



SEPTEMBER 2025

KHANATURAL

What your
mind and
body have in
common with
a car

**STAY
ERECT**

FOOD TO HELP YOUR
ERECTILE HEALTH

**KWANDA
MANYATHI**

Is one to watch

Exclusive Interview

Lindo Khumalo



Editor's Note

KHANATURAL MAGAZINE

Spring reminds us that every season brings new opportunities to blossom. As the flowers bloom, so too can our health, mindset, and relationships. May this season inspire you to nurture your wellness and step into growth with renewed energy.

Khaborina
Q

Editor-in-Chief



In this issue

In this issue we take time out with Lindokuhle Ayanda Khumalo and see how he applies his spirituality & values in his business. Do you know the commonalities between your wellness and your car? Have you found "the one"? Dambisa M expands on meeting your mate. Brilliant young actor Kwanda Manyathi shares his fitness routine. Mokwadi explores the topic "Man Enough in 2025".

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**FOUNDER &
MANAGER OF
BLACKLIST ZA**



**HAVE YOU MET "THE
ONE" ?**

Dambisa Maqoga unpacks
you!



**ONE TO WATCH -
KWANDA MANYATHI**

Kwanda Nyathi i is a South
African Actor, Dancer and
Musician. He was born
2003 in Umlazi, KwaZulu
Natal.



LINDO KHUMALO

KHANATURAL MAGAZINE

Lindokuhle Ayanda Khumalo a young entrepreneur born and raised in the east side of Johannesburg.

When he's not busy making waves in the marketing world, Lindokuhle enjoys playing soccer as a hobby and is a die-hard fan of Liverpool Football Club. He's also a talented musician who plays bass guitar and occasionally jams with local bands. His commitment to giving back to the community is evident in his involvement with organizations supporting those in need, and Blacklist ZA's efforts to make a positive impact.

KINDNESS IS BEAUTIFUL



I had the pleasure of working with this September star of ours, Sir Lindokuhle Khumalo on a Khanatural product lifestyle shoot a few years ago. The reason most clients can't forget any experience with him is definitely his heart. The man always makes an extra effort, he goes beyond his call of duty to make sure that a client is satisfied. It's been a pleasure to see him grow. He now has his fingers in most pies and this is actually okay, if you take your time and effort to invest in all of them, in order to learn and grow.

BALANCE

Kha': Your passion for photography is unmatched, please tell us where it all began.

"I've always loved taking photos of people, since I was young. So much that I used to ask friends and church members if I can help them take photos at their events and gatherings. Started small until I got used to it. Eventually started helping photographers with their professional jobs and that's where I got the real training"

Kha': "You're a businessman , yet you do it all with such heart , this is why your clients always remember you. Was this a conscious decision when you started out in your businesses?"

I am naturally a person that is warm hearted and that shows in all my dealings. I am also a person that enjoys learning more about everything I do, and since I work with people I try and understand them more. I've developed an above average interest in satisfying the needs of those that trust me with their work or even intimate moments where photography is concerned. One of the best quotes I try to use as a guiding principle for the business is how people might forget your work or what you did but they'll never forget how you made them feel, so we always want people to never forget our efforts and always want to come back.

Image: 20 Something Productions



PRAYER

L.K



Kha': What would you say is your mental wellness routine ? I.e. Positive thinking most of the time , prayer , meditation? How do you find your balance?

"I pray quite a lot and listen to spiritually uplifting music, that makes a world of difference to me. No lie, prayer and faith has kept me and helped me reach the mental strength I have now and will continue to help me grow from strength to strength. Listening to a lot of motivational videos from the entrepreneurs I look up to helps a lot too."

Kha' : You spoke about needing to get back into a workout routine. How will you do it differently this time ? Maybe training with family ? Training in a group with your gents ? Or will you stick to going at it alone? and Why ?

"I think like many other human beings I have my own weaknesses and for me it's procrastination. I just need to commit and do it that's all. Whether it's alone or in a group I just need to work on myself to make sure I finish what I start and stop procrastinating. I started playing football weekly as a way to exercise because it's something I enjoy so I end up killing 2 birds with one stone. But I'm definitely trying."

