



MAY 2025

KHANATURAL

2025

"GRATITUDE IS
THE ULTIMATE
WELLNESS HACK"

ONE TO WATCH:

**KAMO
KAAPU**

CALISTHENIC ATHLETE

**DANCE
& SAVE
YOUR LIFE**

EMOTIONAL BENEFITS OF
DANCING

PHUMLANI MNDEBELE

A YOUNG FORCE



Editor's Note

KHANATURAL MAG

From chasing interviews, shoots, sets, and action to scouting for the best recommendations, talent and authenticity. Khanatural Magazine delivers the best of everything—from glam covers to insightful stories on health, wellness, and all things lifestyle.

Khabonina
Q

Editor-in-Chief

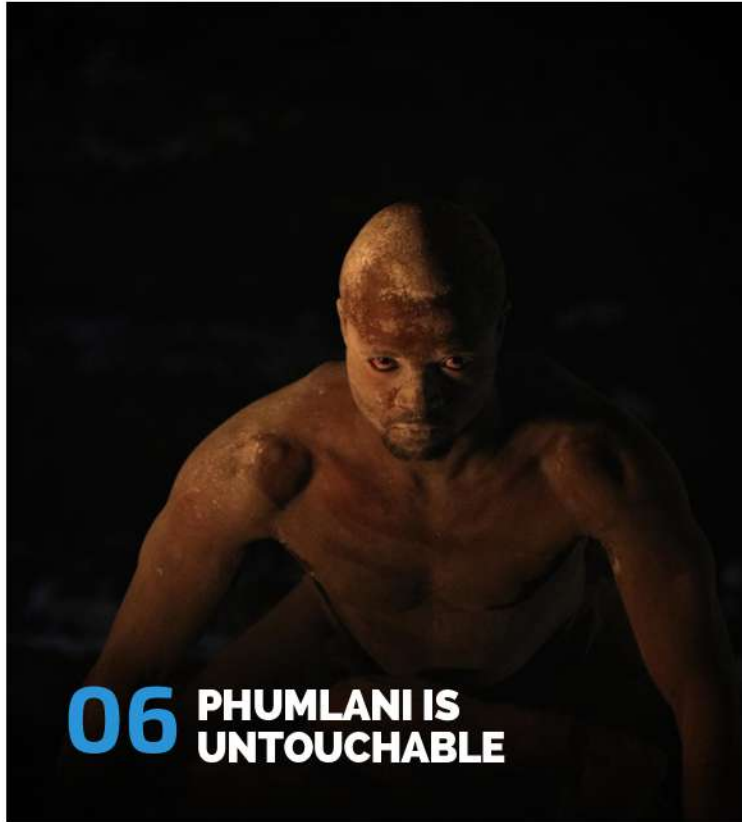


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In this issue

In this issue, Phumlani Mdebele tells us about his most difficult role yet. We introduce a new 'Nutrition feature' by Nicolette Gerber. Dambisa raises eyebrows with a new found wellness hack. Find out why Kamo Kaapu is One To Watch.

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DANCE

TO SAVE YOUR LIFE

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KHANATURAL TEAM

Dancing offers numerous mental benefits, including improved mood, reduced anxiety and depression, enhanced memory, boosted self-esteem, and increased social skills. It can also help reduce stress, improve cognitive function, and even combat social isolation.

Dancing is something that almost everyone enjoys, from professional elite dancers through to small children moving to the beat of music without any need for instruction; it's something our bodies love to do because it makes us feel good.

It warms up our bodies and gives us an endorphin boost, while also helping us feel more connected to the people we're dancing with. It can also improve our brain function, by helping us train our brains against dizziness and improve our memories.

So, how does it manage to do this and does this mean we should definitely be making more time for dance in our lives?

DANCING CAN ELIMINATE DEPRESSION:

While any exercise is good for your mental health, it's dancing that was found by the New England Journal of Medicine to have the greatest effect on reducing feelings of depression. It didn't seem to matter too much what style of dance the participants opted for, with any movement to music showing mental health improvements and overall higher levels of happiness.

