



# LIFE & STYLE

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# LIFE & STYLE

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## COVER

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## DESIGN

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## EDITORS NOTE

It's a peculiar situation. We are physically isolated from each other under lockdown, yet we've never been more connected. The social media platforms are on fire with people grabbing the opportunity for 5 seconds of fame, mostly confirming what we already suspected – the world is full of idiots. And, of course, there are the prophets of doom adding layer upon layer to the general fear and confusion that abounds on these platforms. There is some far-out material there leading straight into the twilight zone. I have a morbid fascination with these things, as apparently do most people, but it's not very uplifting and the longer you stay connected the further you go down the rabbit hole. But our current circumstances are so surreal that the rabbit hole is actually quite appealing.

As a media professional I fall under the essential services category that allows me to venture out into the virus infected world from which I broadcast every weekday. The studio is locked down and I am the only one working from there. It's eerie. People walking past the picture window doing their essential shopping are generally masked as required, but many seem unaware of the importance of keeping the nose covered, which defeats the object. Others carry on animated conversations with their masks pulled down to below the chin to allow for easier communication defeating the objective entirely. It's confusing. And that's pretty much the case with just about every aspect of this pandemic. No one really knows much about any aspect of it. There is speculation and rumour but almost no definitives yet, so we are living in a state of fear.

**In times of crisis I find comfort and solace in the spiritual company of those who have looked ahead and have given us guidelines to follow like those listed below:**

**"Fear makes us feel our humanity."** – Benjamin Disraeli

**"Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvellously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones."** –Thich Nhat Hanh

**"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'" –Eleanor Roosevelt**

**"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."** –Nelson Mandela

As a final thought, here is an idea that I fully subscribe to. I do not know who wrote it, but it resonates well. When things are bad, remember: It won't always be this way. Take one day at a time. When things are good, remember: It won't always be this way. Enjoy every moment." Welcome to the first edition of Life & Style Online, custom crafted in digital format to keep you safely in touch and connected to the best of everything on the North Coast.

**\*\* Dave Charles presents the Afternoon Show 1-5pm on 88FM  
Radio Life&Style - The Voice of Ballito**

\* Dave Charles



L&S Food & Drink

# THE MOST POPULAR EATERY NOW

Your Home Kitchen

**“Have** you become a home chef of late? Cooking at home can be a painful and frustrating experience with the wrong tools and gadgets. Here are some thoughts from a lockdown wannabe master chef.

**“Great start to my day, the gurgling sound of my trusted Bialetti Moka Pot, my perfect cup of coffee, home-style. Hubby gets his kicks from his pour over – morning coffee date before it’s too late. Breathe, hey - I run a home office so it’s all about time and tooling up. It’s a juggling act and no stress needed. I think out the box to get everyone fed!**

We have adopted titles - Chief Cook (aka wanna be Michelin star chef, got great tools and I watch the wish list grow), hubby - Chief Dishwasher and Cleaner, kids in tow – no interruption, just kitchen corruption.

Imagine getting eggcited about poaching perfect eggs – microwave or poaching pan, oh man! Watching our waistline for lunch, we’ll have salad please. Who knew that healthy food can look

so good with ease, with our mandolin, spiralizers and salad spinners – pimp your salad, salad making is a breeze.

Afternoon little baker's gonna bake – no bunking, we're gonna whip it real good in our zoom baking bake-off. Tools and gadgets for little hands - hip hip hooray, it saved the day - straight A's with ease. Stepping up my game for supper - the grand finale. Maybe I was born for this? Flipped through IG,

step aside Gordon Ramsay, this is no Hell’s Kitchen, I’m aiming for a Michelin star. Armed and ready with the smoking gun and sous vide at hand. I will put my sharp knives to the test, Damascus and German steel at its best.

Wow I couldn't be happier in getting the right kitchen tools and gadgets, giving me fearless kitchen confidence, it made fine dining sublime and me shine in no time. However, paired with our home sommelier (while the rationed wine stock lasts), I lost my wine snob certificate, now anything goes with white wine ...”

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## TO THE POWER OF X

How HUNT Properties operates differently

“**The** year 2020 has, and will continue to, present all of us with a vastly different set of challenges to a normal year. At HUNT Properties we believe our team structure is best suited to adapt to this change in landscape.



- Ryan Hunt

OUR COMPANY IS A COUNTER-INTUITIVE Estate Agency to its core. Firstly, as our motto of “we simply sell” suggests we are a ‘sales only’ company, sub-contracting other property related operations, such as rentals, out. Our belief is that by having a single focus and purpose, we can best service our customers. This approach has served us well with us concluding 102 sales at a value of R278 million in 2019, our second full year of operation. A good return considering we are a start up with no major capital investment.

To be true Sales Specialists, we operate as a team of teams. The sales cycle of listing properties with sellers and selling properties to buyers, is uniquely split into two teams. The listing team’s sole purpose is to accumulate the best properties at the correct value. Our sales team concentrate on actively servicing our buyers and executing sales.



***We financially back our sales force by guaranteeing them a set income every month. The comfort of guaranteed monthly income with high level performance goals allow for a focused, positive mindset. This mindset allows them to concentrate fully on their jobs – selling property.***

- A stage-orientated sales strategy, developed within the company, is followed religiously whilst simultaneously being used to judge individual performance and contribution to the team.

- Administrative orientated team members fulfil key rolls within the sales cycle and act as a support system to the sales and listing teams.

- An operational team keeps the machinery of the company operating efficiently and ensures that properties seamlessly transfer within a reasonable timeframe.

**The marketing and branding team focus on representing our brand and clients' properties in the best possible light. Individual marketing plans are executed for each sole mandate. Unique property marketing initiatives include staged properties and walk-through videos.**

We are a 'team first' company. The sales agents pool their commission and team incentives across all divisions of the company are awarded collectively. We highlight the teams' success only.

This wholistic approach filters into every aspect of how we operate. We believe in working with our fellow agencies and actively include them in the sales process of all our mandates.



**A large proportion of our brand marketing is focused on community events including our HUNT 5k Friday run and the HUNT Cup monthly golf competition. We use these events to generate money for ocean and beach clean-up initiatives that offer employment to under-privileged communities.**

Unfortunately, the lockdown has put a stop to us being able to host our events and more importantly generate revenue. However, we have used the time to refine our business model and concepts, keep our team sharp with online education and have adopted new technologies.

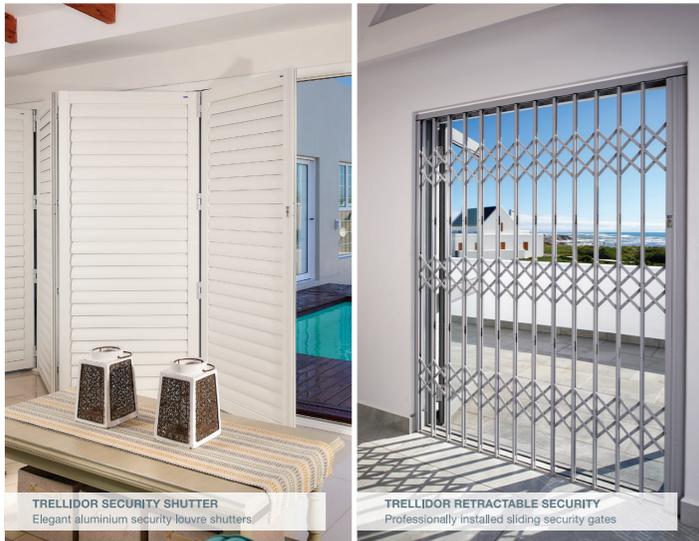
We are positive that our cohesive team approach will enable us to adapt to a changed property market in 2020, and assist our clients in navigating this changed landscape or take advantage of the opportunities that will present themselves.

