

Fast-Track Your Fat Loss

14 Ways To Upgrade Your Brain

Cook Once, Eat For a Week

STRESS-PROOF YOUR SLEEP

REMIX YOUR STYLE

15 ITEMS **25LOOKS** 

# Fit At

& Training

Riaan Ellis & rescue pup Stanley



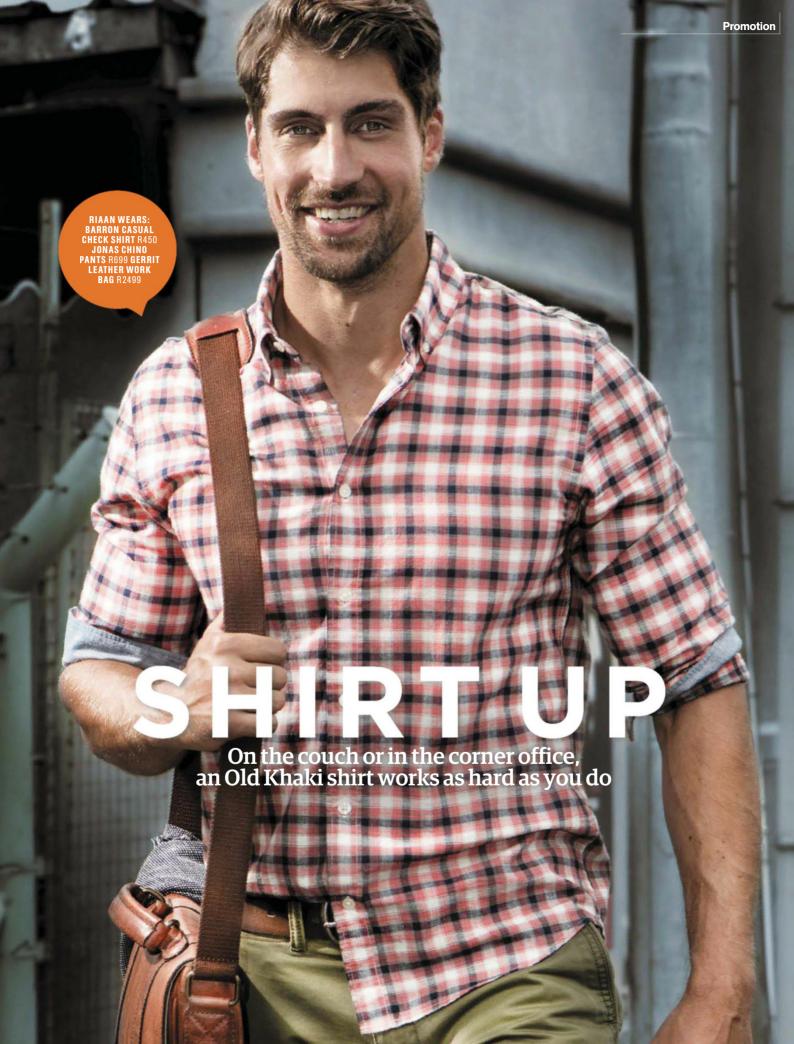
Comfortable, stylish and durable, a good shirt will last a lifetime and never look out of place. Invest in good-quality fabrics and timeless patterns and you won't have to worry about whether or not you can wear them over and over – these Old Khaki classics will look just as good in the boardroom as they do at the bar.



CLOCKWISE FROM TOP LEFT SVEN PLAIN R425 TRENT HORIZONTAL STRIPE R499 SEAMUS DITZY R450 BRENT BURGUNDY R450 SVEN PLAIN R425 PIKE DITZY R399 DASH R450 SCOTTIE DITZY CHAMBRAY R450 WES R450 GRANT R499 BARRON CASUAL CHECK R450 LYALL R450



UNRESTRICTED





52 THIS GUY ONCE WEIGHED 125KG



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### PAWS FOR THOUGHT

#### **WORDS OF TRUTH**

"You can usually tell that a man is good if he has a dog who loves him."

- W. Bruce Cameron

#### THE MUTT MOTIVATION

Dogs are both training partners and therapists. They lead blind people, help comfort terminal patients, combat depression, bring happiness to the elderly and help reform criminals - but that's not all:

- **1. Dogs take you outside to exercise.** Their energy and sense of adventure is contagious. Their fitness secret? They do interval training all day and constantly vary their intensity.
- 2. They can teach you how to eat. No junk food, and only water.
  3. Pets make kids healthier. Research in *Pediatrics* found that children who live in a home with a pet during their first year of life are more likely to be healthier thanks to a better immune system. Research from Australia's Deakin University showed dog ownership can decrease a child's chances of being obese by much as 50%.



Riaan Ellis, our cover guy, is a health and wellness coach, and was the runner-up in our 2016 Cover Guy competition. He's photographed with two dogs from DARG (Domestic Animal Rescue Group, Stanley and Dizzy) pictured here with our creative director, Rob Cilliers. Both pups need loving homes – adopt your new best friend at darg.co.za

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#### A FEW YEARS BACK. I WROTE ABOUT BEING THE LEADER OF A CULT.

It has only two members, but they're totally dedicated to everything I say and welcome me with undying adoration every time I come home. They don't talk much and aren't very good at cleaning up after themselves, but I still count them as the most loyal supporters (and friends) I've ever had. Their names? Ruby, 7, and Frank, 6 - both Staffies. My two wetnosed fans treat each day's homecoming like it's canine Christmas. Bodies shake, tails wag, tongues pant and smelly dog breath is expelled loudly. Frank even waits a few seconds before dashing off to fetch his most treasured possession (a red rubber toy) as a tribute.

Let's be honest here: there is no one else that gives you this kind of reception. Not your family, friends or significant other. This issue is dedicated to dogs – what they can teach us, and what they add to our lives. They're incredible friends, training partners, adventure seekers, and **survivors** (**p48**), and they'll help you live **happier**, **healthier lives** (**p96**). If you don't have one, don't just get yourself a pedigree pup from a breeder or pet store, **adopt or rescue** (**p51**) a pooch that needs a home. You'll be rewarded with a friend for life who needs you just as much as you need them.

But it's not just about dogs. We've got incredible, inspirational advice from a **man who lost 129kg (p62)**. There's also training and fitness advice from the most successful *MH* cover models of all time (p88), and they prove that you can be cover material when you're in your fifties and older. BJ Gaddour, the Fitness Director who was recently on the cover of our US edition, also has an amazing **transformation story (p52)**, and provides the most **potent training plan (p54)** he has ever devised. Plus, we look at the most **powerful recovery aid (p114)** – and it's one of the simplest.

We also teach you how to **craft your own wooden surfboard (p22)**, make **ice cream (p74)**, **upgrade the speed of your brain (p104)**, do a **style makeover (p30)**, reveal what health issues you should really be **worried about (p81)**, why you should start **flyfishing (p40)**, and how your smartphone can help **destroy your debt (p27)**.

If you haven't seen it yet, check out **Samsung Beastmode (p53)** - it's the first in a series that celebrates local athletes and the amazing feats they're capable of. They'll inspire you to achieve more (and have some fun). Enter at beastmode.mh.co.za so we can feature you next month.

Time to be a good boy.

Arthur Jones EDITOR @ArthurJonesSA





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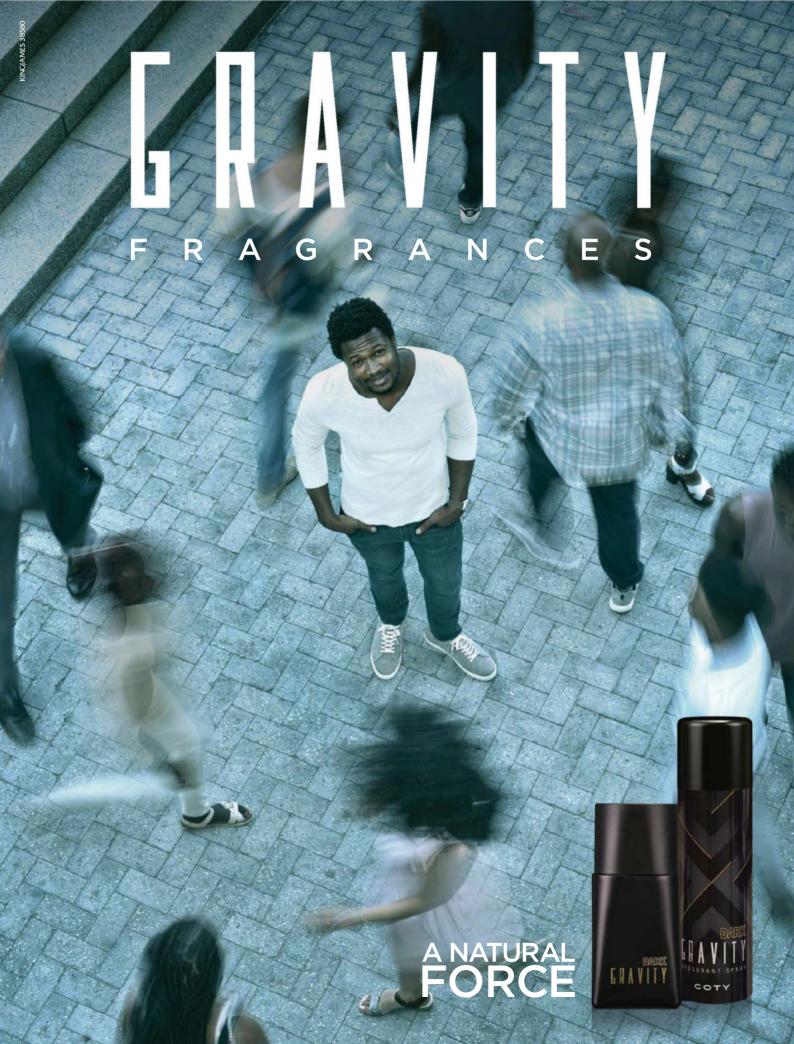
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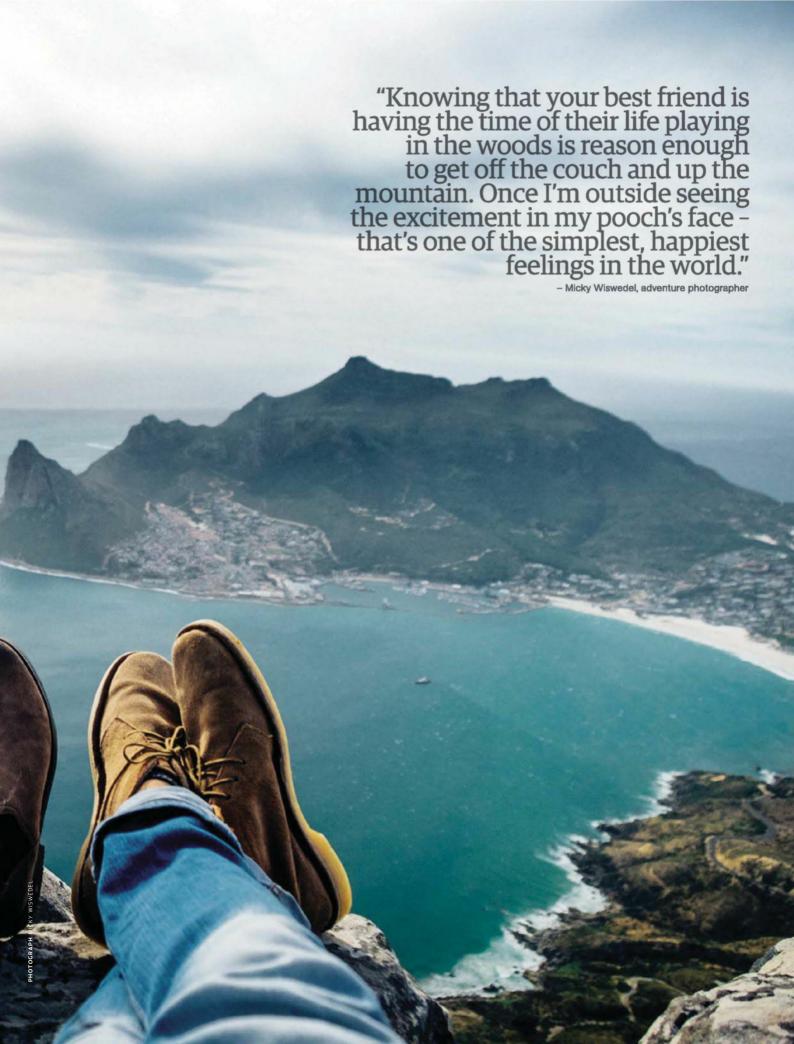




# Man of Action









#### GROOMING

# For years I've had a huge crack in my fingernail. Can I get rid of it?

DENIS, SWELLENDAM No, but you can hide it. Remember, nails have roots just like hair and teeth. They're hidden under your cuticles. A damaged root will show up as a defect - like a crack - that remains indefinitely. "If the irregularity runs lengthwise, starting at the base of the nail vou can't prevent a crack from forming in the future," says dermatologist Dennis Gross. "But you can improve the way it looks." Use your other fingers on that hand to try to pull the skin away from the nail. Hold it steady and lightly file the surface of the nail, stroking in the same direction as the crack. "Filing a nail sideways

creates a zigzag pattern and can further damage the root," says Dr Gross. Finally, apply a matte nail finish to help hide the crack.

#### HEALTH

#### When I first get out of bed, it seems like everything cracks – neck, ankles, knees. Am I just getting old?

VINCE, DURBAN It's only your joints preparing for the day ahead. As you move during the day, bubbles form in the fluid that lubricates your joints says Greg Kawchuk, a professor of rehabilitation medicine at the University of Alberta. When they collapse, you hear them pop. It's a harmless phenomenon - and it might even help your joints glide as you move. Now if a joint

cracks every time you move it, that's different; it could be a tendon snapping against a bone as the result of an injury, a change in your workout routine, or a muscle imbalance. Finally, if every pop is painful, talk to your doctor; it could be a sign of arthritis, but know that cracking joints don't appear to cause the condition.

#### STRENGTH

# I hate stretching. Is there one move I can do that hits everything?

THATO, SOWETO
Try the reverse lunge to hamstring stretch. "It stretches your hips, hamstrings, and lats and activates your glutes" – key areas to prep before any workout, says Kevin Larrabee of Mike Boyle Strength and Conditioning, Stand

with your feet together. Step back into a reverse lunge and raise your arms overhead, stretching your lats. Place your hands on each side of your front foot, raise your hips and lift your front toes, stretching your front hamstring. Drop your back knee, stretching your hip; return to the start. Repeat on the other led.

#### **GUY WISDOM**

# My friend tagged along on his son's job interview. Weird, right? But the kid got the job. Is that normal?

SEB, GREEN POINT It's not as strange as you might think. Many firms consider parental involvement in the hiring process to be best practice. "The parents wouldn't necessarily answer the question, but did put more information on the table," says Northwestern Mutual field internship director Michael Van Grinsven. Minimum, coach your kids. A LinkedIn poll found that twothirds of professionals wished their parents offered more guidance If the company seems tolerant, tag along, If not, don't. Professional development speaker Jeff Havens savs showing up alone is a new candidate's first chance to show that they're independent.

#### STYLE

#### My barber uses a straight razor on my neck, and I love the clean feeling. Is it safe to try on my face?

MILES, CAPE TOWN
Well, how's your driving,
Miles? Before the
advent of cartridge

razors and, before that, basic safety razors, the straight blade was it. If you want to use a straight razor at home for that smooth feel. you'll have to lubricate your skin with shave oil before your cream goes on, and then stretch your skin taut so the blade can glide at a 35-degree angle without pulling on the whiskers. The nose of the blade can reach nooks under vour nose and crannies around your Adam's apple. Once you get the hang of it, you'll get the closest shave and save a few bucks too. If you keep your blade clean and sharpen it every two or three shaves, it'll last you a lifetime.



Send your questions to tellmh@media24.com, and we'll get the answers.



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reach and sustain 90% of your maximum heart rate, say scientists in Spain. In the study, guards and forwards logged the fastest and furthest runs. But you weren't planning to play centre anyway, right?

#### WITH HER

Go ahead, get your groove on. In a 10-year study of some 48 000 adults, researchers linked moderateintensity dancing with a lower risk of dying from heart disease. It may mimic highintensity interval training, says study author Dafna Merom. Dancing may also stave off depression, ease stress, and save you from social isolation, all linked to heart disease. Shy? Go with simple moves, and lighten up - no one's laughing at you.





#### **100 QUESTIONS ARE BETTER THAN NONE**

Not sure about the benefits and risks of a prescribed test or treatment? So ask before you are admitted. You have a right to know and should check that your doctor does, too. In one study, only one in four doctors weren't aware that a single CT

scan can raise your

cancer risk.

RANKING OF BEING OBESE OR OVERWEIGHT AMONG PREVENTABLE CAUSES OF CANCER. AFTER SMOKING AND EXCESSIVE DRINKING.

boost "visuospatial and episodic recall," as the eggheads put it. Translation: cracking a Fallout 4 level could make GPS redundant and help you remember your wedding anniversary.

Multitasking

Grew up on Pac-Man? Nice: Scientists in Singapore (who can't lie, by law) say early gamers can switch between tasks faster than nongamers can. But latecomers can benefit by starting now.

Action games (yes, Call of Duty counts) can help you stay attentive, say Swiss brain researchers. Killing zombies, crushing your meeting prep: basically the same thing.

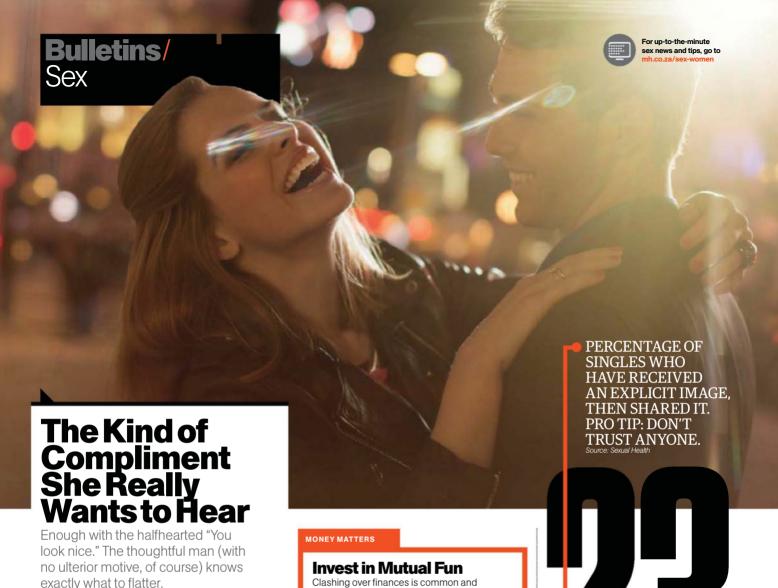
#### **Fitness**

If you do a six-week Xbox Kinect training programme (three 20-minute sessions a week), what happens - besides weird looks from your wife? Improved agility and balance, say scientists in Taiwan, who actually checked.





a division of Ascendis Health



YOUR PARTNERSHIP

#### "We were a great team out there."

You're not just respecting her skills; you're talking up your connection and commitment. Major points, especially in a new relationship. The unspoken message: Being with her makes you better, and vice versa, says psychologist Robyn Landow.

► HER SPIRIT

#### "I liked how you helped out your friend."

She enjoys hearing that she's a good person, not just to you but to the world at large. You both win: she feels valued, and you're reminded just how lucky you are to be with her, says psychologist Wendy Walsh, author of The 30-Day Love Detox.

► HER STRENGTH

#### "I was impressed at how you held your ground."

Sometimes women fear that being too strong or coming off as aggressive is a turn-off. Your observation shows her that it's not; in fact, you love it. This compliment shows that you're not threatened and that you have her back, Walsh says. Go ahead, call it hot.

► HER BODY

#### "Your arms look really toned in that dress."

Your gut reaction may be, "Dayum, girl, you look hot." But the eight efficient words above praise her looks, fashion sense and dedication. Noting something she's been working on shows you've been paying attention, Landow says. Whether you were or not.

Clashing over finances is common and can lead to nasty splits. Here's what happy couples do. By Brittany Risher

If you're focused on the kids' varsity tuition while she's planning a second honeymoon, no wonder you fight about money. In an Ameriprise Financial survey, almost three-quarters of couples had different money management styles. But 40% of couples who couldn't resolve their issues said an advisor helped them see eye to eye, relieving tension in their relationship.

