

2026
January



KHANATURAL

Rooted in Realness

EDITOR'S NOTE:

HELLO 2026

With Gratitude: Honouring the Voices That Shaped Khanatural Mag in 2025

2025 has been a year filled with many adventures, some incredible and others more challenging. As a year draws to a close, there is often an automatic shift that prompts us to revisit, readjust, or even reimagine our hopes, dreams, and plans.

The beginning of a new year carries its own weight. We place so much expectation on its arrival, believing that once it begins, the things we long to change will finally shift.

For this issue, we choose to start the year anchored in gratitude. Without the people who believed in our wellness vision and generously gave their time, insight, and effort, this magazine would not be what it is today. Beyond that, we are deeply grateful for every reader. Without you, Khanatural Mag would not have grown into the platform it is becoming.

As we move into the year ahead, let us lead with gratitude. Gratitude for every opportunity gained or lost. Gratitude for every page that shifted something in your wellness journey. And gratitude for every moment you chose yourself in a world that does not always make space for that choice.

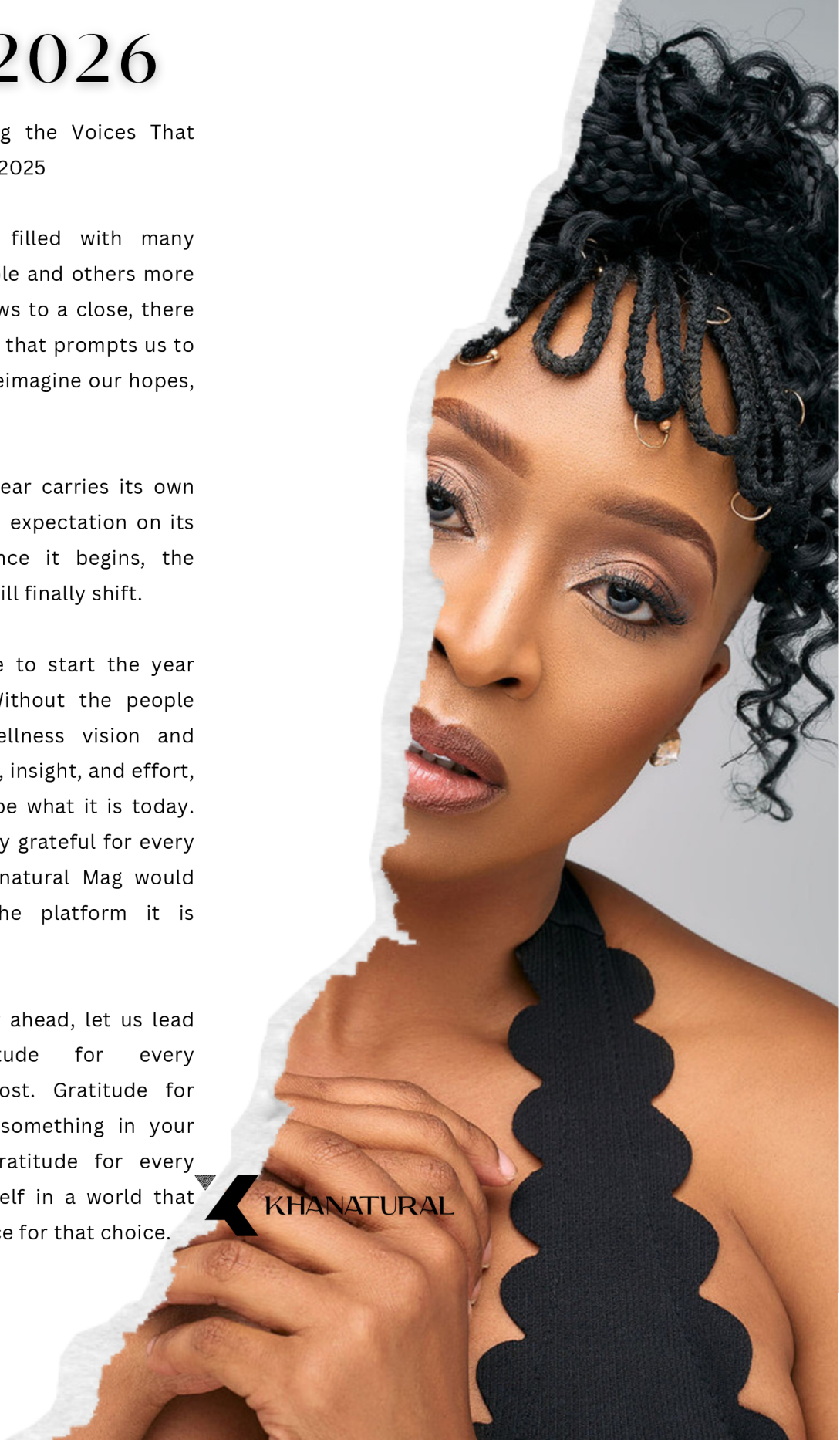


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A B O U T O U R C E L E B R A T I O N I S S U E



Allow us to take you on a
journey of what our 2025
cover stars have been up to
since gracing our wellness
mag!



