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KHANATURAL

Rooted in Realness

**SHIELA
MASONBO**



Editor's Note



As I continue to work with game-changers in the wellness space, especially in this iconic month of August. I invite you to keep travelling the world with me, through the voices and stories shared in this edition of Khanatural.

Wellness is not a trend; it's a deeply personal journey worth travelling a distance for. Each story featured here is a window into the lives of individuals choosing intention over convenience, balance over burnout.

May these pages inspire you to reflect, reconnect, and rediscover just how far wellness can take you, physically, emotionally, and spiritually.

Khabonina Q
Editor-in-Chief

In this issue

We connect with the award-winning film & TV stylist Sheli Masondo while she's on a new production in India and we discover why she is utterly iconic.

Have you tried putting food on your fashion list? Well we have, and it's great. Dear woman, let's travel solo, and fearlessly so, for our mental health. You have to meet the brilliant Zesintu Mgobhozi, founder of CIKO CIRILLO from South Africa now living in the UK. She is our one to watch this month.

Mokwadi wa Mompedi explains why good men still feel alone, while our book club corner gains momentum thanks to Sue Nyathi and her writing skills.

We close it off in our wellness corner with Dambisa asking: what are you wearing that no longer fits?

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ALL HAIL, QUEEN SHELI

Sheli Masondo is a highly acclaimed film stylist and costume designer known for her contributions to various films and theatre productions. We had a conversation with her while she was working on a production in India.

BY KHABONINA QUBEKA

I count my blessings daily and thank God for granting me the opportunity to be part of the entertainment industry. I get to do what I love while ministering to others, but the beauty of it all is that I am also ministered to by the people I meet along the way.

Sheli Masondo is one of those people. She is an icon, but above all, she is a lover of life.

I have had the pleasure of experiencing Sheli's genuine and pure spirit. There is a warmth about her that immediately puts you at ease. I wanted to understand what has kept her grounded over the decades. Was it prayer, meditation or something else?

For Sheli, it is a combination of prayer, gratitude and remembering where she comes from. Her mother remains at the centre of her spirituality.

"I speak to God often, I listen and I honour my ancestors because I know I never walk alone," she said.

That grounding has carried her through a career spanning over two decades. Born and raised in Zola, Soweto, Sheli was introduced to clothing design through her family.

She studied fashion design, opened her own studio and later found her place in film and television. Her credits include *Shaka iLembe*, *How to Ruin Christmas*, *Trackers*, *Snowfall* and Beyoncé's *Black Is King*.

Our conversation took place across continents, with Sheli in Mumbai, India. The fact that we managed to squeeze in the interview felt like a miracle from God.

There were messages such as, "Khabz, I promise you, I'll get back to you during my lunch break," and, "It's midnight here. I've just arrived home and I'm so tired."

That alone revealed something about Sheli's character. She has spent decades in the industry, yet she remains disciplined, curious and committed to her work.



“Life has also taught me that kindness is a choice, and I choose it every day. The world can be loud, but I protect my peace so that I can create from a place of love.”

SHELI MASONDO

When we eventually found time to speak, she was in Mumbai working on a project she could not yet reveal. The opportunity has brought her together with artisans and creatives from different parts of the world.

“I’m here working on a project that has given me the privilege of collaborating with remarkable artisans and creatives from around the world. While I can’t reveal too much just yet, I can say that it is an opportunity—and a dream—I once thought was too far to reach in this lifetime. I am learning, I am sharing knowledge through storytelling, and above all, I am simply drowning in gratitude. I can’t wait for everyone to see what’s coming.”

The city has also made a strong impression on her. Its colour, craftsmanship and respect for tradition connect closely with the way she approaches costume and storytelling.

“India—specifically Mumbai—has been an incredible experience,” she said.



SHELI MASONDO ON THE SET OF *SHAKA iLEMBE*.
IMAGE: SHELI MASONDO/INSTAGRAM

“Everywhere I look, I see colour, texture, craftsmanship, and generations of knowledge being preserved. India has reminded me that culture is our greatest luxury.”

The experience has strengthened Sheli’s belief in remaining open to new people, places and ways of creating.