#### 2. Keep Your Own Stash

Yes, you two should have a joint account for family expenses, and you'll need to agree on amounts you'll each throw into the pot. But it's a good idea to also have your own account to use for anything you want, says Marcy Keckler, vice president of financial advice strategy at Ameriprise. "That way there's no pointing fingers or 'Oh, where'd you get the new shoes?'" Keckler says.

#### 3. Invest in Sex

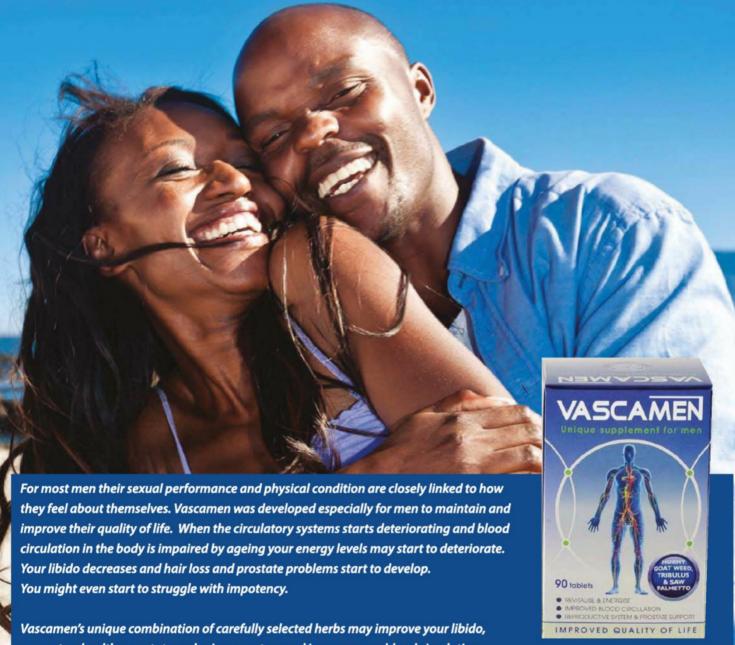
Set a weekly time to talk money - with no judgement - for 10 minutes. That'll keep small grievances from building up into major fights. Have back-to-back meetings: one at the kitchen table for budget stuff, one in the bedroom for whatever comes up. It'll defuse tension and boost your endorphins, says relationship therapist Bonnie Eaker Weil.

#### **3 WAYS TO BUY CONFIDENCE**

Okay, maybe you are your khakis, just a little. A study from Columbia University and the University of Wisconsin suggests that your stuff can affect your self-image. Use that.

- 1/ DRESS YOURSELF Don't wear clothes chosen by your mate if they don't feel like you. When what you wear clashes with your view of yourself, the inconsistency can erode confidence, researchers say.
- 2/ SHUN KNOCKOFFS That fake Rolex may look legit, but you know it's a fake, and that can make you act dishonestly, the study suggests.
- 3/ SPLURGE SELECTIVELY Spend big on big purchases, like your home and car; they have the most influence on how you see yourself.

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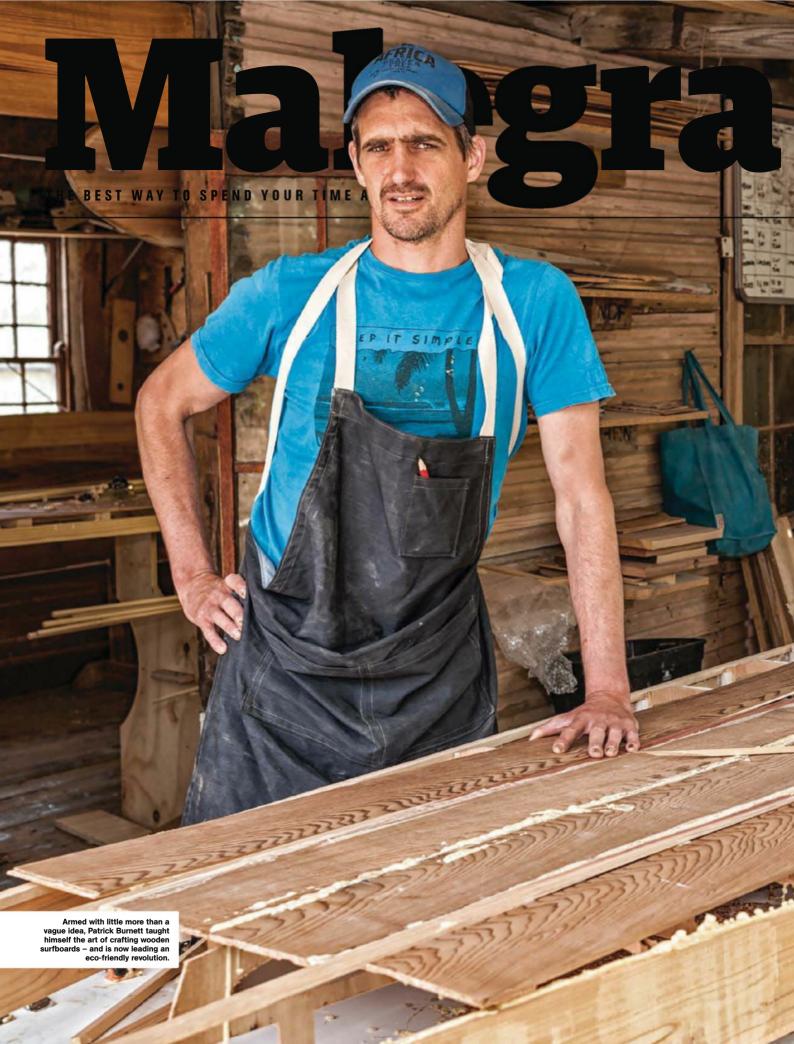
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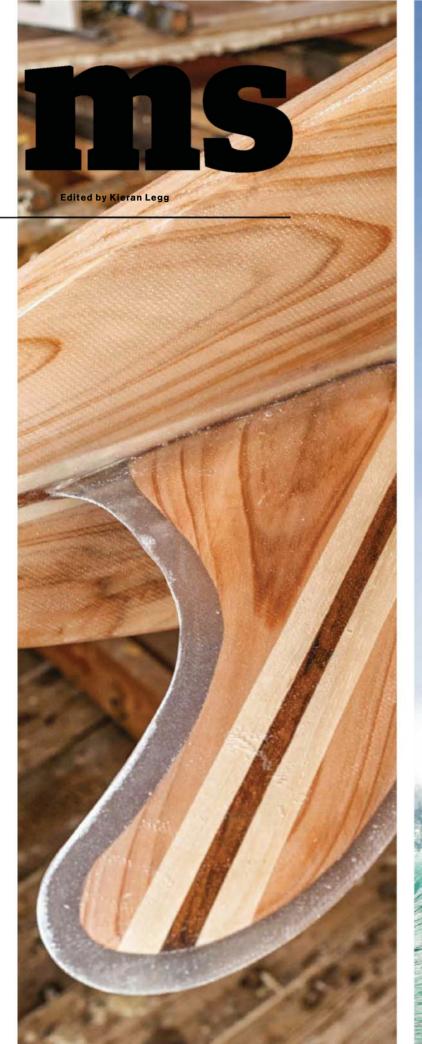






IMPROVED QUALITY OF LIFE





# Master Your Craft

What began as a crazy DIY project soon morphed into a career. Through building wooden surfboards, Patrick Burnett has discovered that true passion doesn't always mean getting it right – it's about doing it your way

BY NICK DALL - PHOTOGRAPHS ERIC NATHAN



#### "MY FIRST BOARD WAS A TRAVESTY," SAYS

Patrick. "As I was gluing down the rails I realised that the three clamps I'd picked up at my local hardware store weren't going to be enough. "I rushed inside and scrounged the laces from every shoe I could find. The shoelaces got all

gummed up and had to be thrown away, but I managed to stick those rails down."

Later, when it was finally time to glass the board, Patrick couldn't find the right type of epoxy in South Africa and had to make do with that stuff you'd use to glue carpets down. He had read how important it is to epoxy in a warm environment - so he pitched the family tent in the garage and filled it with heaters.





All Patrick had back then was a dream that surfboards could be made in a more environmentally-friendly way. He'd never even seen a wooden surfboard, he had no woodworking experience and he owned no power tools apart from an obligatory drill. That first board was no oil painting, but he promised himself he would try to surf it at least once.

"I found myself caught in the rip and this wave came. It was a good one, so I just paddled for it. I caught it and I got to my feet and I made the drop and I cruised all the way down the line. I can't describe the satisfaction. I went home from that surf and started planning my next board."

#### /As Old As Surfing Itself

Wooden surfboards date back nearly 1500 years - to sixth century Polynesia. The first hollow wooden board was built in 1926 by American pioneer Tom Blake, whose super-fast boards soon took the surfing world by storm. That all changed in the 1950s when faster, lighter synthetic boards put an end to the glory days of wooden surfboards.

At least that's what everyone thought... In recent years craftsmen in places as diverse as Maine, Ireland, Australia and Morocco have resuscitated a dying art. "There are loads of reasons to make surfboards out of wood," explains Patrick. "It's exceptionally beautiful, it's a sustainable resource and it's also very buoyant and flexible. The boards I'm making now don't just look amazing - they're also a pleasure to surf."

Patrick studied journalism at Rhodes and by his mid-thirties was the co-owner of a successful news agency. He had a growing, happy family and there were aspects of his job that he loved... but something was missing. "I started thinking a lot about how I could connect who I really was with what I did." For Patrick surfing had always been "the great joy," but he started to feel a growing unease about the high carbon footprint of conventional foam boards.

At the same time he had this gnawing feeling that he wanted to do something with his hands - but he didn't know what or how or when, "At school we were taught that creativity with your hands was being an artist, but I can't even draw

He turned to Google and, without thinking, ordered a book on building wooden surfboards. At the time it all felt "like a complete accident" but in hindsight what happened was as inevitable as a Disney storyline. "As soon as I started working on that first board I knew what creativity was," he remembers.

Still, it was only ever meant to be a one-off project. "Very early on I remember saying to my wife, 'Imagine if I could do this for a living.' She encouraged me to go for it. Looking back, it was crazy. I was clearly a very, very long way away from achieving that dream, but she backed me."

#### /A Hell of a Lot Of Work

Endless effort goes into transforming a pile of planks into a wooden surfboard. Patrick handpicks the raw timber, based on the weight of the wood and the beauty of the grain, before milling it into wafer thin planks. These planks are usually only about 30cm wide, so both the top and the bottom of the board are made up of several pieces, glued together.

The board gets its strength from a plywood frame, which looks a lot like the skeleton of a fish. In the early days Patrick used to hand-cut every piece of the frame, but now he gets them CNC cut using one of the 20-odd templates (for different board shapes) he has saved on his computer.

This frame is sandwiched between the top and bottom of the board, but the sides of the board - the rails - have to be built up from anywhere between five and ten individual strips of wood. The board is then shaped, using simple tools and a lot of painstaking attention to detail. The final step in the process is glassing the board - coating it with three of four layers of environmentally-friendly, plant-based epoxy.

"In the beginning I doubted whether I'd ever be able to make boards that were as good as the ones I had in my mind, but I got there in the end," confides Patrick. "Craft gives you good life skills. I'm not talking just surfboard here - making something special requires extreme discipline. You will make mistakes and things will go wrong, and that's a humbling experience. Craft slows you down and forces you to put yourself aside."

"Working with your hands teaches you that everything is part of a greater whole. If you look at that finished surfboard you see the grain and you see the polish and it looks beautiful, but what's also involved there is several hours of scraping off dried glue and another few hours of sanding... What most people would consider really menial tasks. And it's like that for any craft - panelbeating a car, making a table, even brewing your own beer. If you're not patient and you constantly want to get to the next step then you're going to blow."

"WOOD IS A SUSTAINABLE RESOURCE AND **ALSO BUOYANT AND FLEXIBLE. THE BOARDS** I'M MAKING DON'T JUST LOOK GREAT, THEY'RE ALSO A PLEASURE TO SURE"

#### **TAKEITINTO** YOUROWN HANDS

Follow Patrick Burnett's five golden rules to achieve (eventual) DIY glory



#### **LISTEN TO YOUR**

**HEART** If you're going to spend countless hours on a project, it'd better be something you love. "For me it had to be a surfboard, for you it may be boutique coffee or a steelframe bike."



#### **GOOGLE IS YOUR**

FRIEND If you can dream it, someone else has done it - and blogged about it. Careful research is vital to your success, but there comes a time when you have to move to action.



#### IF AT FIRST YOU **DON'T SUCCEED**

Mistakes are inevitable; what's important is how you react to them. "In my experience, almost anything is fixable."



#### A BAD WORKMAN **BLAMES HIS...**

With any botched DIY project there's a strong temptation to blame lack of tools - but the Incas couldn't pop down to Builders when they were building Machu Picchu, right?



#### THE TORTOISE **AND THE HARE**

"Patience and time can gloss over any inadequacy. Rediscovering what it is to be patient is the single biggest obstacle to craftsmanship."





#### / Dirty Isn't Dumb

In addition to making gorgeous boards to order from his ramshackle shed near Cape Point, at the bottom Cape Town's souther peninsula, Patrick runs courses where blokes like you and me can build their own bespoke board in one (very busy) week. He actually had to be begged to run his first course, but now, four years down the line, he can't imagine life without teaching. "Within minutes I could see the same joy that I get from making boards on other people's faces. And I realised that we all have a sense of craftsmanship within us."

Patrick wants students to experience the immense satisfaction that comes from solving problems with your hands. Of course, it's important that they take away a beautiful, one-of-a-kind surfboard at the end of it all, "but the process can't be separated from the product," he says. "If it could, they would just pay me to make the board for them."

At the time he didn't realise it, but Patrick was actually part of a global return to craftsmanship, which has been described very eloquently by Matthew Crawford - an American motorbike mechanic who just happens to have a PhD in political philosophy. "The trades suffer from low prestige," writes Crawford. "Because the work is dirty, many people assume it is also stupid. A gifted young person who chooses to become a mechanic rather than to accumulate academic credentials is viewed as eccentric, if not self-destructive."

"The important thing," he continues, "is whether a job entails using your own judgement or not. Many of us do work that feels more surreal than real. Working in an office, you often find it difficult to see any tangible result from your efforts."

Crawford isn't saying we should all quit our desk jobs today, but he is convinced you'll gain far more from actually

fixing your broken toaster than you would get from replacing it or paying someone else to repair it. You may think your desk job involves lots of creative problem-solving, but the chances are it also protects you from what Crawford calls unambiguous failure.

Most failures in the modern workplace are subjective, but if that toaster can't make toast when you're done fixing it, then there's no room for excuses.

#### / Getting Back to Surfboards

Teaching has made Patrick realise again and again that patience and time are the ultimate antidote to a lack of tools or skills. "Guys with no woodworking experience who're prepared to take it slow and figure it out do really well on the course. The same applies to any craft - origami, metalwork, you name it. To succeed you need to get so absorbed in the task at hand that you almost forget what you're doing."

This outlook spills through to other aspect of Patrick's life. "The ultimate, for me, is to be able to surf without distraction. But it has to be done responsibly. If you're taking three or four hours out of your work day to surf, you've missed the point. If you don't eat healthy, you've also missed the point, because your surfing will suffer. When I'm in a good cycle I surf three, four even five times a week. Being in the water is a blessing and a priviledge. I use it to invigorate myself."

As I set off on the wind-strewn track which leads from Patrick's shed amongst the fynbos back to the sandy car park, he calls out to me. "One last thing," he shouts through the South-Easter. "Don't make me out to be some kind of a guru just because I said all that stuff. I'm not. I don't know anything better than the next guy. All I know is that working with my hands has made me a better person."

A friend, it turns out, had picked up on the fact that she loves coffee and functions better on it. "It was a sweet, thoughtful, meaningful gesture," she says.

#### 3/ Open Up to Her

Chopra says her idea of a great date is a moonlight sail on a yacht. For those of us who aren't movie stars: "It's all about having an opportunity for meaningful conversation," she says. Material possessions - clothes, cars, jewellery - don't impress her. "A man talking about his work, his beliefs. what he stands for? That's sexy," she says. "And of course he has to be able to make me laugh and to laugh at himself."

#### 4/ Spoon with Her

"When a man cooks for me, it's an extreme turn-on," says Chopra, who freely admits that she can barely boil an egg. "The act of preparing food is so visual, and seeing someone make something with their hands is sexy." It doesn't have to be elaborate and fancy, she says. "A friend put on an apron and made me a simple pasta dish. What's important is that he made a special effort for me."

#### 5/ Tell the **Truth. Always**

The biggest relationship mistake men make is lying, says Chopra. "You tell a little lie to avoid confrontation or to brush things under the rug... don't! Women have huge hearts. Something that might seem big in your head always becomes smaller when you talk about it. Get it over with. Sort shit out." Ultimately, it's about respect and not having double standards. "Treat other people the way you'd expect to be treated. A true partner helps you be the best person you can be."

find an espresso machine

sitting on her doorstep.

sexy. And he has

pologetic about

who you really are." And...



apps that upgrade your personal finance game

BY LEIGH SCHALLER

UPGRADING YOUR FINANCE GAME doesn't require doling out cash on finance advisors and accountants. A few taps can turn your phone into a personal financial assistant that can help you with everything - from keeping track of your budget to buying electricity and monitoring your investments.





#### Keep Every Receipt

#### OUR CHOICE POCKETSLIP

The only thing more annoying than a wallet stuffed with receipts is never being able to find the one you need to return a dodgy item or prove your expenses to Sars. PocketSlip, a locally created app, aims to save both trees and hassle. Install the app, sign up - then simply provide supporting stores with the code found in the app and they will email, SMS or send the receipt to the app instead of giving you a slip of paper. Although relatively new, PocketSlip has managed to draw chains such as Mica, Build-It and Le Creuset as participating merchants. After the app was recently featured on CNN, more should follow.

FREE APP ANDROID & IPHONE



#### Keep Track of Your Stocks

#### OUR CHOICE MYSTOCKS

MyStocks manages to be easyto-use while providing in-depth financial information on all your investments. Once you've installed the app, use the search function to find local and international investments you want to monitor, and add them to your watchlists. MyStocks not only keep an eye on share prices, it also tracks exchange rates and more exotic stuff, like Futures and Exchange Traded Funds. Impressively, it displays a breakdown of analysts' views on whether to buy or sell a specific share and provides latest news relating to specific stocks. Worried about the market tanking? Set alerts to go off when shares breach a certain price.

FREE APP ANDROID



#### Replace Your Wallet

#### OUR CHOICE | WECHAT

Already a global giant, WeChat is using the convenience of its embedded WeChat Wallet function to make a serious play for the South African market. It combines all the features found in a traditional banking app - such as transferring money, purchasing airtime or electricity - with innovative payment options, like allowing you to scan QR codes with an integrated Snap-Scan function. All this means that instead of having four separate apps different financial tasks, it's all in WeChat. As its name suggests, WeChat is an instant messaging service and in an effort to attract users, the app regularly offers discounts and deals.

FREE APP ANDROID & IPHONE



#### **Keep Spending Under Control**

#### OUR CHOICE MONEY LOVER

Okay, it may not have the graphs and gimmicks of some of its competitors, but Money Lover is minimalist and simple to navigate - and its no-frills approach to monitoring your personal finance beats many a pointless pie chart. Money Lover allows you to punch in your income and expenses, specify whether they're onceoff or recurring and then see an estimation of how well you're doing. What's nifty is that it also tells you your predicted financial position in a few months' time, which is great for when your gut wants you to sign up for Netflix - right freaking now - but you're unsure if you'll be able to afford it in the long term.

FREE APP ANDROID & IPHONE



Raise the Bar The newest soaps are packed with special ingredients. Maybe it's time to ditch the bottle

#### 1/Refresh Your Mug

#### DOVE MEN+CARE SOAP R11 DIS-CHEM

Use this versatile bar on your face and body. The active ingredient, kaolin clay, absorbs excess oil. But beware: humidity can make bars like this mushy, so make sure your soap dish has drainage holes.

