



JUNE 2025

K KHANATURAL

One To Watch

Nqobile Mtshali

STEM CELLS
REIMAGINED

The relationship between Stem cells
and fasting

THORISO
MAGONGWA

A Great Maverick

www.reallygreatsites.com



Editor's Note

KHANATURAL MAGAZINE

As the Chief Editor of Khanatural Magazine, my journey has been one of remarkable growth. Each issue has offered me the privilege of engaging with powerful stories and inspiring individuals who are shaping the health and wellness space. These interactions have expanded my perspective and deepened my commitment to the work we do.

It's my hope that you, our readers, walk away from each issue feeling just as enriched, if not more. May the insights you discover within these pages inspire choices that nurture your well-being.

Enjoy our June issue, and may your health and wellness choices keep you warm this month.

Khabonina
Q

Editor-in-Chief



Image by Joao Gomez

In this issue

We spend time with an international traveling ballerina Thoriso Magongwa now permanently living in Europe & we learn his wellness ways plus we find out why Chakalaka is his cryptonite. Do you know how to awaken your Stem Cells? Nicolette Gerber breaks down Pink salt in our Foodie Feature. Nqobile Mtshali shares her brown girl magic while Dambisa asks why you are triggered by "small questions".

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**STEM CELLS. OUR
HEROES.**

The relationship between
Stem cells and fasting.



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Stem cells & Fasting

Khanatural team & Bonilla Pabon of Stemwell
regenerative meds.

In recent years, stem cell therapy and fasting have garnered significant attention for their potential health benefits. Individually, each of these approaches has shown promise in promoting healing, regeneration, and overall wellness. However, there is an interesting intersection between fasting and stem cells, with fasting showing some potential to enhance stem cell regeneration.

This season, we'll explore the relationship between stem cell therapy and fasting, the underlying science, and some important considerations to keep in mind.

WHAT IS FASTING?

Fasting, the practice of abstaining from food for varying periods, has been shown to have numerous health benefits, including improved metabolic health, enhanced brain functioning, and anti-ageing effects. There are several types of fasting, such as intermittent fasting, prolonged fasting (48 hours or more), and time-restricted eating, each with its own regimen and effects.

Although no calories are consumed during fasting, generally, beverages like water, (option: with a spoon of seamoss gel) and decaffeinated coffee can be consumed to ensure hydration.



UNDERSTANDING STEM CELLS

Stem cells are undifferentiated or 'blank' cells which have a unique ability to develop into specialized cells that the body needs. For instance, they can differentiate into the cells needed to repair damaged tissues, helping to promote the regeneration and healing of this area.

It's this outstanding regenerative quality that makes stem cells so powerful. When introduced to the body during stem cell therapy, stem cells have the ability to repair and heal a wide range of diseases and conditions, including neurological disorders, tissue injuries, and autoimmune diseases.

STEM CELLS AND FASTING

Some studies have shown that prolonged fasting can increase the functioning and regenerative capacity of stem cells, as well as many other benefits.

In one study using mice, prolonged fasting (48-120 hours) led to the body breaking down a significant amount of white blood cells that weren't in use. This is to try and save as much energy as possible.

This reduction of white blood cells triggered changes in the signaling pathways of hematopoietic stem cells (which generate blood cells and the immune system). This change shifted dormant stem cells to a state of self-renewal, leading to increased immune system regeneration and regulation. In this sense, prolonged fasting allowed the immune system to essentially redevelop, which in theory, could bring a host of benefits.

Another study also found that fasting dramatically improved how well stem cells can regenerate. In mice that were fasting, a "metabolic shift" occurred, where instead of breaking down glucose, cells begin breaking down fatty acids. This is an evolutionary response to having no glucose (from food) available. This shift changes the cell signaling pathways, encouraging stem cells to further regenerate with greater efficiency.

- more on our IG : [@KhanaturalSeamoss](#)



J u n e 2 0 2 5



THORISO

Trained at the Ballet Theatre African Academy and simultaneously attended the National School of the Arts in Johannesburg where the training includes classical ballet, contemporary/modern and Spanish dancing. From 2002 to 2009 he was a solo dancer in the ballet company of Theatre African.