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## FOR HOME MAINTENANCE & RENOVATIONS?

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The Washline guys, have the KZN agency for Foxy Foldaway wash lines. To supply on demand, we now carry stock, and should we not have a product you need, we will source it from our relevant suppliers. For those rainy cold days, have a look at our clothes horses and other indoor line solutions.

Our Home Assist option gives you expert results, from foundation to finishes, inside and out. From roof repairs to sliding doors, room additions or alterations and home repairs and renovations, we do it all for you. Holiday home maintenance or tenant change; let us repair, clean and care to have a happy home ready for the next visit. We all like a personal touch in our home and with expert paint techniques we can brighten up a dull wall or subtly blend your colours, accentuating certain areas or creating that special nursery.

**The Founder, Garth Dawson, is still part of the organization and Nick, a qualified builder and Amanda, have joined the ranks. Same service with a bigger team. Nothing else changes!**

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## NORTH COAST Housekeeping & Maintenance

**“North** Coast Housekeeping and Maintenance specialises in professional Cleaning and Sanitation services. We are Based in Ballito on the North Coast and now also cover the greater Durban area as a Certified Essential Services providers under lock down level 4. All our employees are trained and Covid19 compliant. We strictly follow government’s Occupational Health and Safety guidelines to safeguard our valued employees and clients against the spread of Covid19.



- Herman Botha and Gerrie Markram

North Coast Housekeeping & Maintenance services include domestic and Commercial Cleaning. Maintenance and Carpet and Upholstery cleaning. We offer the

complete holiday home or apartment solution which include laundry management, pre guest arrival clean, service during guest stay and then departure

cleans. Domestic services are available for residential homes which is a full day service as a once off or monthly contracts. All our commercial cleaning services are tailored to our clients needs.

North Coast Housekeeping & Maintenance services also include Sanitization and Certification. Our sanitization services start from R750 using an internationally recognised product that destroys 99.999925% of all viruses, bacteria, and fungi. Our Product is non-toxic and approved and registered by the National Regulator for Compulsory Specification (NRCS, the European Food & Safety Authority (EFSA), the South African Bureau of Standards (SABS) and is also approved Halaal by the Islamic Council of South Africa (ICSA) making it safe for use in the food and agricultural sector.

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# THE MYSTERY OF IAN JONES

Steve Honeysett

“**With** lockdown having us all restricted to our homes, we have not been able to do any adventures so Seaweed Steve thought he might try his hand at a Nancy Drew type mystery story this month.



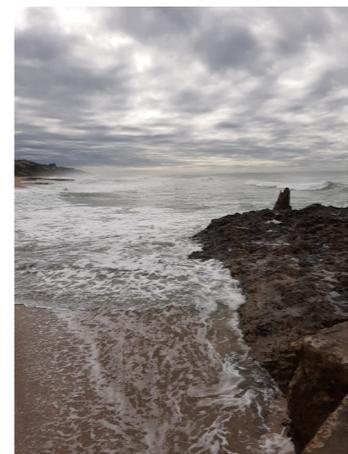
THE inspiration for this story came while I was out patrolling the beaches to ensure everybody adheres to the lockdown rules. As I passed the Salt Rock tidal pool, I came across a clump of fishing line with some bones tangled up in it. Thinking this to be strange, I picked it up and, as I disposed of it in the refuse bin, I suddenly had a flash back to 1993 when Ian Jones, a young sailor from Durban

who had been camping at the caravan park, disappeared while diving in front of the tidal pool. I had met Ian some months prior to the incident as he had been working for Agenda Yacht Services on the Esplanade opposite the yacht clubs, and he had helped me to set up our radio network by supplying us with some marine VHF two-way radios.

*Ian was in his 20s and was in good shape. Being a sailor, he obviously knew a bit about the ocean and the shores. He had come up for the weekend to Salt Rock with his girlfriend and some other friends and they were camping in the park and enjoying the surroundings, fishing and diving.*

At around 10h30 that morning, he decided to dive around the tidal pool so, he donned on his gear and in he jumped. The tidal pool is a dangerous place at the best of times, but for an experienced diver it would have been an easy dive, knowing to follow the rip currents around and knowing where they would push you out and back to shore. Something went wrong that morning and Ian got into trouble and quickly disappeared out of sight, which was when we the lifeguards over at the Salt Rock main beach were alerted and responded.

We immediately responded by launching our inflatable rescue boat and sent four lifeguards into the same rip to swim around in the hope of picking up something. In the meantime we alerted the authorities and the John Rolfe Rescue Helicopter was quickly on scene. The search went on for hours around



the tidal pool and out to sea, but not a trace of Ian was found. The sighting of an object from one of the helicopter crew turned out to be a turtle. The water had been a little murky that day, dirty enough to hamper the search, even from the air, and none of the rescue workers in the water picked up anything.

We were completely puzzled. Search and Rescue protocol for all services, is to continue searching until a body washes up or, to suspend the search after a week has passed. But in this case our lifeguards and local divers continued to scour the area from Chaka's Rock Tidal Pool in the south to Tiffany's Beach in the north. Every rock was checked, and the boat and helicopter flew daily missions further out along the coast searching, but nothing was ever recovered.

***Under normal circumstances a drowned victim will sink to the bottom and then after three or four days they will float as the stomach bloats with gas, but in Ian's case he had been wearing a diver's weight belt to compensate the natural buoyancy of the human body. Ian was never found and, after two weeks of searching, we went through our routine debrief sessions to compile the necessary reports. Rescuers often remember small things that can help to solve the mystery.***

One part of the puzzle was the report of a yacht close off shore during the time of the incident and, to this day, I wonder if it somehow was linked to this mystery and did Ian really drown, or could he have engineered a plot to disappear. Without proof of a body to close the

Without proof of a body to close the case, there will always be an open book as to what really happened that day.

**SEAWEED STEVE**  
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## 10 OUT OF 10

A Family Affair

“**Being** a local family owned business that not only works but resides in Ballito, has meant we have felt all that our community has felt during lockdown.

Our connection to the community has truly stood the test of time and we have been incredibly overwhelmed by the support that we have felt since opening our doors under Level 4 regulations.

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We are grateful for the opportunity to serve our community again but to ensure your safety and ours we ask that you please help us by following

the following protocols with us, when visiting our store.

The MANDATORY sanitizing station at the entrance must be used for the safety and protection of all in the store.

Sanitation screens have been installed at the counters and there is a strict limit of 10 customers in the store at a time. And lastly please don't forget your face mask.