Kha' : What's your favourite meal? Who prepares it best for you?

"I actually enjoy a good stew so much, I'm not picky on who makes it. Just make it really good."

FAMILY

Kha' : We love your concept of family, how you hang out at car racing events especially for the boys. This is very important, especially when you're running your own business, you need this balance. Is this something you do naturally or did you have to whip yourself into it?

I love family, I really do ...So it feels effortless and I don't even feel like I'm trying because I love being around family and the kids. They also push me to take them out all the time and they're able to tell me where. They really love these motorsport events. This helps me balance between work and play too.*

Kha': You are always working on new ideas, what can be expected as 2025 ends. Any breaking business news for 2026?

"I am going to continue pushing our photography and visuals business as well as The Blacklist which drives traditional and digital marketing for small, medium and large enterprises. We're hoping to work with more SMME's to help them push their businesses to the next level. We'd love to service a corporate or two as well. But my latest venture is in laundry, we opened a premium shoe care business called The Dirtologist. Watch out for that now and more going into 2026."

**We support focused ambitious Kings.
Please follow Lindokuhle on all his social media handles which are Mr_lindokhumalo on TikTok, instagram, Facebook and X. This way, you'd be able to keep up with all that he does plus see his services.**

**He has an annual networking event which is in November each year. A lot of value is derived from those events.
See you there !**



ERECTILE HEALTH

FOOD THAT HELPS YOU STAY ERECT

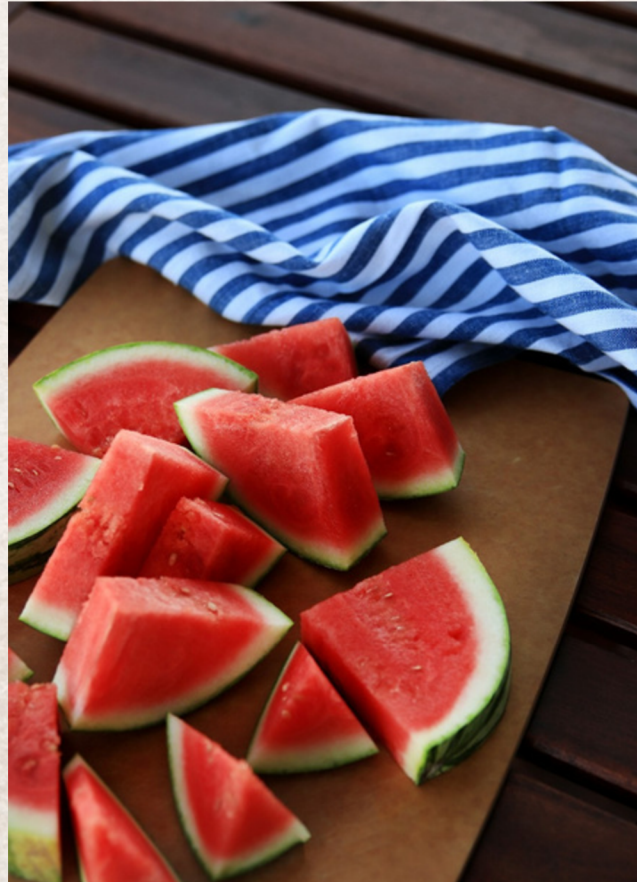
Sipho Nkosi, one of our Khanatural Magazine friends and supporter, opened up to us about his issue. We appreciate how open he is about it all and he says he hopes his findings will help someone out there with a similar problem.

Sipho has changed his diet and this has been a reason for his recent sexual success. "I'm not about to stop anytime soon, this is a lifestyle change for me."

If you're struggling with erectile dysfunction, or not being able to get and stay hard during sex, your diet could have something to do with it. It turns out a unhealthy diet can do more than wreck your waistline, it can sink your erection, too.

"Think about it: Some of the smallest blood vessels and nerves in your body can be found in your penis", says Jamin Brahmbhatt, M.D., a urologist at Orlando Health. So if you're slamming down junk like pizza and fries every day, your blood vessels down under may get clogged with fat and cholesterol.