“I stay curious. Every day is a classroom. I’m constantly learning—from elders, young people, artisans, nature, history, and travel. Innovation isn’t about chasing trends; it’s about staying authentic while allowing yourself to evolve.”

Her curiosity is visible in the research behind her costumes.

Costume design asks different questions from fashion. The clothes must belong to a person, a place and a particular moment in the story. A silhouette can suggest status. A fabric can reveal how a character lives. Colour, texture and detail can communicate grief, power, age or belonging before a line of dialogue is spoken.

Sheli brought that thinking to *Shaka iLembe*, where she served as lead costume designer.

The historical drama required careful research into the dress, materials and visual identities of the kingdoms represented on screen.

She worked with historians, museums and traditional artisans as the costume department created hundreds of original looks and dressed thousands of background performers.

In 2024, Sheli received the Best Costume Design award at the Septimius Awards in Amsterdam for her work on *Shaka iLembe*. The award recognised the detail viewers could see on screen and the years of work behind it.

Costume introduces another form of understanding for an actor. The weight of a garment can change posture. Its layers can influence movement. A colour or piece of jewellery can reveal status, history or emotional state. Sheli understands this relationship between clothing and performance. She creates for the camera while remaining aware of the person who must live inside the costume.

Her relationship with colour carries the same depth. Red has a particular place in her creative language and personal life.

“My love for colour and texture is pure courage, passion, sacrifice, strength, and power. But above all, to me, it is ancestry.

“Across many African cultures, red ochre was—and in some places still is—applied to the hair and skin for both physical and spiritual protection. The deep red earth symbolised life, blood, fertility, and the land from which our ancestors came. Wearing ochre honoured ancestral traditions and maintained a sacred spiritual connection.

“It is impossible for me to separate red from storytelling. Whether in costume or in life, red carries emotion. It demands to be felt, not just seen.”

Sheli pays attention to the memory colour carries and the response it creates. Red can hold courage, sacrifice, protection and ancestry at the same time.

Symbolism also shapes the affectionate title *uMama wama Dragon* and the way she speaks about her children.

“I love the Eastern symbolism of the dragon. In Chinese culture, the dragon is the ultimate symbol of the Emperor, representing supreme authority, good fortune, and divine power.

“Unlike Western dragons, Eastern dragons are connected to water and the elements, governing rivers, rainfall, and the seasons. They are guardians of agriculture, abundance, and life itself.

“To me, dragons represent strength, wisdom, protection, transformation, and purpose.

“That’s why I call my children my dragons. I want them to always know their worth and never be afraid of the power they carry within themselves. They are Dragons.”

**“I speak to God often,
I listen and I honour
my ancestors
because I know I
never walk alone.”**

Sheli Masondo

Her words carry the tenderness of a mother who wants her children to understand their worth and hold their power with wisdom, purpose and care.

The same values guide the way Sheli moves through her working life. Of all the qualities she possesses, the one she wears most effortlessly is kindness. I love her heart.

“Life has also taught me that kindness is a choice, and I choose it every day. The world can be loud, but I protect my peace so that I can create from a place of love,” she said.

Protecting her peace includes being intentional about the people around her.

Costume departments work under pressure. The days are long and she and her team often spend extended periods away from their families.

“My team is everything. I spend long days with my team, often away from home, so trust, respect, and kindness matter just as much as skill—and that goes both ways. The right people protect your mental health, your creativity, and your purpose. I couldn’t do what I do without them. My team makes me feel like I’m God’s favourite. Talent can open a door, but character keeps it open.”

The finished costume carries the work of many people. Researchers, artisans, makers, assistants, stylists and actors all contribute to the image that reaches the screen. Her gratitude for her team says a great deal about the environment she creates around the work.

Sheli’s career has taken her into ambitious productions and yet she still approaches the work with wonder.

She listens, learns and allows each place to add something to her understanding of craft and culture.

Her costumes introduce audiences to warriors, queens, families and entire worlds. But most importantly, the woman behind them remains grounded in prayer, ancestry and love. She knows where she comes from, values the people who walk beside her and stays curious about where the journey may lead next.

