



July 2025

KHANATURAL

**Hanna Kim**  
Queen of Diversity



July 2025



# Editor's Note

**KHANATURAL MAGAZINE**

As I continue to work with game-changers in the wellness space, I invite you to keep travelling the world with me, through the voices and stories shared in this edition of Khanatural. Wellness is not a trend; it's a deeply personal journey worth travelling a distance for. Each story featured here is a window into the lives of individuals choosing intention over convenience, balance over burnout. May these pages inspire you to reflect, reconnect, and rediscover just how far wellness can take you, physically, emotionally, and spiritually.

*Khaborina*  
*Q.*

**Editor-in-Chief**



## **In this issue**

Hanna Lim, a diverse psychologist vested in changing the education system takes us through her globetrotting life. Mokwadi waMompedi breaks down why being starved of fatherhood creates a challenging lifestyle later in life. We meet a modelling Accountant - Kamogelo Mamabolo. Are you wearing your Oura ring this month? Dambisa M unlocks your positivey.

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# KHA NATURAL LAW

Do things at  
your own  
pace.  
Life's not a  
race.

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KhanaturalMag





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"My sense of style is all over the place!  
I have actually noticed I dress according to  
which country I am in. However, one thing that is consistent  
is that I love bold bright colours and patterns.  
I definitely think this is influenced by the Rainbow Nation itself".





# THE ULTIMATE DIVERSITY OF HANNA LIM

In 2018, I was invited to Hong Kong to host the first ever #Mandela100Yogathon. I joined forces with Guinness World Record holder YogaRaj and the South African consulate in Hong Kong to raise awareness about yoga abroad. I used this opportunity to launch my own Afro Yoga concept and received a City University award of the highest honour of a 'professional creative for the world' from the director of City University Mr Wilson Lam and YogaRaj himself.



This is where I met this wonderful soul, Hanna Lim. She was one of my students at the City University, where Yogaraj and I ran a special joint yoga session, we've been connected since then.

"I grew up in the beautiful Cape Town, allowing me the honour to call South Africa my home. However, with the desire to see the world, I spent some time in Hong Kong to obtain a bachelor's degree in psychology. Now you can find me in America, where I am pursuing a PhD in School Psychology with a minor in counselling at Indiana University."



Speaking to Hanna, I realized that her travels and educational journey have had a huge impact on her desire to see more intentional and culturally responsive practices within schools and educational systems at large.

Your life seems incredible. Most would say it's "goals". Would you say it's both luck and hard work that puts you where you are today?

"In all honesty, I really want to acknowledge that my ability to travel and live the way I do is because of the resources and privileges that have been given to me by my family. Without their sacrifices, I truly would not be able to do what I do today."

Speaking of traveling, you and I connected through yoga in Hong Kong about 6 years ago, are you still a committed yogi?

"Since leaving Hong Kong, where I had the chance to learn the discipline of yoga in its authentic practice, I have not found another genuine yoga instructor. Therefore, I wouldn't say I am a "committed yogi" because I want to recognise that the exercises I engage with is no way near to the traditional practice of yoga."



## A DIVERSE QUEEN

HANNA  
LIM...

We love how you are such an incredible mix. Does this influence your food choices?

"My food choices are definitely influenced by my identity as a Southeast Asian South African woman. Growing up, my parents prioritised trying new foods as a way to learn about the different countries we had the opportunity of visiting. Also, both of my parents would cook traditional meals from their respective home countries – my mother is from Thailand and my father was from Malaysia. I believe my exposure to a diverse range of cultures has been through food. Food is probably a huge reason why I love to travel. I have also become more adventurous when it comes to my own cooking, as it has been a way for me to practice self-care and wellness during my doctoral studies. If I have a rough day, I like to joke that I need to do some "stress cooking". To add, cooking helps me stay connected to my cultural heritage. It is even better if I can cook with people, so I can share a part of me and engage in a cross-cultural experience."

Do you exercise in every country you're in? Is it all the same type of workout or would the continent you're in inspire certain workout regimes?