This restricts blood flow to your penis, preventing you from getting hard when you're ready for action and even putting your heart health at risk down the road. Many of these foods can increase your chances of developing high blood pressure, too.



YOUR PENIS IS A LUXURY ITEM

It may sound wacky, but you should treat your penis like a luxury car, says Dr. Brahmbhatt. To keep your ride running smoothly, you need to fill it with the recommended fuel and keep up with the suggested maintenance. Well, your penis needs the same, like healthy foods and plenty of exercise, to keep it going strong, he says.

Filling up with the right foods can boost your testosterone, strengthen your sperm, and supercharge your erection. Even better, a good diet will keep your heart healthy. So, what do we recommend as premium fuel? These foods are a good place to start.

- info by **Khanatural Team & Mens Health**



ERECTILE HEALTH

FOOD THAT HELPS YOU STAY ERECT

SOME SPINACH FOR SEXY TIME

A 2011 study published in the journal *Urology* evaluated 24 men who took L-citrulline and placebo and rated the "hardness" of their erections. When the men took the supplement, erections were rated as harder than when they took the placebo. Foods that contain high levels of L-citrulline include watermelon, pumpkin, and cucumbers.

"Nitric Oxide is one of the key ingredients in developing a good erection," Ingber says. It increases blood flow to the genitals and is essential in maintaining an erection. Many of our currently available medical therapies focus on this.

Foods that can increase nitric oxide include spinach, arugula, and celery.



MORNING COFFEE & SEAMOSS FOR BETTER SEXUAL HEALTH

Your morning coffee may improve your sex life, according to a study of more than 3,700 men from the University of Texas Health Science Center at Houston.

Those who downed the equivalent of 2 to 3 cups of a coffee a day—between 170 to 375 milligrams (mg) of caffeine, were less likely to report erectile dysfunction(ED) than men who skipped their cup of Joe.

Why? Caffeine triggers a series of effects in your body that help the arteries in your penis relax and blood flow to increase, producing an effect similar to ED drugs like Viagra, the study's authors explain.

Sea moss may support sexual health by providing zinc for hormone production, iron for oxygen transport, and minerals that enhance blood flow and overall energy, potentially boosting libido and stamina.



A man in a dark suit and white shirt is standing in a car dealership, touching the roof of a dark-colored car. The background shows other cars and dealership lighting.

WHAT DO OUR MIND AND BODY HAVE IN COMMON WITH A CAR?



Like a car, your mind and body need good care and maintenance to keep it running well. As we drive our way through life, it's important to keep an eye on our dashboard: our mental health, physical health and our wellbeing.

LOOK AFTER THE ENGINE

A car's engine needs regular maintenance to keep it in good running order and working properly. Our bodies do too. Self-care is all about how we look after our greatest assets: our mind (mental health) and body (physical health). It helps us stay focused, feel happier and often lends itself to a better work-life balance. Self-care is different for everyone, but is something we should all make time for regularly to help keep us functioning at our best.

DONT LET YOURSELF GET WORN OUT

It's important not to let your car tyres or brake pads get worn out, the same is true for people! One of the essential things we need to do is sleep well. Aim to get around 7+ hours of sleep each night and give yourself time to relax because this can make a huge difference to your overall health and wellbeing.

TOP UP YOUR FLUIDS

Checking your car's water level is important, just like your own. It's recommended that men should typically drink 2 litres a day (around 8 cups) and women should drink 1.5 litres (around 6 cups). However, this can depend on your health, age, size and weight as well as your activity levels, the type of job you do and the climate. Drinking little and often is the best way to stay hydrated.

KEEP YOURSELF RUNNING SMOOTHLY

Cars often have trouble starting, or don't run smoothly, when they haven't been used for a long time. Our bodies are no different - we should all exercise regularly to keep us on top form. Adults should aim to do at least 150 minutes of moderate-intensity activity, or 75 minutes of vigorous-intensity activity each week. This should be spread evenly over 4 - 5 days a week, or ideally every day. You can keep your joints 'well-oiled' by taking regular exercise. If you work at a desk, try to stand up every hour and move around for 5-10 minutes. This can be an excuse for nipping to the kitchen to grab some more water or going to speak to a colleague rather than using email. Increasing your physical activity not only helps you to stay fit, strong and healthy but is also a great way to relieve tension and improve your mental wellbeing.

