



OCTOBER 2025

# KHANATURAL

Rooted in Realness

EATING  
SEASONALLY ?  
PROS & CONS



HEAL YOUR  
SKIN WHILE  
SURFING

WELLNESS WITH  
DAMBISA MAQOGA  
LISTEN HEAR

# MARISHKA MYERS!

an unstoppable mom, wife and pro surfer

[www.khanatural.com](http://www.khanatural.com)



# Editor's Note

OCTOBER 2025

KHANATURAL MAGAZINE



This issue is close to my heart. As I reflect on the many avenues of keeping fit, surfing is just one of the practices that has deepened my desire to educate readers about wellness. Our bodies are truly our temples, and there are many ways to nurture and purify these temples.

*Khaborina*  
*Q*

**Editor-in-Chief**



## In this issue

In this oceanic issue, Marishka Myers takes us on her personal journey, join us as we ride the waves with her. We discuss why seasonal eating is the biz for your body. You want to be a surfer? Allow us to prepare you, while Mkwadi educates us on Love' in a man's language. Mpilonhle Mtabela is the personal trainer you never thought you needed, he's our "One To Watch". Dambisa M' wellness advises you to learn to listen, hear.



# KHANATURAL

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## THE SCIENCE OF BEING A SURFER

Surfing is a full-body workout, engaging core, upper body, and leg muscles. This rigorous exercise increases blood flow, promoting oxygen and nutrient delivery to the skin, resulting in a healthy and youthful appearance.



## SEASONAL EATING

involves consuming foods, particularly produce, when they are naturally ripe and available in a specific region and time of year. This practice offers several advantages, including better taste and higher nutrient content in fresh, peak-season produce.



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IMAGE BY AMY TEIXEIRA



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# MEET MARISHKA

WELLNESS MAGAZINE






IMAGE BY DEDRE CERONIO

# MARISHKA Myers

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It's not often that I get a chance to chat with surfing legends and this time, God made a decision to connect me to Marishka. Nice.

I have been a fan of the sea since my mother introduced me to the ocean when I was five. I was so afraid of the water, I cried when she pulled me in just to feel the waves on my feet.

A year later, Mom and I went back to the coast, it was as if I had been practicing all year, I could not wait to jump in and show her what I could do and that I was no longer afraid. Since then, I never looked back. The ocean has become my home. I seek it. Today, I'm one of the best swimmers. They call me the "black mermaid".

By Khabonina Qubeka

Next on my list is surfing. I've always been fascinated by the art and skill of it. In 2012, I hosted a television travel show and this is how I met Jeffrey's Bay. I interviewed a few surfers and tried it out as well. What a thrill.

Then the 2025 World Surfing Championships happened right on my doorstep. I was there. I saw the champs doing it all, live. It was mind-blowing. I felt the need to connect. Then Marishka walked out of a wave, naturally. Jaw dropped. I was in awe.



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## THE MYERS FAMILY

"Becoming a mom I realised how much women today take on in their lives. Between work, children, managing a household and trying to find time for yourself I actually don't know how women do it (without having total break downs!). I definitely get overwhelmed sometimes & see a lot of my friends also struggling with this. I make time to read my Bible & pray every day, which helps be find peace and organise my priorities. I've also learnt to pace myself & be quite serious about not taking on too much: even if it means cutting back on work and earning less, not having too many social engagements etc. It's also super important to me to make time for myself, and surfing is a great opportunity for this because you're in nature, away from your phone and away from your kids haha."

- Marishka Myers



# A CONVERSATION WITH MARISHKA



A beach front conversation over a cuppa, after a long day is a gift from God out here, while watching children play and surfers riding the sunset waves. Marishka indulges me in this chat.

Marishka is in fantastic shape. I had to ask if she does any other form of exercises or does she only surf?

“Surfing takes quite a lot of time”, she responded, “so I actually don’t have time to do any other exercise. I generally surf 2-3 times a week, for about an hour per session. It’s great for upper body strength and cardio fitness but I definitely feel like I could benefit from another form of exercise that focuses on flexibility.”

