.

We hope that our incredible ladies keep pushing forward, staying strong and motivated. We can't wait to see them—and many more amazing women—join us for our next challenge in May!

A huge thank you to Truzaan for her expertise, dedication, and passion. We are excited about the incredible opportunities ahead and the life-changing physical empowerment that comes with them.

Lastly, a big congratulations to our challenge winner, Marie van der Merwe, who achieved the most incredible glow-up transformation! Stay tuned for a special introduction to her and her inspiring story on the next page.

If you're interested in joining our next challenge, reach out to us at [info@ucassociation.org](mailto:info@ucassociation.org). For guidance on health, fitness, and overall well-being, contact Truzaan at [truzaanb@gmail.com](mailto:truzaanb@gmail.com).

Here's to strength, resilience, and empowering transformations!



*"Thanks for this great opportunity. I've learned so much about my health and energy throughout this period. I only have 1 kidney and well-controlled hypertension. So I was a bit nervous about increasing my protein to the volumes the diet prescribed. I discovered that with increased protein, my energy levels, recovery time, and overall wellbeing improved. I also cut out the carbs that I thought I should be deriving my energy from and subsequently learned that my eczema improved from the drastic reduction in wheat-based products. My blood pressure remained under control, and with the increased water intake, my kidney could handle the bigger protein consumption. I have lost 2.8 kg from 94.8 to 92kg and 4cm around my waist from 98 to 94cm. I feel stronger and more able to enjoy exercise again, as I was getting despondent and bored at gym. I intend to continue with the diet, and home workouts and learn the correct form to do the gym workouts over time. Have a great week, thank you once again".*

**B.Lopes**



## MORE ABOUT OUR WINNER: THE WONDERFUL MARIE VD MERWE

From a very early age, I was extremely active. I loved running and sports. I was always the skinny one—well-built, toned, strong, and healthy. Despite enduring sexual abuse as a young girl, I always pushed myself to be the best version of me.

From a very early age, I was extremely active. I loved running and sports. I was always the skinny one—well-built, toned, strong, and healthy.

Despite enduring sexual abuse as a young girl, I always pushed myself to be the best version of me.

In my late 20s, I entered my second marriage, unaware that my now ex-husband was a narcissist. Life became complicated, exhausting, and painful, especially while expecting my second child. Years of abuse left me emotionally broken, overweight, and a shadow of the woman I once was. For years, I lost myself—my confidence, my voice.

Then, on the 3rd of November 2024, in the midst of my struggles, I met someone amazing. I couldn't believe that someone could love me as I was—overweight, insecure, and broken. Just two weeks after meeting him, I knew in my heart that he was my forever. In four months, he has shown me what love truly should be—kind, patient, and uplifting. He has become my inspiration to take care of myself, not just for him, but for me.

A special thank you to my sister, Kobie, who introduced me to the UCA Phoenix Glow-Up Challenge—four weeks of training and healthy eating that have changed my life. Despite battling bronchitis and being in bed for two weeks, I still managed to lose 9kg in four weeks with Truzaan's program.

I've dropped two pants sizes and feel stronger than ever. Winning the challenge was an honor, and I cannot wait for my training with Truzaan to start on the 1st of March. I am incredibly grateful to Truzaan, Taryn, and my partner, Johan, for their support and encouragement. Thanks to them, I'm regaining my confidence.

I know this journey won't be easy, but I also know I can do this—and I will. Because I deserve to be the best version of myself, for my partner, but most importantly, for me my life changed on the 3rd of November 2024.

I met the man of my dreams, and I'm finding my voice again. At the end of March, we're starting a new life in Lydenburg—a new home, a fresh start, and a future that has never looked brighter.

To Taryn and Truzaan, thank you for your motivation and for believing in me. To all the incredible women who encouraged me along the way, you are amazing. Keep pushing forward—you are capable of more than you know.

"There is nothing stronger than a broken woman who has rebuilt herself."

To every woman who has faced hardship—no matter what you've been through—don't give up on yourself. The road may seem impossible now, but it does get better. Keep pushing. Never give up. God is with you every step of the way.

Even with all the heartache I've endured, I wouldn't change a thing. Because without it, I wouldn't have my two beautiful daughters, Louise (20) and Taylene (10). Everything I have gone through has made me stronger and shaped the woman I am today.

Lastly, to my life partner, Johan—thank you for your love, support, and unwavering belief in me. You gave me my life back and helped me find my voice. I will forever be grateful. Our future together is going to be beautiful, and I cannot wait to build it with you. I love you with all of me—heart and soul.

And above all, to my Father in Heaven, I give thanks. Through every trial, He has been my strength. He has blessed me with love, guidance, and people who uplift me. I am truly grateful for every blessing in my life.





# BLACK BEAN & CORN SALAD

*gasolfoundation.org*

## Ingredients:

- 1 x5 oz. can corn kernels
- 2 x15 oz. can black beans
- 2 roma tomatoes
- 1 avocado
- 1/2 small red onion
- 1/2 cup cilantro
- 1/4 cup lime juice
- 1/4 cup olive oil
- 2 minced garlic cloves
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper flakes

## Instructions:

1. Drain corn and black beans.
2. Combine and set aside in a bowl.
3. Chop tomatoes, avocado, onion and cilantro.
4. Combine with corn and black beans mixture.
5. In a small salad bowl, whisk together lime juice, olive juice, garlic, salt and red pepper flakes.
6. Pour dressing over said and toss to combine.





The key to weight loss has more to do with your **gut microbiome** than willpower, counting calories, or exercise.

*Dr Mandy Pely*



# WHAT DOES THIS MEAN?

There's a lot of research pointing out to inflammation from the gut greatly affects all aspects of our body including our brain. This can lead to mental health symptoms including whether you're happy, sad, anxious, positive, negative, bitchy, etc.

*Dr Carrie Jones*

## 3 THINGS

TO KNOW ABOUT YOUR

*Microbiome*

## SIGNS OF AN UNHEALTHY GUT

*Do you have any of the following symptoms?*

- Food sensitivities
- Thyroid Conditions
- Fatigue
- Anxiety
- Depression
- Joint Pain
- Headaches
- Skin issues like soacea, acne, psoriasis
- Digestive Problems
- Weight gain
- ....and many more

**THE BALANCE OF GOOD TO BAD BACTERIA IN YOUR GUT CONTROLS HOW MANY OF THE CALORIES YOU EAT ARE CONVERTED TO FAT.**

*then try #FloraFood*

**MODERN LIFE IS FULL OF TOXINS THAT HURT YOUR GUT BACTERIA. ANTIBIOTICS, STRESS, AND ENVIRONMENTAL POLLUTANTS (MERCURY, LEAD, POLLUTION, PERFUMES, ETC) DECIMATE GOOD BACTERIA, CREATING AN IMBALANCE OF BAD TO GOOD BACTERIA, LEADING YOU TO STORE FAT IN YOUR BODY.**

**YOU INHERIT YOUR GUT MICROBIOME FROM YOUR MOTHER AND THE FOUNDATION FOR GUT HEALTH IS LAID IN THE FIRST 3 YEARS OF LIFE. THIS MEANS THAT YOUR WEIGHT MAY NOT BE GENETIC, BUT INSTEAD A RESULT OF THE BACTERIA THAT GOT PASSED DOWN TO YOU.**



Pretoria

+27 79 697 4790



**follow us:**



[www.ucassociation.org](http://www.ucassociation.org)  
[info@ucassociation.org](mailto:info@ucassociation.org)  
+27 64 559 4330



**link to our website here**  
designed by [www.gritt.co.za](http://www.gritt.co.za)

