



November 2025

KHANATURAL

Rooted in Realness

XOLANI NGEMA
Shares his
heartfelt
gratitude

Are you alone
or lonely?
by Dambisa
Maqoga

Beach living
fashion trends.
What's your
style?

**BENEDICT MHLONGO
IS DR. BETTER**

November 2025

Editor's Note

KHANATURAL MAGAZINE



As the year winds down, I find myself drawn to the beauty of stillness. This month, we explore what it truly means to slow life's pace, to heal, and to rediscover peace in simple rituals. Whether it's through tending to your garden, dressing for the ease of summer, or reflecting on the spaces between loneliness and solitude, this issue is a gentle reminder that wellness begins within.

Khabonina
Q.

Editor-in-Chief



In this issue

Dr Benedict Mhlango tells us why fishing slows him down beautifully. We make sure you have all the benefits of the aloe Vera plant to yourself. Read all about Xolani Ngema's journey. We look at your recommended beach fashion and finish this month off in our wellness corner with a deep conversation about solitude by Dambisa Maqoga.

KHANATURAL MAGAZINE

CONTENTS

WELLNESS + MINDFULNESS+ FASHION

02 EDITOR'S NOTE

04 CHEERS TO 2025



05 HELLO DR. BENEDICT MHLONGO

06 EXCLUSIVE!

"MY APPROACH IS BOTH
COMPASSIONATE AND PRACTICAL,"
MAKING PSYCHOLOGICAL SUPPORT
MORE ACCESSIBLE " - DR BETTER

09 START YOUR OWN GARDEN

11 XOLANI NGEMA - ONE TO WATCH

15 WELLNESS CORNER - BY DAMBISA MAQOGA

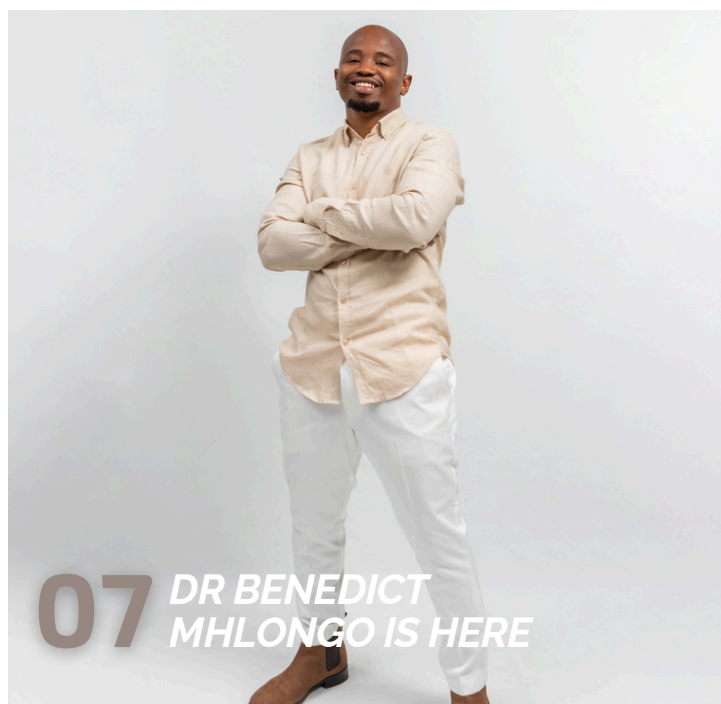
17 ONE TO WATCH NEXT - KYLINE KLEINHANS



SALES@KHANATURAL.COM



WWW.KHANATURAL.COM



07 DR BENEDICT MHLONGO IS HERE



10 SUMMER FASHION TRENDS

One of our favorite readers Sihle Johnson from East London, a pure supporter and follower of Khanatural Magazine has compiled her Beach Fashion recommendations for US.



08 START YOUR OWN ALOE VERA GARDEN

Creating an Aloe Vera garden offers many benefits. Aloe Vera is known for its healing properties, especially for skin burns and cuts.

CHEERS 2025

By Khabonina Q.

Nov.
2025



As the year draws to a close, I find myself reflecting on the many beauties that surround wellness and overall well-being. My greatest joy lies in walking this journey alongside people from all walks of life. Some live and breathe wellness every day, while others are simply seeking balance and are eager to live with more intention.