"Exercising in America has been hard because my routine frequently changes due to my field of studies and working in academia. I find that I get easily caught up in the capitalistic hustle culture here. I have to be very intentional with how I block out my time to go for those outdoor runs or walks. When I am home in South Africa, I am always humbled and reminded of what is important. It is not just about achieving academic accolades and publishing as much research as possible. It is also about being for and with my community. Therefore, when I am in South Africa, exercise comes so naturally because it is often a source of social connection. It is much easier for me to access the hobbies I love, with the people I love, such as going for a swim in the ocean or enjoying a hike together. After having lived in Hong Kong and America, it is apparent that people in South Africa are experts at having a good work life balance. In Thailand or Malaysia, I do a lot of walking while exploring, so most of my exercise comes from there. Although with the amount of food I eat, I am sure it doesn't make much of a difference!"



You are in great shape, what's your exercise/ workout routine?

"When I have an established schedule, I alternate between running outdoors and exercising at home that involves stretching and strength training. Other than this, I try to make sure I get in some sort of movement every day. Even if it's a little walk around the neighbourhood or standing up while working at my computer. Something is better than nothing as I am often sitting down for long periods of time. When the season and time permits, I enjoy paddle boarding at nearby lakes and hiking."

What would you say gives you a sense of balance, within your travel journey. I know how you love and miss your dogs.

"Apart from my friends and family. My dogs are a huge reason why I try to go back home as often as possible. For us, we have so many things going on in our lives as we interact with the world but for our pets, we are their world. When I am home, my camera roll gets filled with pictures of my dogs. Once I am finally settled in my career, I hope to adopt a rescue and train it as a therapy dog to assist me in my work with children and families."

Hanna. Wow. As the Khanatural Team, we LOVE the life you've established for yourself. What a journey. We cannot wait for your future. Intrigued.



July 2025



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TIS' THE  
SEASON





## **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.

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# ***Raised by women, Starved of Fatherhood***



There's a certain look I've seen in men's eyes.  
It's not quite sadness. It's not rage either.  
It's something in between. A quiet vacancy.  
Like they're still waiting for someone who never came.

For many of us, that someone is a father.

Some of us never knew him.  
Some watched him walk out.  
Some saw him every weekend but never felt him in our lives.  
And others had him there, fully present — but still couldn't feel him.

We were raised in rooms where his voice echoed through the walls, even if he wasn't in them.  
And the women? The women showed up. Carried us. Carried the groceries. Carried the grief.  
But try as they might, they couldn't fill a silence they didn't create.

***Man to Self***  
**By Mokwadi wa Mompedi**





And now?

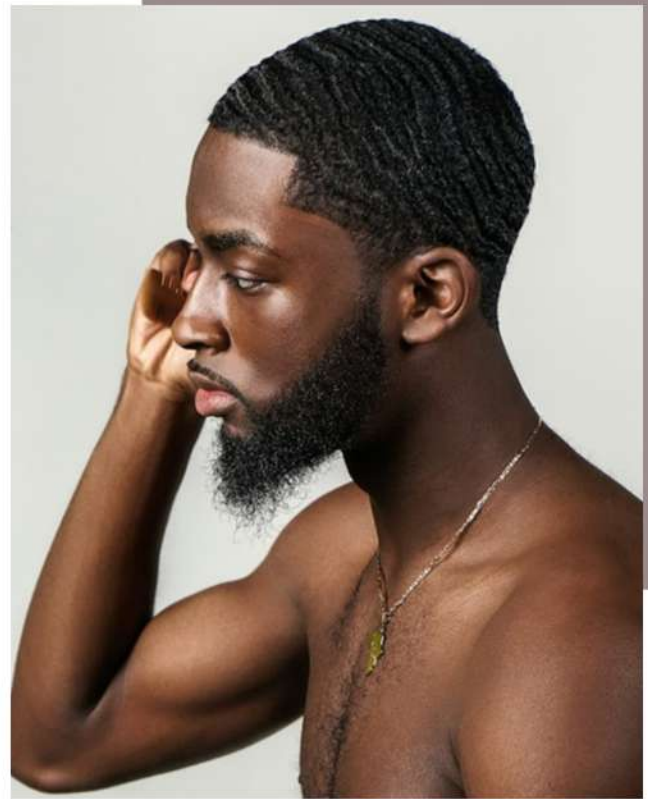
Now we're fathers ourselves. Or father figures. Or the oldest brother holding it all together.

And here's the truth many of us won't say out loud:

We're still figuring it out.