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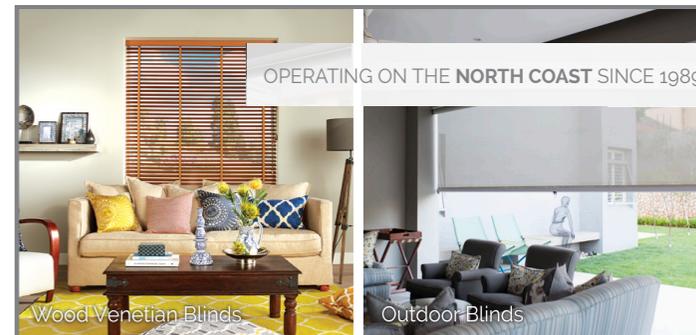
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With Health and Safety protocols being top of mind at present, Hanno Schubel and his team from Blinds, Shutters and Awnings in Ballito has introduced a simple yet effective solution for effective social distancing in the workplace. The Shield Safety Blind creates an attractive, easy to install and operate clear vinyl barrier to reduce the opportunity for viral cross infection. Available in various standard sizes, they can also be custom made and fitted to accommodate even extremely high ceilings.

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SHUTTERS & AWNINGS



# HAZY DAYS

Amanda Laird Cherry

“On a windswept day along the Indian Ocean beaches of Durban South Africa, Summer Haze editorial was born. This team of creatives each brought their unique energy and artforms to the collaboration. Featuring the Durban based designer, Amanda Laird Cherry, who brought different clothing ranges from their archives. **“We are a designer label that creates apparel with soul”**— capturing the photos to create the mystique of a remote beach with the added elements of nature.

**Photographer:**  
Ryan Roake  
[@ryan\\_roake\\_photography](#)

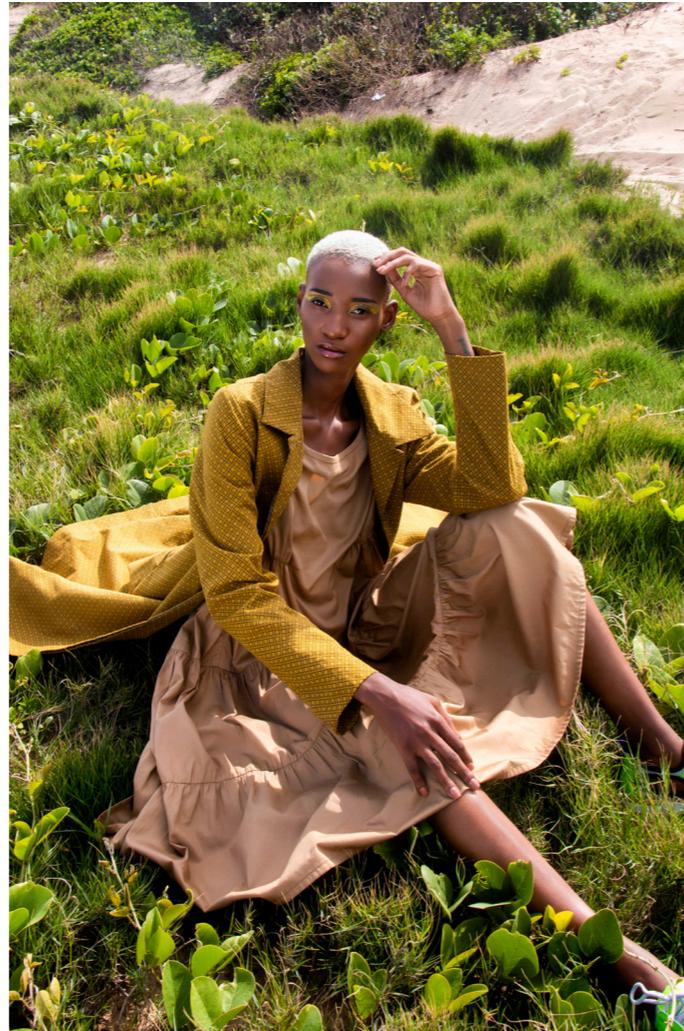
**Designer:**  
Amanda Laird Cherry  
[@alc\\_woman](#)

**Model:**  
Meloh Mdluli  
[@meloh.mdluli](#)

**Stylist:**  
Leigh Vermaak  
[@leighvermaak](#)

**Makeup:**  
Candice Mills  
[@blush\\_makeupdurban](#)

**Model Management Agency:**  
[@imodelmngt](#)





## ABSORB MORE NUTRIENTS TO IMPROVE YOUR HEALTH

Kim Wilson - Dietitian, Lifestyle Health

**“You** can eat all of the fruits and vegetables and superfoods in the world, but if you're not absorbing them effectively then all of your efforts will be wasted. There are two important ways to improve the level of nutrition that you receive from your meals: (1) digest your food better, and (2) decrease your intake of anti-nutrients.

### FOOD FOR HEALTH

The food that we eat on a daily basis is so much more than just fuel. Yes, we should eat a certain volume of food on a daily basis to achieve our weight goals, but that's not only what food is for. Foods are all varying sources of macronutrients (think protein, carbohydrates, and fats), vitamins, minerals, antioxidants, phytonutrients, fiber, water and more.

In a time of great anxiety over the latest threat to our health, we should be focusing on the nutrient-density of the food that we choose to eat, and we need to ensure that we are absorbing all of the nutrients that this food is providing.

### ABSORB NUTRIENTS BETTER

Digestion is a multi-step process, and each step is important. If you want to absorb your nutrients better make sure that you do the following:

#### - Chew Your Food

Chewing your food properly allows it to be broken down effectively and mixed with saliva. This triggers the secretion of digestive enzymes and stomach acid which prepares your stomach for the next phase of digestion.

#### - Improve Your Digestion

This is a big topic on it's own, but let's keep it simple for now. Basically you want to make sure you've got a well-functioning system of digestive enzyme secretion, stomach acid secretion, and healthy gut bacteria. These work together to improve your breakdown of foods for absorption.

Factors such as antibiotic use, high levels of stress, higher than usual levels of exercise, underlying health conditions, inflammation and more can affect your digestion. Make sure you're taking probiotics regularly and/or including fermented foods in your diet to boost your gut bacteria. You may also consider using digestive enzyme supplements or including foods that contain natural digestive enzymes regularly (papaya, pineapple, mango, pure raw honey, banana, avocado, fer-



mented foods, kiwi, and ginger). If you struggle regularly with bloating or indigestion in particular then you should consider trying digestive enzyme supplements.

### DECREASE YOUR INTAKE OF ANTI-NUTRIENTS

Some nutrients within plant foods are not always easily digested. These compounds are called "anti-nutrients" because they reduce the absorption of other nutrients from the digestive system. In particular those following largely vegan or plant-based diets may be consuming many anti-nutrients (in grains and legumes). There are many simple ways to reduce the amount of these anti-nutrients, and in some cases they can be eliminated almost entirely.

#### The most common anti-nutrient compounds are:

- Phytates (phytic acid) are found mostly in grains, seeds and legumes.

#### These reduce the absorption of iron, zinc, magnesium and calcium.

- Tannins are found commonly in black teas. These can reduce the absorption of iron.

- Lectins are found in all plant foods, especially in grains, seeds and legumes. These may be harmful in high amounts and interfere with calcium, iron, phosphorous and zinc absorption.