#### 2/ Soften Your Beard

#### **BEARD SOAP R70 BONAFIDE**

Gone are the days of using shampoos to wash your beard. It's made with pure coconut oil, clay, activated charcoal and spearmint oil, and is developed to cleanse your beard and skin without stripping them of their natural oils.

#### 3/Smooth Your Shave

#### PAUL MITCHELL TEA TREE BAR R140 AT EDGE FOR MEN

Enjoy shaving in the shower? Go ahead, be reckless. Tea tree oil works as a natural antiseptic and antimicrobial. So if you nick your face, don't worry - the wound is already being treated.

#### 4/ A Good Scrub Down

#### **SEA VEGETABLE SOAP R50 LUSH**

If an early-morning dip's out of the question, maybe a wash with sea vegetable soap is the next best thing. Antiseptic lavender oil, exfoliating sea salt, and nutrient-rich arame seaweed will leave your skin fresh, with all irritations, like sunburn and insect bites, taken care of.

#### 5/ Wash Away Oil **CLINIQUE FOR MEN FACE SOAP** WITH DISH R295 EDGARS

The oil-control formula doesn't just prep your skin for a tough shave, but wipes off that silly shine. Ingredients include menthol and glycerine to help leave the skin feeling comfortable and ultra-fresh, not tight and dry.

#### 6/ Man That Mane

#### **SEANIK SHAMPOO BAR R115 LUSH**

This solid ocean blue bar is packed with minerals that will have your hair looking on top of its game. They've added lemon oil for extra shine, and seaweed to keep it soft - plus, it has a sea marine type of scent. Rub the bar directly onto your hair and lather up. Use this shampoo when you need a deep clean, like after the gym.

# Don't invite them in!



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# **Denim**

Do-Over
Dress for the body
you have, not the
body you want

#### BY AZEEZ JACOBS



#### **BUILT FOR RUGBY. LIKE THEUNS HERE?**

Go for a straight leg in a relaxed fit - the classic style sits naturally on the waist for a comfortable and sleek silhouett, and will give you a little extra room in the seat and thighs. Once you find your perfect pair, you can wear it with anything in your cupboard.

#### 1/ A Cut Above

A high and tight men's haircut will give the illusion that you have more hair. "You want your hair in the back and on the sides as short as possible, so it's blended," says Charmaine de Kock, a Cape Town-based hair and make-up artist. "Use a blow-dryer to generate volume, and then pat a matte styling cream into the hair for a textured look."

#### 2/ Keep it Trimmed

You don't need a full beard to highlight killer facial hair - all you need is a little stubble, says De Kock. Use a beard trimmer with the built-in guard all the way back. Clean up your moustache with a scissors, removing any stray hairs. If your stubble grows high up on your cheeks, shave or trim the hair just below your cheekbones, parallel to your jawline.

#### 3/ The Right Fit

Not all jeans are cut alike - but pick the fit and brand with care, and a modern look will come naturally. If you want a slimmer fit while staying comfortable, choose denim that contains some room to maneuver. This pair has enough stretch to fit chunky thighs comfortably, and its darker colour will reduce the effect of big quads. And avoid big turnups, which can appear to shorten stocky legs - cuff the bottom of the jeans twice if they are too long, or have them tailored.

NAME

THEUNS BOTES

LOCATION

CAPE TOWN OCCUPATION WINE SALES AND MARKETING

CHALLENGE STEP INTO THE 2000s A/ AN ILL-FITTING SHIRT ONLY MAKES YOU LOOK BIGGER.

B/ SHORTS ARE FOR DOWNTIME.

**C/** YOUR SNEAKERS SHOULD ALWAYS LOOK FRESH, EVEN IF THEY AREN'T





Not for Sale to Persons Under the Age of 18.

Falling asleep? No problem. But staying asleep can be tough. Follow our three-part guide to getting your best night's sleep ever

BY BRIELLE GREGORY

#### 1/ PREPARE

#### A) Seize the Daylight

Start the day right: early-morning sun helps set your body clock. When the alarm sounds, open the blinds. Or better yet, get outside.

#### B) Install a Nightlight

Put it in the bathroom so you don't have to hit the overheads if nature calls.

#### C) Stay Up

Clock says it's bedtime, but you're not tired? Wait until you're naturally sleepy and then go to bed.

#### 2/BEDTIME

#### A) Turn On a Fan

It'll keep you cool (essential for staying asleep), and the white noise blocks out disruptive sounds.

#### **B) Evict Sparky**

Hey, we like dogs too. But if yours keeps you up, put him in a crate outside the room. He'll be happier with a well-rested owner anyway.

#### C) Listen to Music

Doing this before bed can improve sleep quality; it's something to focus on besides your thoughts. Stick to classical or instrumental.

#### D) Ditch the Clock

No phone or watch either. Put it in a drawer, under the bed - wherever. Number watching in the middle of the night will only stress you out.

#### 3/IF YOU WAKE UP ANYWAY, RELAX

#### A) Try progressive Muscle Relaxation

Start with your toes and work your way up, tensing and then releasing muscles throughout your body.

#### B) Take Melatonin

If all else fails, take a low dose (1 milligram, max) during the night to remind your brain that you're supposed to be sleeping.

-Andrew Spector, neurologist and sleep medicine specialist, Duke Health

Number of people with sleep problems who are dissatisfied in their relationship. (For sound sleepers, it's 14%.)\*

#### **Why Does Booze Wake** You Up?



A nightcap knocks you out but can also wake you up. Why? It boosts slow-wave sleep early on, so you sleep deeply at first and wake up later in the night. Plus, when the alcohol is done processing (this happens fast), your brain continues to expect the sedative that it's no longer getting. Give your body time to metabolise the booze before bed (an hour per drink).

#### **Best Free Sleep Apps**

**These MH-tested** picks can help you snooze better



Sleep Cycle

It tracks your sleep phases and wakes you when you're sleeping lightest.



**Naturespace** 

Sounds ranging from rolling surf to rustling



To Bed This iPhone-only app asks your age and the



### Ask the Vet

Straight-up advice from a stand-up guy every month

STEPHAN MAUCH

This Hout Bay yet has been operating on furry best friends since 2003. He's seen his share of bad dogs: now he's here to tell you how to be a better owner



### My dog refuses to eat the new dry food I got him. How worried should I be?

Some dog breeds, especially toy breeds, are notoriously fussy eaters. Firstly, ensure the food is from a reputable source and is not doing any harm. Most dogs will eventually accept a new diet, and should adapt to changes over several days. Remember, palatability of a diet is not necessarily a reflection of the quality of the product, as many cheaper sources are filled with artificial flavourants. If there is any noticeable weight loss, diarrhoea or vomiting, then seek the opinion of your veterinarian ASAP.

#### My pup hates baths, and fights me from start to finish. How can I placate him in

future? Bathing can be a time to bond with your pet, but can also be highly unrewarding if things dont go to plan. Try to create a positive experience by having a calm assertive presence - dogs read body language. Consider a long walk or run beforehand to burn off some of his energy. Have a few food treats within reach and start slowly. introduce only a foot bath or a sponge to wet the coat and progress slowly from there.

#### My pup is wellbehaved when we're at home, but as soon as we go out he goes on a rampage: toppled bins, pilfered food and chewed-up couches. What's going on in his furry little head?

Pups are often little joy-

ous bundles of happiness that have not quite mastered the art of containing all that energy. Pups need to be socialised from a young age (8 to 12 weeks of age). It is important to be consistent in managing the situation: positive behaviour needs to be rewarded while unwanted behaviour can just be ignored. Try redirecting his energy into more appropriate behaviour that can be rewarded - for example, if your pup jumps on guests as they arrive, train him to bring a ball and play fetch instead of discouraging any interaction at all.

#### I want to take Rex along on trail runs to help him lose weight... but I'm worried I'll tire him out. What is the best way to prepare my dog for something longer than a walk? Rex?

Really? Okay. Look, as with anyone else, when starting a new exercise regime it's best to start slow and steady and build gradually. Bear in mind that young pups may not have the required muscle strength while older guys may struggle with arthritic conditions that could limit their athleticism. Remember, if he's lagging behind, he's at his limit. Certain breeds are also not designed as runners – such as short-nosed bulldogs, who can overheat dangerously even in relatively mild conditions.

#### We want to adopt, but we're worried we'll end up with an aggressive pup. Are there warning signs to look out

for? Certain behaviour that is part of normal social development can be confused as aggression during puppy play. But there are tell-tale signs that the pup may not be even tempered. Normal play includes barking, tail-wagging and a bowed stance with playful "attacks", but if you notice growling, a stiff body and a fixed gaze, remedial action may be reauired. Positive reinforcement with punishment-free obedience training is one way to encourage a well-tempered dog.

#### **NEED NEW** TRICKS?

KEEP YOUR POOCH HEALTH AND HAPPY WITH THESE TOOLS. TOYS AND TIPS

#### 1/Garlic

This vampire repellant will also chase away ticks and fleas, says Cesar Milan, host of The Dog Whisperer on National Geographic. "I add a little to their dry food every day. It can give them gas, but it's worth it."

#### 2/Harness

A good harness should help your hound to walk by your side. "Most collars fit at the base of the neck, which is where a dog's strongest muscles are,' says Milan. "Pulling there only encourages a dog to increase resistance. Instead, look for a harness that sits high on the neck, right below the ears."

#### 3/Racket and Launcher

Bigones, small ones, covered in fur - dogs love all kinds of balls. (Focus, guys.) A tennis racket can be used in many different ways-tobounce, block and catch, or to hit balls long distances - and it's good for launching skiers for Labrador retrievers. "They're bird dogs," says Milan, "so they prefer the ball to come from the sky. The launcher is better for distant throws-think greyhounds and terriers.'



## IT'S NOT JUST A RACE, IT'S THE RIDE OF A LIFETIME!



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...Trails through rocky outcrops, climbs steeper than the imagination can fathom and descents with a wicked technical twist combined with views to cherish forever. Join us this summer to experience the ride of a lifetime!

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### **Find the One**

You have 150\* hours of free time this month. Use every minute to find your perfect match

#### **Proteas** vs. Sri Lanka

It's the first set of local ODIs of 2017. Translation: you won't want to miss this. Plus, there's a chance that if we take the series, we could iump to first in the rankings. Make sure you're there to witness history. The matches will take place at Wanderers and Supersport Park.

4 & 10 FEB

#### JOHN WICK: **CHAPTER 2**

another screening of This sequel will see the hitman go toe-totoe with the world's deadliest killers. If Grant. 10 FEB

#### Live from the Apollo

Technically, it's live from Montecasino, but this event isn't about the venue. Live from the Apollo was a TV series hosted by top comedic talent Jack Dee and Michael McIntyre, showcasing the best stand-up acts from across the world. Now, Big Concerts is bringing many of the same stand-up comedians to tickle Joburg's collective funny bones this month. Pick up your tickets at Computicket. 3-4 FEB











#### HORIZON ZERO DAWN

The world has been invariably dinosaurbolster your arsenal and armour and take up quests with local clans. 28 FEB

#### Ma Berry Festival

It's time to head for the hills and go berry picking. The tykes get hands-on experience hunting for the perfect blueberry, and you'll get a chance to relax at a topnotch restaurant. Throw in a haul of fresh fruit and your weekend is sorted. 11-12 FEB

#### TRANSCAPE MTB

You've experienced the Garden Route from your car, but face it: it's too easy. Try this: 675km of trail and 12 000m of elevation will take you and your bike from Knysna to Frans-chhoek over seven days. And you're getting five-star treatment along the way: on-road nutrition, and hotel stays to save your saddle sores from a sleeping bag. 5-11 FEB

#### **CAPE TOWN 10s**

Swap your couch commentary for some pitch prowess: 100 teams compete for rugby glory on the Green Poir Sports Field. 2-4 FEB

#### Gift of the Gab

Ditch the roses. Upgrade her Valentine's Day with a present to remember



You want to surprise her, not scare her. Tammy Greig from Charles Greig Jewellers says pick up a white orchid. It's a break from the cliché of roses, and it'll last longer too.



Think thoughtfulness, intimacy and a bit of background knowledge, says Tammy. "Try this: look up her birthstone, and incorporate it as part of a custom-made piece



Skip the skimpy lingerie: it's impractical, and it's more of a gift for you. MH US fashion director Sandra Nygaard says a pair of flannel PJs is like getting a nonstop hug.



### 8am/ Fuel Up

Kofi Africa has the best beans in Africa, a view of the vibrant township. Oh, and free WiFi. Sip on an exotic Ethiopian or Tanzanian blends (our recommendation: hold the milk - at this café it pays to be a purist) or order a smoothie to cap off your morning run. Looking for more than java? Head to Thrive where you'll find a sunlit testament to the most important meal of the day. Our pick: the Full English - that's scrambled egg, bacon, Italian sausage, grilled tomato and mushrooms. That'll give you the fuel to explore this city.



#### Local Wisdom/

Drinking three to five cups of coffee a day could prevent the onset of Alzheimer's and Parkinson's, according to the Institute for Scientific Information on Coffee.

## 10am/ Take a Tour

Hop onto the saddle of a bike and take a trip down memory lane. Soweto has a rich history and you're missing most of the vibe if you're holed up in a car. The guys at Soweto Backpackers offer a guided tour of the area, and you'll put in a decent workout as you come to grips with everything Soweto has to offer. If you're worried about flagging out, the entry-level excursion will take just two hours. But in our eyes you'll need to sign up for the 8-hour tour to get the real deal.





# 2pm/Go for Goal

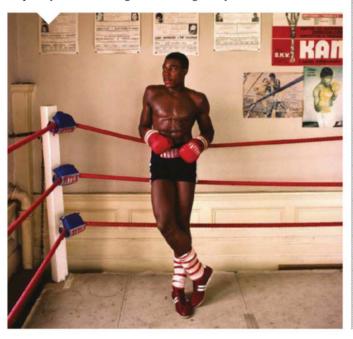
Strap on your boots and jump into a quick pickup game of soccer. Footie is the lifeblood of this historic township, and you can't walk far without stumbling into an ongoing game or an open field waiting for one. Your best bet? Bring your own ball. (A) You won't be left searching for a spot to play, and (B) you'll have your pick of the best players. Vincent suggests hitting Diepkloof Zone 2, where you'll find some of the best soccer turf. Ninety minutes will ramp up the burn, netting you upwards of 2400 spare kilojoules to spend on one of the many mobile kitchens serving up protein-rich braai fare in Rockville. Even better: end your evening by catching a game at FNB Stadium.



### 4pm/Step Into the Ring

SA is swarming with boxing gyms, but none come close to the legendary status of Dube in the heart of Soweto. This arena was once home to the late Baby Jake Matlala, the local boxer who spent his career dominating the flyweight division before retiring because he had run out of similarly sized opponents to knock out. Former MH cover guy Vincent Makhosi says he drops in frequently to weave boxing train-

ing into his hardcore workout schedule. It's a chance for you to duke it out in the same ring where some of the biggest fighters first earned their stripes. Or just release some stress by wailing on a boxing bag instead. Still not convinced? Not even Floyd Mayweather could resist dropping in on the fabled spot when he was last in the country. Remember what we said about legendary status?







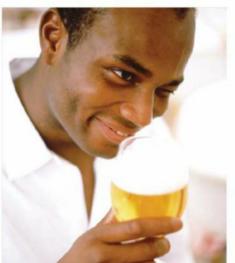
**TURN THE PAGE** 



Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

Rally the crew and hit up a spot that's got brews and the beats to back them up. Chaf Pozi has hosted some of the top musicians in the country, from Black Coffee to Oskido. But you've got more than just a great gig to go with that ice-cold Hansa Pilsener. Order your choice of carnivorous fare, whether its boerewors straight off the braai or our favourite: a traditional fire-grilled chicken teamed with pap and gravy, chakalaka and coleslaw.





#### #2 Kwa Lichaba Vilikazi Street, Soweto, Johannesburg

Here's the plan for this one: order a Hansa Pilsener, grab a table inside to soak in the conversation or go chill in the open air and finally, feel all the stress slip away. The best part? You and the crew can enjoy a meal of quality meats, cooked to perfection by the venue's braai masters and with more sides than you can stomach for just R200. Throw in the fact that you're partying on one of SA's most famous streets: Vilakazi Street, a place both Nelson Mandela and Archbishop **Emeritus Desmond Tutu once lived.** That deserves a toast.



#3 Zone 6

28, Blackchain Shopping Centre, Chris Hani Rd &

Check in at Zone 6, a party spot that never sleeps. Situated inside an old warehouse, the owners of this club have spruced up the venue to not only include state of art sound and lighting and a giant stage for its even bigger acts, but a an outside deck area with an overflow pool to accommodate up to 3000 people. And you won't find a more Refreshing Hansa Pilsener anywhere else.



#4 Le Pozee 1209 Modjatji Service Road, Zone 1 Pimville

Le Pozee attracts the crowds both day and night. The reason? First, they're always serving up ice-cold Hansa Pilseners. And secondly, their wings are the best you'll find anywhere else in Soweto. Slow-cooked in a signature marinade, these awesome morsels will keep you and the crew satisfied as soon as you make that switch at six.







#SwitchAt6 (7) (6) WWW.HANSAPILSENER.CO.ZA

Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.





# THEREBIRTH **OFFLY**

No longer just for dodgy uncles, fly fishing is entering the - wait for it - mainstream. MH breaks down the appeal of the long rod

BY TUDOR CARADOC-DAVIES • PHOTOGRAPH MICKY WISWEDEL



#### "YOU FLY FISH? HOW... ODD."

That response, offered over braais, dinner parties and around the water cooler, used to be par for the course. And my response - "What do Jimmy Kimmel, Liam Neeson, Michael Keaton (yes, Batman), Cyril Ramaphosa Dale Stevn and Quinton de Kock have in common?" - used to be standard.

#### NO LONGER. FLY FISHING IS NOT THE CLICHED

hobby of weird tweed-garbed geezers who collect roadkill that it used to be. A new generation of men and women are cottoning on to the possibilities and thrill of catching fish on fly.

And ves. it really is fish - not just trout. While trout fishing used to be synonymous with fly fishing, here in Southern Africa, restricting yourself to trout is a great way to miss out on plenty of action. From the Giant trevally - a huge, aggressive fish that patrols the saltwater flats of the Indian Ocean - to the indigenous vellowfish of the Vaal and Orange river systems, as well as trout, carp and bass: pretty much any fish can be snared on a fly. Even tigerfish, the toothy denizens of the Zambezi, Pongola and Tanzanian river systems further north, love the fly. Your aunt's Koi and your nephew's goldfish? They'll take a fly too.

But wait you say... why fly?

I'll admit that, for the most part, fly fishing does not make sense. It's definitely not the easiest way to fish. Bait, lures and dynamite will all get the job done. But fly fishing taps into something completely different. It's a challenge of strategy and tactics wrapped up in a package of zen and calm. When you find yourself on the water trying to out-think a wily fish into going for your assortment of feathers and fur tied to a hook, well, that's both a lot harder and infinitely more satisfying than it sounds.

It's also more active than other kinds of fishing. You won't just cast, sit back and drink a beer. The mere act of casting takes action, and the pursuit of fish will take you to new and challenging terrain. The rods and reels are light, so you have to respect the fish a little more when you hook up - get into an unexpectedly big fish on a light set-up and you will have to run after it down rivers, across saltwater flats or wherever it decides to take you. And to top if off, the majority of fly fishermen practice catchand-release.

Again, why? For one, the fish will grow bigger. spawn more fish and possibly be around next time you want the drug of the tug. But as legendary fly fisher Lee Wulff says, it is also about giving thanks. "The fish you release is your gift to another angler. Remember, it may have been someone else's gift to you."

Some of the best experiences of my life are tied to fly fishing and where it took me. Like hiking up valleys deep in Lesotho to catch indigenous yellowfish in rivers that haven't been fished in 100 years. Or the ball-tingling anticipation of wading across a saltwater flat and casting flies the size of my hand at a Trevally the size of a boerbull. But Roger Daltrey of The Who summed up it up best. "When I go fishing, I come away feeling like I've smoked half a dozen joints."

The drug of nature. The challenge of an epic adventure. Here's how to go flying.

