



APRIL 2025

KHANATURAL

Rooted in Realness



THE MADNESS

MARSHA STEPHANIE

BLAKE

APRIL 2025



Editor's Note

KHANATURAL MAG

When I founded Khanatural Magazine, my goal was to create a dedicated space for wellness and lifestyle. I wanted to equip my readers with the knowledge to make informed life choices that directly impact overall well-being. Whether it's food, work, fitness, or any other aspect of life, one thing remains constant—our wellness matters. At Khanatural, we're not just here to guide you on this journey; we are committed to bringing you the latest and most insightful content from both local and international wellness scenes. Why? Because we believe our readers deserve the best.

Khabonina
Q

Editor-in-Chief



In this issue

In this issue, we are graced by a Broadway star, born in Jamaica Marsha Stephanie Blake. We look at therapy as a family? DAMBISA M asks if parenting is challenge worth accepting? Meet our new ONE TO WATCH -He's "PANCHY". Our future seems much brighter when we zoom in on youngins with Values. Is your name April?

 **KHANATURAL**

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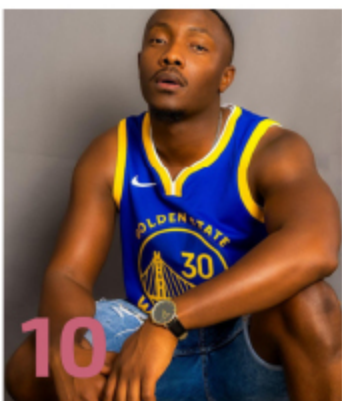
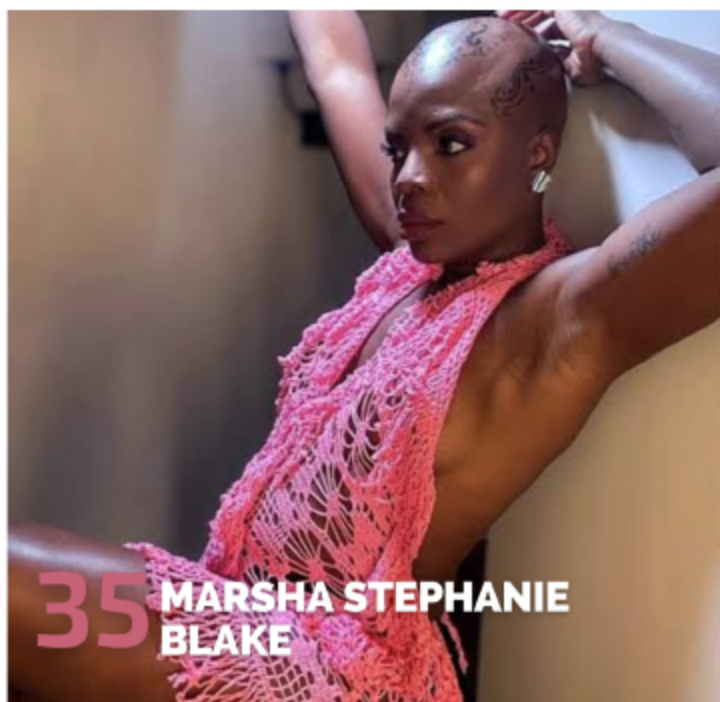
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ONE TO WATCH IS 'PANCHY'

"My forte is screenwriting and conceptualising. I have over eleven years of experience as a novelist, ghostwriting novels for international authors."



LET'S BREAK YOUR FAST

Yogurt or kefir: Fermented dairy products like yogurt or kefir are easier to digest than regular milk and provide a good source of protein.



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IS YOUR NAME APRIL?

You are good intellectually and require several outlets for your energies. You are not a builder but a planner, and you want others to carry out your plans. You are bold, independent, inquisitive and interested in research. You know what you want and why you want it. You are always looking for an opportunity to achieve financial and emotional security. You are basically a peacemaker. You understand the law of harmony and desire to balance your life with those around you. You may feel incomplete without someone to share your love, ideals, wealth or work with. You can be very sensitive and could appear a bit shy and perceptive. You have developed intuition, patience and the ability to nurture others. You can achieve the state of happiness if you are willing to accept your needs in a complimentary relationship and go to create them.