DANCERS HAVE A SHARPER MIND:

It seems that the constant multi-tasking required of dancers helps them develop sharper minds and better memories. If you've found yours lagging recently, or want to keep your brain fit and healthy, consider picking up a style of dance that requires you to memorise a routine – you'll find your mind gets sharper in no time!

DANCE REDUCES STRESS:

Ever seen a child bop along to their favourite song or an elderly couple swaying gently to an old tune? The look of pure joy in their expression is palpable and often something onlookers wistfully wish they were feeling. The best part is that they can feel this way, if they also start moving to the music. Pick your favourite song and start moving in a way that makes you feel good – twirls, twerks, hip circles, kicks, they're all valid forms of movement to music and will improve your feelings of relaxation at the end of the dance.

DANCING CAN HELP YOU CONNECT WITH OTHERS:

A big part of the human experience is connecting and bonding with others and dancing is a great way to make this happen. While dancing alone in your bedroom is great fun, dancing at a bar, club or in a studio is ten times as fun, especially when done with like-minded people or friends. You'll find yourself bouncing off one another and coming up with fun little moves and tricks as you go along, not to mention the laughter that will come when someone inevitably does something silly! Make new friends or reinforce connections with old ones by dancing.

At Khanatural, we are huge dance lovers and advocates of dance! The pressing question is , WHEN IS YOUR NEXT DANCE CLASS ?

PHUMLANI IS ART PERSONIFIED

An essay by

KHABONINA Q

Image by Lephatsse Stills

"A twin, dreamer, and performer." This is who Phumlani says he is in three words.

We sat side by side on the set of Shaka Mlambe waiting for our scene. Today we sit together again as he shares his story with me. We have a lot in common, but travelling as performers is our most favourite one. "Travelling transformed my mind, seeing how important art is in other countries, inspired me to work harder in my craft and keep pushing boundaries."

We got a little nostalgic recalling a moment on set, where we were asking each other for advice regarding our performance delivery. It's easy for me to communicate with Phumlani. He has so much range, his advice is not only based on acting, he understands the movement I require at that moment too. On his character, "Nyengelezi" he says, "That was a very hard character to portray but it was a good challenge for me, I used a lot of my Imagination to play that character. I did thorough research about the character as a whole, especially about what influences the way Nyengelezi moved." I was completely moved by his performance on season two, wow. The costume by Sheli Masondo and make up by Queen played a huge role as well. We laughed remembering me struggling to enter the hut in my Queen Ntombazi hair. lol. It was a real struggle.

Professionalism is hard to come by these days in our industry. Phumlani added "When you are professional, it adds more odds in receiving more opportunities. I believe staying disciplined benefits your wellbeing." We all have different coping mechanisms. I've seen some people crochet to cope, some people prefer to drive long distances to escape, some hide in their shells while some of us simply dance. Phumlani believes in the power of the book, he says "Reading has been one tool that has helped me cope, the characters in the story help me escape my own world for a while allowing me to be creative and imaginative as I do so."

"That was a very hard character to portray but it was a good challenge for me, I used a lot of my Imagination to play that character. I did thorough research about the character as a whole, especially about what influences the way Nyengelezi moved."

PHUMLANI IS ART PERSONIFIED

Our day allowed us the luxury of hitting a gym session. Phumlani loves it here. "I am a gym fan, being active is part of my lifestyle and going gym has helped me gain more confidence on/off screen. I also enjoy simple workouts like taking walks, these help keep me consistent in my fitness."

Finally. We broke our morning fast and it was time for grub. I thoroughly enjoy sharing meals with Phumlani, he's a vegetarian too, so, we know how to make our meals extra tasty whilst loading nutrients. "Ok Khabz, today we are having rice, veggie stew, coleslaw salad and Avocado. I love to cook and since we are both vegetarian, this meal will be simple and quick to make." He said.

While we were eating and talking nutrition, I spotted the seamoss bottle in the fridge. (Don't ask why I opened the fridge, I love his vegan stash!) Phumlani said: "Seamoss is incredibly effective in my body, pleasant and works perfectly for my smoothies. I love that it last longer when you freeze it into ice cubes. You can later use it for your hair as a conditioner, nurturing your plants and ofcourse in your bath." I love how he gets this seamoss journey.