#### **#MHChallenge**

#### **Visit Your Local Shop**

Because you can catch almost any fish on fly (from minnows to marlin), the equipment varies widely. Depending on whether you want to go for yellowfish on the Vaal, beefy Stillwater trout in Dullstroom or chase after Kob and Garrick in the Western Cape or Kingies in the KZN saltwater scene, your local fly shop is the best place to start. Give them an idea of what you want to catch, and your budget, and they will find the right gear for you.

#### **JOHANNESBURG**

Frontier Fly Fishing
frontierflyfishing.co.za
Mavungana Fly Fishing
& Dullstroom flyfishing.co.za

#### CAPE TOWN

Upstream Fly Fishing upstreamflyfishing.co.za StreamX

streamxflyfishing.co.za

DURBAN

Basil Manning basilmanning.co.za

#### **Learn to Cast**

In just a few hours, a decent instructor can take you from a limp-wristed beginner to someone who can actually cast a line. Once you learn how to cast and put in some practice on the water, fly fishing becomes accessible. You'll learn how to control your fly line and cast accurately at fish. With that you are halfway towards catching something.

#### **JOHANNESBURG**

flycasting.co.za

#### **CAPE TOWN**

inkwaziflyfishing.co.za

#### GAUTENG & KZN

Mark Yelland mark.g.yelland@gmail.com

#### Get a Guide

Ja, we get it. You're a man's man and you never need directions or help from anyone to do anything. Except with fly fishing. A guide will not only improve your skills in no time, but drastically improve your chances of snaring some decent fish. After all, it is in their interests to get you into the sport. Guides save you time and effort, which when you are pressed for hours on the water is priceless. Once you've learned enough, by all means, go on your own.

#### Join a Club

From getting access to special waters to events where you will learn a lot and meet likeminded fishy people, joining a fly fishing club in your area is an absolute no-brainer. From the Cape Piscatorial Society, which manages several of the best trout streams and dams in the Western Cape (piscator.co.za) to Natal Fly Fishers (nffc.co.za), Jacaranda Fly Fishers (iffc.co.za), Machado Fly Fishing Club (glensheesa.webs.com) and more, there's likely to be a fly fishing club in your area.



#### **The Local Bucket List**

While places like New Zealand, Patagonia and Northern America are the traditional bucket-list destinations for fly anglers, Southern Africa has some of the best fly fishing in the world.

#### The Vaal



Dullstroom is famous for its trout fishing, but sometimes you want something a little different. How does a world-class fishery within an hour of Joburg sound? Seriously: every weekend, Gauteng-based fly anglers in the know head to the Vaal to catch hard-fighting indigenous smallmouth and largemouth yellowfish, mudfish and alien carp. The fish numbers are good and the size is impressive. The two most prolific guides are Gerrit Viljoen (gerritviljoen.com) and Rohan Koegelenberg (rapidhunter.co.za) - both experts at getting their clients into big fish.

#### Lesotho



Our little neighbours punch far above their weight when it comes to fly fishing, and the jewel in the crown is the Bokong river running out of Katse Dam, which sends Joburg a lot of water every week. Run by a dynamic young South African guide outfit Tourette Fishing, they have a fantastic lodge called the Makhangoa Community Camp and have worked to incorporate locals in every step of the way towards conserving the fishery. With huge resident brown trout, rainbow trout and incredible smallmouth yellowfish that all take dry flies, this is a truly special place and a definite for the bucket list. If you prefer something a little further afield and you have deeper pockets, Tourette runs saltwater trips to the Nubian flats of Sudan, to Tanzania for the massive tigerfish of the Mnyera and Ruhudji rivers and to Gabon for gargantuan tarpon, African threadfin and snapper. tourettefishing.com







One of the great wonders of the natural world, the Okavango barbel run - as in catfish, not iron, boet - occurs every year around September. As the waters of the Okavango floodplain recede, millions of small baitfish move into the deeper channels where the barbel gorge themselves like your distant cousins at Christmas. And lurking among them and on the fringes are arguably Africa's best sport fish: the tigerfish.

Henkie Altena of Flydotfish has been running an operation out of the Okavango for years and knows the channels and the moods of these fish backwards. When he's not running these trips, he has a set-up on the Breede river at Karoolskraal where you can catch trophy kob and spotted grunter on fly. flydotfish.com

#### **Western Cape Streams**



The clichés abound about the clarity of these streams, but whether you want to compare them to gin or whisky, the bottom line is that they are clean, clear and beautiful and perfectly suited for dry fly fishing (though nymphing can catch you more fish in certain conditions). With various streams like the Smalblaar, Elandspad and Witte sporting wild rainbow or brown trout on their books. it's best to become a member of the Cape Piscatorial Society if you're keen to dive deep into these addictive waters. Two of the most popular guides are Tim Rolston (inkwaziflyfishing.co.za) and the appropriately named Richard Wale (waleflyfishing.com).

#### **About the Author**

Tudor Caradoc-Davies is the editor of *The Mission* Fly Fishing Magazine (themissionflymag.com).



#### FLY WITH THE PROS

South Africa produces some of the best fly fishing talent in the world. Here are four of the best and brightest

#### The Veteran: Keith Rose-Innes

One of the biggest names in fly fishing, Rose-Innes heads up Alphonse Fishing Company in the Seychelles. Fly fishermen from all over the world obsess over getting out there to target the Giant Trevally, Permit, Triggerfish, Bonefish, Milkfish and myriad other species on offer. For Rose-Innes, the ultimate target is the GT. "It's definitely the most ferocious fish and the most exciting take you will ever have. When he eats the fly a large proportion of his body is above his mouth. He's coming straight down the barrel, mouth open, and you've got to be on your game." alphonsefishingco.com

#### The Filmmaker: Jako Lucas

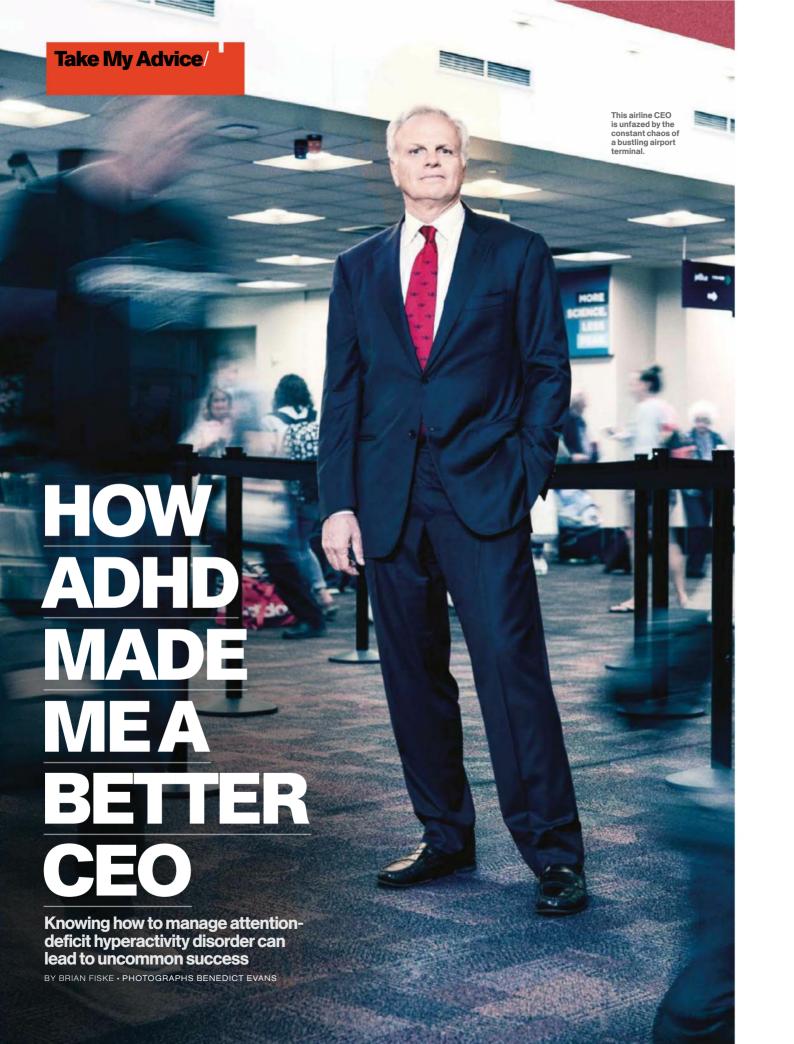
Bum in the butter sums up this guy. For work Lucas gets to travel and fly fish all over the world - from Mongolia to target giant, prehistoric trout called Taimen, to Bolivia where huge Dorado lurk in skinny tributaries of the Amazon. He also films some award-winning fly fishing videos at cptjackfilms.com. Despite getting to fish for almost anything he likes, one of his favourite targets is the smallmouth yellowfish, as found across South Africa. "Smallmouth vellowfish of the Vaal are in my top five fish species because they are indigenous and they eat dry flies."

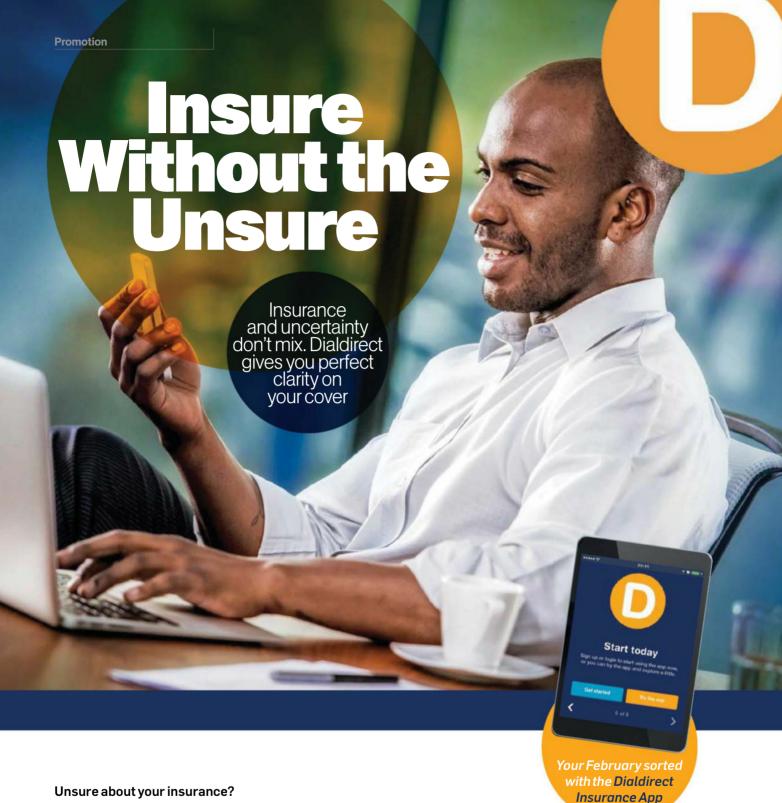
#### The New Wave: FlyBru

Nick van Rensburg and Matt Gorlei are two Stellenbosch students who spend more time fishing than studying - but it's paid off, as both represented the Proteas at the World Champs in the US in 2016. Gorlei favours Kob: "They grow to massive sizes and you get this feeling of reward even after catching a little koblett." Van Rensburg's top target? "I would choose a charged-up Garrick over any other fish because nothing can be more elegantly violent than one of these predators coming at you." facebook.com/FlyBru

#### The Future: Trevor Sithole

Trevor calls himself the #FlvSaint, and the cattle herder from Thendela in the Kamberg region of KZN is a product of the Thendela Fly Fishing development project (thendelaflyfishing.co.za). He now runs guided trips under his setup, Zulu Flavour Traditional Guiding. His prime target species? The tricky brown trout of his home waters, the Mooirivier. "They are fun, annoying and hard to convince to talk to your fly, even if you know they are there. Not every fly angler can catch a fish here." facebook.com/ImifanekisoFishing





#### Unsure about your insurance?

Your belongings are important to you - and your insurance cover should be as solid as the stuff it protects. At Dialdirect we understand that our customers pay for certainty – and that if you can't understand the terms of your insurance, you won't trust your insurer.

You've read the terms and double- checked the fine print, but chances are there is a lot you still don't understand about your own cover - what is insured, for how much, and under what conditions? Dialdirect makes sure you have all the information you need at all times, so you'll never be unsure about your own insurance.

Even the smallest details can make a big difference. Did you know that a change in work address can influence your insurance premiums and your claims payout too? This information is key in determining your risk, and you will need to let us know of any changes immediately. If you start a new job, it's important to notify us of your new work address – details like these can help us help you.

To take the uncertainty out of insurance, Dialdirect makes it easy to update your address on our website or from our Dialdirect Insurance App. This can be done 24/7, any day of the year, so you don't have to wait for our office hours to notify us of this critical and important change - and our friendly online consultants will assist you along the way.





#### PICTURE THIS

You're in your early 20s and the travel company you started - and quit varsity to run - fails. So you start another company and sell it to Southwest, a major

airline, for a few hundred million; your cut is more than R200 million. But you're fired five months later. You then launch another airline, JetBlue. It's a hit, but eventually you're removed as CEO and leave the company. Your next move: start another airline. Tired vet?

This is the career flight path of David Neeleman, 57, the CEO of Azul, a Brazilian airline with some 10 000 employees serving 24 million passengers a year, and co-owner of Portugal's national air carrier. TAP Portugal.

Neeleman is known for his entrepreneurial spirit, creativity and innovative nature. (E-ticketing? That was him.) These qualities, he says, are influenced in part by his attentiondeficit hyperactivity disorder - or what we usually call ADHD. The same qualities also very likely played a role in his career lows, including his firing from Southwest and his departure from JetBlue.

He says his ADHD is an advantage, so he doesn't take medication for it. "It's a gift to be able to look at the world differently." says Neeleman, who was diagnosed at 34, "You have something special that others don't."

What do the experts say? The answer is complicated. Try to pay attention, okay?

#### ADHD SYMPTOMS TYPICALLY APPEAR IN EARLY

childhood, as the brain grows. It's a neurodevelopmental disorder; the brain's development is delayed, so there are deficiencies in regions affecting focus and thinking. Behaviours linked to ADHD include impulsiveness, hyperactivity and trouble paying attention. It is estimated that about 10% of South Africans kids have been diagnosed, and in 60% of cases, these symptoms subside as the child grows.

That could be due to the brain's frontal lobes maturing or the child figuring out expected behaviour. But the condition remains for 4% of

adults - and the majority are men.

Maybe you've joked about your "ADHD" when you momentarily lost focus. This is more than that. An ADHD diagnosis means that the attributes and behaviours are severe enough to cause disruption in your life, says Craig Bruce Surman, scientific coordinator for the Adult ADHD Research Program at Massachusetts General Hospital.

There are degrees of ADHD, from mild to severe. Experts look for ongoing impairment in two or more areas: home, work, and social life. You can be disorganised or impulsive, but if it isn't causing harm, it isn't ADHD. "People miss this all the time." Dr Surman says.

Also overlooked are some devastating consequences of ADHD. People who lack attention and focus may be more prone to dangerous driving, dropping out of university and losing jobs.

There are relationship repercussions too. Studies show that people with ADHD are as likely to get married as those without it, but they're more likely to divorce, says Frances Prevatt, of the Adult Learning and Evaluation Centre at Florida State University. Despite the title of her book - Succeeding with Adult ADHD - the condition, she says, "is not an inherently

One aspect of ADHD may benefit the right person in the right situation: hyperfocus. Adults and children who have ADHD can struggle to focus on tasks that they find boring. However, if they're given something they're interested in. they'll focus on it to the point of ignoring everything else around them. For hours on end. For far longer than most people would.

That was Neeleman. His passions were airlines and launching new companies. "It's all-consuming," he says. "It's why it's hard for people with ADHD to focus on the mundane things in life, like paying bills. Whatever your thing is, you think about it all the time." It's that kind of tunnel vision that helps a man start four successful airlines but not, say, finish reading a book that could have educated him about his condition.

NOBODY IS SAYING NEELEMAN'S SUCCESS IS because of his ADHD - not even Neeleman.

"Saying someone succeeds because of his or



because of cancer or diabetes." says Prevatt. Neeleman's ADHD affects his work habits and how he thinks about the business he loves, but he capitalizes on his strengths.

That's where the roughly 96% of adults who don't have ADHD can learn. Neeleman. Prevatt and Dr Surman say that some of the strategies they use or recommend to minimise distractions and improve focus can work just as well for people without ADHD as they do for those with the condition. Here are the top seven.

#### 1/ Manage the Mundane

Use a to-do list to log the tasks you have to do, especially if you don't want to do them. "Then say you aren't going to go to bed until you get

#### WHERE THE JOBS ARE

Certain careers are unattractive to adults who have ADHD. "You probably want a job involving high energy that will keep you moving and doing different kinds of things," says Frances Prevatt, an ADHD expert. Consider these examples



Carpentry or Trades

Physical activity and problemsolving make these jobs engaging.



**ER** physician

It's a fastpaced environment with everchanging demands.



Management This is best

only if you can rely on a trusty assistant to take care of the details for you.



Military

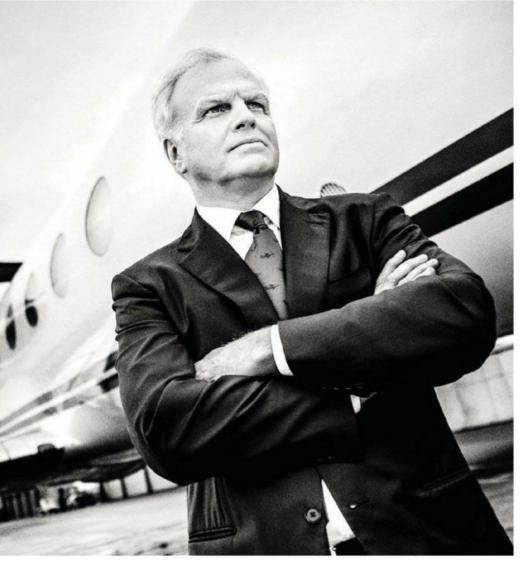
The combination of demanding situations and a reliable routine can work well for your mind.



The team camaraderie and high activity level involved in this arena are both pluses.



It's good especially if you're making deals. Flip side: reports and presentations.



them done," Neeleman says. "You'll get good at saying, 'I have to get three items done today,' and following through."

#### 2/Recognise Your Impulses

Ask why and when you're exhibiting the impulsive behaviour. Harnessing impulsiveness is easier if you know when it tends to be a problem. Plan ahead and ask yourself if the action will make you proud. Consider the people you're accountable to - your kids, your team - and how the decision can affect them.

#### 3/ Keep Track of Time

Set reminders. Your phone can be your personal assistant. If possible, integrate your work and personal calendar into one master calendar so you don't focus on one while neglecting the other. In a recent study, Google Calendar and Evernote successfully helped adults with ADHD improve their attention span and organisational skills.

#### 4/ Organise Your Stuff

Have a place for everything. Sure, this may sound like simple advice, but it's critically important. Your keys, wallet and cellphone can go right into a bowl or basket by your front door. Bills and important mail can go in a specific box on your desk. "We give this advice to everybody," Prevatt says, "because these are items people tend to lose."

#### 5/ Minimise Distractions

Manage your "popcorn thoughts." If random but seemingly important thoughts spring up while you're working on another task, write them down and set a specific time to review them. If you create a routine for dealing with these loose ends, "they just aren't as loose anymore," says Dr Surman. "When they pop up, you can think, 'Not now,' and then deal with them at the appropriate time."

#### 6/ Move to Stay Calm

Don't skip your workout. Exercise improves something psychologists call executive function, which influences organisational ability. "My patients tell me it makes the day go better," says Dr Surman. "It's one of our top recommendations." Research shows that aerobic exercise can reduce symptoms of ADHD in kids too. It's certainly worth a try: even a brisk walk before a mentally taxing task could help you concentrate.

#### 7/ Find Your Fire

Seek out work you love to do. "It isn't hard to figure out; you'll know what it is," says Neeleman, whose passion for airlines has spanned more than three decades. "It's easier to channel your energy into something you love doing. Hopefully you can make it more than just a hobby. Follow your passion. Don't give up."



#### IS MY PHONE GIVING ME ADHD?

My 7-year-old daughter is reading to me before bedtime. I'm patiently listening, pitching in on tricky words and offering gentle encouragement - and, yeah, also browsing used cars on Craigslist. The kid is no fool: "Stop looking at your phone, Dad."