Image by Arthur Abram

 KHANATURAL

He has kept his cool in this sometimes 'bullying' industry, for years, he says this is a product of a solid and affirming family structure. "I have been validated, groomed and raised to stand my ground with immense authority and a commanding strong voice with well informed opinions." He found his artistic path at a tender age which further amplified his sense of self and made him understand his place in this world.

"All the above would later come to serve my personality, while navigating life, the "industry", humans and my own doubts."

I really feel we need to find different ways to tackle bullying. We can't do much about the "bully", but perhaps the possible "bullyee" needs a more solid foundation from the get go to avoid being bullied at all. How have you done this so beautifully?

"My self confidence has been the diaphanous shield which I yield against any negativity towards my aura. I have never allowed people to permeate my safe space by always keeping a clear distance between my work, pleasure, relationships and fun. This inadvertently made people around me aware of my boundaries, intelligence and presence, thus making it difficult to "bully" me or attempt to reduce me to anything other than the intentional version of my being which I innately have always known and shown myself to be."

"My lifestyle choices are my personal boutique experiences, geared at keeping my mental health in tact and creating stability within my daily routine. I experience a plethora of lifestyle options with each continent offering me different perspectives and possibilities."

The African continent is undeniably part of the wealth of the world but also offers many limitations which forces us, its people to adapt. Thoriso feels that geographically, South Africa offers a richness in terms of nature, diversity, food, climate and human interaction which plays a huge role in feeling grounded, giving one a sense of belonging and offering a healthy understanding of how to prioritize yourself while learning the importance of personal stability. Regarding the fitness culture, extraordinary holiday destinations, interactive outdoor activities and spa experiences are a great healthy lifestyle barometer which plays a huge role in his wellness factors when visiting South Africa.

THORISO! A VISION.

Having the pleasure just to watch him in action immediately takes me back to the first time I saw him. I was a young budding Afro Fusion dancer at Moving into Dance and we had just finished an African dance class led by one of my favourite people David Thatanelo April, who we recently lost. David loved exposing us to different styles of dance and on this day, he was taking us to the State Theatre Ballet company to see 'ballerina's in Action'. When we finally arrived, I was immediately mesmerised by the building's structure and bold interior. Then, I heard that piano. Gasp. They were in rehearsals. That's when I saw them. Thoriso Magongwa, Lorna Maseko and Kitty Phehla. My jaw dropped. Goosebumps. I had never seen bodies move so elegantly, right in front of me. This was decades ago, yet till today, Thoriso still drops my jaw.



Image by Sergheti Gherciu

"I do think of myself as a great maverick, I find immense pleasure in doing most things alone as it has been during those lonesome experiences where I felt copious amounts of my understanding of life was inferred", he says, describing how solitude shaped his outlook on life. "In doing things alone, one finds plenty opportunity for honesty, introspection and the true value of time. Exploring things alone is always invaluable and can be used as a tool in sieving the authentic prowess of living from the unnecessary".

Travelling around Europe exposed me to various lifestyle choices. It was clear to me from a young age, as a dancer coming from Africa, that having more options and money changes things.

Thoriso is experiencing the European lifestyle and says it's more holistic as the continent has less limitations, offering its occupants the luxury of choices. The food, beauty products and medication seem to focus on the importance of organic products. "The quality of life is measured on a different scale and being a part of a civilized society is prioritized. This creates an incredible sense of stability and makes one feel inspired to be at their best which ultimately leans into and shapes my outlook on wellness. The continent boasts an array of diverse historical monuments, cultural artistic offerings and holiday destinations in abundance. The liberating safety from minimal crime, incredible work opportunities, the affordable healthcare systems, easy travel options, efficient services and higher economical currency allows for a better mental wellness aspect and certainly makes me feel more stable in that regard."

He strongly adds : "I however do not hold any continent more superior than the other as I believe that wellness, health and lifestyle are a thing of personal preference and a customized opinion."

As someone whose career has been based on physical endurance, I maintain a rather strict exercise routine in order to sustain my physique, insuring longevity in my physical mobility and health. My morning usually begins with a thirty minute elliptical machine workout (repeated in the evenings), followed by my forty five minute stretching, strengthening and toning exercise routine. This is then followed by a classical ballet class and on certain days (three times a week) an hour of swimming lessons with my swimming instructor. Once a week, I try to have a full body massage to help with the muscle recovery and relaxation. I am soon hoping to add Gyrotonics to my exercise regiment as it comes highly advised especially for a dancers body.