- Protease inhibitors are found in a number of plants. They can interfere with protein digestion by inhibiting digestive enzymes.

- Oxalates are found in many vegetables including spinach. These interfere with mineral absorption.

It's important to note that anti-nutrients aren't always "bad". Under some circumstances they have beneficial health effects as well. However it's all about balance at the end of the day, and for the most part you will want to reduce this anti-nutrient content.

Here are the simple ways you can reduce your anti-nutrient intake:

#### 1. Soaking

It's often advised to soak beans and other legumes in water for a length of time before cooking. The majority of the anti-nutrients found in these foods are within their skin, but simply dissolve when the legumes are



however reduce the anti-nutrient content of various grains and legumes. For example sourdough (as a fermented food) contains fewer phytates and lectins than other breads.

### 3. Sprouting

Sprouting, or germination, is a natural part of the life cycle of plants. Germination is the process where the plant begins to emerge from the seed. Allowing seeds, grains and legumes to sprout leads to the breakdown of phytates and protease inhibitors, thus improving their digestibility.

### 4. Cooking

Using high heat, such as boiling, can break down anti-nutrients such as tannins, lectins, oxalates and protease inhibitors. Cooking times will vary depending on the

food and on the type of anti-nutrient that you are trying to decrease. However as a general rule a longer cooking time will lead to fewer anti-nutrients.

*A combination of the above methods can also be used to reduce anti-nutrients almost entirely.*

### GET THE MOST OUT OF YOUR FOOD

We should for the most part choose foods based on their nutrient-density. However the density will be meaningless if we are not absorbing effectively. So instead of doubling up on your vegetable intake to boost your immune system, focus on absorbing their nutrient-content better. Aim to chew each mouthful a bit longer, enjoy probiotic-rich and digestive-enzyme-rich foods, and properly prepare your plant foods to get the most out of them.

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## CRACKING THE CODE

### Injectable Fillers in the Spotlight for Optimal Results

**“When** the eight-point lift was first introduced by Dr. Mauricio de Maio over a decade ago, it was the start of injectable fillers being used to promote a lifting effect. From that time on, more and more injectors understood the potential of fillers. What happened next? Loads of unnatural results popped up everywhere, sometimes exploited by the media who published celebrities looking more like caricatures than real people.

The fact is that there was no clear guidance on how injectable fillers could be used beyond the treatment of lines. There was a need for a systematic approach, and after more than 20 years of clinical practice, Dr. de Maio introduced the MD Codes™. The MD Codes™ provide injectors with specific guidelines on how to achieve natural results with safety.

By introducing the MD Codes™, there is a more comprehensive understanding of the complexity of the human face, which in turn leads to the design of better facial aesthetic treatment plans.

#### What are MD Codes?

The system is based on strategically placing dermal fillers and Botulinum Toxin into a combination of injection sites, achieving direct and indirect effects by giving volume and structure to the face.

The thorough facial assessment is based on the skeletal structure, individual movement and desired outcome of each patient. Therefore, even though the same principle is applied, it works according to individual features. After the assessment, doctors are tooled with finite guidelines as to how to best

approach the issues at hand, which are prioritised and addressed according to three levels - foundation, contouring and refinement.

#### How are using the MD Codes different?

According to the MD Codes™ design, each aesthetic facial unit (e.g. cheek, chin, lips etc.) is further divided into subunits that must be considered during injection. These subunits are the structural sites that will create or recreate the most desirable natural facial architecture for each patient.

The face is assessed in a holistic manner, with a clear understanding that certain strategic changes will directly impact surrounding areas. Instead of addressing exact spots, like hollow eye sockets or pronounced nasal labial lines for example, doctors are trained to view the face holistically.

#### What does that mean to the patient?

The way people relate to each is through facial expressions, be it on a social or professional level. It is how humans speak with the world. However, when eyes are turned onto oneself, the magnifying mirror tends to zoom in on tiny distractions, which may lead to a distorted perspective of self-image.

The experienced team of injectors at Skin Renewal have experienced this with their patients. When asked what bothers them, or what they want to improve, they usually point to a specific distraction (e.g. lines and folds) that they see when they look at themselves. They are, however, often unaware that by addressing that particular distraction in isolation, won't change the overall message of the face.

Following a full assessment, an ideal plan is discussed according to the three levels, consisting of foundational changes, followed by contouring and then refinement. This allows for a proactive approach, starting with the most impactful work first. Depending on budget, patients can work on a manageable, step by step plan.

#### MD CODES™ SKIN RENEWAL TEAM

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incorporating  
skin • body • health • brain • sleep  
the complete medical solution



They said we could be anything...  
So we became the best version of ourselves.

## GET MOVING POST-LOCKDOWN

### Sports Physio and Rehab's

**“With** his international experience as one of the top physiotherapists in global cricket and other high-performance sports, Australian Andrew Leipus has chosen Ballito to lay down roots with his young family, and with him comes a wealth of knowledge around sport-related and other injuries.

There's a saying that we don't miss the water until the well runs dry. Well, the same applies in health and fitness. We are only as strong and fit as we train our body to be. Take away the training stimulus and we very quickly lose physical capacity, mobility and load tolerance in all of our tissues and systems. This deconditioning is associated with an increased injury risk and we are usually not prepared for it when it comes.

We know plenty from how athletes are managed. Across all codes of elite sports, coaches monitor something called acute to chronic workload ratios. In a nutshell, they measure the load (training, practice, match play etc) that the athlete is exposed to over one week and compare it to the average load over the previous few weeks. Any sudden increase, or 'spike' in this ratio is scientifically associated with a higher risk of soft tissue injury developing. This risk can stay with the athlete for weeks after the spike. Coaches use this information to modify training and rotating players so they stay injury free.

Unless you have been very lucky and had a home gym to use consistently over the lockdown, it is very likely you will experience a struggle when starting up again. This freedom to move again after a month of doing minimal exercise has been met with incredible excitement. People have suddenly returned to the same or even higher

levels of activity that they were at prior to the lockdown. Some have even been motivated to do exercise for the first time! And while start-up aches and pains are normal for a few days, others can develop that don't settle and could go onto become something more chronic.

We can apply the same sports science principals to the average person resuming activity. Take a look at what you've actually done over the past 5 weeks. How many steps did you do on average each day? Was it the 6-10,000 as has been proposed as optimal for health or was it much less? If it's the latter, and you suddenly go out and walk 15000 steps daily then you have effectively created a sudden 'spike' in the stress/load being applied to your body. The body is being loaded faster than it can adapt and injury risk rises.

It is generally accepted that fitness loads should not increase by more than 10% weekly. Whilst there is some science behind this, that number obviously needs to be revisited on a case-by-case basis depending on many factors. But if the base training load is virtually zero (throughout lockdown), then progression needs to be sensible and progressive. Your activity also needs to be specific, so your push ups and sit ups won't prepare you for the demands of retuning to running. Only running really prepares you for running!

Over this next week or two post-lockdown, do not feel obligated to push yourself daily. Build up gradually using the 10% rule framework, allowing for recovery from the previous session and don't ignore those persistent niggles. This could be 10% in time, volume, intensity, speed or any other training variable. Just don't increase them all at once! For the runners particularly, avoid hills and speed work initially as these place a lot more load on the hamstring and Achilles tendons. Try to run more trails than road to reduce the impact stress. For the cyclists, avoid pushing heavy gears that will load the knee and the lower back, rather complete higher cadence rides during time on the saddle.