It’s a fact, Surfing requires you to be outdoors most times. However Marishka naturally looks good. “Thanks, though I’m not sure I would agree.” she laughed. “As a surfer you’re obviously outdoors a lot, so the sun takes a heavy toll on my skin. To me a good heavy duty face zinc and wearing a hat is super important.” I was dying to figure out her skin care routine especially for this type of sport.

“With regards to a morning skin care routine,” she explained, “I use a cheap face wash and Eucerin moisturiser that has an SPF in it.” Now it’s clear, she must be introduced to Khanatural skin products, I feel that we can cater specifically to her needs, especially with our seamoss lotion with aloe Vera, reviving oil and of course Seamoss gel. A gift hamper is being prepared.

My colleague was convinced that surfers have a special diet, I don’t disagree, but this family has their own meal traditions. Marishka grew up in South Africa, but is German by descent. So she tries to keep some of those food traditions alive. She thinks out loud saying, “think lots of carbs, meat...hearty meals! lol Other than that we eat a lot of curry & try to have at least semi-healthy home cooked meals (though often we also just end up with boerie rolls).”

Ps. I have never heard of sea moss but after just googling it, I definitely want to give Khanatural seamoss a try - sounds like it has some incredible natural properties.



# IN MARISHKA'S WORDS

When it comes to choices it's so helpful to learn early on that there are consequences for every choice you make. Tell the truth, don't cheat people, don't gossip, own up to your mistake, it's so important to establish your guiding morals. For me, this is my faith. I'm a disciple of Jesus & the Bible is my guide to life.

Professionally, if there's one thing I've learnt, it's that often you don't need to be the best in your field, but what makes the difference is being reliable, being on time, being consistent, taking initiative, communicate clearly, often people don't need you to be the absolute best, they just want to know that they can rely on you to get the job done!

For anyone wanting to get into surfing, the only advice I have is to muster all your courage and just do it! Be prepared to fail over and over and over again, until you get it and start improving - that's the most satisfying feeling ever!



**Image by Amy Teixeira**

# Eating according to season

BY THE KHANATURAL TEAM





# Seasonal EATING



Seasonal eating means consuming fruits and vegetables during their natural growing and ripening seasons, which provides higher nutritional value, better flavor, and supports sustainability by reducing the need for energy-intensive farming and long-distance transportation. By prioritizing foods that are in season locally, you can access more nutrient-dense produce, reduce your carbon footprint, and support local food systems.

## Challenges

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A seasonal eating challenge is a short-term commitment, often for a week, to eat fruits and vegetables that are naturally ripe and harvested in the current season, encouraging exploration of new recipes and produce to discover the unique flavors of the season. Challenges can range from a simple food journal to more involved activities like visiting farm stands and sharing meals with friends, all framed as a fun way to connect with the food cycle rather than a strict discipline. Why participate in a seasonal eating challenge?

Discover new flavors and recipes: You'll be motivated to try unfamiliar produce and find new dishes that use ingredients naturally in season.

Enhance flavor and nutrition:

Produce harvested at its peak often has optimal freshness, flavor, and nutritional content.

Reduce food waste:

When foods are in season, they are typically more abundant and less likely to go to waste.

Support sustainable practices:

By choosing seasonal foods, you support local growers and sustainable farming methods.

Connect with the natural cycle:

The challenge provides a fun way to experience the unique offerings of each season and savor time.

Control costs:

Seasonal produce is often more affordable because it's more abundant and requires less effort to grow and transport.