Do you cook ? What do you cook ?

Yes I do cook. I am a dairy consuming, strict vegetarian who loves a sumptuous culinary experience. I am besotted with Italian food. I tend to make a lot of pasta based dishes with plenty of cheesy offerings and endless salads. I salivate at the thought of hearty meals with vegetables like potatoes, carrots and tomatoes, they seem to take center stage in most of my cooking. I also do love pickled vegetables which I try to incorporate always. My favorite dish to attempt making is the South African champion of salads called "Chakalaka" with a great helping of steamed bread which I always insist my mother make for me when I visit Johannesburg. I declare nothing to be more flavorful or delectable."

I currently hold the position of ballet master for the Narodni Divadlo Brno ballet company, I am one of three Patrons of the Cape Ballet Africa ballet company and simultaneously sit as an honorary board member of the Austrian dance council in Europe. My future plans are to explore neoteric ways of creating cyclic, constructive and beneficial projects between these separate dance institutions and the global dance fraternity. I wish to further my entrepreneurial skills by becoming a clarion for the South African arts(dance) within the European continent, acting as a bridge for cultural exchange, work opportunities and artistic developments.

I have also established my personal brand as a moderator for dance related events which allows me to exercise my on-screen persona "So Thoriso The ballet moderator". There are plans to further expand on the concept, create more content and to also develop industry related interactive events/projects.

My future is an unpredictable conundrum which forces me to adapt and adjust with each waking moment. I consciously work hard and make plans but cast away the arrogance of surety. I leave room for new ideas, new directions and further exploration. I believe in the certainty of my destiny as it is written in the stars but this does not see me rest on my laurels. I believe that there is much to be done in this form, if I through my humble and blessed abilities could be of service to this beautiful world, then.... "Thy will be done".

Image by Brandon Barnard



EST. 326 BC

PINK HIMALAYAN SALT

A Nicolette Gerber feature

The salt deposits were first discovered centuries later around 326 BC when Alexander the Great and his soldiers stopped to rest in the Khewra region in what is now Northern Pakistan. One member of the group noted their tired and hungry horses had gathered around and were licking the salty rocks.



4 REASONS WHY WE NEED TO SWITCH TO PINK SALT

"I switched to using Himalayan salt in my household about 10 years ago, and I will never go back. Himalayan salt offers such a depth of flavor that you end up using less compared to regular table salt and other seasonings. As someone with low blood pressure, the electrolyte properties of this beautiful pink salt have significantly improved my everyday health, eliminating those faint moments. I simply add a pinch of Himalayan salt to my water bottle daily." - Nicolette Gerber

O1

Rich in Minerals

Himalayan salt contains over 80 trace minerals, including calcium, magnesium, and potassium, which are essential for maintaining a healthy body. These minerals are known to support bone health, improve hydration by balancing electrolytes, and aid in muscle function. Minerals play a crucial role in cellular health.

O2

Healthy pH Balance

Consuming Himalayan salt can help maintain the body's pH balance, which is crucial for overall health. A balanced pH level can improve digestion, boost immunity, and reduce inflammation, leading to enhanced energy levels and overall well-being.

O3

Respiratory Health

Himalayan salt is often used in salt therapy, also known as halotherapy, to improve respiratory health. Inhaling salt-infused air can help clear mucus, reduce inflammation, and alleviate symptoms of respiratory conditions such as asthma and allergies. Himalayan salt lamps are also a great addition to your home for maintaining air quality.

O4

Natural Detoxifier

Himalayan salt is known for its detoxifying properties. When dissolved in water, it creates a solution known as "sole," which can help flush out toxins, balance the body's pH levels, and improve overall health. Regular use of Himalayan salt in baths or as a dietary supplement can help the body's natural detoxification processes.

Ngobile Mtshali!

#BrownGirlHealth



"I started Brown Girl Health to feel better — and ended up building a whole movement."

Brown Girl Health began in my final year of university while doing my honours. At the time, I was struggling with anxiety, and through research, I learned how deeply food impacts mental health. I didn't want a diet — I wanted a lifestyle shift.