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## ***Raised by women, Starved of Fatherhood***



We know what we don't want to be.

But we're unsure of how to be what we never saw.

So we repeat patterns. Or we overcorrect. Or we disappear.

But We're Waking Up

More and more, I meet men doing the work.

Men who speak in full sentences.

Men who apologise without being asked.

Men who hold their children — and their own emotions — without shame.

Men who say, "I love you" before the casket.

We are the bridge between silence and something softer.

We are the in-between generation.

Not quite free, but no longer numb.

What Now?

Now, we reclaim the narrative.

We father ourselves. We show up to therapy.

We stretch before bed. We ask questions.

We admit we're scared.

We become the kind of men we needed — even if no one became them for us.

To the boys inside us, still waiting to be seen:  
You're not weak for needing. You're not broken for feeling.

You're not your father's failure.

You are your own becoming.

## ***Man To Self*** **By Mkwadi wa Mompedi**

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## WEARABLE HEALTH DEVICES

### *The Oura ring*

This month we are trying out the Oura ring! Look as team 'Kha'NATURAL', we don't really think there's a need for most gadgets as we believe that the body is "smart" enough & is equipped with all it needs to regulate you. However, we are aware that systems might have been affected by illness & many other circumstances preventing the body from functioning optimally. Hence we are here to help. Meet OURA!

This smart ring is fascinating, here's what it does :  
It's continually collecting data on over 20 biometrics that directly impact your wellbeing, day and night.  
From running to rowing, Oura tracks your daily movement to help you achieve your goals. You're not in it alone – share your daily scores and achievements with your community in Oura Circles.  
Oura detects and guides you through moments of stress to help you find balance in your day-to-day.

Oura helps you find and embrace restorative moments throughout your day.

When you go to sleep, Oura goes to work – translating your sleep data to define your optimal sleep schedule and spot areas for improvement.

Do you, take this ring ... to be your regulator, all the days and nights of your life?  
Share your thoughts on our social media pages.





# POSITIVITY UNLOCKED



## "it's all about positive vibes" with Dambisa Maqoga



Is it just me, or does this year feel heavier than usual? A little more tilted toward the negative? Every time I scroll through social media, especially TikTok or Facebook - I'm met with one sad, shocking, or disturbing story after another. To be honest, sometimes I feel numb.

My TikTok "For You" tab is wild. The content that shows up is borderline bizarre, and not in the truly intriguing sense. There's a strange surge of videos about witchcraft, betrayal among friends, cheating partners, and other anxiety-triggering stories.

It made me pause and ask: Why am I seeing all this? What's going on with the algorithm, and what does it say about what we're engaging with? Funny enough, this led me down a rabbit hole of intentionally searching for more uplifting, mind-opening content. Because, let's be real, feeding our brains with doom and gloom only reinforces a negative state of mind.

So how do we stay positive when life feels overwhelming, dull, or just plain hard?

It's not easy. Training the mind to remain hopeful and positive amidst chaos is one of the hardest things to do. But it's not impossible. Sometimes it's about making small, conscious choices:

Listening to music that lifts your spirit.

Surrounding yourself with people who feed your joy.

Nourishing your body with good food and hydration (yes, a glass of wine counts).

Laughing. Moving. Talking. Living.



## "it's all about positive vibes" with Dambisa Maqoga



It's July, we're halfway through the year. That's six whole months to pause, reset, and realign. Why not take stock of where you are with a simple Stop, Start, Continue approach?

Stop doing the things that steal your joy.

Start filling up the parts of yourself that feel hollow.

Continue cultivating a positive mindset, a grounded attitude, and an environment that supports your well-being.

Think of it like an emotional spring clean. We've got to clear out the dust, the unfulfilled dreams, the heaviness, the thoughts that drag us down. Polish your spirit with activities that bring you joy, whether that's therapy, hiking, dancing, a spontaneous road trip, or a good old braai with friends.



There's a scripture that says: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

It's a reminder that prayer and gratitude are powerful tools for reclaiming peace, even in the thick of anxiety.

We may not always have control over what life throws at us, but we can control how we respond, and it starts with choosing joy, again and again.





July 2025

# KAMOGELO

Model

Academia

Radio personality

Netball pro





# Kamogelo Mamabolo speaks

July 2025  
#OneToWatch

Meet Kamogelo! A Dynamic 22 year old from Diepkloof, Soweto.