What continues to inspire me is how wellness connects us through shared humanity. It is not about perfection, but about presence. It is about listening to your body, showing up for yourself, and allowing growth to unfold at its own pace. Each person's wellness path looks different, yet we are united by the desire to feel whole.

Through this journey, I've learned that discipline is a form of self-love. It takes patience to stay consistent and compassion to begin again. Whether through movement, nourishment, or quiet reflection, wellness reminds us that we hold the power to create harmony within ourselves.

As I reflect, I am filled with gratitude for the community that continues to choose wellness in all its forms. Together, we keep learning, healing, and becoming.

November 2025



DR. BENEDICT MHLONGO

COUNSELLING PSYCHOLOGIST

Dr. Nkululeko Benedict Mhlongo, affectionately known as Dr. Better, is a dedicated Counselling Psychologist with over five years of experience in supporting mental health and emotional well-being. A proud graduate of the University of the Witwatersrand.



by K.Q

I had the honour of interviewing this brilliant man on my wellness television show “Dijo Le Bophelo” (Food and Livelihood) a few years ago. We were all so impressed by him but most importantly, our viewers wanted more. He made an impact on me personally and I vowed to have a follow up conversation with him in the future when I have my own wellness magazine!

Look at God. The time has come. Ladies and gentlemen, please say Hello to Dr. Better.

My favourite thing about his work is the fact that Dr. Better is passionate about working with learners, educators, and families to create safe, empowering spaces for personal growth and healing.

November 2025

November 2025



LOVE YOUR LIFE

KQ. - Do you believe the nation needs more therapy, Dr.?

"Absolutely. I believe South Africa, like many parts of the world, is carrying a lot of unspoken pain such as generational trauma, inequality, and everyday stress that often goes unacknowledged. Therapy isn't just about "fixing" people; it's about giving our stories language, our pain context, and our healing a pathway. We don't just need more therapy, we need to normalize it and make it a part of our culture of care."

KQ. - What do you do to keep your cup full as it seems you fill other people's cups non stop. How / where do you find your therapeutic balance?

I do a lot of fishing, traveling, and what I like to call "imagination work." Fishing slows me down. It's my way of listening to silence and letting the world breathe around me. Traveling, on the other hand, reawakens my sense of wonder; it reminds me that life is vast, that there's always more to see and learn. And imagination work is where I dream, create, and visualize. It's how I keep my inner world alive, so that when I return to my patients, I come back full, renewed, and inspired.

KQ. - You are in top shape, do you exercise often?
Where do you find the time ?

Every new month is my first day. I treat each one like a fresh start and a new chance to recommit to my body, my health, and my peace. Some months I'm consistent, some I fall off, but I always begin again.

KQ. - Working therapeutically with young people in 2025 must be fascinating. Could you share one or two of your most memorable moments?

Working with young people is both humbling and inspiring. They're navigating an era of constant comparison and digital overload, yet they're some of the most emotionally intelligent individuals I've ever met. My most memorable moments are when I see a young person realize that they're not "broken" but just human. There's a special magic in watching someone come home to themselves.

KQ. - Does Dr. Better have a favourite meal? Please share it with us.

Beef stew and coleslaw is my comfort meal. My baby sister, Ntando, makes the best ever. There's something special about food made with love; no restaurant can match that kind of flavor — it's the taste of family.

KQ. - What do you do for fun?

I love music, I love a good conversation, and I love road trips — the kind where there's no rush to get anywhere. I also enjoy building creative projects, whether that's media work, community outreach, or just trying something new that challenges me beyond the therapy room.

KQ. - Please share your favourite quote & why it moves you?

"We were just poor kids with rich dreams, dreams so rich that our parents couldn't afford to believe in them." — S.B.

This quote moves me because it captures both the struggle and the miracle of hope. It reminds me of where I come from — a place where dreaming felt expensive, yet we dreamed anyway. It's about faith in what you can't yet see, about believing in possibility even when circumstances say otherwise. That's the spirit that built me, and it's the same spirit I try to pass on to others."

What an amazing soul. Thank you Dr. Mhlongo.