I started eating differently: more whole foods, more plants, more intention. It helped. And I wanted to share that."

My family inspires me deeply. Both my mom's and dad's sides are filled with people who express love through food.

Cooking has always been our love language — our way of showing care, celebration, and togetherness. And then there's God. I always say I know God exists through food and through light. As someone who does a lot of food photography, I've seen the difference between shooting in natural light and artificial light — and nothing compares to the beauty of what God made. The way a lemon glows in sunlight? That's divine design. No softbox can match that.



WHEN DID IT ALL BEGIN?

Brown Girl Health began in my final year of university while doing my honours. At the time, I was struggling with anxiety, and through research, I learned how deeply food impacts mental health. I didn't want a diet — I wanted a lifestyle shift.

WHAT WAS YOUR FIRST MOVE?

I started eating differently: more whole foods, more plants, more intention. It helped. And I wanted to share that.

SOCIAL MEDIA IMPACT

Instagram was booming — full of wellness influencers — but most of them didn't look like me or live like me. Every post featured strawberries, avocados, and honey. Gorgeous, yes, but out of reach for a student trying to eat well on a budget. I couldn't afford those things every month, and I thought: what about the rest of us?

THE BIRTH OF BGH

Brown Girl Health was born — a space for accessible, affordable, everyday wellness. I made it my mission to show that healthy food doesn't have to be fancy. Most of my recipes use ingredients you can find at Shoprite, Boxer, or Pick n Pay. Wellness shouldn't be exclusive — and with Brown Girl Health, it isn't.

HOW HAS BGH EVOLVED?

The brand has evolved with me, but its heart hasn't changed. While the page is still proudly plant-based, I've become more of a flexitarian in my personal life — mostly due to moving back home (no one's cooking two pots in a Zulu household) and having a partner who eats meat. But when I'm in my own space, I'm fully back to vegetables. I've made a conscious decision to keep the Brown Girl Health identity plant-based because I truly believe in the power of plant-forward living — for our bodies, our minds, and our planet.

THE EXPERIMENT AND EXPERIENCE

Over the years, I've explored different paths through the brand — from selling juices and shots, to food planning, and now, brewing small-batch kombucha at home. Some things worked, others didn't. But I've never stopped experimenting. That entrepreneurial spirit is something I get from my mother, who always tried different businesses to support our family. It taught me to be fearless — to try, adapt, and keep growing.

WHAT ARE THE BROWN HEALTH GIRL VALUES ?

At its core, Brown Girl Health is here to make plant-based living approachable and joyful. It's not about being perfect, and it's definitely not about being expensive. It's about real food, real stories, and making wellness feel like something we can all be part of — every day.



Brown Girl Health



WHAT'S YOUR FAVOURITE QUOTE?

"It doesn't matter how many times you start over, as long as you do."

As someone who overthinks and has had to navigate a lot of anxiety, this quote is a gentle reminder that perfection isn't the goal. We're allowed to begin again. Starting over isn't failure — it's bravery. It reminds me that I'm not stuck. There's always another chance to try, grow, and keep moving."

"WHY ARE YOU SINGLE?"

JUNE 2025

*Why small questions
cause
major triggers*



CURIOSITY IS THE ANSWER YOU'VE BEEN LOOKING FOR.

A Dambisa Maqoga conversation



Have you ever experienced a total emotional blackout, just from being asked a single question?

When are you having kids?

Why don't you want kids?

Why are you single?

When are you getting married?

Why are you in that toxic relationship?

And the list goes on...

So many times, we find ourselves reacting to questions we haven't learned to process beyond the "trigger" umbrella. We don't stop to consider the question itself. Why am I triggered by this? We forget that not every question is designed to make us feel inferior, uncomfortable, or angry. But discerning that in the heat of the moment? That's the real work. That's the formula we need to start applying.

When I'm asked something like "Why don't you want kids?", I've learned to take a step back. People ask that question for different reasons; some are genuinely curious, and others may be projecting their own desires or values onto my life.

Sometimes, I'll ask a simple question in return: "Why do you ask?"