You can read Tolstoy on your phone, or call your mother. But you usually don't. You look at stupid stuff, play stupid games, and take pictures of your stupid face. When boredom, frustration, or mere solitude settles over me, I feel the weight of the device in my pocket. The urge to look is a constant neural itch.

The neurochemical pleasures of smartphone use (a habit-forming flow of minor rewards and escapist nonsense) are similar to those of slot machines. Imagine being a compulsive gambler with a casino in your pocket. Research suggests that people with ADHD may have a higher risk of technological addictions, possibly because they use gadgets to quell their restlessness or because their impulse control is lower

Alex Soojung-Kim Pang, author of The Distraction Addiction, recommends a zenlike regimen of "contemplative computing" to unplug. Turn off nearly all notifications. Silence ringtones from nonessential callers. Install a meditation or mindfulness app, like Insight Timer, that reminds you to take breaks. Use software that locks out distracting sites or features. And force regular detox periods away from all screens to limit their mind-scattering effects.

"You don't just do it once and declare victory," says Pang. "You need to do it repeatedly for your mind to really get used to it and benefit from it."

- David Dudley

Survivor/



# FROMHELL TOHOME

Arthur was a pup barely clinging onto life in rural Ecuador when he took the ultimate leap of faith – following a group of adventure racers through 100 miles of treacherous terrain

BY KIERAN LEGG · PHOTOGRAPHS KRISTER GÖRANSSON





#### HE STRUGGLED TO KEEP HIS

snout above the surface, two panicked eyes peaking over the brackish water. Arthur was putting his life on the line for his golden ticket out of here. But he had never swum before. His legs thrashed wildly, his paws sweeping through the murky depths, propelling

him slowly towards the opposite bank.

"I've sat in interviews and started crying when I think about this moment," says Mikael Lindnord. "He refused to give up; he was so determined to stay with us."

When the dog hauled itself up onto the bank, Mikael gathered him in his arms.

"I held him there. It was the first time that he was very close to me," he says.

#### **First Encounter**

Sitting in the study of his Swedish home, Mikael turns the webcam onto the pup. Arthur is lying on the floor of the adventure racer's study, and his ear cocks lazily at the sound of Mikael's voice as he starts talking to him.

The dog has adjusted quickly to his new life. He craves attention, seeking out strokes and pats with the sort of enthusiasm you'd expect from a calm and loveable mutt.

"He'll jump into bed with me sometimes," laughs Mikael. "And he's started barking and making sounds - for a long time I thought there was something wrong with him because he was so quiet."

There are still streaks of the survivalist's old life in his personality. Often, he'll eat until he's full and then scamper off to bury the rest of his food. Out of context, it's a bit odd. But when you remember that Arthur was once a stray, living off scraps sparingly dropped by an impoverished rural community in Ecuador, before he decided to brave 100 miles of collapsing mud holes, steep trails and rapids to be here - you start to see exactly how far he's come.

Mikael first met Arthur four days deep into a brutal expedition race in 2014. If you haven't heard about the sport, think of it as Man vs. Wild with a lot more kilometres. An average race will see teams dash across hostile terrain, running, kavaking and biking over multiple days to reach the finish line. That year, Mikael and his Peak Performance team of four were taking part in the world championships in Brazil and Ecuador and had stopped on their fourth day into the 700km trek to refuel and rest their legs.

"I saw this dog just watching us," says the racer. "He didn't smell right."

Even from a distance he could see the stray was in a bad way. He was covered in cuts, and his fur was matted.

"And all the time there was this sweet, sour, disgusting scent."

But when he looked past the battle scars, he saw an animal that held itself with dignity. He stood proud despite his wounds. That's when Mikael

When he looked past the scars, he saw an animal that held itself with dignity.

started to think: "Nobody has ever been kind to this dog."

He called the stray over, spooning out meatballs from his rations onto the ground. The mutt lapped up every last piece before the racer turned his attention back to the hike ahead.





#### The Fork in the Road

As they headed through the jungle, Mikael was aware of something following them. They were navigating by flashlight, and the soft mud was wreaking havoc with their progress, sucking at their legs and splattering them with slick dirt. It's only when he stopped to help one of his teammates that he moticed a dark shape detach itself from the shadows, and saw the mud-spattered dog step into the beam of his torch.

"When people ask me why I kept him I want to say it was his choice. He made every decision along the way," he says. "I never tried to coax him. I think he just saw his golden ticket and took a leap of faith."

The first real test for the mutt came at that river. Arthur watched as the team boarded a canoe and headed for the opposite bank. The dog paced nervously, walking in wide circles as it wrestled with its survival instinct to avoid the brackish depths.

"I was starting to despair," says Mikael. "I thought, I'm never going to see this dog again. And there was no way he would make it back through the jungle alive."

As if he was having the same realisation, Arthur scrambled onto a rock and splashed into the water - and began chasing the canoe.

"I saw something of myself in Arthur then," says Mikael, who had grown up chasing new thrills and challenges. "He refused to quit, and that's how I am when the going gets tough. We're both calm, but when it's required we're capable of being energised and fired up."

As the dog pulled himself up onto the bank, the racer knew he had found his new best friend. It was an instant, primitive reaction. It was one Mikael was accustomed to forming with fellow racers who become brothers-inarms over 700km as they throw themselves at new obstacles and suffer together.

And in that way, Arthur had been no different. He had followed them every step of the way, silently, uncomplaining and driven.

"When I decided to bring Arthur along, we were already struggling," he says. "I watched as my teammates fell in the mud, as Arthur fell, and I watched them get right back up and keep on going."

Many people have asked Mikael, the team's leader, why he sacrificed a solid finish in the race to bring along the mutt. Undoubtedly, he had slowed them down from adding extra weight to his canoe to wolfing down the team's rations. Their team had put so much money and effort into being there, only to dash their hopes of winning for

a furry companion. "On paper, yes, it's crazy, it's stupid," says the

Swede. "But the thing is, when you meet Arthur, and you see how special he is, you will understand. Meeting him, I knew, this is the type of thing that only happens to a person once in their lifetime."

#### PAW POWER was all the

motivation this pup needed.

PART OF THE TEAM Arthur helps his new mates to the

finish line

#### WORTH IT After years of mistreatment. Arthur trekked miles to safety.

STAR OF THE SHOW Arthur's story reverberated across the world.





#### ► MAN'S BEST MOTIVATORS

Four furry reasons to get out there

A dog will get you going better than a fitness tracker, and it can catch a Frisbee too. Just don't take a pup out running until it's fully developed (12 to 18 months old), and start with short distances, advises Jerry Klein, chief veterinary officer with the American Kennel Club. These four breeds will never fall behind, no matter how fast you run, so look out for their unique characteristics in the mutts at your local rescue:

#### Weimaraner

It was bred for chasing down bears and wild pigs in dense forest. Bonus feature: webbed feet for crossing high water, and starting conversations with hot women.

#### Siberian Husky

No distance is too far for this furry sprinter, who will slog alongside you through mud, snow and ice Just avoid hot weather.

#### **Dalmatian**

Don't believe the rep! This dog is no dummy. It has stamina, enthusiasm and joy to spare. It was once a fad breed (thanks, Disney), so pick your pup carefully.

#### Mini American Shepherd

This quickwitted, confident herder is loval and easily trainable. It's also small enough for apartment living.





#### Homecoming

When they finally crossed the finish line in Ecuador they clocked in at 14th place. They were tired and battling with illness. but Mikael had a crazy idea: he was going to take Arthur home. The mutt was admitted to a vet to treat his infected cuts while Mikael began the next exhausting leg of the race: the paperwork.

"But even though I was sick and tired, I reminded myself that Arthur bet his life on this gamble; the least I could do is make sure he makes it all the way home."

It was an exhausting process between the long-distance phone calls, meetings with the local Department of Agriculture and securing clearance from his homeland.

And the phone call to clear Arthur's safe travel to Sweden? That came in dramatic fashion, just hours before Mikael was set to step onto a plane.

Watching Arthur adjust to life in Sweden has been rewarding for Mikael and his family. The dog has discovered his bark again. His tail - which he stowed between his legs for the duration of his trek through Ecuador - is now up, and wags happily at the slightest sign of attention or affection.

"I think he has learnt to trust people again, to love them," says Mikael, who suspects the dog was beaten frequently and learnt to cower around humans.

An average day for Arthur starts with a morning run to the kindergarten to drop off the kids. It's hard for the dog to pull himself out of bed, says his owner: "He's not a morning person."

He wants to tag along to every family outing, and sulks when he can't join in. He'll keep the kids occupied, letting the toddler climb up his fur, or keeping a watchful eye on Mikael's daughter.

And when he's really happy, Arthur will give you a hug. "My life is far more colourful now," says Mikael. "I don't see Arthur as a pet. He is part of the family. To me, he has the same value as my children. He's not more or less, he is the same. I could not imagine my life without him."

Arthur has become a poster child for rescue dogs

### "Idon't see Arthur as a pet. To me, he has the same value as my children."

across the world, and Mikael is an ardent spokesman for the cause. In Ecuador, there are hundreds and thousands of stray animals roaming the streets - it is an epidemic that is all too real for South Africans, too, where authorities say there are upwards of 230 000 stray dogs in metros such as Cape Town.

"These rescue dogs, they are the best ones," says Mikael. "They've survived the streets and you don't survive a hostile place like that if you're aggressive or doing stupid things. A rescue dog will never let you down, they will appreciate you every day - and that's a connection vou can't find anywhere else."

The Arthur Foundation, which was set up by Mikael to help take care of stray dogs in Ecuador, continues to do work on the ground, helping pups in need with either veterinary care, food, water or even shelters.

"We want to change the reality for stray dogs in the world." savs Mikael.

And that means more than immediate relief. The organisation aims to educate people on the value of animals' lives - "to get people to understand that they must take care of our dogs and our animals, that they have incredible value."

Arthur is an example of the connection rescue dogs are capable of. It's a story that started with a meal of shared meatballs, and went on to span 100 miles of inhospitable jungle. And now, Arthur who once clung onto life is a pampered pup lying peacefully on the floor of his best friend's study. And he's fought hard to be there.

"It's amazing," says Mikael. "People ask me would I do this all over again? Yes. Without hesitation. Look what I walked out of that jungle with. The best thing MН I could ever have asked for."

#### ADOPT YOUR FIRST PUP

Want to add a new furry companion to the family? Follow this guide

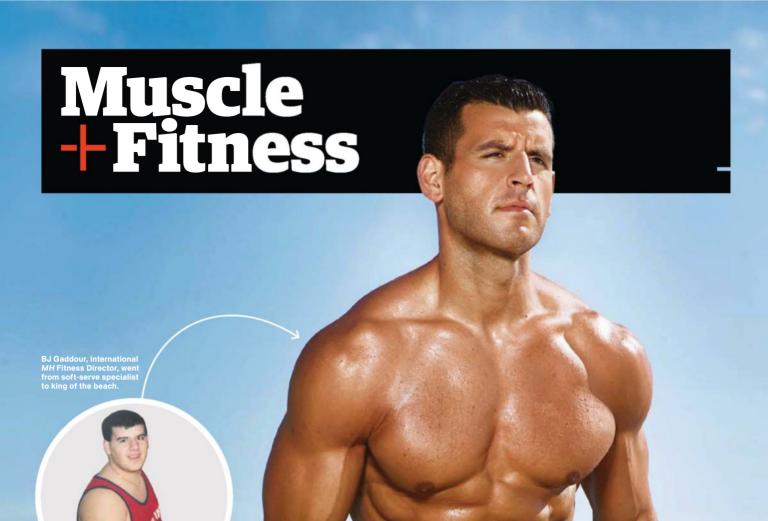
Here's the good, and bad, news: South Africa's shelters aren't short on strays. Hit up your local adoption agency and you'll have your pick of the litter. Want a preview before you make the drive? Organisations such as TEARS (tears.org.za), FurKidz (furkidz.org.za), the Domestic Animal Rescue Group (darg.org.za), African Tails (africantails.co. za) and most others have a regularly updated roster of adoptable mutts.

Now it's time to spend some time with your pup. Head to the kennels (spots such as the SPCA have fairly flexible hours) and take a pooch for a walk around one of the grassy enclosures. It's a good litmus test for how you and your new furry companion will get on. Got kids? Bring them along too - that way vou'll see if the mutt is really child-friendly.

Many shelters will first conduct an inspection of your home before you're able to add your new pup to the family. Make sure you've cleared the ground of potential hazards, especially if you're looking to adopt a puppy. Additionally, you want to make sure your new mutt can't high tail it after every postman that cycles by. That means your walls and fences need to be impenetrable.

#### STEP 4

Sterilise. Sterilise. Sterilise. At most adoption spots this is mandatory before the pup even steps into your car. But if you've got a rescue in your home who hasn't gone under the knife, make sure you take him or her to your local vet to be neutered at the age of six months. The world has enough dogs without you adding a litter of puppies to the population.



# BUILD A COVER MODEL BODY

You don't need gifted genetics to look like this – just plenty of hard work, and BJ's potent new training plan

PHOTOGRAPHS BEN GOLDSTEIN

N TERMS OF ADVICE, YOU
can't beat the hard-earned
workout wisdom of someone who has grafted to
reinvent themselves both
physically and mentally. BJ
Gaddour went from a 127kg

heavy-bodied 17-year-old to the ripped 102kg that he sits at today. He overhauled his life, and studied to become a personal trainer. Now he's responsible for creating some of the best fitness-content for our brand, and was the cover model for the US January issue. BJ is the perfect example of what the right attitude and work ethic can achieve - especially if you have the right training plan. Turn over for the best one he's ever created, then start your own comeback plan.

John St.

THIS MONTH'S WINNER: **@TambeJoesha** 

#### Gear S2

Go from the weightroom to the boardroom with the new Gear S2 Fitness tracker band.



push-up. Now it's your turn

These 3 exercises will get you there



#### 1. Diamond Push-Up

Keep your hands close together, with your thumbs and forefingers almost touching. Lower your chest just off the floor, and push slowly back up. Don't let your burn sag!



#### 2. Raised Diamond Push-Up

With your feet close together on a box, arch your back at 90-degrees and keep your hands in a diamond. Drop slowly until your nose is just off the floor, then push back up.



#### 3. Assisted Diamond Push-Up

In a handstand position, let your feet rest against a bar or the wall. Keep them there – they will help take the weight off your shoulders. Drop as deep as you can, then push back up.

**ENTER NOW!** You could win amazing Samsung products to the value of R70 000 and get featured in *Men's Health* magazine! Visit beastmode.mh.co.za

**HOW IT WORKS** To enter your video into the #MHBeastMode competition:

- Tag #mhbeastmode in your Instagram video post for it to go into the beastmode.mh.co.za feed
- We choose the top three videos of the month, and then you vote for your favourite.
- The winner gets a Samsung Gear Fit 2 GPS sports band and Gear Icon X earphones and will be featured in the magazine.
- From the 5 winners, we'll choose an overall champ who wins a Samsung Galaxy S7 edge Smartphone, Gear Virtual Reality Headset, Gear 360 Camera and new Gear S3 Smartwatch and his own reader workshop.



\*Productsubject to network availability.

## 



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#### Workout 2: Upper-Body Blaster



#### 1 Seated Band Multi-Grip Row

Sit on the floor with your legs out in front of you. Loop the band around your shoes and grab the band using an overhand, shoulder-width grip. Without moving your torso, pull the band to your upper abs. Do all your reps. For your next set, use a palms-facing grip; the set after, use an underhand grip.



#### 2 Seated Band Face Pull

Sit on a bench with your feet hip-width apart, and loop a resistance band around your feet. Grab the ends of the band using an overhand grip. Starting with your arms straight, pull the middle of the band toward your forehead, keeping your elbows wide at the top of the move. Pause and repeat.



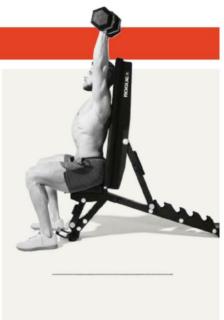
#### 3 Multi-Grip Push-Up

Assume a pushup position with your arms straight and hands close. Bend at your elbows and lower your body until your chest nearly touches the floor. Pause and push your body back up. For your next set, your hands should be beneath your shoulders; after that, double shoulder-width.



#### 4 Dumbbell Multi-Grip Curl

Stand with a pair of dumbbells and let them hang next to your sides. Turn your arms so your palms face your body. Without moving your upper arms, bend your elbows and curl the dumbbells to your shoulders. Pause, slowly lower the weights back to the starting position. Next set, curl with your palms facing each other. The next, use an underhand grip.







#### 5 Dumbbell Multi-Angle Press

Sit upright on a bench holding a pair of dumbbells with your arms extended directly overhead. Lower the dumbbells toward your chest, pause briefly, and then press them overhead. Do all your reps. Next set, do the move with the bench at an incline. For your third set, do the move with the bench flat.

### MAKE THIS YOUR

Fittest Year Eyer!



**5 Challenges, 5 Months** 

#### CHALLENGE 1 - FEBRUARY

► Tick Off an 8km Trail Run

#### CHALLENGE 2 - MARCH

► Clock 100km In a Month

#### CHALLENGE 3 - APRIL

► Enter a Race and Smash It!

#### CHALLENGE 4 - MAY

► Run a 10-day Streak

#### **CHALLENGE 5** - JUNE

► Nail a 5km PB!







**CHALLENGE 1:** Run your first 8km trail or enter a trail race in **February**. Then, share your **#RWChallenge** journey and success, using the hashtag, and you could win a lucky draw hamper, packed with trail-specific gear from Asics.



WE'LL HELP YOU GET THERE!
TRAINING PLANS AND MOTIVATION HERE
CHALLENGE.RUNNERSWORLD.CO.ZA

#### **Men's Health**

#### Workout 2: Upper-Body Blaster continued



#### **6 Dumbbell Modified Upright Row**

Stand holding a pair of dumbbells in front of your thighs, palms toward your body. This is the starting position. Pull the weights up to chest level, keeping them tight to your body. Do not raise your upper arms any higher than shoulder level. Reverse the move and repeat.



#### **7** Overhead Carry

Grab two dumbbells and press them overhead, your arms straight. Now walk, trying to push your rib cage and shoulders toward your hips.

#### CHOOSE YOUR METAMETHOD

Don't want to do the full workout? Simply choose an exercise from either workout – or one of your old favourites – add it to your regular workout, and perform it using one of the four methods below. You'll ignite your normal routine, leading to insane gains.

#### **MetaDrops**

You'll pack in a ton of work by repping out with successively lighter weights in each set. The brief rests and varying loads scream just one thing to your muscles: grow! DO IT Grab a weight you can lift for 40 seconds. Do reps for 40 seconds and rest 20 seconds. Now grab a weight equal to half the last weight. Do 40 more seconds of reps; rest 20 seconds. Finish with 40 seconds of the exercise using your body weight. Switch sides, repeat. That's 1 round; do 2 to 4.

#### **MetaROM**

Range-of-motion

exercises hammer

your muscles in

specific sections of an exercise, which zeroes in on your weaknesses and forces your muscles to work harder for a longer time. DO IT Using the split squat, push-up or press, do reps of the "bottom half" - or half the range of motion of an exercise - for 40 seconds. Then do 40 seconds of the "top half." Now do the move using the full range of motion for 40 seconds. Rest 1 minute. That's 1

round; do 2 to 5.

#### **MetaPump**Bloodflow restriction

training, which uses

elastic bands to

reduce circulation to your working muscle, is a proven way to build muscle and strength with much lighter loads. DO IT Choose an exercise that targets one of your limbs - biceps curls, for example. Wrap your working limbs with elastic bands at the joints closest to your core. Do as many reps of the exercise

as you can in 30

limbs and repeat.

seconds; then switch

That's 1 round; do 5.

#### **MetaGains**

Putting your muscle under load for an extended time creates insane metabolic stress, one of the main precursors to growth. So grab a light weight and slow your reps down to a crawl, focusing on feeling every muscle fiber working.

**DO IT** Using just your body weight when you first start, take 4 seconds to lower, and 4 seconds to lift. Move continuously for 2 minutes. Rest 1 minute, then switch sides (if it's a single-limb exercise). Do 2 to 5 sets.