Her view of wellness is grounded in daily choices. She protects her peace through faith, gratitude, kindness and the company she keeps.

These choices give her space to work, raise her children and continue learning without losing herself in the noise of the industry.

**Explore Sheli Masondo’s work
here**



[SHOP KHANATURAL ONLINE](#)



My Sheli Masondo Experience

BY KHABONINA QUBEKA

I have had the honour and privilege of working with the goddess that is Sheli Masondo on a couple of projects. However, it was on the epic production of *Shaka iLembe* that I received what I like to call the “Full Monty” of the Sheli Masondo experience.

I remember the beginning of that journey so clearly. It was a beautiful, sunny day, and we had just completed our first script read-through with the incredible cast. Costume fittings were next. As I approached the fitting room, I caught a glimpse of Sheli through the window. That door could not open fast enough. The moment we saw each other, we embraced and held on for what felt like an eternity. There was so much love and excitement in that hug. I really love her.

Then came the moment when Queen Ntombazi’s costume was revealed to me.

Sheli dressed me piece by piece, carefully placing every element of the look onto my body. It was an emotional experience because I could immediately see how much thought, research and care had gone into creating this woman. Sheli took the time to explain the historical research behind the costume, the references she had drawn from and the meaning carried by each piece.

It went far beyond wearing something beautiful. Through her work, I began to understand Queen Ntombazi more deeply. The clothing helped me connect with her strength, her position and the world she occupied. Each time I stepped into one of Sheli’s creations, I felt another part of the character coming alive.

Throughout the production, we had many different looks to explore—and we explored them fully. Some of my favourite memories were our 3am fittings and those final moments of stitching and adjusting garments with Sheli and her phenomenal team. Even at that hour, the room was filled with warmth, laughter and love.

Those fittings became their own special world. Between the fabric, fittings and finishing touches, we spoke about relationships, family dynamics and the script. We laughed, shared stories and unpacked life. In many ways, those conversations became my personal therapy sessions before I went onto set. They helped me breathe, settle into myself and prepare emotionally for the work ahead.

That is the gift of working with Sheli. She understands that costume is never separate from the person wearing it or the character being portrayed.

She brings humanity into the process. Her work supports the actor, honours the story and gives the character another language through which to speak. Sheli is a gem. Her exceptional talent is undeniable, but what makes her truly special is her heart. That is what she has always led with.

I feel deeply honoured to have worked with her, to have worn her creations and to have shared such a meaningful creative journey with her.

FASHIONABLE *Foodz*

BY KHANATURAL TEAM



I have heard of many things being done in the name of fashion, but food has never featured on my fashion list. Has it ever featured on yours?

The pairing may seem unusual at first, yet food and fashion share more common ground than we might expect. Both are influenced by culture, creativity and presentation, and both have the power to shape an experience.

In her article, *How Food and Fashion Ended Up at the Same Table*, EHL alumna Lina Zouhair writes:

“Things you wouldn’t think go together sometimes go together remarkably well. It could be unlikely food pairings, or unexpected design ideas that hit harder because they defy the categories we expect them to stay in.”

The term “fashion food” is commonly used in two ways. It can refer to trendy, highly Instagrammable foods that gain popularity through youth culture and social media, such as gourmet milkshakes, artisanal burgers and boba tea. It can also describe the food products, cafés and restaurants created by major fashion houses as extensions of their lifestyle brands.

This relationship between food and fashion generally takes three forms.

Luxury brand cafés

Major fashion houses such as Gucci, Dolce & Gabbana and Ralph Lauren have opened restaurants, cafés and bakeries that allow customers to experience their brands beyond clothing.

Every detail, from the menu to the décor and presentation, reflects the identity of the fashion house.

These spaces turn dining into an immersive and highly shareable brand experience.

Novelty and streetwear collaborations

Food brands and fashion labels also collaborate on clothing, accessories and limited-edition products.

These partnerships often use humour, nostalgia and surprise to attract attention.

Examples include Moschino’s milk-carton-inspired bags and Supreme’s branded Oreos.



Pop culture and social media trends

Food can also become fashionable because of its appearance and the cultural status attached to it.