I
LOVE
MUSIC

November 2025

ALOE LOVE



KHA
OUTDOORS

Creating your own
aloe vera garden

inspired by Martha
Garden Art

YOUR ALOE VERA GARDEN

We are huge fans of Aloe Vera here at the Khanatural Hub. Those who use our products know that we include this super plant in many of our formulations. Aloe Vera is a hardy, low-maintenance plant that thrives in a various conditions, making it the perfect addition to any garden. Not only does it have medicinal properties, but it also adds a unique touch to your outdoor space. If you have one Aloe Vera plant and want to create an entire Aloe Vera garden, you're in luck because it's easy. Propagating Aloe Vera is simple and can be done without much effort.



WHY CREATE AN ALOE VERA GARDEN

Creating an Aloe Vera garden offers many benefits. It is known for its healing properties, especially for skin burns and cuts. Having a garden full of these plants ensures that you always have fresh gel available. Plus, it is a drought-tolerant succulent that requires little water, making it an ideal plant for those looking to reduce water usage in their garden. Additionally, Aloe Vera plants are aesthetically pleasing and can thrive in various environments, from sunny balconies to outdoor garden beds.

To get the steps on how to grow your Aloe Vera garden, just drop us a mail sales@khanatural.com and we will send it to you in full.

See you outside.

HIS STORY, HIS STRENGTH:

XOLANI NGEMA

There is something about Xolani. Sitting next to him is pure joy; his energy is palpable, as his pain. We went deep. This young man has a story to tell.

"I grew up living an average life from Grade 1 to Grade 7 because my grandparents were still alive and taking care of me. But in 2001, everything changed. That was when my real hardships began. I had to learn how to survive on my own, changing homes, staying with different relatives. It was tough."

HIS NEXT MOVE

In 2004, Xolani moved to Durban and met the Maphanga family at church. He was a member of Zion and the Maphanga family took him in and helped him continue his studies. He completed his matric at Durban Academy. After that, he started looking for work.

"Even though I lived comfortably with the Maphanga family, my heart was not at peace because I kept thinking about my sister, Slie, who was back home. It broke my heart, knowing she might be going to bed hungry." He continued somberly, "that pain pushed me to look for a job."

His first job was at SA Roadlink in 2009, where he worked as a Ticket Sales Representative. Even then, he had a passion for business and dreamed of becoming an entrepreneur one day.



XOLANI NGEMA

ON TELEVISION

"I auditioned for Selimathunzi's Black Carpet (Metro FM Awards). They liked me.

After that, I began attending acting auditions. My first acting role was in Owami Nami in 2017 on Mzansi Magic, where I played the lead character, Mondli. Imagine; my first audition and already a lead role! I got small roles in Rhythm City, Isithembiso, and The River. I also landed a supporting role as Langa in the movie iMbali."

I love his journey in this industry. I have seen his work. However, I wanted to know what else he did outside his acting, because this space can be really tough.

"Besides acting", he responded , "I worked as an MC at big events such as Gumba Festivals, Miss & Mr Pinetown, and hosted a show called Isivubela Isizwe on Inanda FM radio weekdays between 9 am to 12pm."

Then, in 2018, he launched his biggest project Ntusi Lounge, right in the heart of Eshowe. "The lounge was very successful." He added. Xolani eventually left radio to focus on it full-time. Life was finally coming together. He even built a house for his grandmother, where his family still lives today. Life felt good. But then everything changed again when COVID-19 hit.

"I lost everything: my lounge, my radio career, my acting, my music festival, and all my creative events. I cried for a long time. It was one of the hardest times of my life."

But, because of his Christian faith, he turned to prayer.

I was curious to find out what happened after the pandemic. He responded enthusiastically, "I got a job at Clover Pty as a Warehouse Supervisor."

Later, he joined Thokoman Foods in Centurion as a Warehouse Supervisor, and they promoted him to Warehouse Manager, earning R38,000 a month. But even with the improved situation, he says he knew this was not his destination. He believes he was created to serve and to inspire.

"Yes, I have faced many challenges and moments I cannot even explain, but I believe that the project I'm working on now will help me rise again. It carries everything I love with all my heart."

We are really excited for him!