### Is the Deadlift for You?

For some guys, it's the king of all exercises. For others, it's a ticket to pain and suffering. Find out if the deadlift is right for you BY ANDREW HEFFERNAN

#### I REMEMBER THE EXACT MOMENT I DUMPED

the deadlift. It was a Tuesday in March 2016. I was three months into a six-month programme to hit my goal of deadlifting 160kg. Fourth set, 85 loaded on the bar.

My first and second reps: clean. Third rep: I noticed a tiny, unnerving shift in the right side of my lower back.

Then the hurt began. It spread across my lower back like a toxic puddle of pain. Kickedby-a-mule, knife-sharp, what-the-hell-justhappened pain.

That's it, I vowed as I curled into a fetal position on the gym floor. I don't care who says this is the king of all exercises. I'm a certified trainer and movement specialist, and I just can't pull off this friggin' exercise without hurting myself. I'm done with it.

That was the fourth time in 10 years the deadlift had me flat on my back for a day or longer. It wasn't serious; a doctor found no herniations or major trauma. But given my history, he said, perhaps I should consider easing up on deadlifting. It was the same suggestion I'd gotten from other doctors after my past injuries.

Finally I was ready to heed the advice of the experts. It felt like breaking up with the gorgeous but crazy girlfriend.

Our long love affair with this borderlineabusive move is a storied one: on the Greek island of Santorini, a 480kg stone bears the inscription "Eumastas, son of Critobulus, lifted me from the ground." The words are said to be 2500 years old. Today, inspired perhaps by heavy-lifting-based training methods like powerlifting and CrossFit, some 2 million

aspiring Eumastases have paid tribute to the art of the #deadlift on Instagram.

Make no mistake: if you can perform it safely, the deadlift is a terrific move. Trainers classify it as a "hip hinge" exercise. It targets your glutes, lower back, and hamstrings, but in truth it hammers nearly every muscle in your body, including your upper back, quads and traps. It also strengthens your grip.

Pulling all that muscle mass at once has systemic benefits as well. "Anytime you use that much muscle in one movement, you're working your cardiovascular system and burning a ton of fat too," says Ben Bruno, an LA-based trainer.

As the morbid name suggests, however, there's a dark side to deadlifting. According to exercise physiologist Dean Somerset, some people just don't have the anatomy to do deadlifts















MY GOALS. MY NUTRITECH. #TRAINLIKEAPRO NUTRITECHFIT.COM

without risking injury. One limiting factor, says Stuart McGill, the author of *Back Mechanic*, is the thickness of your spine. That's a trait you inherit. The thicker your spine, the heavier the load the bones in your back can handle, while a thinner spine is more flexible but can't handle heavier loads consistently.

and "Test Your Deadliftability" on this page.)

But suppose your form and mobility check out and you still can't deadlift from the floor or from a rack without pain. In that case, your problem may be anatomical. That's significantly tougher to solve. If you do decide to throw in the towel, there are lots of great alternatives, says

# Some people just don't have the anatomy to perform deadlifts safely, no matter how they're coached.

Another critical factor is hip structure. Some people have thigh bones that sit farther back in their hip sockets, Somerset says, so when they try to hinge forward, the sockets essentially act as doorstops. "That makes it harder for them to get into the correct setup position for the deadlift," he says. It also greatly increases the lifter's odds of straining, pulling, or herniating something when he performs the exercise.

It's hard to definitively verify spine thickness or hip structure without an MRI. But either trait can help explain an unusual and stubborn deadlifting handicap.

Based on factors like these, Somerset concludes, "10 to 20% of the population may not do well with the deadlift no matter how you coach it." That's a pretty hefty slice of the weight-training population who can't - or shouldn't - tangle with this so-called essential exercise.

My years of courting deadlift-related disaster have led me to conclude that I'm probably in that 10 to 20%. Here's how you can figure out if you are too.

If your back gets cranky when you do deadlifts, the first step is to check your form and mobility: It's entirely possible that a few minutes of self-coaching or a few weeks of stretching could pay off in big numbers for you. (See "Nail Your Form, Not Your Spine"

Craig Rasmussen, a competitive powerlifter. "There's no reason to be heartbroken just because you can't do one exercise." (To learn the best deadlift alternatives, see "Four Smart Swaps for the Deadlift," on the next page.)

Somerset agrees. "When you're chasing one exercise, there's a point of diminishing returns. You could spend six months trying to figure out what's going on with your deadlift, or you could spend six months training hard using other exercises that don't cause you pain and suffering."

I'm going for the second option. Sure, I could get an MRI and a full physiological workup. I could go for counseling with a sports performance psychologist in case the problem is in my head, another possibility Somerset mentions. But why go to all the trouble? I'm as interested in exceptional fitness as anyone, but I'm not a powerlifter.

For me, the deadlift is just a tool and not an end in itself. Now that I know this particular tool doesn't work for me and actually hinders my progress toward better health and more strength, it's easy enough for me to throw it away and use different tools that work better. If an exercise doesn't work for you, move on. Sometimes discretion in the weight room is the better part of valour.

#### TEST YOUR DEADLIFTABILITY

TRY THESE TESTS TO SEE IF YOU SHOULD PULL HEAVY IRON

#### TEST#1



#### Standing Toe Touch

Stand with your legs straight and feet parallel and shoulder-width apart. Bend forward as you reach for your toes. It's okay to round your back as you descend and reach.

PASS: You can touch your toes without bending your knees.

#### TEST#2



#### Active Straight-Leg Raise

Lie on your back with your legs straight and toes pointed toward the ceiling. Raise one leg as high as you can, noting how far your leg travels upward. Lower it; test the other leg.

PASS: You can raise your leg perfectly straight till it forms a 90-degree angle with your body.

#### RESULT

Pass both tests? Then you're cleared for takeoff – that is, flexible enough to do deadlifts. If you failed either one, check out the moves on the next page. Their strength and muscle-building benefits are similar to those of the deadlift, but with a lot less risk. You'll end up with the body you want while keeping yourself off the injured list.

#### NAIL YOUR FORM - NOT YOUR SPINE

Dial in your deadlift form with tips from powerlifter Craig Rasmussen

#### 1/ Nail the Setup

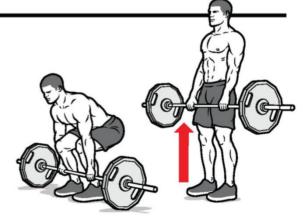
"The bar should be directly above the bow on your shoelaces, and your shoulder blades should be above the bar," Rasmussen says. Your torso, arm, and hip should form a triangle when viewed from the side.

#### 2/Shin Up to the Bar

As you lift and lower the bar, try to keep it as close to your body as possible. "The farther out the bar goes, the greater the stress you place on your back," says Rasmussen. Wear long socks so the bar won't scrape your shins.

#### 3/ Hold a Natural Arch

Throughout the movement, keep your lower back in a natural arch, which transfers most of the stress of the exercise onto the proper muscles. Not sure you're doing it right? Take a video of yourself deadlifting and share the clip with an expert.



# Four Smart Swaps for the Deadlift

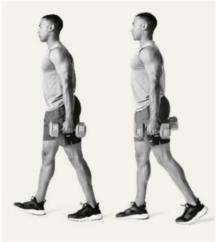
This weeklong workout plan from Alex Viada fuses new science with proven training strategies. You'll not only build the best body of your life but also turbocharge your strength and endurance. Follow the programme for up to eight weeks



#### 1 Barbell Rack Pull

**WHY IT WORKS** You're mimicking the mechanics of deadlifting from the floor but eliminating the first part of the movement – the part that's typically most problematic.

**HOW TO DO IT** Set up blocks or a power rack so the bar is at mid-shin to knee height (or higher). Bend at your hips and knees and grab the bar overhand, your arms just outside your legs. Now stand up, thrusting your hips forward as you pull the bar from the blocks or rack. Do 3 sets of 6 reps.



#### 2 Farmer's Walk

WHY IT WORKS It targets your grip, upper back, and core without putting force on your lower back.

HOW TO DO IT Grab a heavy dumbbell or kettlebell in each hand and walk slowly forward for 30 to 60 seconds. That's 1 set: do 4.



#### 3 Barbell Hip Thrust

WHY IT WORKS It places a huge load on your glutes and hamstrings with less of the lower-back stress associated with a traditional deadlift. HOW TO DO IT Sit on the floor with your back against a bench and a heavy barbell across your hips. (Using a pad or towel can make it more comfortable.) Grip the bar, bend your knees, and plant your feet flat on the floor directly under your knees. Now thrust your hips up and squeeze your glutes as if you're cracking walnuts between your butt cheeks. Slowly lower the bar back to the starting position. That's 1 rep; do 3 sets of 8.



#### 4 Single-Leg Dumbbell Romanian Deadlift

WHY IT WORKS You're challenging your posterior chain (lower back, glutes, hamstrings, calves) without using backbreaking weight.

HOW TO DO IT Stand holding a heavy dumbbell in each hand and shift your weight to your left foot. Hinge forward on your left leg until the dumbbells come close to the floor, keeping your right leg in line with your torso and your right foot pointed toward the floor. Your back should stay straight throughout. Reverse the move and repeat. Do 4 sets of 10 reps; then switch legs and repeat.





Vinson Smith, this year's most compelling Belly Off! story, weighed 229kg. Then he lost half his weight and took up yoga. What's your

I'VE ALWAYS BEEN A BIG

guy. I come from a family of big people. My father was 1.9m and weighed 125kg. He used to say that once I learned how to make a

mince sandwich, it was all over from there.

diagnosed with liver cancer in January 2005 and passed away seven months later. Thanks to my sports coaches and a good support system in my small town, I stayed focused and kept my playing weight at 150kg. But by about 12 months after my last year in high school, I'd gained 25 to 35kg. I just didn't have any direction. The man who'd taught me everything wasn't there. I had no idea what I wanted to do. But one thing I did know how to do was eat. My mom used to make one pot of spaghetti for the family and then another pot of spaghetti for me. I'd eat the whole thing within a day or two. I once ate 100 buffalo chicken wings in a sitting. I was eating for reasons I

there are a lot of things I wish my father had told me. But I've learned. After I make a mistake, I take action to correct it and make sure it doesn't happen again.

## 



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The Wake-up Call/ I was a groomsman at my cousin's wedding and I could barely stand for 45 minutes. I was sweating. The tuxedo coat I had on was a size 64. I remember thinking, "How am I going to look into the eyes of a woman and tell her she's going to have me for the rest of my life? What kind of healthy, long life can I share with her at 229kg?"

**The Food/** I've learned how to eat enough to stay satisfied. In the morning, after my cardio, I'll have a cup or two of fruit. I eat a lot of watermelon, spanspek, strawberries and grapes. For snacks I'll eat cucumbers and radishes. Then I'll typically do chicken, asparagus and brown rice for dinner. I still deal with emotional eating, but now I know where it comes from. I had to cry about my dad. Opening up extinguished my hunger.

The Fitness/ I started out by walking from stop sign to stop sign in my neighborhood. Eventually I built up the confidence to join a gym. The biggest battle started when I hit the 140kg range. So that's when I started coaching football and running interval sprints with the kids. Now I'm a yoga fiend. Every week I practice yoga at least two or three days, do a strength program at least twice, and go running and biking three times. Then I spend all my weekends exploring, and getting as much fresh air and outdoor exercise as I can. I might grab a bike and ride through town, or run some trails at one of my favorite routes.

**The Reward/** I went from shopping in plus-size stores to visiting real branded shops. That's a treat for me because I never thought I'd be able to shop like a normal person. I like my shirts to fit tight now - everything's a slimmer fit. I have found that the most beautiful thing about my fitness journey is that what helps me is also helping other people, and because of that, I'm working toward becoming an exercise physiologist. The basis of my workout plan isn't about right now. It's about what I want to be doing 10 years from now.

#### THREE YOGA POSES FOR OVERWEIGHT MEN

GO EASY AT FIRST. TRY THESE MOVES



#### 01 / Plank

In a push-up position with your hands beyond shoulder width, drop your butt so your head and spine align. Brace your core. Hold for five breaths. "It's awesome for building arm and core strength without crunches, which can hurt your lower back," says Sadie Nardini, founder of Core Strength Vinyasa Yoga.



#### 02 / Bridge

Lie on your back with your arms at your sides, palms facing down, knees bent, and feet hip-width apart and flat on the floor. Raise your hips as high as you can and lift your chin a little off your chest. Hold the pose for five breaths. "This provides a ton of chest and shoulder flexibility," says Nardini.



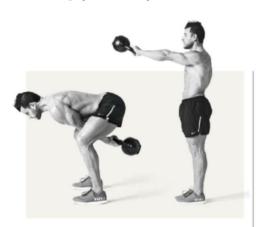
#### 03 / Tree

While standing, shift your weight to your left foot as you rest your right foot against your heel. Slowly raise your right foot to your shin or the inside of your thigh. Put your palms together at your chest and gaze at a fixed point. Hold for 10 slow breaths and work up to 20. "It works your whole lower body," Nardini says.

#### **MensHealth**

# Fast-Track Your Fat Loss

Be the guy who finally sees his abs. Do this workout, and do it often. Thank us later



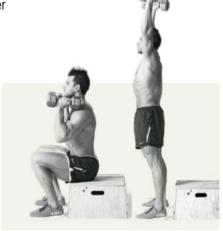
#### **Kettlebell Shuffle Swing**

Start with a kettlebell between your legs; thrust your hips forward and swing up. As the bell rises to chest height, step your left foot to the right so that your feet are almost together. As the bell swings back down, step left with your left foot. Repeat, this time swapping sides.



#### **Low Box Lateral Runner**

Stand with your left foot on the floor and your right foot on a low box or step. In one smooth movement, hop sideways across the box so your left foot is on the box and your right foot is on the floor. Repeat back and forth.



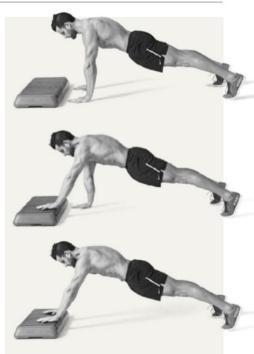
#### **Box Thruster**

Grab a pair of dumbbells and sit tall on a box or bench. Hold the dumbbells in front of your shoulders. In one movement, drive your heels into the floor and push your body to a standing position as you explosively press the dumbbells above your head. Lower yourself and repeat.



#### Sandbag Reverse Lunge with Rotation

Grasp the handles of a sandbag with both hands and step into a reverse lunge, your left leg back and right leg forward. Rotate the sandbag so you're holding it at arm's length on the right side of your body. Now rise to a standing position as you rotate the sandbag in front of you. Switch legs, rotating the sandbag to your left as you step back with your right leg.



#### **Low Box Plank Stepper**

Place your left hand and then your right hand slightly forward on a low box. Step down with your left and then your right hand. Repeat, this time starting with your right hand.



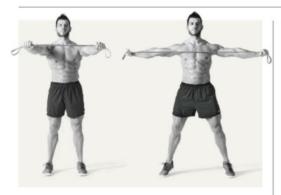
#### **Reverse Burpee**

Assume a push-up position with your hands slightly forward of your shoulders. Slowly walk your hands back towards your feet until you're in a position to jump up. Quickly explode upward, reaching for the sky.



#### **Bench Hop**

Stand next to a bench with your feet together, and grasp it by its sides with both hands. Keeping your hands in place, hop over the bench, landing on the opposite side. Immediately hop back.



#### **Band Jack Pull-Apart**

Hold a resistance band at chest height out in front of you. Pull your arms back and out as far as you can as you jump your feet out.



#### **Bear Crawl to Explosive Push-Up**

Get down on all fours, your knees a couple of inches off the floor. Kick your legs out and drop your body toward the ground. Explosively push back up and return to all fours with your knees raised as before.

Trainer: BJ Gaddour, MH US fitness director and creator of the 21-Day MetaShred Time: 34 to 60 minutes

#### DIRECTIONS

Start with the warm-up. then move on to the main event. Complete vour workout with the finisher.

#### WARMUP

#### METABOLIC MOBILITY

Start a timer and perform as many single-leg plank walkouts as you can.

Time: 5 to 10 minutes

#### **MAIN EVENT**

#### **SIX-PACK SUPERSETS**

Complete the supersets in the order shown below for 6. 8 or 10 minutes each. depending on your time or fitness level. So in 1, for example, you'd do low box plank steppers for 20 seconds, rest 10 seconds, then low box lateral runners for 20 seconds, then rest 10 seconds. Repeat for a total of 6, 8, or 10 minutes; move on to the next superset.

- 1. Low box plank stepper + low box lateral runner Time: 20 seconds on. 10 seconds off
- 2. Band jack pull-apart + bear crawl to explosive push-up Time: 20 seconds on. 10 seconds off
- 3. Box thruster + Sandbag reverse lunge Time: 40 seconds on, 20 seconds off
- 4. Kettlebell shuffle swing + bench hop Time: 20 seconds on, 10 seconds off

#### **FINISHER**

#### THE FAT FRYER

Start a timer and do as many reverse burpees as you can. Time: 5 to 10 minutes



#### Why Am I So Ravenous?

Here's the weird thing: immediately after a workout, your brain doesn't let you feel hungry. Researchers call this "anorexia of exercise." This blunting of hunger can last for 30 minutes to four hours after a workout, says Heather Leidy. a nutrition researcher at Purdue University. Exercise, she explains, increases your body's heat production (a.k.a. metabolism), so blood is diverted from your gastrointestinal tract to other parts of your body that need it more.

Then what's behind the postworkout munchies? Two things: some men feel compelled to eat because their brain motivates them to replenish the energy their body lost. This is called homeostatic eating. Other men eat for pleasure, or to manage their emotions. This is known as hedonic eating.

Being able to know the difference is the key to refueling in a way that assists your weight-loss effort instead of undermining it.

#### How Not to Eat Like an Animal

Rule Number Duh: unless you're training for an Ironman, lay off the milkshakes.

It's easy to fall into the "reward" trap of eating anything you want after a workout. You earned it, right? Well, most people overestimate not only the intensity of their workouts but also the amount they should eat later. And although the heavier you are, the more calories you burn during exercise (as the graph below shows), you might outeat your exercise even if you're overweight.

So level with yourself: splurging on that burger, fries and shake from a fast-food joint cancels out the calorie deficit you just created from working out.

#### How a Human Should Eat

After exercise, think of your body as a dry sponge. Intense activity sucked out the elements that allow your systems to do their jobs. Everything from your nervous system to your urinary system demands recalibration. So let's break it down by nutrient.

- ▶ Protein Working out damages muscle; taking in protein builds it back up. How much protein do you need? "Twenty-five to 35 grams of high-quality protein per meal seems to maximize the building and repairing of muscle," says Doug Paddon-Jones, a professor of nutrition at the University of Texas Medical Branch. Turn to chicken, fish, seafood, beef and milk.
- ► Carbohydrates Your body processes carbohydrates into glycogen, which serves as its primary source of energy for exercise. After a workout, try to consume at least as much carbohydrate as you do protein - say, a carb-to-protein ratio between 1:1 and 2:1.



- ▶ **Sodium** Without enough sodium, your cells operate without the necessary electrolytes, prolonging soreness and disrupting hydration levels. If your workout leaves a puddle of sweat on the floor, allow yourself an extra shake of salt. Or add a snack of salted nuts.
- ▶ Potassium Like sodium, this electrolyte helps you stay hydrated. Most men don't consume even close to the recommended amount (4700 milligrams a day, per the National Institutes of Health). Yes, the average banana has 422 milligrams, but you can also go with a skin-on baked potato (about 900 milligrams), 85 grams of salmon (534), or 220g of whole milk (322).
- ▶ Water You need to replace every kilo lost during your workout with 1 cup of water. Weigh yourself before and after. Do the maths. Then drink up.

Here's your postworkout menu: one palm-size serving of protein, one fist-size portion of carbs and one piece of fruit or a handful of vegetables.

Source: The Compendium of Physical Activities Tracking Guide

packing

Then just add water!

That meal could look like a pork chop, baked potato and spinach salad, plus water. Follow these portion guidelines and you won't have to go nuts counting calories.

If you can do this at a fast-food joint, that's okay too: a grilled chicken salad with baked potato would be great. Just hold those fries and soda. What's important is finding the strategy that best aligns with your hunger timeline. Otherwise, hedonic eating starts to slap around your drive for homeostatic eating - and it can get ugly.