PETROL, DIESEL OR BEV

We all know the damaging effects of putting the wrong fuel in a car - the same goes for our bodies. There is a strong link between nutrition (what we eat) and our health & wellbeing. Eating a balanced diet is important as it plays a big part in looking after our overall health, giving us the best chance of staying well, feeling good and being at our best. Recent research has shown that ideally, we should be aiming to eat 7-10 portions of fruit and veg each day. An adult portion of fruit or vegetables is 80g, that's roughly 7 strawberries or 2 broccoli spears. Remember to also add the necessary minerals needed by your system daily like seamoss gel or even seamoss in capsule form. This helps your body absorb what it requires from this super food, in order for you to function optimally, daily.

CHECK YOUR BLIND SPOTS

We check our mirrors regularly to ensure we don't miss anything unexpected. We should also check our eyesight regularly too, not just to keep us safe on the roads, but for everyday life. For most of us, it's recommended that you get your eyes checked every 2 years. Regular eye tests can help uncover any issues with your sight or eyes before they become too serious. If you have any concerns about your eyes/vision and you're not due an eye test contact your optician, and they'll be able to advise you.

REGULAR CHECK-UPS REQUIRED

Just as a car needs a regular check-up, so does your mind and body. It's important to regularly check your dashboard: your mental health, physical health and your wellbeing. If you spot a warning sign, talk about it and get help. By keeping an eye on all aspects of our health we ensure we're happy and healthy for now, and better prepared for whatever life may throw our way.

CONCLUSION

We all need a bit of extra support sometimes to help us get over those bumps in the road. Looking after our health and wellbeing is not only good for us now, it can also help us deal with and manage difficult times in the future. Whether you have a modern dragster or a vintage model, these tips can help your mind and body keep ticking over as you increase your mileage.

Kwanda Manyathi

One of our favourite ONE TO WATCH STARS !

We had an opportunity to catch up with this brilliant young man on his set. We love his humble beginnings story. However, in this month's issue we will make this king shine.

Kwanda Manyathi is a South African Actor, Dancer and Musician. He was born 2003 in Umlazi, KwaZulu Natal.

KWANDA'S PASSION

His passion for acting began when he was in grade ten during high school. This was clear as he chose to do drama instead of science.

In 2019, he got involved in theater productions including Intuba US Development where he was a freelancer until 2021.

Kwanda also worked with Brightness production in 2021, a show about music that happened at the Durban playhouse. It was a Zulu version of a William Shakespeare story.

KWANDA'S FITNESS

"I'm bulking for now to gain size and for cutting to get detailing/separating muscles. I'm aiming at September."