And finally, remember that whilst injuries can occur, specific and progressive exercise is still the best 'injury vaccine' there is. Use this current time, motivation and opportunity to train smart and be consistent, and if you get a niggle that doesn't go away get some qualified advice rather than push through or stop completely.

#### MOVE SPORTS PHYSIO AND REHAB

[www.movephysio.co.za](http://www.movephysio.co.za)

082 484 3839

[admin@movephysio.co.za](mailto:admin@movephysio.co.za)



# THRIVE BETTER THAN WELL BY BOOSTING YOUR IMMUNE

Lynda Bryant of Thrive

“Our world has changed and now more than ever it is important to keep our mind, body and spirit healthy and well. Whilst we realise the importance of washing our hands, sanitizing, social distancing and wearing masks, we need to make sure our immune systems stay healthy and strong too.

Your immune system is your body's first defence against illness. Try these simple yet effective ways of boosting your immune system:

**1. Stay active** - Use the mornings from 06:00am – 09:00am to break free! Whether it is a walk, run, skip or hop, keep moving! We have seen how daily gym workouts have changed... give one a try and find a Zoom and online class to keep you motivated and fit.

**2. Eat your veg** – the fridge may be your new best friend but stock up on a rainbow of fruits and veg. Fruits and vegetables help arm your body with antioxidants it needs to fight oxidative stress which includes contracting an illness. The Juice Kitchen is located at Thrive Health and Wellness and is an easy way to help you achieve your daily fruit and veg intake. Freshly squeezed juices made daily with different juice detox packages available too. Add supplements such as Green Vibrance, or Nutrigreens to increase your green veg intake as a quick easy way of improving the amount of veg you consume daily.

**3. Rest up** – getting sufficient sleep helps your body recover from everyday stress and promotes better functioning of our immune system. Enjoy the slower pace, have an afternoon snooze if you can or use the opportunity to go to bed a bit ear-



lier. During this stressful time, sleep can be harder to come by, Bach Rescue night drops or Flordis Redormin herbal tablets can help promote sleep.

**4. Reduce stress** – although this is easier said than done during this lockdown time, stress can compromise our immune system and make us more vulnerable to infections. Take supplements such as the amino acids L-Theanine, or herbs such as Valerian to reduce anxiety and stress levels.

**5. Take daily Vitamins and supplements to support your immune system** – Thrive Health and Wellness recommends the following to keep you better than well.

**Vitamin D** - supports your immune system and help your body to produce antibodies which in turn help ward off illness. Metagenics make a premium and affordable Vitamin D at therapeutic dosages to boost your immunity.

**Zinc** - is a mineral that is needed for immune cell development. Zinc may also help reduce the duration of a common cold and help protect against respiratory tract infections. Zinplex syrup will help to boost the kids immune systems and zinc tablets are beneficial to adults.

**Vitamin C** - is a powerful antioxidant that supports the function of various immune cells and enhances ability to protect against infection. Try the Ester-C combo from the Real Thing or the NRF Vitamin C powders as great sources of getting bioavailable quantities of Vitamin C into your system

**Ultraflora Balance** – is an excellent probiotic which promotes gut health and immunity begins in the gut so this will help build the basics for boosting your immune system.

A good Multivitamin, such as the Solgar VM2000 has a good bioavailable spectrum of vitamins and minerals to boost your system and keep you better than well.

*Pop into Thrive Health and Wellness at The Well and shop their amazing specials on vitamins and supplements in a beautiful restorative space.*

## THRIVE

www.wethrive.co.za

Instagram - @thrive\_za

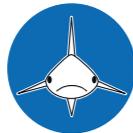
facebook - Thrive Better Than Well



## MORE ABOUT LYNDA BRYANT, FOUNDER OF THRIVE:

A pharmacy graduate from Rhodes University, Bryant has a passion for both health and business. At the age of just 26, she purchased her first pharmacy in Kloof and grew this to provide an integrated wellness store which holistically treats the patient (body and soul), marries allopathic treatment with alternative treatments, supplementation and wholesome food, stocks proven good quality supplements, organic and environmentally friendly toiletries and baby products, and healthy food whilst also supporting an adding value to the local community.

She has grown her business from a staff of just three 14 years ago to one of 30. After rebranding the business as Thrive in 2016, Bryant has registered double digit growth. The Kloof outlet won best community pharmacy in South Africa in 2013. Thrive claimed this award again in 2019.



KWAZULU-NATAL  
**SHARKS BOARD**  
Maritime Centre of Excellence

The only organisation of its kind in the world  
**EDUCATION AND ENTERTAINMENT**

**Curio Shop**

**Museum**

**Boat Trip**

**Audio-Visual**

**Dissection Show**



**EDITORIAL**

KZN SHARKS BOARD MARITIME CENTRE OF EXCELLENCE THE TOURISM DESTINATION AT UMHLANGA OFFERS EDUCATIONAL AND ENTERTAINMENT ACTIVITIES.



The KwaZulu-Natal Sharks Board Maritime Centre of Excellence (KZNSB) was established in 1964, strives to be a leader in environmentally sensitive protection of bathers against sharks and capacity building in the maritime sector.

KZNSB safeguards 37 beaches on the KwaZulu-Natal (KZN) coastline with shark safety gear owned and maintained by the KZNSB. The organisation positions itself as "The Only Organisation of Its Kind in the World. The organisation has achieved distinguished accomplishments in its existence, defining the organisations successes towards achieving its' mission.

**AUDIO-VISUAL AND SHARK DISSECTION**

KZNSB offers a dynamic audio -visual presentation. Although the 26 minutes presentation is designed to entertain, it is also educational, providing information on subjects such as the sensory biology of sharks and their role as top predators in the marine environment. The show is followed by a shark dissection where you can see the internal anatomy of one of the ocean's most feared predators. "SHARK"

**SHOW TIMES** Tuesday to Thursday: 09h00am and 14h00pm, First Sunday of the month: 14:00pm

**BOAT TRIPS**

There are also boat trips to venture out to sea to watch the shark safety gear off Durban's Golden Mile. Boat trips lasting for an estimated two hours, leave Wilson's Wharf at 06:30 and they include opportunistic viewing of marine life including seabirds and get to see the beautiful, magnificent Moses Mabhida Stadium.

**SHARK MUSEUM** They get a chance to view the large variety of life-like replicas of sharks, as well as other marine animals.

**CURIO SHOP** You can browse around the Curio Shop where a treasure chest of unusual and stylish gifts awaits you, including handcrafted ornaments, T-shirts, Caps, leather goods and jewellery and shark tooth necklaces etc.

**VENUE HIRE**

The KwaZulu-Natal Sharks Board Maritime Centre of Excellence is in the affluent residential, commercial and resort town of Umhlanga in the north of Durban. This venue is not too far from the King Shaka International Airport. The venue offers a versatile auditorium of 19m x 19m that can accommodate. Reception/ party seating and Minimum of 160 guests and maximum 300 guests. Presentations: Seating cinema style up to 300 people. The hall hire comes standard with:

- Exclusive use of the venue inside and an exquisite outside location to consider for use at no extra costs
- Armless chairs
- Tables
- Fully equipped kitchen
- Secure parking
- Cleaning staff
- Security
- We are ideally situated close to the freeway: with access to and from the N2 and M4.