November 2025

November 2025

BEACH LIFE

FASHION

TRENDS



 KHANATURAL

OUR
FAVORITE
SUMMER
LOOKS

A STYLISH COMPILATION BY OUR READER - SIHLE JOHNSON (EAST LONDON)



summer



VISION
By Sihle



vibes



NO NEED TO FEEL LONELY

NOVEMBER EDITION

A lot of times when I engage with friends, family, colleagues, or even scroll through content on social media, I see how much pain people carry. It feels as though suffering has become the cornerstone of our existence. There is so much happening in our lives that the foundation of pain and lack runs deep, making it difficult to simply coexist with ourselves.



**DAMBISA
MAQOGA**

There is a growing need for pause, a longing for a break from the constant noise. We crave a moment away from the hustle and bustle, a space to be silent. No worries about debit orders, no relationship hurdles, no deadlines driving us mad. Just a moment to breathe. This desire to pause often intensifies the tension between sanity, reality, and circumstance. It brings an uninvited energy that fuels our anxiety and depression.

This constant demand for life to keep moving has quietly created a lonelier world. A world where we exist together in one space, yet feel so far apart in emotion. We have become disconnected, present in body but distant in feeling.

You may not be alone, yet you feel lonely. Your feelings are valid. The question is, how do we move past this feeling of loneliness while still managing the realities of our individual worlds?

NO NEED TO FEEL LONELY

NOVEMBER EDITION

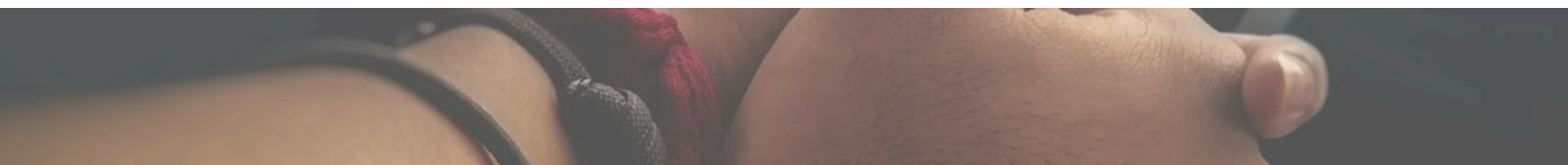
To begin, we must acknowledge that loneliness is not always about being physically alone. It is often about feeling unseen, unheard, or unvalued in spaces that demand our constant attention. Healing begins when we start seeing ourselves again. When we choose to be still long enough to listen to our own thoughts and breathe life back into our spirit.



Reconnection starts within. It is found in the quiet rituals that remind us we are here. A walk outside. Journaling our feelings. Sharing a meal without distractions. Choosing rest over performance. These small acts may seem ordinary, but they are sacred moments that rebuild our sense of belonging.

We cannot always control the chaos around us, but we can nurture calm within us. The goal is not to escape the world but to meet it from a place of inner peace. When we learn to sit with ourselves in compassion, the loneliness begins to loosen its grip.

So, take that moment to pause. Step away from the noise and return to yourself. Remind your soul that peace is not found in constant doing, but in simply being. You are not behind, you are not forgotten, and you are certainly not alone. The more you learn to hold space for yourself, the more connected you become to the world around you. Wholeness begins there, in the quiet knowing that you are enough, just as you are.



NOVEMBER 2025

ONE TO WATCH NEXT



KHANATURAL

KAYLIN

Khanatural.com

Kaylin Kleinhans is a teacher at JBay Academy in Jeffreys Bay, South Africa. She is also associated with an environmental project at the primary school, where she guides students in a project that involved recycling. Kleinhans studied at North-West University.

- read all about this beauty in our December 2025 special issue

Creds

EDITOR IN CHIEF - K. Q.

CONTENT RESEARCH -
KHANATURAL TEAM

WELLNESS FEATURE -
DAMBISA MAQOGA

ART DIRECTION - K.Q

MODEL & FEATURED
ARTIST : DR. BENEDICT
MHLONGO

PICTURE CREDITS

COVER PAGE AND MAIN
FEATURE : B.M

ONE TO WATCH
FEATURE: XOLANI
NGEMA

ONE TO WATCH
FEATURE - IMAGES -
LOYISO

MAGAZINE CO-EDITOR:
DAMBISA MAQOGA

WEB EDITOR - MELUSI
OF ONER HOST