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YOUR WELLNESS GUIDE 2026

A TRIBUTE TO
OUR COVER
STARS



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GOLDEN HOUR OF WELLNESS 2026

A TRIBUTE TO
OUR COVER
STARS



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GOLDEN HOUR OF WELLNESS 2026

A TRIBUTE TO OUR
COVER STARS

THORISO MAGONGWA

Thoriso was in Vienna in December, a beautiful spot to end off 2025 while heading into 2026. Our globetrotting ballerina, a crusader on a mission to conquer the world, shares his experiences with people. Catch up with him on his YouTube channel "So Thoriso".



MONICA GUERRITORE

Monica Guerritore was a major honoree at Capri Hollywood 2025, receiving the prestigious "Capri – Lina Wertmüller" Award for her work as writer, director, and star of the film "Anna," a tribute to Italian legend Anna Magnani. The award was presented during the 30th edition of the festival held in late December 2025/early January 2026. The festival celebrated her artistry and vision in Italian cinema and theatre.

DR. TSHIDI GULE

Tshidi Gule successfully launched her book, Rough Diamond 2. In attendance was her incredible mentor Basetsana Khumalo. "Your distinct passion for your work is a great inspiration to me... you my sweet "baby gal", are a rockstar in a white coat! I have no doubt through this book you are going to pay it forward."

- Basetsana Kumalo

Rough diamond is the book every woman who seeks success should own. Told through the eyes of 32-year-old Dr Gule, it offers the reader an inside view on the life skills, golden leadership and business tips that Kumalo and Gule's other invaluable mentors have generously shared.

Available on Amazon.com



LONDEKILE NONYANE

Londekile Nonyane has made us proud, flying the South African flag high on the international stage. She is Miss Charm 2025!

Miss Charm is a relatively new global pageant, founded in 2023 in Vietnam. It goes beyond beauty, seeking remarkable women who embody intellect, culture, and purpose, while promoting tourism and education alongside traditional pageant elements like evening gowns, swimsuits, and Q&A rounds.

Our Londekile is all that and more; grace, intelligence, and purpose personified. We celebrate her shining achievement!

MARSHA STEPHANIE BLAKE

Marsha Stephanie Blake, is still making moves. Her latest projects include recurring roles in the miniseries *Fight Night: The Million Dollar Heist* as Delores Hudson and the 2024 Netflix series *The Madness on* as Elena Powell. She is also editing a book called *Matriarch*, showcasing her continued active presence in entertainment and publishing.



JOELLE KAYEMBE

“Nivea partners with Joëlle Kayembe on new campaign for epigenetics serum.”

We are so excited about this collaboration. Iconic Congolese model Joëlle Kayembe has been named the face of Nivea's new campaign for its Cellular Epigenetics Rejuvenating Serum. We are so proud of you, Queen.

CHARLIZE ROOKWOOD

Charlise Rookwood's Vegan Soulicious Cookbook is out. The vegan chef and host of The Black Vegan Cooking Show brings plant-based cooking to a whole new level with this beautiful debut cookbook.

In Vegan Soulicious, Charlise shares her favorite vegan dishes alongside recipes that celebrate African and Caribbean flavors, guaranteed to make your taste buds sing.

She proves that plant-based food can be boldly flavorful, vibrantly beautiful, easy to make, and a true reflection of cultural roots.

Available on Amazon.com



ESTIFANOS BERTA-SAMUEL

Estifanos Bertha Samuel launched the book titled "Open Doors of Opportunity - Manifest the Biblical Way."

Prepare to be captivated as Estifanos, with his warm and charismatic personality, shares his experiences applying biblical laws and principles behind the science of manifestation. By understanding the spiritual principles and laws that govern the realms you wish to access, the personal power you already possess becomes an unstoppable force. Gain insight, wisdom, and the tools necessary to navigate life's pitfalls, and catapult yourself into the realm of unadulterated manifestation.