Visually striking products are often created to capture attention online and may be consumed as much for the experience they offer as for their taste.

On platforms such as TikTok and Instagram, food can become a trend, a status symbol and even a form of personal expression.

In this way, what we eat, much like what we wear, can communicate something about who we are and the culture we belong to.

What are your thoughts? Have you been consciously eating fashionable dinner? Fashionably late?
Please share your fashionable breakfast with us on
@khanatural



DEAR WOMAN TRAVELLING SOLO...

BY KHANATURAL TEAM



I have been talking to so many people about failed travel plans, particularly women and I wanted to get to the bottom of the failure.

Fear is the common denominator, most women delay travelling due to perceived fear.

And this is understandable. I travelled most of my life from a very young age and it's all thanks to my career choice.

I had the opportunity to travel both solo and in a group setting. I enjoy both.

However there's something special about going solo. Something mentally empowering.

Research says, solo travel, especially for women significantly enhances mental health by reducing cortisol levels, building resilience, and fostering self-efficacy.

It provides uninterrupted time for self-reflection and forces you to independently navigate manageable challenges, ultimately boosting your self-confidence and emotional clarity.

Going on a journey by yourself offers several distinct mental health advantages:

Stress Reduction

Escaping everyday demands and routines allows you to physically and psychologically reset. Studies have shown that stepping away from daily stressors leads to measurable drops in cortisol, the primary stress hormone.

Increased Self-Efficacy

When you independently manage itineraries, translate foreign environments, and solve unexpected problems, you build a deep, persistent belief in your own capacity to handle what the world throws your way.

Deepened Self-Awareness

Without the need to compromise with companions or conform to social expectations, you gain valuable space for introspection. This time alone helps you reconnect with your core values, desires, and personal boundaries.

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Improved Social Confidence

Paradoxically, being alone often makes you more approachable and pushes you to initiate conversations to meet practical needs. It provides safe, temporary environments to practice social skills and reduces long-term social anxiety.

Heightened Mindfulness

Travelling solo requires you to stay present in the moment. Navigating a new space grounds your mind, breaking the cycle of overthinking and breaking away from the overstimulation of modern, connected life.





A SCENE FROM THE FIRST EPISODE OF THE POLYGAMIST.
IMAGE BY NETFLIX

Need a Break? Pick Up a Sue Nyathi Book!

You know that feeling when your mind has had enough? The messages keep coming. Your to-do list is getting longer. You are tired, but somehow still scrolling.

Sometimes, what you need is somewhere else to go.

That is what a good book can offer. For a little while, you get to step out of your own life and into somebody else's. Their family drama becomes your family drama. Their secrets keep you awake. Their heartbreak gives your own mind a chance to breathe.

And when it comes to creating characters whose lives pull you in completely, Sue Nyathi knows exactly what she is doing.

The Zimbabwean-born author writes about marriage, migration, family, faith, ambition and political history.

Her stories deal with difficult subjects, but they never feel like homework.

BY KHANATURAL TEAM



SUE NYATHI
IMAGE BY SHAUN GREGORY

They are sharp, emotional, funny in unexpected places and difficult to put down.

If *The Polygamist* has appeared on your Netflix feed, you should know that the story began as Nyathi's debut novel.

It starts with the death of wealthy businessman Jonasi Gomora.

His wife, Joyce, arrives at his funeral ready to mourn the man she has been married to for more than 20 years. Then three other women arrive wearing black.

There is Matipa, his ambitious lover. Essie, the secret wife who knew him before the money.

And Lindani, the younger girlfriend who believed the relationship would secure her future. Oh, and she's best friends with Jonasi's daughter. How awkward!



CAST OF THE POLYGAMIST
IMAGE BY NETFLIX

Jonasi may connect these women, but the story belongs to them.

Each one has made compromises for love, money, status or security. They must decide what they are willing to accept and what they are ready to fight for.

That is what makes the story so addictive. You may judge the characters at first, but the more you learn about them, the more complicated those judgements become.