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MEET OUR STAR

MARSHA STEPHANIE BLAKE

By Khabonina Q.
Photographs by Presley Anne |
Charley Galley

IN THE SPOTLIGHT

This is a truly blessed season for Khanatural! We just celebrated our birthday month in March, with Monica Guerritore on our Khanatural mag. Today we launch April with our favourite star and human being Marsha Stephanie Blake. Plus we have a new look for our Khanatural products dropping this month too.

Khabonina had a chat with Marsha, a “Merchant of Venice” Broadway star, she has conquered both stage and screen beautifully. This woman is different. You’re going to love her even more.

I have adored Marsha Stephanie Blake, an American actress, born in May, best known for her role as Linda McCray in the Netflix mini series “When They See Us” for which she was well deservedly nominated for the Primetime Emmy Award for Outstanding Supporting Actress in a Limited Series or Movie.

I had to watch Netflix’s **The Madness** twice just to dedicate myself to Marsha. She commands respect as “the ex” & mother, Elena, yet so gentle in it. It’s how she uses her eyes, we can tell that she still has love for Muncie but she won’t give in till it’s necessary. Most moments in the series are not about her, yet she treats her role of being ‘support’ with such respect & love and ends up carrying the series on her shoulders.



KHA: YOU HAVE BEEN IN THE PERFORMING INDUSTRY FOR YEARS AND WITH MANY ACCOMPLISHMENTS. PLEASE ADVISE US ON THE IMPORTANCE OF MAINTAINING YOUR MENTAL HEALTH. HOW DO YOU DO IT?

Marsha: "This is a very good question. I think maintaining mental health for anyone in any industry is pretty difficult, but in an industry where you're constantly judged on your appearance and your skill in such a subjective way, you have to be so strong to fight through the insecurities every single day. As far as a daily ritual for good mental health: it's important to never trash-talk yourself. It's important to get some physical exercise every day because that will bring up your serotonin levels. It's important to talk to someone who is full of positivity and light every single day, even if that's a three-year-old child. And it's also important to seek professional help if you feel like you're starting to spiral. Or not even spiral, maybe you're just starting to feel a little off-balance. Seek help, and don't feel any shame or hesitance about it."

I completely agree with this, we need these pointers especially in our entertainment industry where us actors are feeling the pinch, a pinch that could definitely throw us straight into depression mode."

"I THINK FOR MOST ACTORS, INCLUDING MYSELF, THERE IS THE APPEARANCE OF BEING OK, AND THEN THERE'S THE REALITY. I HAVE DAYS WHERE I'M FULL OF DOUBT, AND DAYS WHERE I FEEL LIKE I AM A ROCKSTAR. I SURROUND MYSELF MOSTLY WITH PEOPLE WHO ARE NOT IN THE INDUSTRY, WHO I'VE KNOWN FOR DECADES, AND WHO ONLY LET ME WIN OR LEARN, BUT THEY NEVER LET ME LOSE."

HAVE YOU EVER BEEN TO SOUTH AFRICA?

"NO!"

KHA: IT WOULD BE AN HONOUR TO HOST YOU SOON.

MARSHA : "IT WOULD BE AN HONOR TO COME! MY HUSBAND HAS BEEN A FEW TIMES AND I AM SO JEALOUS OF HIM."

WE REALLY LOVE YOU. YOU INSPIRE AND REVIVE US ARTISTS IN SO MANY WAYS.

"THANK YOU SO MUCH FOR THE LOVE."