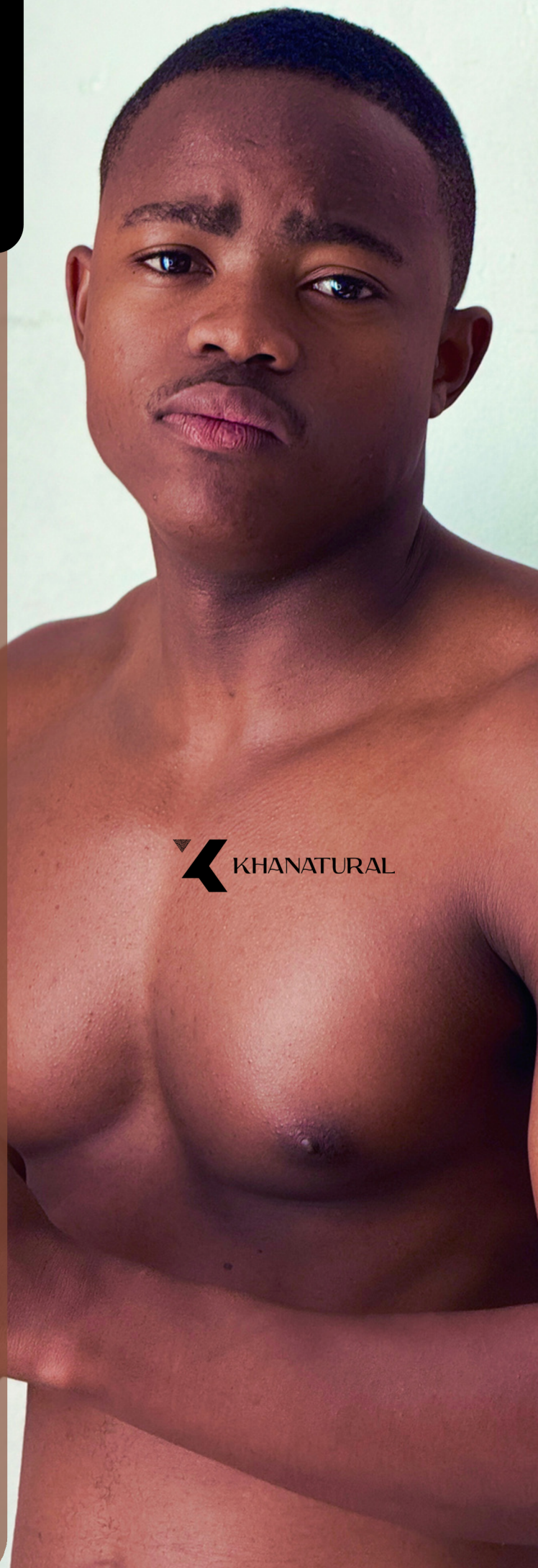
He also says that since it's bulking season he's not strict to diet. He eats everything but mostly fruits.

"I can cook."

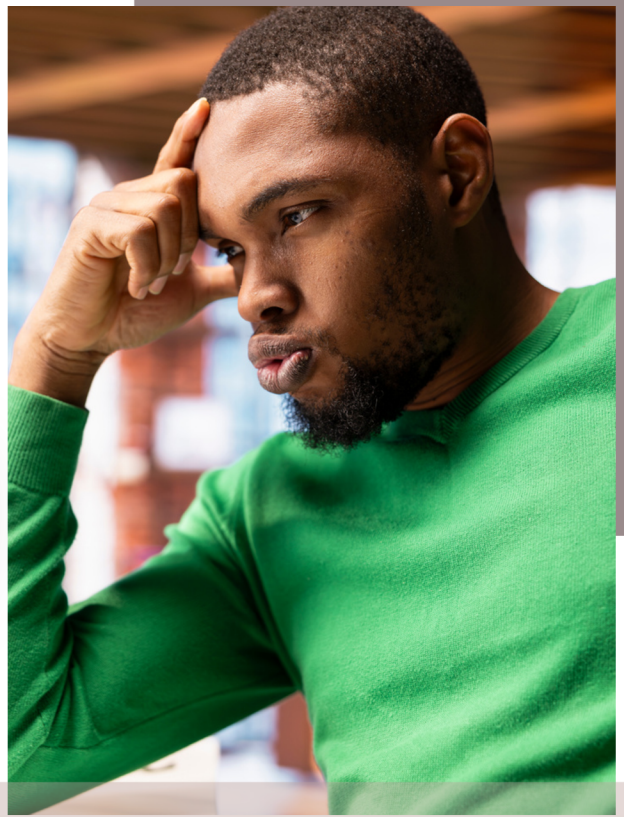
Let him cook we all say !

"My workout routine starts with cardio where I do 200 pushups, a set of 150 squats and stomach exercises everyday in the morning for five days. I also go to gym at 16:00-18:00 for five days and use Saturday and Sunday to rest which also helps me to gain muscle healing."

"It takes more than yourself to be the best version of yourself", says Kwanda Manyathi.



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.



Man Enough?