Available on Amazon.com

As we curated a list of essential reads for 2026, with a strong focus on wellness, we were met with an abundance of powerful titles. Yet one book rose above all others. The Bible.

Not as an afterthought, and not as obligation, but as recognition. The Holy Book connects seamlessly to the Khanatural wellness philosophy, or rather, our philosophy has always drawn from it. Its teachings on rest, stewardship of the body, discipline, gratitude, community, forgiveness, and purpose mirror the very pillars of holistic wellness we aim to explore and live by.

The Bible links wellness to a holistic view, honouring God with the body as a temple, finding peace through faith and prayer, reducing anxiety, and embracing a joyful heart as good medicine. It encourages moderation, rest, and healthy habits, not only for spiritual benefit but for present-day living. Ultimate well-being is tied to God's healing and the promise of eternal life. Key themes include the body as a vessel for the Holy Spirit, the importance of inner peace, and physical health as a way to glorify God.

Key Biblical principles of wellness

Body as a Temple:

The body is a sacred space for the Holy Spirit and should be cared for with wisdom and intention (1 Corinthians 6:19–20).

Joy and Contentment:

A joyful heart is good medicine. Peace is found through prayer and trust in God, helping to ease anxiety (Proverbs 17:22, Philipians 4:6–7).

Spiritual and Physical Health Linked:

True wellness includes spiritual vitality. Godliness offers benefits for both this life and the life to come (1 Timothy 4:8).

God as Healer:

God promises healing and blessing to those who listen to His voice and walk in His ways (Exodus 15:26, James 5:14–15).

Wholeness (Shalom):

The Hebrew concept of Shalom represents deep peace, harmony, and wellbeing, forming the foundation of holistic wellness.

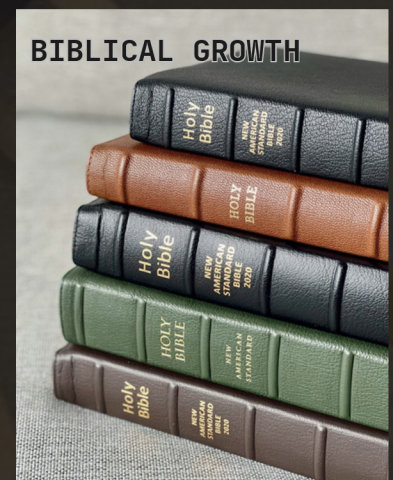
Practical applications

Nourishment and Moderation:

Eat and drink to the glory of God, making intentional and healthy choices (1 Corinthians 10:31).

Rest and Recharge:

Prioritise rest as an act of trust in God, allowing the mind and body to renew (Psalm 4:8)



In essence, biblical wellness is a holistic journey of honoring God with your physical, mental, and spiritual self, finding purpose and peace in His care.

KHA' HONEY

100% RAW



KHA' HONEY HARVESTING

Khanatural Pure Honey is harvested at a Private Nature Reserve where it is also bottled. It is pure raw honey with no additives or preservatives.

Our Honey comes from the Eastern Cape, South Africa, where focus is on biodiversity and conservation with diverse floral notes from the Fynbos region, supporting healthy bee populations and showcasing the importance of bees for the environment.

KHA' HONEY & YOUR SKIN

Our pure Honey benefits your skin by acting as a natural moisturizer (humectant), fighting acne with antibacterial properties, soothing inflammation, providing antioxidants to combat aging, and gently exfoliating dead cells for a natural glow, making it great for hydration, reducing redness, and promoting healing.



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KHA' HONEY & YOUR GUT

Khanatural raw seamoss and Kha'honey mix combines nutrient-rich sea moss gel with raw honey, creating a sweet, potent health tonic that boosts immunity, aids digestion, and supports skin health due to minerals, antioxidants, and antibacterial properties; it's used in teas, smoothies, or directly, and can be applied topically for skin benefits.

AVAILABLE ON
KHANATURAL.COM

THERE'S BEAUTY IN NEWNESS, WHETHER IT'S FORMED THROUGH JOY OR PAIN

By Dambisa Maqoga

How wellness unfolds in every beginning, whether chosen or unexpected, joyful or difficult!

There is something undeniably beautiful about starting something new. A new job. A new routine. A new chapter we have chosen for ourselves. In these moments, we often show up differently. More focused. More hopeful. More invested. Newness carries a quiet energy that sharpens our awareness and invites us to believe that change is possible.

