

Travel safe • Monthly must do's • Sultry nights

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Life & Family

VOL. 2, ISSUE 14 • 2007



Florence Niemann
back to nature

Beach bare
Smooth skin,
vital youth
Detox and hydrate



GOOD HEALTH PHARMACY
Your partner in Good Health

THE LINK TEAM

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Vol. 2, Issue 14, 2007. **Life & Family Wellness** is published monthly by SA Media Services T/A Push Media PO Box 784769, Sandton, 2146, South Africa. 376 Rivonia Boulevard, 1st floor Delft House, Johannesburg, South Africa.

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Dear Life & Family readers

EDITOR'S LETTER



In this issue we focus on our physical senses and the related body organs, with tips on how to maintain optimum health for our skin, eyes, ears, face and mouths. During the summer we need to take extra care to protect our body's sensory organs from the harsh environmental damage of sun, water and air. From sun care to acne, eye care to infection, protection is always better than cure.

But there is also another important sense that we often don't think about as we navigate our world – our sixth sense. Everybody has one, and if not used we miss out on a wealth of information that resonates from this highly attuned perceptive tool.

But what is our sixth sense? If you have ever had a hunch, an instinct or an intuition, then you have received a sensory message from your body. Spiritual counsellor Sonia Choquette, whom I had the pleasure of sharing a workshop with on her South African tour, puts it best in her book *Trust your Vibes*. Sonia de-mystifies the concept by putting a practical slant on it – it's simply about trusting our instincts and our physical reactions as we walk our paths through life.

By being in touch with our inner sense, and being guided daily by our intuition, by listening to our feelings and our bodies, we are given clues and cues to healing ourselves. When we expand our intelligence from being merely five sensory beings to that of six sensory beings, we open ourselves up to more harmonious relationships, and a fuller, more successful life for ourselves and the planet.

Learn to trust your inner guide and you will better appreciate the infinite beauty and power that lies within you.

Mercédes Westbrook

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Without care and attention any relationship will soon lose its romance to the point where sex becomes routine and boring. So how do you keep it fresh and exciting in the bedroom?

Spice it up in the bedroom

Asustained and healthy sexual relationship between two people grows from a solid foundation of trust and open, honest communication. But continual complaining about the lack of sex by one partner only serves to turn the other off even more. So just what does one say – or do? A different approach will always produce different results. Create time to talk about sex with your partner other than before you want it, during or after sex.

For **Brad** and **Lulu**, each night before lights out they would read a chapter of a book together, share a relaxing meditation or massage, or discuss something that was worrying them. "By taking the time and effort to touch, cuddle, listen and share time together brought us into a more trusting space," says Lulu. "From there the next step became easy, and I was no longer avoiding it."

To add excitement, ask your partner what appeals to them and what doesn't and explore each other's thoughts and fantasies. To spur your imagination, try a sensual novel, movie or reawaken your feminine side with a dance workshop. Says **Melissa**, "I was surprised to discover my husband secretly wanted me to tell him what to do in bed. He found it very erotic for me to take control and it is so much fun to say what I want, when and how."

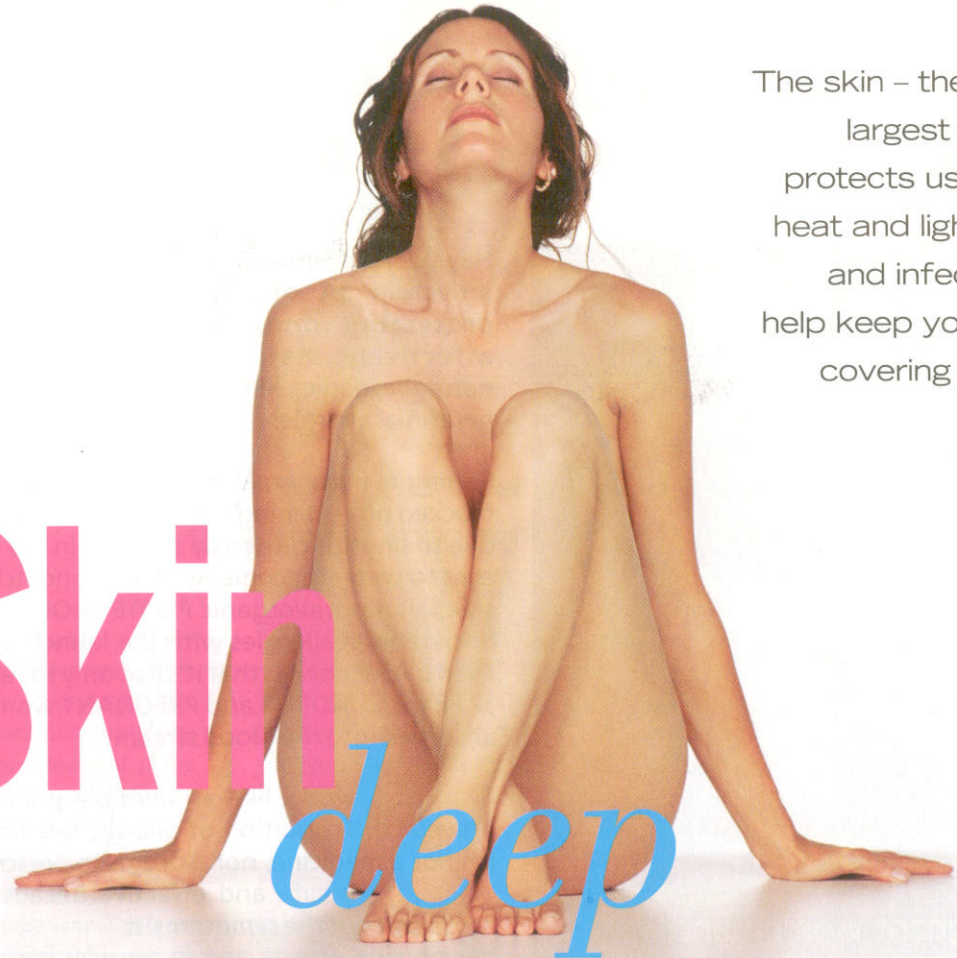
It is important to consider the different needs of men and women. Men are visually aroused, while women need to feel safe in order to create intimacy. Says **Leanne**: "If I expect my husband to protect and support me financially,