Bookings: (031) 566 0435 for Dissection Shows, 082 403 9206 for Boat Trips, (031) 566 0462 for Hall Hire or visit our website: [www.shark.co.za](http://www.shark.co.za)



## BEST BEFORE

### What a Find!

**“Have** you ever wondered what the “Best Before” date means on products? I am not talking about the “Use By” date on fresh produce that speaks for itself.

The “Best Before” protocol is found on products that are considered shelf stable with a fairly long shelf life. Chances are you have never even noticed the date and you have probably got quite a few products in the pantry that have exceeded the “Best Before” date if they have been there for a while. They are still perfectly good and will remain good for some time to come but the manufacturers have alerted you to when they consider their products are best used by for optimal results.

This begs the question. If products past their “Best By” date are still perfectly good but have been removed from the shelves by big supermarkets and retail outlets, what happens to them?

The sad thing is that millions of rands worth of perfectly good products are wasted every year unless they find their way to the growing number of outlets worldwide that offer them to the consumer at significantly reduced prices.

Opposite Cindy’s in Umhlali on the forecourt of the BP filling station is one such outlet. It’s called Best Before Food Store and is stocked full of the items you buy at the supermarket every month – but at a fraction of the price!

Here you will find a wide assortment of like canned and bottled foods, sauces, pasta, coffee and biscuits as well as toiletries, tissues, wipes, toilet rolls and more.

It’s like you’ve hit the jackpot – your favourite products for so much less – it sounds too good to be true!

But it is true and you really need to visit the store soon. It’s bright and happy, not a dingy warehouse and it is owned by Local businessman Alan Tyack says the idea had been ‘hatching’ for about two years. One of eight siblings, Alan has a degree in Agriculture and over 40 years of Fast Moving Consumer Good (FMCG) warehousing experience.

***“Our entire family are out-of-the-box thinkers and this, combined with the waste factor noted during my FMCG years, our concern about the environmental damage being caused by dumping, and the current economic ‘squeeze’ we all are feeling, prompted us to move forward with the concept.”***

While Alan’s store is the first on the North Coast, the concept is not a new on an international level. European consumers and manufacturers are already embracing the idea and, Alan says, there is a worldwide movement to reduce waste and to prevent perfectly good items ending up in landfills unnecessarily. Much of the stock on the shelves at the Best Before Food Store in Umhlali has several months to go before it even reaches its ‘best before’ date and the range changes all the time depending on what is available.

We think you will be amazed at what you will find and you will definitely love the prices at Best Before.

#### **THE BEST BEFORE FOOD STORE**

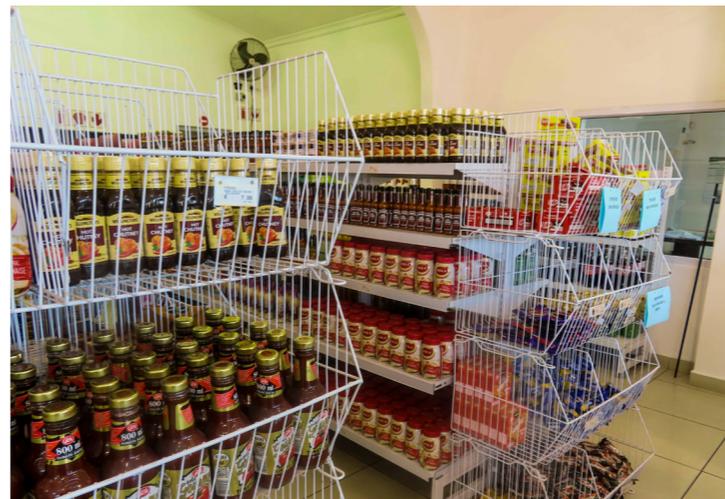
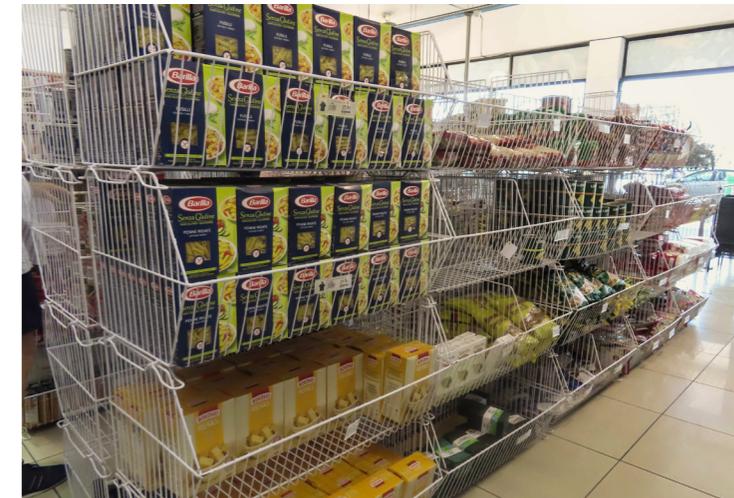
Monday to Friday:

8am – 5pm,

Saturdays:

8am – 2pm and closed on Sundays

Facebook: The-Best-Before-Food-Store



# A BRAVE NEW WORLD

Ashton International College

**“As** I write this, we are still on Covid-19 Lockdown. We find ourselves in a surreal vacuum of uncertainty, directionless and with many rhetorical questions.

When we were alerted to the first cases in China, few people would have predicted the current world-wide crisis. Now we are living in it! While we navigate these uncharted waters and encounter various emotional states of anxiety, depression and financial strain, as well as acceptance of our circumstances, we need to stay positive and Ashton College has certainly committed to mobilise our current situation to ensure that quality education continues.

**To give you some background – our ultimate test was to take our Education system and literally ‘flip it’ from classroom-based to a virtual, on-line scenario, albeit within a very limited time period. The challenge was to mobilise a mixed bag of teachers, who varied from being extremely computer literate to those who had very limited IT knowledge and to set up and deliver a virtual experience across all the learning areas. Our IT department was tasked to train, facilitate and assist our teachers to be confident enough to teach on a completely different platform.**

This has been successfully instituted from our specialised Autism Unit, the Grace Wing, Gr 0000 all the way through the school to our Matric students. Our teachers have certainly embraced this challenge and with guidance and supervision, the various platforms of educational delivery were tweaked and ultimately the staff, through collaboration and many hours of committed time and synergy, changed their daily school routine to on-line teaching. What has also been incredible is the acceptance and willingness of our Parents to changing their homes into virtual classrooms. The typical triangle of Parent, Teacher and Student collaboration has been tested at the highest level and our parents need to be congratulated on ensuring that the edu-

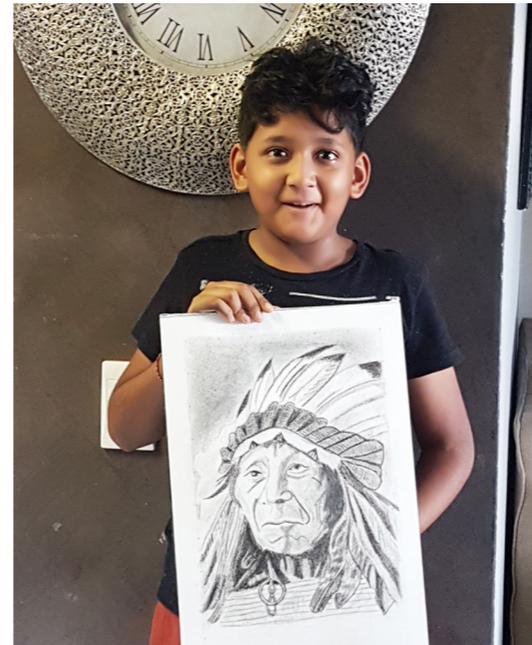
cation of their children has continued in these testing times. The uncertainty within the Department of Education has left us feeling frustrated and we at Ashton remain committed to serving our College community and will endeavour to make this form of Online learning sustainable until such time that we receive the directive from the Minister of Education that schools may re-open.