## Who is Kamo?

"I am a multifaceted talent, confidently balancing excellence across academia, sport, and media. This is my final year of a Bachelor of Accounting.

At first I was interested in TV presenting and due to Covid, I started listening to radio more and it intrigued me. DJ Angle Tap from YFM made me fall in love with radio. He used to do Breakfast Day, on Y Mornings. I just loved how he was speaking to me as a listener, together with his co-host, Candice Kadesh. I wanted to learn more about radio and what happens in radio. I was still in high school, my interest inspired me to join a community radio station and my career on radio started there."

## What makes you stand out?

"I believe what makes me stand out as a model in this era is honestly my authenticity and not trying to chase trends because at the end of the day we need to understand that modeling is about brand alignment."

## A modelling Accountant , new trend alert !

"My love for accounting actually started back in primary school. I remember getting my first EMS marks 100%, and from that moment, I just knew I had to pursue something in accounting. With that same vision and drive, I continued investing my time and energy into studying the subject. By Grade 9, I was excelling, I was in the top two in my grade—and my passion only grew from there. I chose accounting as one of my subjects in Grade 10, and now I'm studying it at a tertiary level, with the goal of becoming a chartered accountant. I've always envisioned myself wearing many hats, and this is one of them.

Modelling is a confidence booster for me. It makes me feel beautiful, powerful like a superstar. That feeling is what drew me in. I love being a role model for others. That's where the real inspiration comes from. Modeling allows me to express that side of myself and inspire others to feel just as confident in their own skin."



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# YOUR BERRY SEXUAL HEALTH

July 2025

By Khanatural Team , research by Urologist Jamin Brahmbhatt, MD, FACS

We know that our magazine content attracts 70% of the female population. We love this, however we are now intentional about having new features that are male inspired, we want you men here too. Wellness is genderless and this journey is best traveled as a nation. We will discover what makes us different and unique and celebrate ourselves as we keep learning and uncovering more.

This month we will showcase how fruits are a natural source for improving men's health. Our first focus is berries.

Chocolate and oysters have long been considered aphrodisiacs by many, but a new study suggests that there's a food that can actually improve men's sexual health: berries.

Berries, blackberries, cherries and the like are good for your overall health, but they also may help men maintain erections, according to the study.

Researchers found that foods rich in flavonoids — nutrients that give fruits and vegetables their color and are also found in citrus fruits and red wine — are linked to a lower risk of erectile dysfunction.

The study involved more than 25,000 middle-aged and older men who had filled out health surveys regularly for the last 30 years. In three of the years, researchers asked the men to rate their ability to get and keep an erection. They then compared their answers to the amount of foods with flavonoids that the men said they ate in a separate survey.

The study found that more fruit consumption reduced a man's risk of erectile dysfunction by 14 percent. Men who ate flavonoid-rich foods and exercised reduced their risk by 21 percent. Researchers also discovered that anthocyanins, flavanones and flavones, which are three types of flavonoids, have the most significant impact in preventing erectile dysfunction, a disease that affects 52 percent of men overall and 40 percent of men age 40. Blackberries, blueberries, cherries and radishes all contain anthocyanin, an antioxidant found in blue, purple and red fruits and vegetables. Studies also have shown that anthocyanin is linked to improved blood vessel health in both humans and animals, which may explain why it could be beneficial in combating erectile dysfunction.

Researchers said that all it takes is a few servings a week of flavonoid-rich foods for men to reap the health benefits. However, it's important to note that the study only found an association between these foods and men's sexual health — not a direct cause-and-effect relationship. In general, men who eat berries also tend to eat healthier, so that's probably why they had lower risks for erectile dysfunction.

Erectile dysfunction is very common and continues to grow in prevalence as men live longer and generally more unhealthy lives — thanks in part to the obesity epidemic. Though this condition is common, it can signal other, more serious health issues. For example, if you are young and experience erectile dysfunction, talk to your doctor as soon as possible. In young healthy males erectile dysfunction can be an early warning sign of heart disease.

If you're concerned about this condition, there are things you can do to reduce your risk. Staying fit and healthy is key, so get a few hours of moderate exercise every week. And follow a balanced diet, berries included.





# Credits

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