in return, it is my duty to remain the vivacious, loving wife that he fell in love with. Too often I see women turn into nags and drudges dressed in tracksuits – no wonder their husband runs off with the secretary!"

It is common knowledge that men enjoy the chase, and there is nothing wrong with reenacting those days for the bedroom. In order to relearn seduction, all you will need is some imagination. Try cooking dinner in nothing but your apron, or going out on a romantic date. Suggest ways for him to seduce you... It could be delivering new lingerie to your office or booking a night away in a hotel.

Since most men think about sex 39 times a day, and most women don't, women need to make a point of doing so. Sex is all in the mind: If you can start to direct your thoughts towards sex as pleasurable and learn to anticipate it, your body will soon respond. Make looking and feeling good part of the preparation for spicing up the bedroom. Plan your night, plan your outfit, set the scene and then provide the clues that will let your partner know you are preparing 'something special'. [Link](#)

Sex aids and sex toys are designed to increase pleasure. Whether you choose intimate creams, toys or games, experimentation is the best way to find new ways of doing things. Keep it light, laugh and have fun... Sex is about having fun, about sharing and is one of the benefits of a fulfilling relationship.



The skin – the body's largest organ – protects us against heat and light, injury and infection, so help keep your outer covering healthy!

Skin deep

The skin, like the heart, is a vital organ. It regulates our temperature, enables the sense of touch and most importantly protects our bodies against physical and chemical interference from the outside world. To function effectively, the two billion cells that make up the skin are constantly being renewed – 300 million of them are replaced daily!

Weighing in at about 4kg, the skin is made up of three layers: the outer epidermis, the inner dermis and, deep down, the hypodermis. The epidermis is the body's waterproof protective barrier, but also contains cells called melanocytes that produce melanin, which gives skin its color.

The dermis contains blood and lymph vessels, hair follicles, sweat and oil glands. The hair follicles grow hairs that act as an insulation layer, protect against UV radiation (head hair), shield the eyes (eyelashes), and filter particles from the air we inhale (nasal hair). Sebaceous, or oil glands secrete sebum, an oily substance that makes the hair and skin waterproof.

The innermost layer of skin is the hypodermis, a layer of loose connective tissue that attaches the skin to the subadjacent tissue, acting as a human shock absorber and insulator.

SKIN SENSE

The skin is a powerful sensory organ. Think of goose bumps and skin prickliness that happen as a result of a thought, a sight, a smell or a sound. Think of a blush that betrays a secret. The emerging concept of a neuro-immuno-cutaneous-endocrine network recognises that skin has an almost independent, untamable intelligence in that emotional stress can interfere with the protective functions of the epidermis, or can activate

immune or inflammatory reactions deeper within. Aside from its sensory characteristics, the skin is also shaped by hormones and gender. Women's skin is generally thinner than men's and less oily. Oestrogen increases collagen and skin moisture and promotes wound healing, while testosterone stimulates oil production and facial hair. [Link](#)

TOP SEVEN SKIN SAVERS

1. Keeping your hands clean is especially important, since your hands spread germs to the skin on other parts of your body.
2. Don't lie in the sun – opt for sun-free self-tanning lotions that will leave you bronzed in minutes, such as Rimmel's Sun Shimmer range, which offers summer colour at an affordable price.
3. If you have sensitive skin, avoid harsh products and scented oils and soaps – stick to soaps and washes with natural ingredients that are unscented.
4. Moisturise from the inside out – drink at least 8 glasses of water daily and keep your skin cells adequately hydrated.
5. Treat your skin like any other organ of your body. If it becomes infected, displays a rash or eczema, visit your pharmacist for a topical application to soothe the itch.
6. The pH of your skin is a delicate balance that needs to be preserved. Don't over wash your face or hair, and test your pH with a piece of litmus paper.
7. If you have a lesion or mole that changes colour, size or texture, contact your doctor or dermatologist immediately.