# *The toll of* **BEING A SURFER**



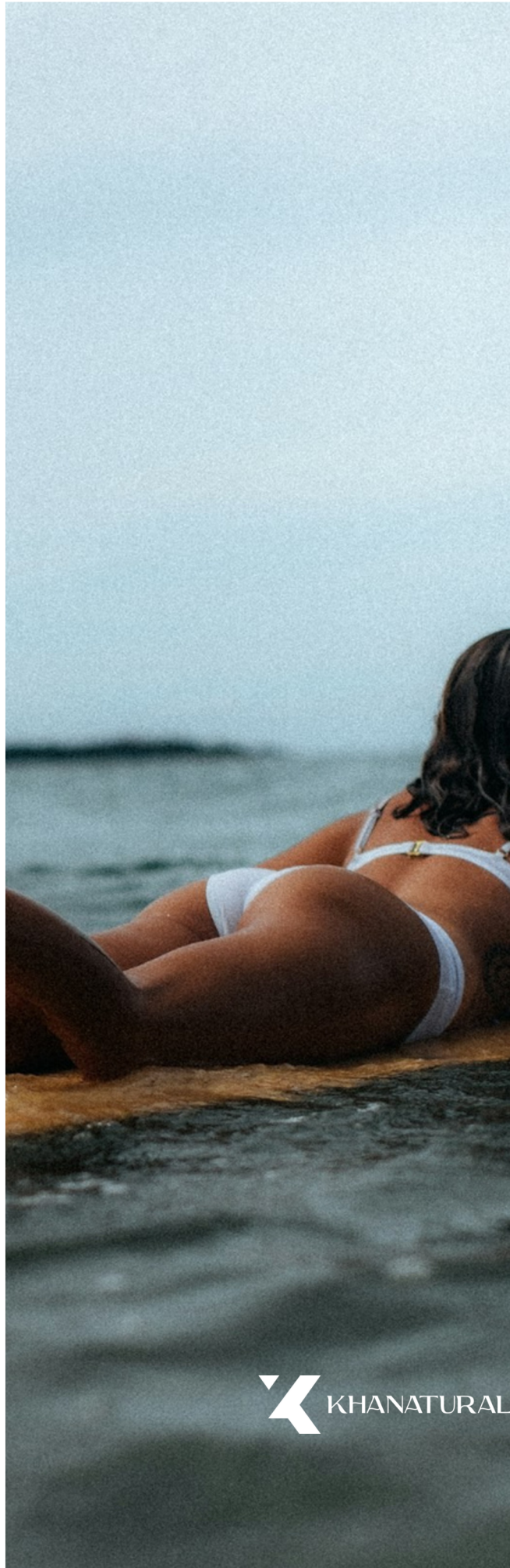


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# SURFING AND YOUR BODY



Surfing is a full-body workout, engaging core, upper body, and leg muscles. This rigorous exercise increases blood flow, promoting oxygen and nutrient delivery to the skin, resulting in a healthy and youthful appearance. Moreover, consistent physical activity has been proven to slow down the aging process.



# SURFING ON SKIN

We spent some time with the incredible folk in Jeffrey's bay during our Khanatural skin experience and realized how some of our favourite surfers skins have been affected by the sport.

Sun exposure is one of the most significant factors affecting skin aging. Spending more time in the water exposes you to UV radiation and heightens your risk of various conditions, including: Dry skin: Surfing can sap moisture from your skin.

NB. Applying Sea Moss gel directly to sunburned skin offers immediate relief. The gel's cooling effect helps calm redness and alleviate the heat often felt with sunburn. Additionally, the vitamins A, E, and K in Sea Moss promote cell turnover, aiding in the recovery of damaged skin cells.

Avoid going to pools with chlorinated water for a few days, especially if you have a sunburn or skin irritation. Chlorine can cause dryness and may aggravate existing dermatitis.

## WHAT TO USE -

Healing Ointment : SEAMOSS GEL + SEAMOSS ALOE VERA LOTION mix.

Ps. visiting your physician for sunburns that don't heal in a few days or a week also helps.

All these incredible products are available on [www.khanatural.com](http://www.khanatural.com)

Follow these skin care tips to make surfing a fun and safer experience. Incorporating these strategies into your lifestyle will protect your skin from the harsh effects of sun, saltwater and wind. With proper care, you can maintain a vibrant complexion while riding the waves.





1. Moisturize before and after surfing  
Surfing for hours in a wetsuit causes friction on your skin, which may result in irritation. It can happen when you're allergic to fabrics like latex and polyester. Avoid rashes by applying moisturizer to areas prone to chafing to avoid blisters, discomfort and pain. Similarly, apply the same product all over your body after surfing to boost recovery. Use a product that's formulated for your skin type.