We acknowledge and understand that these are unprecedented times and we have taken into account the financial predicament of our parents and we have offered some financial relief to our Parents by discounting our fees across all Grades within the entire College.

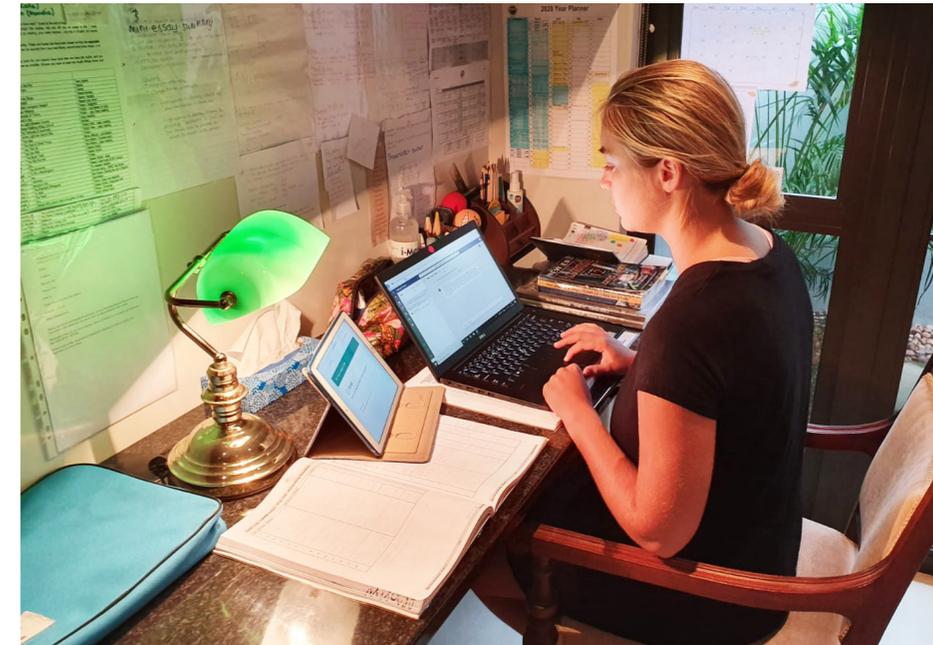
On behalf of the Ashton community we wish our neighbouring schools strength during these challenging times. We are in this together.

## ASHTON INTERNATIONAL COLLEGE

www.ashtonballito.co.za  
admissions@ashtonballito.co.za  
032 946 2096



- A beautiful piece of art done by **Aryan Parthab** in Grade 5. The students have submitted art works as part of their weekly art lessons and Lockdown Art Competition we ran “Using My Time Wisely”



- Head Girl **Zoë Frank** – education on line

L&S Style

## DIY AND THE BIRTH OF LOCKDOWN LOGIC

Allen Petrie - Greenhaus

**“As** frustrating as the past month or two have been for most of us, It's always a good idea to see the positive in anything. "When life gives you lemons"...and all that.

When people talk to me about what life is like overseas and how much better "First World" countries are than South Africa, I almost always have the same argument. "Yes, things just work over there but here in South Africa, we have something nobody else has. It's referred to as "gumption" by some, "fortitude" by others but mostly, we say "'n Boer maak 'n plan". Here in South Africa, we have such a diverse approach to almost any problem that we have many more ways to solve it than most other people.

Covid-19, if nothing else, is a very brutal teacher. We have had to learn patience, creativity, tolerance and resourcefulness. As with all other things, we South Africans, tend to shine most when it's dark out there. Watching the news each night, seeing the so-called First World response to Covid-19, I'm reminded that once we're all on a level playing field, South Africans are head and shoulders above the rest when it comes to creativity. This is true, especially in the DIY realm.

From making your own facemasks, to finding ways to entertain your kids by making projects at home and building "forts", it's clear that once we set our imaginations free, we are truly all DIY'ers at heart. In our home, the same, simple cardboard box has been a car, a house, a bee suit, a Minecraft prop and a notice board.

Necessity, they say, is the Mother of Invention. Lockdown Logic, to coin a phrase, refers to a new way of thinking borne out of the need to solve problems with little or no resources. Homes under lockdown have been the proving ground for all kinds of new DIY hacks.

The very way we live has also changed. The idea that your home is your sanctuary is no longer as true as it was. The place that was designed for living and sleeping is also now a workplace, with many people having to (or choosing to) work from home. This has been aptly named "the death of Open Plan Living". ". People need separate space at home to work efficiently, away from kids and other distractions, a "mini-sanctuary" to get away from the noise and have some "you-time", or possibly an 'isolation area' for family members that are unwell. Home office solutions will be highly in demand and flexibility will be important. Multifunctional Furniture is the key.

### SOME EXAMPLES OF THIS ARE:

- \* Modular desk systems that offer work areas for adults and kids alike
- \* Screens that are movable. These can be made from timber and fabric so that they are both functional and aesthetically pleasing
- \* Sound proofing solutions to give you some peace and quiet.
- \* Bluetooth technology for printing and scanning documents which helps to avoid messy cables being visible.
- \* Sanitizing stations for face masks, shields and other forms of PPE

*Since Covid-19 has become a part of our lives, so much has changed. Being adaptable is one of the best ways to get through it all. Hang in there. Embrace change. We will be just fine.*

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## 'BEST-BEFORE'

Understanding the difference between 'use-by' and 'best-before'

**“Best** before dates indicate the length of time for which a food will be at its best quality. They appear on a wide range of foods including fresh, frozen, dried and tinned. Food that has passed its best-before date is not unsafe to eat, but it may lose some of its flavour, texture and quality.

### UNDERSTANDING THE DIFFERENCE BETWEEN 'USE-BY' AND 'BEST-BEFORE'

\* Date marks give a guide to how long food can be kept before it begins to deteriorate or may become unsafe to eat.

\* The two types of date marking are use by dates and best before dates. The food supplier is responsible for placing a use by or best before date on food.

\* Foods that must be eaten before a certain time for health or safety reasons should be marked with a use by date.

\* Foods should not be eaten after the use by date and can't legally be sold after this date because they may pose a health or safety risk.

\* Most foods have a best before date. You can still eat foods for a while after the best before date as they should be safe but they may have lost some quality.