RETHINKING MASCULINITY IN TODAY'S WORLD

For generations, men have been measured against a checklist of outdated standards. Be tough. Don't cry. Provide. Protect. Never show weakness. Many of us grew up believing that being a man meant being unshakable, silent, and always in control. But somewhere along the line, those expectations turned into shackles.

The truth is, real strength has never been about how much pain we can hide or how many battles we can fight alone. Strength is found in honesty. It's found in the courage to admit when we're not okay, to ask for help, to be present for the people we love without masking our emotions. Vulnerability doesn't make us less of a man—it makes us human.

We live in a time when the definition of masculinity is shifting. Today's world demands men who are emotionally intelligent, who can lead with compassion, who can sit with their children and listen, who can support their partners without feeling their manhood is under threat. This is not weakness; it's growth.

Being "man enough" in this generation means unlearning harmful lessons and embracing healthier truths. It means realizing that strength and softness can live in the same body, that responsibility and gentleness are not opposites. It means becoming the kind of man who doesn't just survive by bottling up pain, but who thrives by building authentic connections.

Man to self

By Mokwadi wa Mompedi

**SO THE QUESTION IS NOT, "ARE YOU MAN ENOUGH?"
THE QUESTION IS, "WHAT KIND OF MAN DO YOU CHOOSE
TO BE?"**





THE CABIN WHEELED HOLDALL 55CM

HOW HE TRAVELS

Men travel for a variety of reasons, including personal growth, adventure, experiencing new cultures, and bonding with companions, and can travel solo, with friends, or with family. Key aspects of men's travel include solo travel for self-discovery, safety precautions like sharing itineraries, and the importance of packing light and dressing comfortably yet presentably. Men

can also benefit from traveling for perspective, encountering new forms of wellness, and challenging themselves by stepping outside their comfort zones to meet new people.

Let's explore the cabin wheeled holdall which is clearly a favourite according to jekyllandhide.co.za

The bag is getting rave reviews especially for its workmanship and style.

As a seasoned traveler, you like to keep things minimalist.

which is why this bag is your ideal travel partner. You'll quickly see that this tog bag on wheels has endless talent.

carrying your necessities with quiet confidence.

Just sling it over your shoulder or take it by its handy handle as you set off on your next adventure.

WHAT FITS INSIDE?

- 2-3 days clothing
- 15" laptop
- Laptop Charger
- iPhone 14 Plus
- Keys
- Pen
- Wallet
- Small water bottle
- Small wash bag

HOW DO YOU KNOW IF YOU HAVE MET "THE ONE" ?



A raw conversation with Dambisa Maqoga




DAMBISA MAQOGA

We all grow up with the idea of “the one.” The person who fits us so well that everything feels effortless. But love, like wellness, is not about perfection. It is about alignment. Finding “the one” often has less to do with fairy-tale timing and more to do with who you are when you meet them.

Many people imagine that their partner will complete them, but in truth, a healthy relationship begins when you have done the work to feel whole on your own. The one is not someone who fills your gaps but someone who grows with you, supports your purpose, and helps you nurture balance in every part of life.

In my own relationship, my partner and I are learning this every day. We are both committed to working on ourselves as individuals first, and then collaborating to build something stronger together. It is not always easy, but it allows us to show up for each other from a place of growth rather than lack.

A romantic close-up of a couple kissing. The woman is wearing a light pink, ruffled, off-the-shoulder top and has her hair in a bun. The man is wearing a dark shirt. The background is softly blurred, suggesting an outdoor setting at dusk or dawn.

HOW DO YOU KNOW IF YOU HAVE MET "THE ONE" ?



DAMBISA MAQOGA

Wellness in love looks like respect, accountability, and joy. It is choosing someone who values your peace, and who you can also extend that same peace to. It is being able to argue without tearing each other down, to laugh through hard seasons, and to see each other clearly without needing masks.

So, how do you know if you have found them? You will notice it in the small things: how safe you feel when you are vulnerable, how you can disagree without fear of abandonment, how they encourage your healing and celebrate your growth. "The one" is not about butterflies. It is about roots.

If you have not found them yet, do not despair. Every season teaches us something about who we are becoming. Just like spring, love is about blossoming, and sometimes it begins with you first.



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