## WHAT TO USE -

**SEAMOSS LOTION WITH ALOE VERA:** we have seen a lot of positive skin changes with our clients using this product. How does aloe vera in seamoss lotion help with itching and rashes? Aloe vera can reduce inflammation, which could help relieve itching and rashes. Additionally, its antimicrobial properties may help protect against infection.

## 2. Use a Gentle Cleanser :

Continue using a mild cleanser to eliminate pollutants without stripping your skin of its natural oils. It may be too harsh if you experience feelings of tightness.

## WHAT TO USE -

**SEAMOSS SOAP (Coconut or Glycerin based) :**

Seamoss (soap) can actually help your skin produce collagen and keratin, too. This helps strengthen your skin and gives it the elasticity it needs to prevent wrinkles and look smooth, improving hyperpigmentation, toned, supple and healthy.

## 3. Keep Skin Moisturized - SEAMOSS LOTION WITH ALOE VERA

Apply a rich, hydrating seamoss lotion to exposed areas after showering to keep your skin moisturized throughout the day.

## 4. Exfoliate Gently - ALL NATURAL SCRUB

Use a gentle exfoliator to eliminate dead skin cells a few days after surfing. Skip this step if you have sunburn, as it can worsen the damage and cause more pain.





## #OneToWatch

His name is Mpilonhle Mtabela. A dark brown eyed Katlehong born talented 24 year old who's been a personal trainer for 6 years. We love his content on social media spaces and commitment to staying healthy and mentally balanced because his life, especially as a new actor, is going to require all the strength he has.



# Mpilonhle Mtabela

**Actor| Personal Trainer| Model**



IMAGE: ALKEBULAN STUDIOS





# #MpilonhleMtabela



IMAGE : ALKEBULAN STUDIOS



## FACTS ABOUT ME

1. I AM PASSIONATE about acting and the creative process involved in bringing production to life both in front and behind the screen.

2. MY DREAM ROLE is that of a single father. I believe that being a dad requires more effort and dedication than being a father. This perspective was inspired by the movie "PURSUIT OF HAPPINESS", which showcases a father's commitment to his child despite facing numerous challenges, this movie doesn't only show the hard work of a single parent, but it shows that no matter how hard you get pushed down, you should always get up and keep going.

3. I'M VEGETARIAN. My diet is driven by compassion for animals and the environment. It comprises of vegetables, complex carbohydrates and fruits. I believe exploiting animals for nutrition is morally wrong, and my choice of healthy eating habits also support my progress at the gym.

4. I TRAIN HARD. I have developed self discipline, I have grown in confidence and adopted a lifestyle that prioritizes my physical well-being. Seeing my own progress inspired me to help others reach their full potential.

5. WHAT SETS ME APART is my determination to avoid being ordinary, which has become my driving force and motivates me to push myself hard. As a brother, son, and partner, I feel a deep sense of responsibility to make my loved ones proud and prosperous, and to allow my parents to reap the rewards of their investments in my life.

6. MY FAITH IN GOD has been instrumental in my growth and success, reminding me of His promises and presence in my life. While I may appear to be just a dedicated athlete on the surface, I am a complex individual with a creative and adventurous spirit. I believe that nothing is permanent, not even hardship, and I strive to live a meaningful life filled with memories and experiences.

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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# ***'Love' in a man's language***

When people think about love, they often picture words. “I love you.” Sweet messages. Long calls. Grand romantic gestures. But for many men, love doesn’t always speak in sentences. It shows itself in actions, in small, unpolished ways that don’t always look like what the world expects.

Some men show love by fixing things around the house. By making sure there’s fuel in the car. By sitting quietly next to you while the game plays in the background. By checking if you’ve eaten. By sending that one-liner text: “Home?” It might not sound poetic, but it means, “Are you safe? Did you make it?”

Others love through provision. Not because they believe money replaces affection, but because their first language of love was responsibility. To provide is to care. To give is to protect. It may not always feel warm, but beneath it is an attempt to say, “I’m here. I’ve got you.”