**XX,
MARSHA STEPHANIE**

"I THINK MAINTAINING MENTAL HEALTH FOR ANYONE IN ANY INDUSTRY IS PRETTY DIFFICULT, BUT IN AN INDUSTRY WHERE YOU'RE CONSTANTLY JUDGED ON YOUR APPEARANCE AND YOUR SKILL IN SUCH A SUBJECTIVE WAY, YOU HAVE TO BE SO STRONG TO FIGHT THROUGH THE INSECURITIES EVERY SINGLE DAY."



MARSHA STEPHANIE BLAKE

Kha: Do you have a routine that you follow in terms of your physical activity? Or are you quite flexible?

“I try to be very flexible about any kind of physical exercise that I do. I used to be a trainer in a professional gym way back in the day, so I know that if you choose a difficult exercise that’s too hard on your body or anything too repetitive, chances are you will get bored with it very quickly. So I think people should choose whatever they love. If that means you walk for 30 minutes every day, great. If that means you take a dance class, a karate class, if that means you just run around the park with your kids, great! Sometimes I love to go to the gym. Work with weights. But just today I’m not near a gym, I am by the beach. So I went and filled up some bags with sand and those have become my weights for the week. Sometimes I’ll just go take a walk. I’m not much of a runner, but I will run on the treadmill. I also love to run around with my kid and their friends. So I’ll play volleyball with them. Or I’ll go build sandcastles for hours on the beach and play tag. Or maybe I’ll teach them how to jump rope Double Dutch style. I love having a good dance party after dinner. It’s the best way to get some exercise at the end of the day. So yeah, flexible for me is key.”

FAMILY THERAPY

We grew up believing that therapy was for the weak. Over time, we learned that without it, we are weak mentally. So when my friend confided in me about the challenges within her family and shared her journey through family therapy, I was in awe. She inspired this section.



FAMILY THERAPY

Family therapy is a type of psychotherapy that helps family members better understand each other, support one another and work through difficult situations.

5 STAGES OF FAMILY THERAPY

Unveiling the 5 Stages of Family Therapy

- Engagement and Rapport Building. The first stage lays the foundation for the therapeutic journey.
- Assessment and Understanding.
- Restructuring and Communication Enhancement.
- Resolution and Healing.
- Integration and Maintenance

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*One to
Watch!*



SCREENWRITER, CINEMATOGRAPHER, DRONE OPERATOR.

MZINGAYE GASELA

“A YOUNG, PUBLISHED AUTHOR, SCREENWRITER, ACTOR, CINEMATOGRAPHER, DRONE OPERATOR AND EDITOR WITH A BACHELOR OF ACCOUNTING SCIENCE DEGREE IN INTERNAL AUDITING FROM UNISA.”

WHAT IS YOUR FORTE PLEASE YOUNG MAN ?

“MY FORTE IS SCREENWRITING AND CONCEPTUALISING. I HAVE OVER ELEVEN YEARS OF EXPERIENCE AS A NOVELIST, GHOSTWRITING NOVELS FOR INTERNATIONAL AUTHORS.”



What was your debut novel?

“John Wright, The Informant-sited in Boston Massachusetts-USA, published in 2014, which gave birth to and opened the passageway to screenwriting hence filmmaking for me.”

How many years have we been blessed with you in the industry?

“I have over five years of industry experience in filmmaking, in indie-funded/produced, commission and licensed projects, which I acquired working with different leading industry professionals in different major and minor productions.”

Please tell us how your company ‘Gasela Bros pictures’ was formed?

“2020, my brother and I founded a production company under the name Gasela Bros Pictures, that produced short films and sketch comedy. Gasela Bros Pictures went on to win two awards at the 2020 South African Comedy Awards, and an iEmmy award for best short film in 2023.”

This is amazing, please share more.

“lol ok , in 2022, Gasela Bros Pictures indie-funded their first film, Seven Stages, in Association with their sister company, LeLe Productions, in which I served as an Executive Producer, DP, Drone Pilot and Editor.”



Tell us about the magic of 2023

“In 2023, Seven Stages went on to be an official selection for the 23rd edition of the Zanzibar International Film Festival. Ntash, a film that I wrote, had a great run at multiple International film festivals, including the Miami Indie film festival, scooping awards and proceeding to be licensed by Prime Video in 2022. And a TV show titled ‘Keeping it one hundred’ released in 2022, was licensed and aired in multiple international platforms.”