As we meandered on his balcony watching the sunset, he opened up about his life lessons. He says that his biggest lesson has been to never stop chasing his dreams and he never allows fear to get in his way. He does it all, regardless.

"Get ready for the upcoming premiere of my latest project, Shaka Ilembe, in June! I'm excited to share this work with you and I also look forward to exploring brand partnerships and new creative opportunities."

I had to pry and ask about his future plans. He said this: "My Future plans include developing more theatre productions, creating engaging TV commercials and growing my brand."

Well, Khanatural can't wait to collaborate with you Phumlani !!!
And thank you for an incredible afternoon.

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Image by Zivanai Matangi

MAY 2025

A HEALTHY RELATIONSHIP WITH FOOD

BY NICOLETTE GERBER

MEET NICOLETTE

Hi, I'm Nicolette Gerber, a wife and mother of two beautiful children. With a background in somatology, I've always been fascinated by anatomy and physiology. My passion lies in health and wellness, presented in a way that makes sense and empowers people with knowledge for informed decisions about their well-being. I've witnessed firsthand the difference small, intentional changes can make in my family's health—impacting not only the physical aspects of food but also the psychology surrounding eating and drinking. Through sharing my insights, I hope to help others develop a healthy, joyful relationship with food that nurtures both their bodies and lives.



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EMBRACING A HOLISTIC APPROACH TO FOOD AND NUTRITION - #PART1

BY NICOLETTE GERBER

Food is an experience that should enhance our lives and support our well-being, extending beyond mere sustenance. As a passionate advocate for joyful and healthful eating, I believe our relationship with food should be guided by health.

THE POWER OF ASKING "WHY?"

A key element in transforming our dietary habits is understanding the "why" behind them. This introspective approach involves questioning our reasons for choosing particular foods, avoiding others, and experiencing certain cravings. Delving into these questions empowers us to make changes that align with our health objectives, ensuring our nutrition serves its purpose effectively.

ATTUNING TO OUR BODIES

Developing the ability to listen to our bodies can revolutionise the way we approach eating. Initially, this might require practice, but as you fine-tune this skill, it paves the way for wiser food choices and a seamless transition to a healthier lifestyle. By working in harmony with our bodies instead of against them, we support long-lasting wellness and habits that will serve us for a lifetime.

EMBRACING SMALL SUSTAINABLE CHANGES

Renowned for their restrictive nature, traditional diets often demand the elimination of sugars, carbs, and other "forbidden" foods. In contrast, I advocate for incremental changes—small, gradual adjustments that instigate lasting transformation. This prevents the backlash often seen in deprivation diets that ultimately negate progress.

Consider the example of chocolate cravings. Instead of depriving yourself, opt for a healthier version—dark chocolate with higher cocoa content, which offers superfood benefits, rather than sugar-laden milk chocolate. It's also beneficial to savour a single serving rather than consuming the entire bar, reinforcing portion control. Likewise, enhance the flavour of your dishes by replacing regular table salt with pink Himalayan salt, known for its mineral richness and health benefits.

By connecting deeply with our bodies and embracing manageable changes, we can adopt a holistic approach to nutrition that lasts.

Khanatural Mag in Style

MAY 2025

LEISURE FASHION

www.khanatural.com



YOUR UIN STYLE

Style your feet in comfort,
because every step you
take is a story.

THE ULTIMATE WELLNESS HACK IS GRATITUDE

Since I started penning the wellness feature for Khanatural Magazine, I've approached my journey from a perspective rooted in real-life experiences. This month, I've been reflecting on what truly fulfills us as human beings. Let's say we have the money we desire, we nourish our bodies as they deserve, and we either work for or own the companies of our dreams. Or on the flip side, maybe life feels like pure survival — our health is in tatters, and we're living hand to mouth. In either case, I've often wondered: when do we actually get to say we're happy?

For me, April — my birthday month — has brought a deep sense of gratitude. I truly couldn't be more thankful for the life I have. I'm blessed with the most incredible family, an amazing partner, and my friends... oh, my friends are handpicked by God. There's so much to be grateful for. And when we live in gratitude, we tend to experience life through a lens of abundance.