You also want to know when to eat. Some guys still think they need to eat within an hour after exercise to maximise nutrient absorption, but there's no reason to keep to that window. Hydrate as soon as you can, and let your stomach tell you when to eat.

And, sure, every once in a while, when you really deserve it, treat yourself to a massive, MH creamy milkshake.

#### THE CLYDESDALE **ADVANTAGE** If you're heavy, you 8 **KILOJOULES** may burn more calories than someone who's skinnier because you're moving more mass. 8 Here are the stats 70kg man 90kg man Bicycling Weight Running **Swimming** Rack-Rope

(leisurely)

Training

Jumping

(5 min/km)

# Food-Nutrition



#### Shop It

Let's talk butts. Specifically, the pork butt, which may also go by "pork shoulder" or "Boston butt," depending on where you live. A whole pork shoulder is a huge cut that runs from the shoulder to the front hoof. The butt isn't the pig's rear end (surprise!) but the top of each shoulder. Since these are hardworking muscles, the meat is tough. So unless you want a jaw workout, don't eat seared steaks cut from the butt (uh, shoulder). Slow cooking is the best way to break down those muscle fibres.

#### **Stuff You'll Need**

4 LB BONELESS, SKINLESS PORK SHOULDER

1 SMALL WHITE ONION, THINLY SLICED

1/4 CUP ORANGE JUICE

2 TBSP OLIVE OIL

2 TBSP LEMON JUICE

2 TBSP LIME JUICE

6 MEDIUM GARLIC CLOVES, MINCED
2 TSP KOSHER SALT

2 TSP DRIED OREGANUM

1 TSP FRESHLY GROUND PEPPER

**Per 1-cup serving** 2 115 kJ, 60g protein, 4g carbs (1g fibre), 26g fat

#### Make It

Using a paring knife, poke holes all over the pork. In a 5-litre slow cooker, add the onion and then the pork. In a medium bowl, mix the rest of the ingredients and pour the sauce over the meat, massaging it into the holes. Put the lid on and leave the cooker on low for 8 hours while you're at work, or on high for 4 hours if you want it done for Sunday dinner. (If it's on high, turn the meat every hour or two until it's tender and a thermometer inserted into the thickest part reads at least  $60^\circ$ .) Using forks, shred the meat; toss it with the sauce. Serve, or let it cool for an hour and then store it in the fridge.  $\it Makes 6 servings$ 

#### Pack It

Store the meat with the juice so it won't dry out when you nuke it. These side dishes will round out your lunch

Combo 1 Simmered kale + roasted sweet potato



Combo 2
Baked beans +
shredded coleslaw



Combo 3
Tomato and cucumber salad + corn bread

# Hello

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#### **Pork Fried Rice**

In a large nonstick pan on medium high, heat the oil. Add the shiitakes and asparagus; sizzle until tender, about 2 minutes. Add spring onion whites, pepper and ginger and cook until fragrant, about 30 seconds. Add the rice and pork; stir till heated through. Stir in soy sauce to taste; push everything to the sides of the pan. Add the rest of the oil and the egg, stirring until the egg firms up, 1 minute. Remove from heat; stir in spring onion greens. Makes 1 serving

Per serving 2975 kJ, 44g protein, 57g carbs (8g fibre), 34g fat

#### What You'll Need

1 TBSP CANOLA OIL

1 CUP SLICED SHUTAKE

1/2 CUP CHOPPED ASPARAGUS

2 SPRING ONIONS, SLICED, WHITES AND GREENS SEPARATED

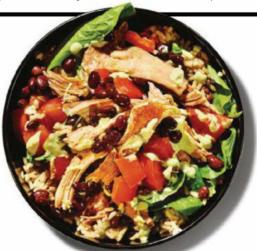
1/4 RED PEPPER, DICED

1 TSP GRATED GINGER 1 CUP LEFTOVER WHITE RICE

1/2 CUP SHREDDED PORK

SOY SAUCE

1 LARGE EGG, LIGHTLY BEATEN



#### **Carnitas Burrito Bowl**

Heat a small, oiled nonstick skillet on medium. Add the pork and cook until it's crisped in places, about 3 minutes. In a blender or food processor, puree the avocado, sour cream and lime juice, adding water a tablespoon at a time until the dressing is the right consistency for drizzling. Season with salt and pepper. Add the greens to a bowl and top with the rice, beans, tomato, onion, and pork. Finish with a drizzle of the avo dressing. Makes 1 serving

Per serving 2 700 kJ, 32g protein, 57g carbs (13g fibre), 33g fat

#### What You'll Need

1/2 CUP SHREDDED PORK, CHOPPED

1/4 AVOCADO

2 TBSP SOUR CREAM

1 TBSP LIME JUICE

2 CUPS MIXED GREENS

1/2 CUP COOKED BROWN RICE

1/2 CUP CANNED BLACK BEANS. RINSED

1 TOMATO, CHOPPED

1/2 SMALL RED ONION, THINLY SLICED



#### Hawaiian Flatbread Pizza

Preheat your oven or toaster oven to 200°. Brush the flatbread with the olive oil and bake until it begins to crisp, 3 to 5 minutes. Remove the bread from the oven and add the sauce, cheese, pork, pineapple and bacon. Then return it to the oven and bake until the cheese is bubbly and the pork is warmed through, about 5 minutes. Top with coriander leaves, if you want. Makes 1 serving

Per serving 2 165 kJ, 34g protein, 31g carbs (2g fibre), 28g fat

#### What You'll Need

1 FLATRREAD

1 TSP OLIVE OIL 2 TBSP PIZZA SAUCE

1/4 CUP SHREDDED MOZZARELLA

CHEESE

1/4 CUP SHREDDED PORK

1/4 CUP DICED PINEAPPLE

2 SLICES COOKED BACON,

CORIANDER (OPTIONAL)



#### Shredded Pork Sweet Potato Hash

Heat the grill on high and set a rack 15cm from the heat. In a 25cm cast-iron pan on medium, heat the oil and sauté the onion and pepper until soft, 1 to 2 minutes. Stir in the potato, add salt and pepper, and cook until browned, 10 to 15 minutes. Add the pork; make two indents in the hash, crack an egg into each, and sprinkle on cheese. Grill until the eggs set and the cheese is bubbling, 5 minutes. Serve topped with chives and hot sauce to taste. Makes 2 servings

Per serving 2 590 kJ, 46g protein, 32g carbs (5g fibre), 34g fat

#### What You'll Need

1 TBSP OLIVE OIL

1 SMALL ONION, MINCED

1 CHILLI PEPPER, SEEDED AND MINCED

1 MEDIUM SWEET POTATO, GRATED (USING THE GRATER'S LARGER HOLES)

1 CUP SHREDDED PORK

2 LARGE EGGS

1/2 CUP SHREDDED SMOKED CHEDDAR CHEESE

CHOPPED CHIVES

HOT SALICE



#### **Promo Picks**

We all love a good deal, but finding a waist-friendly special can be difficult. Both Wimpy's Champ Burger Combo and Farmhouse Breakfast are calorie bombs, with a whopping 50-60g of fat, too. Try the Double Up Breakfast promo instead: far fewer calories, with a good dose of protein.

#### **Famous Coffee**

Small habits - like picking the right drink - can help make all the difference. A regular Famous Coffee will provide half the calories of a Cappuccino or Cafe Latte, and only 25% of the calories you would get from a hot chocolate. For a big saving, an espresso comes in calorie-free.

3

#### The Burger Range

The Wimpy Beef
Burger is a tradition in
SA. It's not a bad
choice when ordered
with a side salad: just
1600 kJ calories,
25g protein, 33g carbohydrates and 19g fat.
For a training day,
when you need
slightly more protein,
go for double beef.
(Yes, the chicken is
higher in fat.)

4

#### Add Something Extra

Flavour-packed additions don't have to derail your day, if you choose wisely. The BBQ, mushroom or peri-peri sauce are low-energy options, as are a few extra jalapeños or red onions. There's plenty there to add some variety to your meal when you need it most.

# 5

#### Take a Grilling

There are some pretty big numbers behind the grill: a 600g portion of ribs packs over 10 000 kJ, with 180 g fat. (The 9 Chicken Wings, the Rib-and-Chicken Wing Combo and the Meaty Feast all tip into triple digits on the fat count.) A better choice here would be the chicken fillets.

The low-carb breakfast, 2 eggs, 2 rashers of bacon with added grilled mushrooms. A nice protein-veg start to the day. For a little extra nutrition (carbs, protein and fibre) add some baked beans.

#### BEST /

The new addition of **chicken fillets** to the menu is a great option: 60g of protein, 23g fat and 8g carbs. Take 2 chicken fillets, BBQ or peri-peri, and a side to match your goals. Choose chips or pap and sheba for high-energy needs, or a side salad for your rest day.

THE HEALTH SNOB'S GUIDE TO

# Ice Cream

While raspberry ripple doesn't quite count as one of your five-a-day, freeze your assets wisely and your two scoops needn't be an indulgence

BY SCARLETT WRENCH · PHOTOGRAPH LOUISA PARRY

#### 01

#### 99 Problems

Shop-bought tubs invariably deserve the cold shoulder, "because they usually contain dry milk powder," says Kitty Travers of gourmet parlour La Grotta Ices. This is high in lactose, which can cause digestive issues. And contrary to assumption, sorbet is no better for you because pasteurisation kills the fruit's nutrients. Still, there's no need to freeze out all your summer treats: go DIY and dish out a van load of benefits.



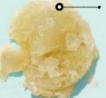
#### A. Traditional

Mr Whippy might be the sworn enemy of summer six-packs, but with a few smart swaps – exit sugar and shelf life-extending stabilisers, enter coconut and dates – you can turn a childhood treat into a worthy source of post-gym fuel.



#### B. Froyo

Frozen yoghurt has made a celebrated comeback since its 80s heyday. Natural probiotics and a low fat content are its USPs, yet supermarket varieties tend to be high in unhealthy add-ons. (N.B. hot fudge sauce is not a known probiotic.)



#### C. Granita

Whereas sorbet has a smooth texture, granita is shaved into crystals, explains chef Tess Ward. You can get away with using less sugar too. It makes an ideal palate-cleanser after al fresco lunches. Or, for that matter, a greasy braai.



#### D. Gelato

Ice cream's Italian cousin has a higher milk-to-cream ratio and is churned at a slower rate. The result is a low "overrun" – i.e. the increase in volume caused by whipping air into the mix. Translation: it's creamier, but kinder on the calories.



#### **Cold Fusi**

First the good/bad news: you can't do away with sugar altogether. "Sugar is the part of the recipe that doesn't freeze, which keeps the ice cream soft and scoopable," says Travers. But that doesn't have to mean shovelling in buckets of sweet stuff. Ward recommends alternatives such as coconut syrup or honey because "they have stronger flavour profiles, plus a lot more vitamins."

If you really want to bring the glycaemic value (and calories) down, try swapping out half of the sugar with a squeeze of liquid stevia. But no matter how parched you feel, don't be tempted to rush things. Blending your ingredients too quickly will result in a fluffy, fast-melting texture. A good ice cream machine (Zoku R479, yuppiechef.com) will churn your ingredients to a creamy consistency.

Most important: do not let your culinary creations be spoiled by cold storage. "Freezer-air is ice cream's worst enemy," says Travers. Joseph Joseph's airtight containers include a date dial so you know exactly how long it's been in there (R1 200, yuppiechef.com). Finally, try to eat it within two weeks max. If you follow our recipes (right) that shouldn't be a problem.

#### **U3** Ice Picks

These four combos are the creations of chef Tess Ward, author of The Naked Diet, but she encourages you to experiment nonetheless: "Just go seasonal with your ingredients. You get the best-quality fruit and it's less expensive." When it comes to serving your guests/self, an Italian flat-paddle scoop will help you dish up with flair (Kitchenaid R399, yuppiechef. com). Don't forget to dunk the tool in hot water, says Ward: "It'll slide through the ice cream like a hot knife through butter, for a gorgeous round scoop." Now churn, baby, churn.



Prep this pre-gym popsicle to help you turn up the heat in your workouts and melt even more fat

330ML COCONUT WATER

1 LEMON, ZEST ONLY

1 TBSP DESSICATED COCONUT

4 SCOOPS PINEAPPLE AMINO ENERGY 660ML WATER



#### STEP 1

Shake the coconut water with zest and desiccated coconut. Fill your moulds halfway.



#### STEP 2

Freeze for 2 hours or until solid. Now dissolve the amino powder in water, pour on top of the coconut mix and freeze.



#### STEP 3

Slurp for an icy treat that'll dish up electrolytes and boost your power in one hit.



#### A. Raweo Cookie Sandwich

#### **SERVES 10**

250ML THICK COCONUT MILK
3 TBSP MELTED COCONUT OIL

1/4 CUP HONEY
PINCH SEA SALT

125G CASHEWS

100G DATES 65G RAW CACAO

THICK COCONUT

METHOD Blitz the first four ingredients, then freeze for 3 to 4 hours. Blend the remaining four (cashews first) to form a dough and refrigerate for an hour. As well as adding creamy fats, cashews are packed with energy-boosting copper. Roll out the mix and go at it with a cookie cutter. Spoon the filling onto each disc to make "sandwiches". Wrap in clingwrap and freeze.



#### C. Lemon & Honey Granita

#### **SERVES** 6

4 BAGS GREEN TEA

5CM CHUNK GRATED FRESH

GINGER

150ML HONEY 6 TBSP LEMON JUICE

125G CASHEWS

100G DATES

65G RAW COCAO
THICK COCONUT

METHOD Put the teabags and ginger in a bowl with 750ml of boiling water. Let it brew for 15 minutes, remove the teabags and leave to cool. Stir in the honey and lemon, then strain through a sieve – adding a hit of citrus makes green tea's antioxidants more available to the body. When cool, pour into a dish and freeze. Summer colds are officially whipped.

#### **B. Prune & Cacao Froyo**

#### **SERVES** 6

250G RICOTTA

250G 0% FAT GREEK YOGURT

200G CHOPPED PRUNES
PINCH SEA SALT

4 HEAPED TBSP RAW CACAO

POWDER

6 TBSP COCONUT SUGAR

100G WALNUT HALVES
PINCH SEA SALT

RAW CACAO NIBS TO SERVE

METHOD "Greek yoghurt has a lovely sourness that cuts through the richness of cacao," says Ward. Ricotta will punch up the protein content, as well as providing antioxidant selenium. Blend everything bar the cacao nibs, then churn in a machine for 45 minutes, then freeze. "Sprinkle over the cacao and enjoy with an espresso."



#### D. Dairy-Free Avocado Gelato

#### SERVES 6

3 LARGE AVOCADOS, PEELED & DE-STONED

300ML THICK COCONUT MILK

1/2 LIME ZEST & JUICE

175G HONEY

1 TBSP VANILLA EXTRACT

METHOD "Avocado's mild, creamy taste means it lends itself well to sweet dishes," says Ward. Plus they're a top source of B vitamins, which are depleted by a few too many summer cervezas. Blend the lot in a food processor, then add to your machine and churn slowly. Serve soft, using dark chocolate rice cakes to generously shovel the gelato into your mouth.



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#### When the Cows Got Out of the Barn

We're visiting her family farm in Thornhill in the Eastern Cape, and all hell is breaking loose. It's 3 am, lights are going on, Uncle Frans is velling and the dogs are howling. Someone left the gate open to the dairy pen and 150 cows have escaped into the field. Now let me tell you, there are few things sexier than helping a woman milk a cow (something Heather had taught me to do that afternoon), but running through the night at her side was the be-mine-forever clincher. Here was my Renaissance woman: smart, funny, and sexy in that down-to-earth, all-natural, denim-shorts kind of way - but also spontaneous and enraptured by the silly joy of chasing Holsteins through the mud in the black of night. We're still playing in the dirt 31 years later. - John D., Hillcrest



#### When She Comforted My Dad

In July 2006. I took the witness stand in a hearing room in Philadelphia's municipal court. Three teenagers were on trial for 13 kidnappings and robberies, and I was among their victims. As I looked out, I caught sight of my father and my girlfriend, K. It was only the second time they'd met. While I was on the stand, my kidnappers snickered. I eventually stepped down and back into the rest of my life. Over the next nine months, all three pleaded guilty. Later on, my dad told me a story. It was about a 20-year-old woman in a courtroom who quietly, without eye contact, took the worn left hand of a man she barely knew, held it, and squeezed. It was about a woman who calmed him when the boys who'd kidnapped his boy laughed. That's when I knew. - Bradford P., Bellville



#### When She Kicked My Ass – Hard

When I was 13, I found an incredibly steep 400m grass hill in a rough Garsfontein neighbourhood. It was called. simply, "the hill." For 11 years, it was the source of my speed and conditioning workout. I'd spend an hour sprinting up the hill and jogging down it. I always struggled to get people to run with me. Only three ever did - and Debbie was one. She was cute, petite... and tough: she'd represented Pretoria at the SA Rugby Women's Interprovincial Competition. At the base of the hill that day. I assumed I'd crush her. We accelerated into the first sprint. She stayed close and we jogged back down. Same thing the next round and the one after that. She was a champ while I was dving. We did 15 rounds, but for the first time I didn't want to quit. - Jake S., Polokwane



#### When She Put Her Legs Up in the Air

Erin is naked, she is in bed. and we have just made love. Her face is flushed. But her body position is less conventional, which perhaps partly explains the redness. Her legs and torso are high in the air. Anyone who's ever tried to get a woman pregnant knows this position; it's a gravity assist for the swimmers. I'd spent the previous couple of years trying to figure out if Erin truly wanted to get pregnant. She was in postgrad school and working on her first novel. A child wasn't the only thing she wanted, or even the first thing. But seeing her lovely body in that curious position left no doubt that some part of her yearned for motherhood. Two days later I proposed. Later that week, she announced that she was pregnant with our first child. -Steve A., Greenside



#### When She Showed Up to Bail Me Out

We'd been married for three months, so yes, I'd already decided she was the one. But some of us don't know with certainty until that first trial presents itself. Ours came one night in 1996 after an Arno Carstens concert. My buddy drunkenly suggested we streak back to our downtown hotel. I handed my clothes to my new bride, and my friends and I busted cheeks down the street.

When my wife got to our hotel, she found me standing near its entrance, bathed in flashing lights, wearing only handcuffs. Someone had apparently taken offence and called the cops. My wife was not amused. But the next morning, there she was with the bail money. And what I'll remember is this: she didn't harangue or bitch or give me the silent treatment. She just shook her head and gave me a hug. I knew right then that we'd make it. That being my third arrest, I thought it best to leave behind my "life of crime." She was - and still is - worth it. - Tim R., Welkom





**12**%

Your reduced risk of developing heart problems if you are married. Single? That pain in your chest might be more than longing...



#### When She Helped Put Lucky Down

When our friends set me and Diana up on a blind date, they figured we'd bond because of our pets. They were right. We'd take my elderly husky, Lucky, and her rambunctious chocolate Lab, Dylan, to the park, the beach, or each other's flats. A year passed. The relationship had substance in an easygoing sort of way. Then, boom: it wasn't so easy. Our dogs were sick. Lucky with hip

problems, Dylan with lymphoma. The truth is, it sucked. The truth is also that it showed me I had stumbled onto a partner with a big heart. Diana was there as we shoved pills down Lucky's throat and carried him outside to pee. She was there during his final hours, holding his paw and my hand as the vet ended his misery. Any doubts I'd had about who would be the mother of my children left my mind that day. Nine months later, as I stood beside Diana while Dylan's battle with cancer ended, we were already married.

