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KHANATURAL

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Rooted in Realness



Laughter *Therapy*

FEATURING

StopNonsons



SHOPKHANATURALONLINE

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EDITOR'S NOTE



When last did you really laugh?

I mean a deep, full-bodied laugh. The kind that leaves you breathless.

The kind you share with a friend when something so outrageous happens that neither of you can keep it together.

And how do you feel afterwards? Lighter? Looser? As though something has lifted?

That is the power of laughter, and our cover star- Tumelo Matila- knows exactly how to deliver it.

In this issue, we spend time with him, where he shares his unique and hilarious story, which leads us to and explore the meaning of laughter therapy.

In *Man to Self*, Mkwadi reminds us that men have a right to feel, and that emotional honesty matters.

We also step into the unexpected world of pee cycling (it's fascinating, really!), hear from Dambisa Maqoga on the best medicine, and ask, along the way: have you ever been matcha'd?

This is the kind of wellness content I will never stop bringing you: thoughtful, current, and connected to real life.

Thank you for being here. Thank you for reading.

Thank you for continuing to grow with us.

With love,

Khabonina Q

EDITOR-IN-CHIEF

COVER STORY



IT'S ATUMI REVOLUTION

INSIDE THE MIND OF TUMI MATILA

BY KHABONINA QUBEKA



I LOVE PLAYING ON THE EDGE.
IT SEPARATES ME FROM OTHERS AND GIVES
PEOPLE A DIFFERENT PERSPECTIVE ON LIFE.
THAT'S A CALLING. AND I LOVE LAUGHING
AT MY PROBLEMS.



When we say, "God is good, all the time. And all the time, God is good," I think of moments like these.

In February 2026, I had the pleasure of spending time with Tumelo Matila, and I left with more than a few laughs.

What struck me most was not just his humour, but the warmth and sincerity beneath it. He has the kind of presence that puts you at ease.

Over a shared meal and conversation, I found myself seeing more than the comedian people know. I saw someone grounded, genuine, and full of heart.

Born on 23 March 1992, Tumelo Enoch Matila, known to many as Tumi Stop Nonsons, or Jumaima, is a comedian taking his craft to new heights.

Raised in a Christian home in Lawley Estate, south of Johannesburg, he developed a love for entertainment from a young age.

"I was raised in a Christian home in Lawley Estate, a small township in the south of Johannesburg. I have loved the entertainment industry from a young age. In 2002, when I was 10 years old, I said my prayers and made the decision to become a stand-up comedian."

He first caught the attention of audiences across South Africa with a parody of SABC's *Khumbulekhaya*, where he played the fictional long-lost son of CAF President, Patrice Motsepe.



IMAGES SUPPLIED BY TUMI MATILA

THE THINGS THAT SHAPE STOPNONSONS

1 I have one principle that I practise without fail. After my morning devotion, I leave the house and set down whatever is weighing me down or draining me at the gate, trusting that it will still be there when I return. I understand my purpose in life, which is to bring happiness and laughter to others, and that cannot happen if I am drained myself.

2 God's blessings on my life are in the open, so I do not hide the God I serve. I also do not want to be denied by Him before the Father. *Matthew 10:33*



3 I love playing on the edge. It separates me from others and gives people a different perspective on life. That's a calling. And I love laughing at my problems.

4 StopNonsons does not cook, but Tumelo Matila is a master chef. In my family, the kitchen was never seen as a place only for women. We were all taught to cook and bake from an early age, regardless of gender. And I cook everything.

5 As for what is next, I want to keep growing as an artist. I want to become a great comedian, reach wider audiences, and continue spreading laughter. I do not believe there is a limit to that. I cannot wait to one day crack jokes for people who use sign language too. On the business side, I have a production company, StopNonsons, and I am working on my own productions. I am also excited about releasing my stand-up comedy show.



WE HAVE BEEN MATCHA'D!

PERFECT DAILY GRIND

Matcha's popularity comes from a mix of things: its vibrant green colour, its reputation as an antioxidant-rich superfood, and the calm, steady energy it offers without the coffee-like jitters. Thanks to L-theanine, it has become a go-to for wellness-minded consumers looking for something that feels both functional and enjoyable.