If their response feels respectful or sincere, I might engage further. If not, I protect my peace and keep it moving. Asking for clarity disarms the situation and redirects the energy in your favour.



"WHEN ARE YOU HAVING KIDS?"

CLARITY. THAT'S THE KEY.

Choosing to be curious when you feel triggered or threatened is something I'm still learning myself. But I've come to realize how powerful it is. Curiosity gives you space to understand the extent of the situation, rather than jumping to emotional conclusions. More often than not, you discover that your brain may have blown things out of proportion – often because of your own internal wounds, unresolved feelings, or insecurities.

Being triggered isn't a flaw. It's a sign that there's something deeper calling for your attention. Let's start answering that call – with curiosity, self-awareness, and compassion.

WHAT ARE TRIGGERS?

"A trigger is a person, place, thing, or situation that elicits an intense or unexpected emotional response or causes an individual to relive a past trauma. Any sensory stimulus can be a potential trigger. Triggers are unique from threats. Essentially, a non-threatening stimulus is triggering an autonomic (fight-or-flight) response.

As human beings, we're not designed to squash our emotional reactions. Our emotions give us important information about what's happening, internally and externally. They're kind of like our personal alarm system. When our emotions have a clear root, we feel more at ease with them – or at least, more justified in having them." – ALLAYA COOKS- CAMPBELL of BetterUp.com

REGULATE EMOTIONS

ALLAYA COOKS- CAMPBELL further says, "emotional regulation helps you master the ability to notice your triggers and do the (often difficult) emotional work of keeping them in check."

Your thoughts?

Mokwadi

Mokwadi is a writer, business strategist, and lawyer by training. He is passionate about the intersection of African identity, wellness, and digital storytelling. When he's not helping creatives build impactful brands, he's writing stories that challenge the status quo and inspire new ways of thinking.



The men we were never taught to be

Are you ok ?

That question used to feel like an ambush.

I'd smile, say "I'm fine," and change the subject. That's what we do, isn't it?

As boys, we're taught to suppress, survive, perform.

As men, we're expected to provide, protect, and pretend.

Somewhere in between, we lose ourselves.

But what if I told you that reclaiming your peace, your joy, your movement, your breath — is not weakness? What if it's the most masculine thing you'll ever do?

I come from a culture where our grandfathers healed with fire and silence, where our fathers worked until their backs gave out, and where our generation has been handed a broken compass for manhood. So we improvise. We scroll. We drink. We disappear. But deep down, many of us are asking: Is there more to life than coping? There is.

Movement is medicine

A few years ago, I began observing a close friend of mine — a powerhouse, an artist, a wellness queen — moving in a way I had forgotten was possible. Not to impress. Not to perform. But to heal. To feel.

Watching her dance, stretch, breathe and teach others to do the same — something in me shifted.

I didn't want to dance. I wanted to move through the emotional stiffness that was killing me.

I wanted to breathe without feeling like I owed the world an explanation.

And I realized: we as men are allowed to come back to our bodies too.

We're allowed to be fully alive.

Man to self

By Mokwadi wa Mompedi



The men we were never taught to be ...



We've normalized numbness

We know how to hustle. We know how to grind. But we've forgotten how to feel — and it's costing us.

Our silence is killing us. Our anxiety is hiding behind banter. Our stress smells like cologne. And our depression often looks like achievement.

We've replaced healing with performance. But it's not sustainable.

True wellness isn't reserved for a few. It's our birthright.

It's not about smoothies and scented candles — it's about stillness.

About stretching your thoughts. About knowing when to stop before you snap.

And no — you don't have to escape to a mountain or chant mantras on the beach.

Sometimes, it's just about listening to the music of your own heartbeat.

Let's rewrite the blueprint

If you're reading this, and you're a man trying to figure out how to be whole in a world that only taught you how to be hard — you're not alone.

Reclaim your peace. Take the walk. Dance badly.

Cry deeply.

Speak kindly. Rest often. Choose softness, even if it confuses people.

You're not weak. You're awake.

Man to self

By Mokwadi wa Mompedi



June 2025



**Kamogelo
Mamabolo**

trend

YOUNG TALENTED WITH VALUES

ONE TO WATCH

Next



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Health Foodie Feature
- Nicolette Gerber

Man to Self Feature -
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