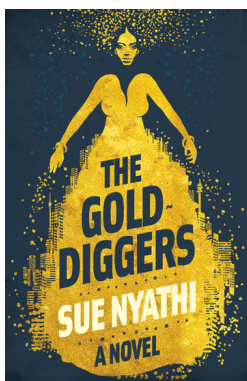
Before it reached the screen, *The Polygamist* was rejected by mainstream publishers. Nyathi eventually self-published it, trusting that readers would connect with the women and the uncomfortable realities behind their choices.

Clearly, she was right.



Finished the Series? Read These Next

Following the Netflix success of *The Polygamist*, Sue Nyathi's storytelling has found a wider global audience. But the series is only the beginning. From migration and family secrets to love, history and survival, her other novels offer equally compelling worlds to escape into. Here is why they deserve a place on your reading list.



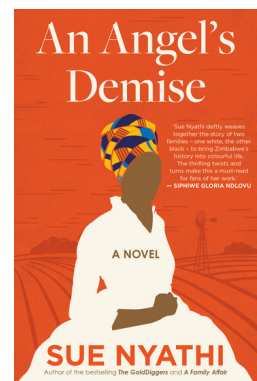
The GoldDiggers

Imagine climbing into a taxi from Bulawayo to Johannesburg with a group of strangers, each carrying a secret and hoping life will be better on the other side of the border. Set during Zimbabwe's 2008 economic crisis, *The GoldDiggers* is about migration, desperation and hope. It is moving, tense and deeply human.



A Family Affair

Every family has secrets. The Mafu family simply has more than most. From the outside, they appear respectable, religious and successful. Behind closed doors, old wounds, strained marriages and buried truths are beginning to surface. This is the book for anyone who enjoys family drama, complicated sisters and the slow collapse of carefully managed appearances. In other words, prepare to be nosy.



An Angel's Demise

An Angel's Demise follows Angel, a young woman born during Zimbabwe's liberation struggle. Raised by her grandmothers after her parents leave to join the war, she grows up searching for the truth about her family and where she belongs. It is a sweeping story about identity, love, history and the way political events continue to shape families long after they have passed.

ONE TO WATCH

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NTU



BY KHABONINA QUBEKA

ZESINTU MGOBHOZI

Born in Durban, South Africa and now based in London, United Kingdom, Zesintu Mgebhozi founded CIKO CIRILLO to document how creativity moves between Africa and the world.

Her work sits at the intersection of luxury, art, fashion, culture and sustainability.

Through thoughtful conversations, research and visual storytelling, she is building an editorial archive that preserves cultural narratives for future generations.

Before founding CIKO CIRILLO, Zesintu worked as a Strategist at Network BBDO, contributing strategic thinking for global brands including Google, YouTube, L'Oréal, Ford Mustang and Bacardi.

Her background in marketing research continues to inform the curiosity and depth behind every editorial feature.

*Young, Talented &
with Values!*

I love your name and everything it stands for. Your parents were certainly intentional. Are you able to share the origins of your name.

Thank you. My mother explained it to me in a way that has stayed with me ever since. She told me that Zesintu has its roots in Ubuntu.

She said she named me Zesintu because she had a vision that I would fly, that no matter how far life took me, no matter how far from home I travelled, my roots would always remain grounded in human values.

She told me, "Whatever you do, African values, which are human values, will always be your foundation. Never to be shaken."

The meaning has stayed with me. Even though I live in London now, work moves between Africa and the world. The lens through which I see everything is still shaped by Ubuntu: respect, humanity, community and the belief that we are connected through one another.

What does Zesintu love to eat ? Is your diet affected by where you are? For example you eat a certain way in Africa as opposed to when you're in the UK?

I am intentional about how I eat. I enjoy simple, balanced meals with plenty of protein, vegetables, whole grains and lots of water. I don't believe in restrictive diets, but I do try to stay away from heavily processed foods.

Surprisingly, moving to the UK hasn't changed my diet very much. Before I moved, I already had a routine of meal prepping and cooking most of my meals, and I've been able to continue that here.

The supermarkets stock many of the same ingredients and even some of the same brands I was familiar with in South Africa, so it hasn't felt like I had to reinvent the way I eat.

What I do miss are the foods that carry memories of home. I miss a braai, samp or Sunday 7 colours.