\* Foods that have a best before date can legally be sold after that date provided the food is fit for human consumption.

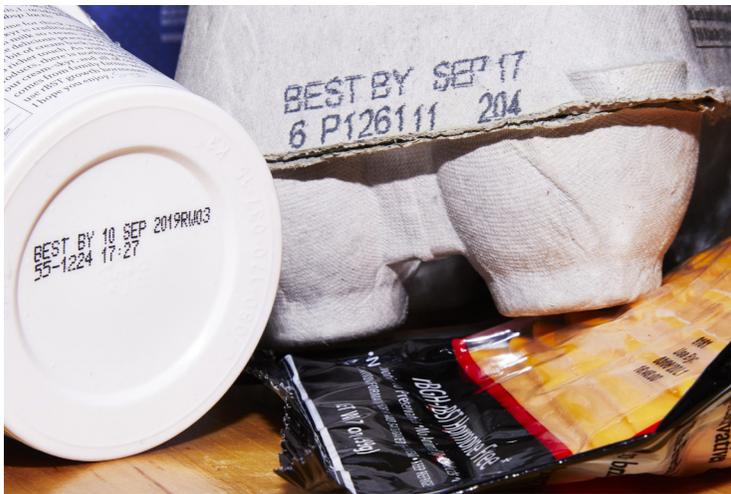
\* The only food that can have a different date mark on it is bread, which can be labelled with a baked on or baked for date if its shelf life is less than seven days.

\* Foods that have a shelf life of two years or longer, e.g. some canned foods, do not need to be labelled with a best before date. This is because it is difficult to give the consumer an accurate guide as to how long these foods will keep, as they may retain their quality for many years and are likely to be consumed well before they spoil.

### WHAT ARE SOME OF THE FOODS YOU CAN EAT PAST THEIR BEST-BEFORE DATE?

- \* Canned goods - 12-24 months
- \* Dried pasta and rice - 12-24 months
- \* Flour and sugar - 6-12 months
- \* Butters and spreads - 3-4 months
- \* Oils - Up to 18 months
- \* Meat and fish - 3-4 days in fridge
- \* Milk - Up to 7 days
- \* Eggs - Up to one month





## HOW TO KEEP YOUR FOODS FRESHER FOR LONGER

**LEMONS:** Lemons can be preserved for up to six months simply by slicing them into four quarters and adding salt and water. The salt draws out their moisture and causes them to soften over time, making preserved lemons.

**CHEESE:** Buttering cheese will make it last longer by preventing it from going mouldy. The protective layer of butter keeps air from oxidizing and delays mould growth.

**BREAD:** Adding a stick of celery to a loaf of bread allows the bread to absorb moisture from the stalk, which is made of 95 percent water. This stops bread going stale and growing mould.

**TOMATO SAUCE:** Make pasta sauce last longer by dividing the mixture into an ice cube tray, freezing it and using each cube as you need it.

**BANANAS:** One of the easiest ways to extend the life of a banana, and everything around it, is to wrap the blackened end in cling wrap, tinfoil or sticky tape.

*'Use-by' is often found on perishable foods like seafood, meat, chicken and dairy products - and you absolutely should not eat the food after that date.*



## 'BEST-BEFORE' IS A LITTLE DIFFERENT.

Unlike use-by, you do not need to consume a food before its best-before date, but the best-before date does mean that food will retain its quality and be in the condition you would expect before this date.

\* After that point, while the quality of the food may change, the food is still safe to eat - provided you are happy to eat it.

\* A 'best-before' date is often found on items which are non-perishable like spreads, flour and pasta.

\* While 'best-before' dates are there more as a guideline, it is worth paying some attention to them.

\* Things like sauces and spreads can often get opened, and then hang around opened in the fridge for months on end before they get touched again. As a general rule is, once a food is open you are best to replace it every couple of months.

\* Things like condiments are low risk, but sauces like mayonnaise contain egg, which could be dangerous if left too long.

\* There are some foods you can eat with caution past their best-before dates, however, including dried pasta, canned goods, biscuits and chips, hard cheese, salad leaves and chocolate.

## HOW LONG TO KEEP YOUR PANTRY ITEMS?

### Dried pasta and rice

\* As a rule of thumb, pantry essentials are some of the longest-lasting foods, provided they are stored correctly.

\* A typical packet of dried rice or pasta will be edible for between 12 and 24 months, especially if it's stored in glass jars instead of airtight containers. This is because the containers absorb moisture and make the pasta become limp and sticky.

\* The ideal setting for your dried pasta is in a cool dark place, without much access to direct sunlight.

### Canned vegetables

\* Tinned vegetables will typically last you between 12 and 24 months.

\* Once the best-before date has passed, they may not be as tasty, but they will still be edible.

### Herbs

\* You can expect to get up to one year from your dried basil, coriander and parsley, and you can make your fresh herbs last even longer than usual by freezing them.

Finely chop them up and put them in ice cube trays with olive oil or water, before putting them into the freezer.

### Flour and sugar

\* The ideal amount of time to keep flour and sugar hanging around is between 6 and 12 months.

\* It also needs to be moved to an airtight container as soon as it's opened. The best way to store flour is in a cool, dark place at room temperature.

### Butters and spreads

\* Butters and spreads can last a long time, but again, it's worth bearing in mind whether they contain egg like mayonnaise.

\* Between 3 and 4 months is the normal amount of time, provided they are stored away from sunlight.

## Oils

If olive oil is stored in the right way, it will last for one and a half years before you need to throw it away. However, this changes once you open up your oil - and then it needs to be used between 30 and 60 days. If it's cloudy, you shouldn't eat it.

## WHAT ABOUT FRIDGE ITEMS?

### Meat and fish

\* Meat, regardless of whether it's cooked or raw, is known to have a shorter fridge and freezer lifespan than most foods.

\* Poultry, pork sausages and minced beef only have a two day expiry in the fridge, which is significantly less than other food staples including rice and vegetables.

You can prolong the life of your meat by carefully wrapping it up and sealing any containers with cling wrap or foil. This may mean you can get 3-4 days. It will last longer in the freezer; between 6 and 9 months.

### Milk

\* Milk in cartons will only last between five and seven days once they've been opened.

\* To make milk last up to seven days longer, add a dash of table salt or bicarbonate of soda to the milk, which reduces the bacterial activity which naturally occurs in milk.

### Eggs

\* Eggs can last up to one month in the fridge, and you can prolong their life by cracking them into muffin trays and then putting them into the freezer.

### Cheese

\* If you're looking to stock up on cheese, it's worth remembering it will last about six weeks if opened and between two and four months if you haven't opened it yet.

\* But some online suggest that if you want it to last longer, you should butter it to stop it from going mouldy.

\* This works as the protective layer of butter will keep air from oxidising and delay mould growth butter is composed of fat.



## TEN POINTS



Be in love with the world.  
Trust yourself to get through a difficult time.  
Find happiness with what you have and with who you are.  
There are no mistakes in life, only lessons.  
Become an eternal optimist.  
Protect life that is weaker than you are.  
Share knowledge freely.  
Be willing to act in the face of fear.  
Kindness calms the mind.  
Let go of fear.





**Lifestyle**  
THE BALLITO WAY