At the beginning of something, we tend to try harder. We listen more closely to ourselves. We imagine better outcomes. There is a sense of alignment that comes with believing we are moving forward, and that belief alone can feel like wellness.



It is fascinating how the start of a new year intensifies this feeling. Almost instinctively, we treat it as a collective reset. A symbolic moment to release the weight of past challenges, disappointments, and fatigue, and to trust that what lies ahead will be gentler, clearer, or more rewarding. The new year becomes a container for hope. A promise we make to ourselves that life can shift.

But not all new beginnings arrive wrapped in optimism

Sometimes a new beginning comes through retrenchment, forcing us to redefine our worth outside of a title or income. Sometimes it follows the end of a relationship we believed would last, leaving behind silence where certainty once lived. Sometimes it shows up as financial strain, emotional exhaustion, or the slow unraveling of plans we worked hard to build.

These beginnings are harder to name. They do not come with excitement or motivation. They arrive carrying grief, fear, and uncertainty. Yet they are beginnings all the same.

Wellness, in these moments, looks very different from what we are often taught. It is not about positive thinking or quick recovery. It is about stabilising ourselves while the ground feels unfamiliar. It is learning how to sit with disappointment without self-blame. It is tending to the nervous system, adjusting expectations, and allowing capacity to shift without judgment.

True wellness is not proven when life is going well. It is revealed in how we respond when things fall apart.

New beginnings that follow loss ask us to slow down. To rebuild gently. To acknowledge that healing is not linear and that growth does not always feel empowering. Sometimes it feels quiet. Sometimes it feels uncomfortable. Sometimes it feels like simply getting through the day.

Yet even here, reflection becomes a form of care. Reflection allows us to ask better questions. What do I need now. What can I release. What no longer fits this version of my life.

As we enter new seasons, whether chosen or forced, may we resist the pressure to perform renewal. May we allow wellness to meet us where we are, not where we think we should be. New beginnings are not always about becoming more. Sometimes they are about becoming honest.

And that, too, is a meaningful beginning. Why, because there is a unique beauty in every beginning, whether it arrives through joy or hardship, because it is in starting that we discover our quiet strength and capacity to grow.

By Dambisa Maqoga



Khanatural



Feel your lips
soften with the
Khanatural
Seamoss and aloe
Vera lip therapy.



Lip therapy

Available on
Khanatural.com

The men we become after heartbreak

WRITTEN BY MOKWADI WA MOMPEDI

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.

Heartbreak changes men in ways we rarely talk about.

Not because we don't feel it — but because we don't always have the language for what it does to us. When a relationship ends, people expect men to move on quickly. To distract themselves. To replace. To “win” the breakup. But what often goes unseen is the quiet reshaping that takes place long after the noise fades. The way a man learns to guard certain parts of himself. The way his laughter changes. The way he becomes careful with hope.

Heartbreak teaches men restraint. Sometimes too much of it.

We Learn to Withhold

After heartbreak, many men become quieter — not because they have nothing to say, but because they've learned how costly openness can feel. They measure their words. They hesitate before committing. They avoid conversations that require emotional exposure.



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This isn't always bitterness. Often, it's self-protection.

A man who has loved deeply and lost painfully doesn't stop wanting connection. He simply becomes more selective with where he places his heart. The danger is that in protecting himself, he may also starve himself of intimacy.

Some men harden. Others disappear.

"Heartbreak doesn't affect men uniformly.

Some harden — building emotional armour, turning pain into control or detachment. Others withdraw entirely, convincing themselves they are better alone."

Neither response is healing. They are pauses, not solutions.

What heartbreak truly asks of a man is reflection. To examine his patterns. His wounds. His fears. His capacity for accountability. Growth doesn't come from replacing one relationship with another — it comes from understanding why the last one broke him open.

The quiet opportunity

Heartbreak, painful as it is, carries a quiet invitation.

To become more self-aware.

To learn how to communicate without defensiveness.

To love without abandoning oneself.

Men who allow heartbreak to teach them — rather than define them — emerge steadier. Softer in the right places. Stronger in others. They don't rush love. They don't romanticize pain. They choose differently.

Heartbreak doesn't ruin men.

It reveals them.

The question is not whether a man will be broken — but whether he will use the break to rebuild with intention.

Because the men we become after heartbreak are not weaker men.

They are men who have seen the cost of love — and choose honesty anyway.



J A N U A R Y 2 0 2 6

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