Its versatility has only added to the appeal, with matcha now showing up in everything from lattes to smoothies and desserts.

When our favourite Instagram content creator, Xolle Vesile, started asking the right questions, we felt it was only right to join the matcha conversation.



Health Benefits and Functionality

Matcha is rich in antioxidants, especially EGCG (epigallocatechin gallate), which helps the body fight oxidative stress. It is also widely seen as a cleaner energy alternative, offering a more steady and sustained boost than coffee. That is largely due to the combination of caffeine and L-theanine, an amino acid known for promoting a calmer, more balanced sense of alertness.

Instagram Aesthetic Appeal

With its vibrant green colour, matcha has become an easy favourite for social media creators and trend-conscious cafés. Its visual appeal has helped position it as more than just a drink. For many, it has become part of a lifestyle.

4 QUICK FACTS ABOUT MATCHA

Cultural and Culinary Appeal

As interest in Japanese culture continues to grow around the world, matcha has become a popular lifestyle choice for many consumers. Its versatility has added to its appeal, making it a favourite ingredient in a wide range of food and drink, from iced matcha lattes and smoothies to baked goods and desserts.

Calm Alertness

One of matcha's biggest draws is the kind of energy it offers. Thanks to L-theanine, it delivers a calmer, more focused lift that many people describe as calm alertness.



THE BEST MEDICINE?

BY THE KHANATURAL TEAM

Laughter therapy, also known as therapeutic laughter, is a non-pharmacological, evidence-based practice used to support physical and mental wellbeing.

It involves intentional laughter exercises, sometimes called laughter yoga or “laughies”, which are one-minute recordings of laughter.

The idea is to recreate some of the same benefits as spontaneous laughter, including stress relief and lower cortisol levels.



KEY ASPECTS OF LAUGHTER PRESCRIPTIONS

Laughter therapy brings together simple, intentional practices and benefits that are supported by research.

A 2023 systematic review and meta-analysis in PLOS ONE found that laughter can significantly reduce cortisol, the hormone most closely linked to stress, while broader health research has reported that it may also support immune function.

Whether laughter happens naturally or through structured exercises, the body responds in ways that can lift mood, release tension, and support overall wellbeing.

1-Minute Laughie

A one-minute 'laughie' is a simple technique where a person records their own laughter and plays it back to trigger more laughter. It is designed as a quick, practical exercise that can be used every day.

Intentional vs Spontaneous

Spontaneous laughter happens naturally in response to something funny, while intentional laughter is self-induced through practices such as laughter yoga. Both can offer similar health benefits. This is linked to the idea that motion creates emotion, meaning the body responds to the act of laughter whether it begins naturally or deliberately.

Typical Protocol

Research suggests that practising one minute of intentional laughter three times a day can lead to a noticeable improvement in wellbeing, often by 10 per cent or more.

No Side Effects

Unlike conventional medicine, laughter is free, accessible, and has no known contraindications. It can be incorporated into daily life with ease, supporting both mood and immune function.

Cardiovascular Exercise

Cardiovascular Exercise

A hearty laugh can act like a mini workout, engaging the diaphragm and abdominal muscles while improving blood flow.

Pain Management

Laughter can also help with pain management by triggering the release of feel-good chemicals in the body, which may reduce discomfort and support a greater sense of ease.



LET'S TALK ABOUT PEE, BABY!

Pee-cycling: How human urine can
strengthen teeth and bones

BY MEG KAISER





Ecologically minded scientists are exploring a surprising new use for human urine: transforming it into hydroxyapatite, a calcium phosphate mineral that, according to UC Irvine, could hold a market value of more than \$3.5 billion by 2030.

That process could have real implications for tooth enamel repair. A team of 11 scientists from California, Illinois, and Japan is investigating how human waste could be used to strengthen tooth enamel and support bone-related applications, including implants.