On days when deadlines take over, I'll grab something quick, and it's usually Nando's wraps.



“Peace is something I intentionally create. Prayer is a big part of my life as well.”

Zesintu Mgobhozi

Your contribution to this world, not only in fashion but overall humanity is unmatched. You saw an open space and occupied it fully. I'm interested in exactly what you saw, or found missing, that made you want to contribute as you have and continue to.

I couldn't find an editorial platform that was documenting culture through luxury, art, fashion and sustainability, while grounding every story in academic research and strategic thinking.

There were beautiful magazines, there were trend reports and there were fashion platforms, but very few were bringing those worlds together. My background is in strategy and research, so I approach creativity with curiosity. I want to understand what influences people's work and how ideas evolve over time.

Research has always been the foundation of how I think, and I wanted that same depth to exist in an editorial publication. At the same time, I wanted it to feel beautiful. I didn't want research to live only in academic papers or strategy decks.

I wanted to translate those insights into visual storytelling that people wanted to engage with. I also noticed that conversations about African creativity were often fragmented. We were either talking about Africa or talking about Europe, but rarely about the relationship between the two.

Having grown up in South Africa and now living in London, I experience that exchange every day. Africa inspires the world, the world inspires Africa, and creativity becomes richer through that dialogue.

I wanted to create a platform that documented those movements rather than treating them as separate stories. That's why I founded CIKO CIRILLO. Every publication is part of a growing archive that connects creative voices across continents.

From what I gather, you're a kind humble person who loves peace. How do you find and maintain peace in the space you're in? Prayer? Meditation?

Thank you, that's a beautiful compliment. Peace is something I intentionally create. Prayer is a big part of my life as well.

My family and close friends are important to me, and spending quality time with them fills my cup.

We're shaped by the energy around us, so I try to surround myself with people who are kind and encouraging.

When I'm alone, I have little rituals that help me reconnect with myself. I love listening to music and reading because both nourish me. Music helps me slow down and feel present, while reading inspires the way I think.

You look absolutely radiant, and it feels as though that glow comes from more than a fitness routine. How have you looked after yourself over the years, physically, emotionally and spiritually, and how has that shaped the woman we see today?

Thank you so much. That's so kind of you. I strength train four times a week, and I have structure in my workouts.

My week usually includes upper body, lower body, a glute-focused session and a dedicated cardio day.

After my strength sessions, I'll finish with a 30-minute incline walk on the treadmill. I enjoy that combination because it helps me build strength while improving my overall fitness.

Living in London encourages you to walk everywhere, so movement has become part of my everyday lifestyle. You easily do 13 000 steps just in one day of roaming London!

As for skincare, I don't have a complicated routine. I use a cleanser, serum, moisturiser and sunscreen.

I didn't love the UK at first. My first visit was a cold one, excuse the pun, but its history, people and creative energy eventually won me over. It is still very different from our beloved KwaZulu-Natal. How have you adjusted to the weather and life in the UK, and what has the move meant for your state of mind and overall wellbeing?

Moving to the UK has been rewarding and challenging. The first thing was the weather. Coming from KwaZulu-Natal, where it is mostly warm all year round, the UK winter was a real shock.

It wasn't just the cold, it was adapting to shorter days, a different pace of life and learning how to navigate an entirely new country.

The sun in December was setting at 3:30pm and by 4pm it is fully dark. Winter was extremely gloomy. There was so much to learn, from understanding the tube stations, buses and trams to building a new routine from scratch. The train stations are big and overwhelming, King's Cross, Euston, Paddington.

It taught me to become more adaptable, more independent and more confident in my ability to thrive in unfamiliar environments. One thing I realised very quickly is that I can't treat wellness as something optional.

Exercise is the foundation that allows everything else in my life to function. Completing a demanding Master's degree while building CIKO CIRILLO, requires a huge amount of discipline.

You are clearly in a season of growth, balancing your studies, global research and the continued development of CIKO CIRILLO. What are you building at this stage of your journey, and what legacy do you hope this work will leave behind?

Right now, I'm completing my Master's in Marketing and Brand Management at Nottingham Business School, and I'm incredibly grateful to have achieved three distinctions so far.