What did these wins and these projects do for you ?

“Both these projects earned me my first IMDB credit listing, as a screenwriter and cinematographer.”

AND

“In 2025, I'm setting up a business outside of the film space as a venture to diversify my investment portfolio.”

Plan a quick and healthy breakfast with me

By the Khanatural Chef

How do you Break your Fast ?

lets break it down

Easily Digestible:

Bone broth:

Rich in collagen, protein, and gelatin, bone broth is soothing and easy on the stomach, making it a good choice for breaking a fast.

Soft, cooked vegetables:

Opt for cooked, starchy vegetables like potatoes or carrots, which are gentler on the digestive system than raw, high-fiber options.

Fruits:

Fruits like bananas, berries, or avocado provide natural sugars and essential nutrients, and are generally easy to digest.

Yogurt or kefir:

Fermented dairy products like yogurt or kefir are easier to digest than regular milk and provide a good source of protein.

Broth-based soups:

Soups with easily digestible carbs and protein, like lentils, tofu, or pasta, can be a gentle way to break a fast.

IS PARENTING A CHALLENGE WORTH ACCEPTING?

January 2025 will always be the month that changed my partner's and my life forever. For the first time, we became full-time parents.

For context, my partner has a daughter, but she lives with her mom. Then, in January, we welcomed someone I lovingly call my inheritance - my late sister's son, a 13-year-old boy who was about to start a new life, in a new city, with new parents.

The transition? Yoh, it's been hectic! Going from the cool, fun aunt to a full-blown mother is not pap 'n vleis. My partner, on the other hand, is a natural at fatherhood; patient, guiding, and fully hands-on with schoolwork and everything else.

Me? Wow. I struggled these first three months, I won't lie. And at first, I couldn't understand why. See, I'm the type of person who walks away from things that don't work in my favour or go the way I expect. But this? Ha-a, there's no opting out. I had to face it head-on. And to be honest, seeing how effortlessly my partner was stepping into fatherhood made me feel insecure, like why wasn't I getting it?

Then one day, during one of our chats, he said something that shifted my whole perspective: "I'm fathering the way I always wanted to."

That's when it dawned on me - no man, I need to go back to the drawing board if I'm going to enjoy this experience. I had been so caught up in the struggle that I hadn't stopped to ask myself: What kind of mother do I want to be?

Don't get me wrong, naturally, I'm a loving person. I'll make sure there's food on the table, school uniforms are sorted, and everything is in place. But the hard work that comes with parenting? Yoh, that's where I struggled and to be honest, I did not subscribe to that channel. Or at least I thought.



by **Dambisa Maqoga**

Being an auntie is fun. But full-time parenthood? YOH!

That's a whole different ball game. I realized that my biggest challenge wasn't just adapting to motherhood, it was the fact that, as an adult, I had made peace with the idea that I didn't want kids. My partner had always known the kind of father he'd be, but me? I had no idea because I didn't want it in the first place.

I also thought my nephew was the only one who needed care and attention after everything he had been through.

But the realisation? I also needed to process this life-changing moment. This wasn't just about raising a child who had lost his mother; it was about me becoming something I never planned to be. That was my turning point.

How did I get to a place of peace? I started taking care of my mind. I rest when I need to, I tell my partner when I'm feeling off, and I've been gyming more and more. I had to get myself to a place where I embraced my new reality, though it's still early stages.

At the end of the day, my sister entrusted me with her child. No one forced me to say yes, and I owe it to him to be mentally fit for this journey. He deserves to grow up as a responsible, loving, and caring man—one who is full of integrity, and not traumatised by losing his mother and being raised by an aunt-turned-mom who resents the role.

We owe it to our kids to cut the chains of our past and create homes that are better than the ones many of us grew up in.

APRIL 2025



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