Removing urine from wastewater also has environmental value, helping to reduce pollution and prevent the buildup of excess nutrients in water systems.

Scientists have long known that nutrients such as nitrogen and phosphorus can be recovered from urine.

According to a study published in *Nature Communications*, the relatively low economic value of these by-products has, until now, limited large-scale adoption.

“Scientists are turning urine into hydroxyapatite, a sustainable material that could help repair tooth enamel, strengthen bones, and reduce pollution.”

Scientists then turned to a bigger idea: genetically modifying yeast to use elements found in urine to create hydroxyapatite, a process they named “osteoyeast”.

According to the researchers, this could reduce the cost of hydroxyapatite production and make the bone-regenerating material more accessible for a wider range of uses, including in dentistry.

Teeth are not the only area where the scientists see potential. Other possible applications include archaeological restoration, biodegradable alternatives to plastic, and building materials for construction.

Pee-Cycling Hydroxyapatite: A Sustainable Solution for Dentistry and Beyond

One of the study’s co-authors, David Kisailus, a UC Irvine professor of materials science and engineering, said: “This process to yield hydroxyapatite, or bone mineral, takes less than one day.”

He added that using yeast as a low-cost base, housed in large vats at relatively low temperatures, shows the process could be carried out without major infrastructure. That, in turn, could make it more accessible in developing economies.

While it may take a few more years before this form of hydroxyapatite becomes a practical reality, it is already changing the way we think about urine and what it could be used for.

Meg Kaiser is an associate editor in Endeavor Business Media's Dental Division. She works on DentistryIQ.com, RDH eVillage and RDH Graduate newsletters, Dental Economics magazine, and RDH magazine, and has for nearly 20 years.

A close-up, high-contrast photograph of a person's eye, looking slightly to the right. The eye is the central focus, with the iris and pupil clearly visible. The surrounding skin and eyelashes are in soft focus, creating a sense of depth and intimacy. The lighting is warm and directional, highlighting the texture of the skin and the intensity of the gaze.

MAN TO SELF

THE RIGHT TO FEEL

A different kind of freedom

BY MOKWADI WA MOMPEDI

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.

In March, we spoke about rights.
The right to vote.
The right to dignity.
The right to equality.
But there is a quieter right we don't speak
about enough — especially when it comes
to men.
The right to feel.

For generations, many men have lived with
freedom in law but restriction in emotion.
We are told we are free, yet taught to
suppress grief.

We are equal, yet conditioned to believe
vulnerability is weakness. We are granted
dignity, yet denied the space to fall apart
without judgment.

What does freedom really mean if a man
cannot fully inhabit his
humanity?

The Unwritten Rules

Long before we understand constitutions,
we understand expectations.
“Be strong.”
“Don't cry.”
“Handle it.”

These rules are rarely written down, but
they are enforced early. A boy scrapes his
knee — he is told to toughen up. A teenager
experiences heartbreak — he is told there
are “more fish in the sea.” A grown man
breaks under pressure — he is told to push
through.

Somewhere along the way, emotional
expression becomes a privilege we believe
we cannot afford.

But the right to feel is not weakness. It is
human.

Freedom without Wholeness

Human rights are about dignity. And dignity
includes emotional truth.

A man who cannot speak about his anxiety
is not fully free.

A father who cannot say “I'm struggling” is
not fully liberated.

A son who believes love must be earned
through performance is not standing in
equality — he is negotiating for worth.

Freedom must reach deeper than policy.
It must reach the soul.



Reclaiming a different kind of strength

What if strength was not measured by
endurance alone, but by honesty?

What if masculinity included tenderness
without apology?

What if the next generation of boys grew
up knowing that their emotions are not
threats — but tools?

This is not about abandoning responsibility.
It is about expanding what responsibility
looks like. Responsible men build families.
Responsible men lead communities. But
responsible men must also care for their
own inner lives.

Because suppressed pain does not
disappear. It leaks — into anger, into
distance, into silence.

A Quiet Revolution

Human Rights Month reminds us that
change often begins with recognition.
So perhaps this we begin here:
By recognising that men, too, have the right
to feel deeply.
To love openly.
To grieve honestly.
To ask for help.
Not because we are fragile.
But because we are human.