The challenge is that sometimes, our love languages as men go unnoticed. The world says men are distant, cold, emotionally unavailable. And yes, some of us have work to do. But often, we’ve simply been trained to love in a language that others may not immediately understand.

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***Man to self***  
By Mokwadi wa Mompedi

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**"you can't  
blame gravity  
for falling in  
love"**

Albert Einstein

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## ***'Love' in a man's language***



That doesn't mean we should stop trying to translate. A strong man doesn't only insist on being understood — he learns to express love in ways his partner, his children, his friends can recognize. That means saying the words. Holding the hand. Being fully present in the moment. Sometimes, it even means crying in front of the people you love, so they can see your heart without its armour.



***Love, in a man's language, is not absent. It just wears different clothes. It's quieter, practical, sometimes clumsy. But it is there. And when we learn to combine the language we know with the language our loved ones need, love stops being lost in translation.***

***Because at the end of the day, whether spoken or unspoken, love is the one thing that makes us fully human.***

## ***Man to self***

By Mkwadi wa Mompedi

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Listening is non-negotiable.

Imagine speaking to a wall or talking only to yourself, with every word you utter drifting into the wind. That is what it feels like to speak to someone who is not truly listening. The words may be received, but the heart of the message is lost.

Listening is not simply about hearing sounds or collecting sentences so you can prepare a response. It is an act of presence. It is a posture. When you listen, you surrender the need to dominate the space and allow another person's truth to occupy it. Your eyes, your pauses, the silence you allow, even the tilt of your head; all these gestures become part of the language of listening.

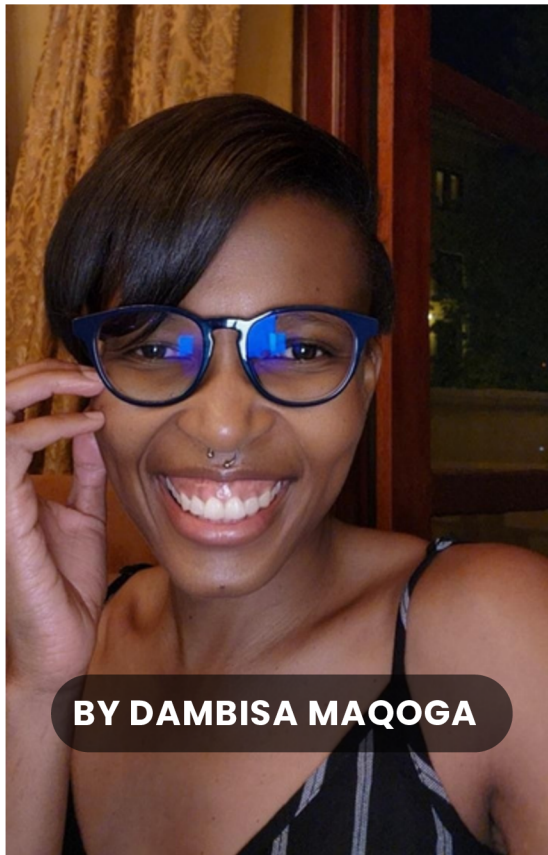
# LISTEN



## H E A R

When listening is absent, the connection breaks. A conversation without listening is like water without depth; it ripples but never holds. In relationships, this absence creates distance and slowly empties the bond of meaning. People who are unheard eventually retreat, not because they lack words, but because the soil they fall on is barren.

Listening is a gift that affirms existence. To be listened to is to be acknowledged as worthy of attention, worthy of space, worthy of being. It is to be reminded that what you carry matters. Listening, then, is less about the ear and more about the heart, a decision to hold what someone else has entrusted you with.



Every form of engagement, every connection between human beings, leans on this offering. Without it, there can be no depth, no growth, no intimacy. With it, entire worlds are bridged.

Listening is not a skill we master once; it is a discipline we practice daily. It requires us to quiet the noise of our own egos and step into the rhythm of another's story. To listen is to love. And there is no substitute for that.



YOUNG TALENTED WITH VALUES

# ONE TO WATCH

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MPILONHLE MTABELA

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