This reminds me of a conversation I had with my partner. At the time, I didn't quite get what he meant. I was venting about the things I didn't have, and he gently said, "Be grateful for what you do have." He went on to say, "Gratitude isn't the absence of hope or longing — it's the presence of awareness for what you already have, which paves the way for what's still to come."

I didn't fully grasp it then, but there's something about a birthday month that brings reflection. I'm not sure if it's just me, or if we all go through some kind of introspection as our birthdays approach. This year felt different. I stopped obsessing over the things I wanted — you know, the birthday wishlist — and instead basked in everything I already have: love, a job, family, peace, and grace.

If you ask me, living in gratitude is the ultimate wellness hack. Gratitude welcomes positive energy into our lives, and that energy, in turn, draws in even more to be grateful for. Heck, be grateful for the challenges too — they are part and parcel of your life's story. They shape you into, hopefully, a better version of yourself.



By Dambisa Maqoga

TOO MUCH INSPIRATION



My name is Kamogelo Kaapu, but i prefer Kamo. I grew up a troublesome kid living with my grandparents in Soweto Diepkloof. Honestly, if i wasn't getting hurt, then i was probably hurting someone else, same thing with getting in trouble.

HAVE YOU ALWAYS BEEN A CURIOUS SOUL?

I think my endless wonder for mischief is why I've always been in motion. I liked things a lot, so i spent a large amount of time being the best at whatever I do. That's probably why my sporting background is all over the place—rowing, fencing, rugby, parkour, martial arts, soccer, basketball, you name it.





CALISTHENIC ATHLETE | CAR LOVER

KAMO KAAPU

BY KHABONINA Q
PHOTOGRAPHS BY
-NKULULEKO MAKHANYA

TELL US ABOUT YOUR ATHLETIC JOURNEY

The last serious chapter for me before calisthenics was sprinting. I gave my everything to athletics. But there's a moment in every journey that really tests you, not when you win, but when you don't. I think that was my pivotal moment, the point of failure, not because I couldn't do it but because I was honest enough with myself to know when to walk away. I knew myself as a sprinter, so if I'm not running, then who am I? Well, that's a different story. (AND WE ARE CURIOUS)

WHAT CHANGED YOU ?

Seeing someone L-sit to handstand changed my confusion about my narrative. "I want to do that." No long thought. No hesitation. It's a lifestyle this thing, actually somewhere near a calling. Everything I've come to achieve in Cali now started with speaking to Risima. I find it so weird how things resonating on the same frequency tend to gravitate towards each other, because shortly after that, some guys were showing off on the pull-up bars at the gym, and now that group of show-offs is my family, I might as well be show-off junior now.

WHAT ARE YOUR VALUES ?

Honesty, loyalty, and trust are what I live by. "Trust is something you gain when loyalty is returned". I think it speaks for itself. But for training, it's two simple words: Master Yourself, words tattooed on my spine in Arabic, so I wear it like armour on a knight.

WHAT IS 'MOTIVATION' ACCORDING TO KAMO ?

I've frequently been asked what my motivation is. I don't think I have motivation. That isn't what gets me through. Motivation is fleeting. It has a tendency to drop off a cliff somewhere, and sometimes you can't afford not to show up, so discipline keeps you from free-falling. I rely on discipline. That's my warrior. Out of your mind, spirit, and body, I can tell you that the body is the weakest. Strength isn't always related to how much weight you can pick up, it's also what your mind says and how your spirit glows. All three work hand in hand, and all three take care of each other. To be well, to be fit, is to be cognitively able, spiritually grounded, and physically present in every situation and moment.

TEACH US YOUR LIFE LESSON MASTER!

Whatever you want to do, do it. You miss 100% of the shots you don't take, the ball of your life is on a court of your design, the rules can only be set by you, so take my words and master yourself.

Outside of fitness, I'm deep in car culture. Speed, stance, luxury, that's Shakespeare and Beethoven. South African car culture is unmatched. You don't need a name to belong there. Our spirits shake hands in the presence of mutual admiration.

AND WE ARE HONORED TO HAVE SHAKEN YOURS !



 KHANATURAL





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