It's been a challenging but rewarding experience, and it's deepened the way I think about branding and the role that research plays in shaping meaningful work.

At the moment, I'm interviewing fashion designers and creatives from around the world. I'm also working closely with the **United Nations Fashion and Lifestyle Network** to further embed CIKO CIRILLO within sustainability initiatives.

It's an exciting opportunity because it allows our work to contribute to a broader global conversation about culture, creativity and sustainable development.

I hope that years from now, students, researchers and creatives will be able to look back at the pages of CIKO CIRILLO to understand how creativity shaped the world around us.

If CIKO CIRILLO can become part of that cultural record, then I'll feel I've achieved what I set out to do.



KHANATURAL SHEA BUTTER

HAIR
SKIN
FOR HIM
FOR HER



So, What Can Sea Moss Actually Do for You?



Sea moss is everywhere. It is being added to smoothies, stirred into morning drinks and turned into one of the most talked-about products in the wellness space. With so many claims competing for our attention, it can be difficult to work out what sea moss actually does and how it can fit into everyday life.

BY KHANATURAL TEAM

It contains several useful nutrients

Sea moss contains fibre, complex carbohydrates and minerals such as iodine, calcium, magnesium, potassium, iron and zinc.

Scientific research has also identified pigments and polyphenols with antioxidant properties. Its nutritional composition depends on the species, growing environment and processing method. This is why the sourcing and preparation of a sea moss product matter.

Its iodine supports an important body function

Your body needs iodine to produce thyroid hormones, which help regulate growth, development and metabolism. The US National Institutes of Health recommends 150 micrograms of iodine a day for most adults and identifies seaweed as one of its richest food sources. The body only needs iodine in small amounts. Excessive intake can interfere with thyroid function, so sea moss should be used according to the product directions.

Before buying any sea moss product, check its ingredients, harvest location, iodine information, storage instructions and contaminant-testing details. If information is missing, ask the supplier. If you have a thyroid condition, are pregnant or breastfeeding, or take regular medication, consult a qualified healthcare professional before using sea moss.

It can add variety to a balanced diet

Wellness becomes easier when healthy choices fit naturally into your day. Sea moss can bring additional fibre, minerals and variety to meals without requiring you to change everything you eat. It works best alongside vegetables, fruit, whole grains, proteins, movement, rest and proper healthcare. Think of it as one useful addition to your routine rather than the answer to every health concern.

It is easy to add to food and drinks

Khanatural recommends adding two to three teaspoons of its Sea Moss Gel to water, cereal, smoothies, tea or juice. Blend it with fruit for breakfast, stir it into oats or add it to a drink you already enjoy. Its mild taste allows it to disappear into familiar recipes, making it easier to use consistently. The gel must be refrigerated and consumed within two weeks of opening. If you are trying it for the first time, choose a jar size you can comfortably finish within that period.



WHY GOOD MEN STILL FEEL ALONE

BY MOKWADI WA MOMPEDI

There is a loneliness that doesn't come from being alone. It comes from being needed by everyone and truly known by no one.

It lives in husbands and fathers. In brothers and friends. In men who are respected, admired, and even deeply loved. Men who have people around them, yet somehow feel unseen.

And perhaps that is what makes it so difficult to talk about.

Because loneliness isn't always obvious. Sometimes it wears a smile. Sometimes it goes to work every day. Sometimes it pays the bills, remembers birthdays, and asks everyone else how they're doing.

Sometimes, loneliness looks like a good man.

The Burden of Being “Strong”

Many men learn early that love comes with conditions.

Be useful. Be dependable. Be strong. So we become exactly that.

We show up. We provide. We protect. We solve problems. We carry burdens quietly. And somewhere along the way, we begin to believe that our role is to support everyone else, not to need support ourselves.

We become comfortable being needed. But being needed is not the same as being known. And the distance between those two things can be a lonely place.

The Conversations We Never Have

Men can spend years talking without saying anything.

We discuss football. Politics. Work. The price of fuel. We laugh, tease each other, and exchange stories. But beneath the surface, many of us are carrying fears we have never given words to.