Freedom is not only something written into
law.

It is something lived — fully, truthfully,
courageously.

And maybe the most radical thing a man
can do in a free society... is allow himself to
be whole.





WELLNESS CORNER

BY DAMBISA MAQOGA

Laughter: the wellness habit no one is taking seriously

There is a moment, just before laughter breaks, when something shifts. The shoulders drop. The chest softens. Then it comes: a release you did not know you needed.

That is part of what makes laughter so powerful. It reaches the body before the mind has time to explain it.

We often think of wellness as something structured, shaped by the right foods, routines, and workouts.

But one of the most accessible forms of relief is often the one we overlook: laughter.

Not the polite kind. The kind that takes over your body and interrupts whatever heaviness you were carrying.

Laughter does more than make us feel good. It shifts us.

Stress settles quietly in the body: in tight shoulders, shallow breathing, and constant overthinking.

Laughter interrupts that. It deepens the breath, relaxes the muscles, and gives the nervous system a moment to reset.

For a few seconds, the body lets go.

Maybe that is why it matters. Not because it solves everything, but because it makes a little more room to carry it.

Wellness has become something we schedule and invest in. But laughter asks for none of that.

“Laughter does more than make us feel good. It shifts us.”



Laughter lives in conversation, in shared moments, and in the people who make you feel safe enough to let go.

Somewhere along the way, many of us stopped laughing freely. We became more composed, more careful, more put together.

But laughter asks for presence. From us, from the people we love. It demands to be there, even in times of grief.

So maybe the question is not whether laughter is medicine. Maybe it is whether we are allowing ourselves to receive it.

Because sometimes healing does not have to be heavy.

Sometimes it sounds like joy.

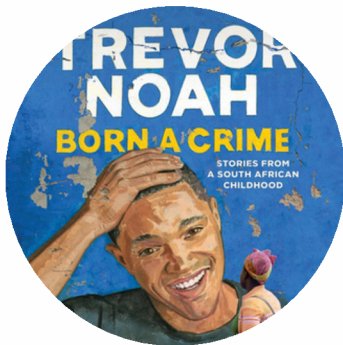




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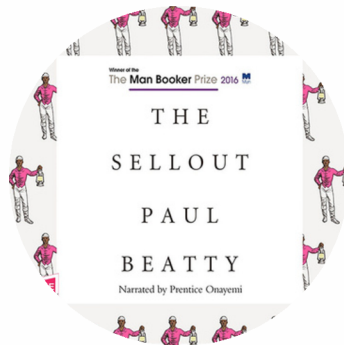


FOR WHEN YOU NEED A GOOD LAUGH



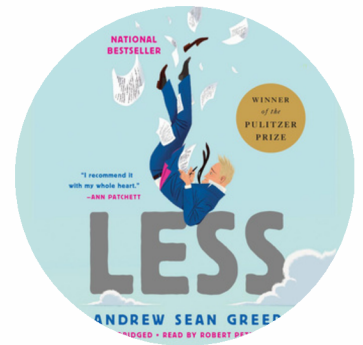
Born a Crime by Trevor Noah

Noah grew up mixed-race in apartheid South Africa, where his existence was literally illegal. He writes about it with comic timing and real warmth, but the humour keeps giving way to something heavier. It earns every laugh. One of those memoirs that stays with you longer than expected.



The Sellout by Paul Beatty

A Black man in Los Angeles reinstates slavery and segregation in his neighbourhood — partly as a joke, partly not. Beatty's satire is outrageous, relentless, and genuinely funny in a way that makes you uneasy. It won the Booker Prize. It is not an easy read. It is worth it.



Less by Andrew Sean Greer

Arthur Less is a mediocre novelist who travels the world to avoid his ex-boyfriend's wedding. The premise sounds sad because it is, a little. But Greer plays it with such lightness and precision that it becomes something rarer than funny- it's genuinely charming. The Pulitzer was well earned.



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