Fear of failure. Fear of disappointing the people we love. Fear of growing older. Fear of not being enough.

And perhaps the greatest fear of all: that if people really knew how tired, afraid, or uncertain we were, they would see us differently.

So we say, “I’m good.” Even when we’re not.



Loneliness Is Not Weakness

Somewhere along the way, we confused emotional independence with emotional isolation.

We convinced ourselves that asking for help was weakness. That vulnerability made us less masculine. That strength meant carrying everything by ourselves.

But no man was designed for that. Even the strongest trees rely on forests. Even kings had advisors. Even warriors needed brothers. Connection is not weakness. It is part of being human.

Good Men Need Love, Too

Not admiration. Not praise. Not applause. Love.

The kind that asks, "How are you, really?"
The kind that listens without trying to fix.
The kind that allows a man to put down his armour without fearing that he will be judged for what lies underneath.

Good men need safe spaces too.

They need friendships that go deeper than jokes. Relationships that allow honesty. Families that understand that the man who carries everyone also needs someone willing to carry him, if only for a moment.



A Different Kind of Strength

Perhaps strength is not measured by how much pain a man can hide. Perhaps strength is found in saying, "I need you."

Perhaps courage is picking up the phone. Perhaps healing begins with one honest conversation.

Because the truth is, loneliness does not mean a man is broken. It means he is human. And maybe that's the message more good men need to hear.

Not that they have to carry it all. Not that they have to figure it out alone. But that they deserve what they have spent their lives giving everyone else.

Love. Understanding.

And someone who sees them, not for what they do— but simply for who they are.

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.





WHAT ARE YOU WEARING THAT NO LONGER FITS?

Between year-end fatigue already catching up with some of us, tight deadlines, parenting, losing loved ones, navigating friendships and simply trying to keep up with life, we do not often take a step back to consider which emotions and experiences no longer fit us.

We rarely pause long enough to ask: What am I still carrying that is preventing me from moving towards something that suits my emotional physique better?

In all fairness, many of us have never been equipped with the tools to audit our mental and emotional state. We know how to keep going, show up, meet deadlines, care for others and fulfil our responsibilities. However, we do not always know how to sit with ourselves and identify the dead weight we have been carrying.



BY DAMBISA MAQOGA

Lately, I have been thinking deeply about what is no longer my perfect size.

So many things are happening at once, and now more than ever, I find myself hoping that I will eventually have the courage to make certain difficult decisions.

There are situations, patterns and responsibilities that no longer fit my mental state. Yet, the thought of reshuffling everything I have become accustomed to feels daunting.

Sometimes, we know that something is no longer good for us, but familiarity convinces us to keep wearing it.

It may be a relationship we have outgrown, a friendship that has become one-sided, a job that continuously drains us, a role we were forced to take on or



These thoughts made me realise that there are many people like me.

People stuck with emotions that no longer fit them. People carrying resentment, guilt, grief, fear, disappointment or anger because they have not yet worked out how to put them down. People who know that something needs to change but are afraid of what life will look like once it does.

The thing about life is that it throws curveball after curveball. There is hardly a moment to stop and scrutinise the measurements of our mental health, wellness and overall wellbeing.

We measure our productivity. We measure our success. We measure how much money we make, how many goals we have achieved and how well we appear to be coping. Yet, we seldom measure how heavy our lives feel.

Perhaps wellness is also about recognising when something has become too tight, too uncomfortable or too heavy to continue wearing.

Sometimes, healing requires putting a full stop to what no longer fits. It may mean creating a boundary, changing a routine, asking for help, walking away or finally admitting that we are no longer okay with something we once tolerated.

I am learning not to fear the unknown as much as I once did. Prayer, meditation and going to church have helped me fill my cup with faith. I am slowly building the emotional and spiritual strength to release what no longer fits me, mentally, emotionally and even physically.

Faith does not always remove the fear, but it reminds me that I do not have to remain in an uncomfortable place simply because it is familiar.

Maybe the question is not only, "What are you wearing that no longer fits?"

Maybe we should also ask, "Who could I become if I finally allowed myself to take it off?"



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