- Peter F., Sea Point

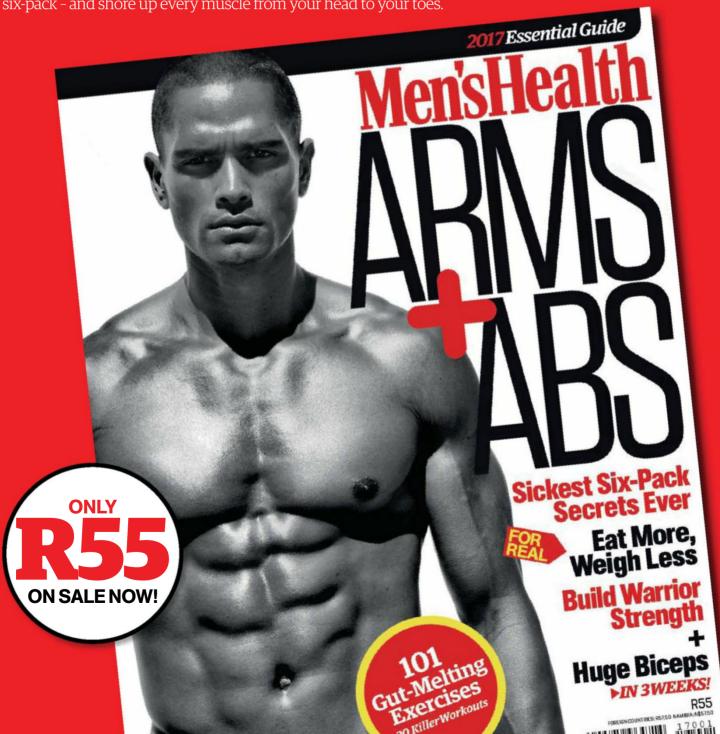
"He brought a piece of cake to his gran, who had Parkinson's, and helped feed it to her." – JENNIFER M.

"He got busted for peeing on a house, which I found hilarious. It wasn't yet capital-L love, but it was the start of my crush." – KIERA A.

"One night – in public, drunk – I pointed to my finger and yelled, 'One carat! Round cut!' He didn't run; I knew he was the one." – CHRISTINE M.

# ITSTIMETO NUSCLE UP!

Everyone wants a flat belly and muscular arms. Why? A lean, hard upper body is a badge that says you pay attention to what you eat and keep fit. *Men's Health Arms & Abs* contains some of the greatest workouts out there: ones that will grow your biceps, pump up your pecs, sculpt your six-pack - and shore up every muscle from your head to your toes.



# Health+ Wellness

The Riddler liked it; his dermatologist had a differen

# Should You Be Worried?

Lumps, splotches, weird colours – your body can be baffling. Which symptoms deserve attention?

BY BRIELLE GREGORY
PHOTOGRAPH THE VOORHES



IT WAS THE size of a marble on my neck. My lump started like a skin tag, but after three months

it had quadrupled in size; turning my head was unbearable. Given my family history of cancer, I was certain: this had to be the end.

Before getting my affairs in order, I went to an urgent care center. I simply had an infected cyst, easy to excise. The relief alone was worth the co-pay. "What if the person with the lump that turned out to be cancer blew it off?" asks Alfred Sacchetti, chief of emergency services at Our Lady of Lourdes Medical Centre. Too careful is better than too casual. Here's a guide to what deserves professional attention.

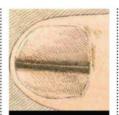
#### **Squiggly Artery on Your Temple**

• Worry. That bulge may be the hallmark of a Trevor Noahstyle rant, but it's not a funny sign. The squiggly artery can signal something called giant cell arteritis, blood vessel inflammation that leads to blindness in 20% of cases. See a doctor, who might prescribe steroids to curb the swelling. Otherwise the inflamed vessel could leak, causing vision loss or stroke.



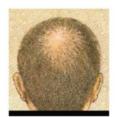
#### **Swollen Calf**

Worry. Many of us build up fluid in our leas thanks to sedentary office work. But unusual swelling could be a harbinger of heart failure or a sign that your veins aren't shuttling blood properly; call your doctor. If you see swelling in just one leg, go right to the ER. "Don't sit on it," says Martha Gulati, chief of cardiology at the University of Arizona College of Medicine. "It could be deep vein thrombosis (DVT), which can kill you." This dangerous blood clot can form during a long car ride or flight. To cut your risk, get out of your seat and walk every two to three hours during your trip.



#### **Blackened Nail**

Worry – unless you whacked your hand or foot on something hard. A dark line on a fingernail or toenail is cause for concern: consult a dermatologist. It could be melanoma, which is the deadliest form of skin cancer. Melanoma tends to grow from the nail outward, causing a deep-brown streak. "If you notice a new streak and it's growing slowly, that's concerning," says Joshua Zeichner, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in New York. "But if it suddenly happens overnight, that's not cancer.'



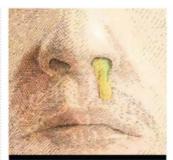
**Hair Loss** 

Don't sweat it – vet. If you get that glossy crown in your 40s, blame genetics. If it's happening in your 20s or 30s and premature balding doesn't run in your family, get checked for prostate cancer, says Judd Moul, director of the Duke Prostate Center. You'll need a digital rectal exam and/ or PSA (prostatespecific antigen) test. In one study, men exhibiting male pattern baldness by age 45 had an increased risk of prostate cancer Scientists believe the link is related to androgens, hormones involved in both hair loss and prostate cancer development.



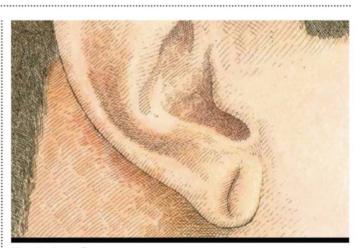
#### **Unexplained Bruises**

Don't sweat it – yet. Marks that appear after a night out are often from booze, which can expand your blood vessels and promote bruising, says James Zehnder, a professor of pathology and medicine at Stanford. Bruising can also occur if you often take aspirin or ibuprofen; both decrease clotting by inhibiting platelet function. But if you notice increased bruising with bleeding gums or bloody urine, get a blood test. These can signal leukaemia.



#### **Green or Yellow Snot**

Don't sweat it. Watery snot that was clear before turning colours is a classic symptom of a cold. "An awful lot of people come in saying it's a sinus infection," says Wanda Filer, president of the American Academy of Family Physicians. "But that yellow or green is part of the normal process. It's dead cells being pushed out with mucous." Now, a nose that drips for weeks or causes facial pain is worth a doctor's visit. It could indicate a bacterial infection.



#### **Earlobe Creases**

•Worry. Your heart may need attention. Studies suggest that men with diagonal earlobe creases are 30% more likely to have hypertension. If this trait is combined with balding at the hairline or crown of your head or yellowish fatty deposits around your eyes, your heart attack risk is increased. Ask your doctor for a cardiovascular risk test, says Dr Gulati.



#### **Burn**

 Worry, depending. Maybe your Pete Goffe-Wood impression at the grill last night was a bit too enthusiastic. If you see anything you shouldn't (like muscle) because of your burn, go to the ER. "The deeper the burn, the more serious it is," says Jason Reichenberg, chief of dermatology at Dell Medical School, But for a superficial burn (red, tender, blisters), run it under cool water, apply an antiseptic ointment and cover.



#### Skin Spots

Worry – maybe. A splotchy skin tone. especially on your face, chest, or back, may just be the effects of the sun or ageing. But a new patch popping up or an old mole changing needs to be checked for melanoma right away. says Dr Reichenberg Remember the classic ABCDE rules of melanoma: if the spot is asymmetric, has border irregularity, colour variation, a diameter greater than 6 millimetres, or is evolving, get that appointment.

















#### **Tick Bite**

Don't sweat it – yet. "If it never gets bigger than a R2 coin, it's likely just a bite, says Thomas Mather, director of the Tick-**Encounter Resource** Center at the University of Rhode Island. "Watch it for seven to 10 days. If it grows and starts to develop into a red or bull's-eye rash that expands to larger than a R5 coin, see a doctor." Although very rare, it is possible to catch Lyme disease in SA. Be wary of any tick rash that lasts 10 days. Given early, a course of antibiotics will prevent Lyme's fatigue.



#### Lump (Pea or Marble Size)

Don't sweat it – yet. It's probably a cyst or something called a lipoma, both of which are typically benign. "Most of the time, most lumps are fine," says Dr Reichenberg. "But it's hard to tell just by looking or feeling if you don't have medical experience." If you notice the lump changing - especially if it's changing rapidly - or you have a family history of cancer, have it checked. If the lump is painful, it's probably benign. Lumps that don't hurt are the ones you should jump on.



#### **Swollen Toes** or Knuckles

Worry. Unless those knobby knuckles came courtesy of a boxing workout, they're bad signs. Swollen, painful joints, especially in your hands and feet, can often indicate rheumatoid arthritis, an autoimmune disease that attacks joints. "If left untreated, it can evolve in many joints of the body," says Duke rheumatologist Ankoor Shah. See a doctor if you notice swelling, especially with morning stiffness. There are drugs that can help to curb inflammation.



#### White Bumps on the Back of Your Throat

Don't sweat it. Sprouting what looks like gravel on the back of your throat is probably just a case of tonsil stones. These form when particles of food harden over time in your tonsils' crevices. The rocks will dissolve over time, but you can accelerate the process by gargling warm water in the morning and brushing regularly. "If you notice swollen glands under your neck with these spots, make sure you visit vour doctor," savs Dr Filer.



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ber our loved ones birthdays yet retain an encyclopaedic knowledge of craft beer and sports stats? Why, after all these years of living in our skin, are we more fascinated with our own bodily functions than preserving the world for future generations? Frankly, we don't know, but we can certainly explain why you feel like puking when someone else hurls.



#### Why Do I Like My Own Body Odours Better Than Everyone Else's?

Survival of the fittest entails avoiding other people's nastiness. Infection-causing bacteria on their bodies can be a source of disease. If you were drawn to instead of being repulsed by the unpleasant odours these bacteria sometimes emit, you'd be more susceptible to illness and death. It's that simple, says Nina Strohminger, author of The Hedonics of Disgust. (What? That's not in your bathroom library?) Here's another way to look at it: if you vomited every time vou took a dump, vou'd be highly irregular. You're just not genetically designed to feel revolted when you catch a whiff of yourself. And, per an Evolution and Human Behaviour study, you don't find your loved ones' disgusting acts as gross as a stranger's. That's because you share the same parents or living space, and they pose less of a disease risk.



#### Why Is Popping a Pimple So Satisfying?

Even though dermatologists warn about the risk of infection and scarring, pimples beg to be popped just like Everest beckons to be climbed. Popping rids the skin of acidic pus and eases pressure, says plastic surgeon Julius Few. And as the pain eases, you get a shot of dopamine, the feelgood brain chemical.



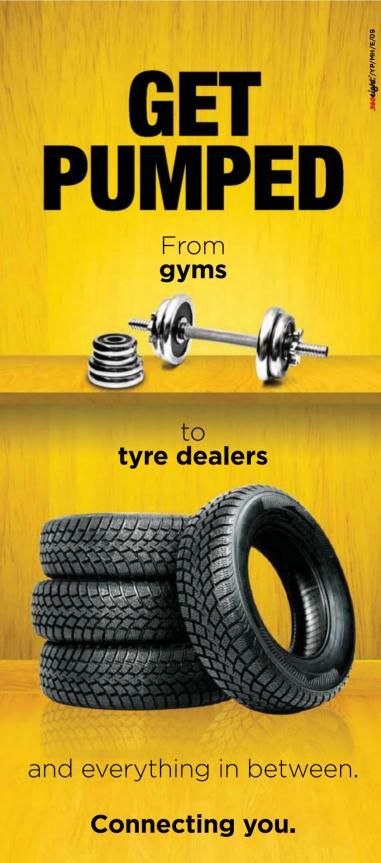
#### Why Does Coffee Loosen My Bowels?

Research has shown that a good grind gives about a third of people the urge to go. Within approximately four minutes of ingestion, both regular and decaf coffee stimulate the end of the colon. The timing can vary, but the urge can last 30 minutes or longer. While the exact compounds behind the effect are unknown, coffee consumption increases your body's levels of two hormones, gastrin and cholecystokinin, that speed up gut motility and stimulate the liver to secrete digestion-revving bile, explains gastroenterologist Kathlynn Caguiat, Plus, drinking your coffee first thing in the morning can trigger what's called a "gastrocolic reflex." That's your body's tendency to make room when something new comes into the stomach.



## Why Do I Get the Urge to Vomit After Seeing Someone Else Doing It?

Call it an evolutionary gag reflex. If thousands of years ago someone in your tribe was vomiting, the reason was probably something besides drinking too much hooch. "They were either sick or had ingested something poisonous," says Strohminger, "and chances were good you'd eaten some too. So throwing up helped prevent you from getting sick."













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Why Am I Obsessed with Younger Women?

Because you're a male *Homo sapiens*. Duh. "In terms of evolution, men needed to spread their seed for their genes to survive. And until the past 100 years or so, fathering a slew of kids meant having more helping hands on the farm," explains Helen Fisher, a biological anthropologist and the author of *Anatomy of Love*. This is why men of all ages are attracted to women in their physical prime. It may even explain why, according to a 2014 Pew Research Center survey, 20% of us choose a woman at least 10 years younger when we marry a second time.



#### Why Must I Turn My Head and Cough When the **Doc Grabs My Testicles?**

When you cough (turning your head is just being polite), you increase pressure in your abdomen. If you have an inguinal hernia, which affects 27% of men, the pressure forces fat tissue and parts of the intestine to poke though abdominal wall muscles and possibly down into your scrotum, says surgeon Steven Beanes. With a hand firmly on your groin, the doctor can feel anything amiss. Detecting groin hernias early lowers the risk of intestinal tissue death, which could lead to bowel-removal surgeries and even threaten your life.



#### Why Do Old People **Smell So Darn Funky?**

Certain conditions that tend to be more common among older people, such as kidney and liver disease, can cause toxins to build up in the body or acidity to increase, which can lead to a distinctive, unpleasant smell, according to William Dale, who teaches geriatrics at the University of Chicago. Also, with diabetes, excess sugar in the blood can cause a sweet smell and result in bad-smelling fungal infections of the skin. Your grandpa may not notice these odours because people's sense of smell tends to dull with age. So if you suddenly detect something

funky (and it's not Wild Cherry on the oldies station), you may want to diplomatically suggest that he schedule a checkup. Incidentally, humans may be able to determine age ranges based on body odour, a 2012 PLOS One study suggests.



#### **How Many Kilojoules** Do I Lose When I Take a Dump?

Ideally, zero, although you do burn a few through muscle effort. Your small intestine is nicely designed to absorb all the kilojoules from the food you consume, after which every calorie is either burned



#### WHY DOES MY PENIS SHRINK WHEN I EXERCISE?

When you hit it hard in the gvm. all of those muscles swell with 15 to 20 times more blood than they have when they're at rest, says exercise physiologist Mike Nelson. The blood has to come from somewhere, so parts of the body not directly involved with the effort give up some of their share including luxury tissue like your penis. The resulting dip in bloodflow in the area is so dramatic that it can make grown men look prepubescent, says urologist Brian Steixner. That won't change much even if a spandex-clad beauty starts doing squats nearby. Adrenaline, which is released during exercise to increase work capacity, blocks dopamine's efforts to pump blood back into your penis.

for energy or stored as fat. It's a very efficient system in which nothing is wasted, says Dr Caguiat. However, there is a condition called steatorrhea, in which the body struggles to absorb dietary fat, causing greasy, foul-smelling stool. As a result, hundreds of kilojoules (35 kJ per fat gram, to be exact) go down the toilet. Generally, steatorrhea results from pancreatic conditions, a low level of bile salts, or such weight-loss drugs as Alli. Fat malabsorption can lead to diarrhea and, in some cases (yikes!) anal leakage.



#### If Cleaning My Ears with a Cotton Swab Is So Bad, Why Does It Feel So Wonderful?

The skin covering your ears has lots of extremely sensitive nerve endings, and many of them ultimately connect with internal

organs. So getting your Q-tip on sends a cascade of pleasure signals throughout your body's various sensory tissues and organ systems, says Amber Luong, an associate professor of otorhinolaryngology (which sounds much better than it looks) at the University of Texas McGovern Medical School. Those ultrasensitive nerve endings are one reason why ear kisses (and having sweet nothings whispered into those ears) is such a big turn-on for men as well as women, adds sex therapist Tammy Nelson.



Why Would Anyone Choose To Become a Proctologist? They come for the massive salary and stay for the huge impact they can have on people's lives. (Colorectal cancer has up to a 90% survival rate if it's caught early.) And just so you know: they're no longer called proctologists; they're colorectal surgeons now.

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# COVER GUY MUSCLE



J GADDOU

## Your Body Is Your Business Card

#### YOU DON'T EXPECT THE FITNESS

director of the biggest men's magazine franchise in the world to be eating burgers and fries regularly. But that's where you'll find BJ Gaddour every Friday afternoon after he streams his Facebook Live workout.

"For other people, Wednesday is hump day because they're one day closer to the weekend," he says. "But for me it's Tuesday because I'm one day closer to this."

Before Gaddour are two lettuce burgers (iceberg leaves instead of buns), medium Cajun-style fries, medium regular fries and a large sugar-free soda. From the look on his face, you'd think he was back home eating Mom's cooking off a plate that

reads "You Are Special." ("It was a massive plate, and, yes, it really did say that.")

Back then, at age 17, Gaddour weighed 125kg and was softer than a steamed dumpling. But next to the toilet, his dad stashed copies of *Men's Health*. Inspired by the guys on the cover, he began to educate and define himself.

He dropped 23kg for his senior season of high school sport by cutting back on bread and sugary drinks. He gained it back to play at a pro level at University. His weight continued to rollercoaster. During a brief stint as a bodybuilder, he says, "I got supershredded for one show and then gained back 16kg in five days." Now he prioritises steady, lifelong gains. Fitness has become a

journey for him, not a destination. And at 34 and around 102kg, Gaddour is fitter and healthier than ever.

But he's not a freak. "I'm really a fat guy faking it as a fit guy," he says. "I think of each rep as a french fry." And when he's not making MH workout

videos, he's sprawled on the couch with his wife and two boxers, Stinky and Sweetie, stretching and binge-watching miniseries. "I train so I can be as lazy as possible."

In other words, Gaddour's a regular guy who made health and fitness a priority and has worked hard to transform himself.

That's why he made this list.



One thing holding men back from maximising their muscle gains, Gaddour says, is their inability to do exercises with a full, pain-free range of motion. So he decided to create #NetflixAndStretch. If stretching at the gym isn't your thing, you can do these moves in front of the TV. Sub in a chair, couch or ottoman for the bench. Do each

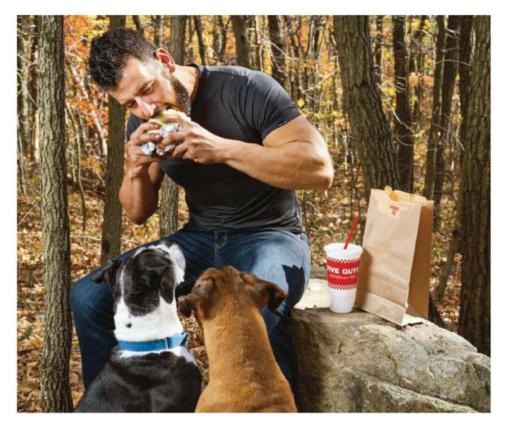
For quads/hip flexors



For lower body/back





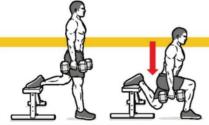


**NUTRITION** 

# How BJ Chows Down to Shape Up

TWO MAIN MEALS IN A SIX-HOUR WINDOW PROVIDE MOST OF HIS FUEL

1	Noon 6 whole omega-3 eggs, 1 whole avocado, unlimited vegetables, and breakfast meat	"My body responds best to intermittent fasting. I have coffee in the morning, but delaying my first meal and doing my a.m. cardio in a fasted state is a big reason I maintain low levels of body fat year-round."
2	6 pm 450 to 560g lean meat, plus unlimited vegetables	"I've never counted calories or weighed anything. I try to get at least two fists of protein and two fists of vegetables at each meal."
3	Between meals and during workouts Drinks: BCAAs	"This is an electrolyte and amino acid blend that enhances muscle growth and promotes recovery."
4		



**COVER MODEL MOVE** 

#### **Bulgarian Split Squat/Pull-Up**

"If I had to name two exercises that were capable of transforming most men, I'd pick the Bulgarian split squat and the pull-up," says Gaddour. He does sets of both at least once a week. "I use them on a biweekly or monthly basis to gauge my progress. My indicators used to be the bench press, squat and deadlift. But these two are safer, more convenient, and provide the same advantages."



September 2000

Know When She Wants It

SIMPLIFY YOUR WORKOUT p.72

PHOTOGRAPH MATT RAINEY (COVERS) ILLUSTRATION +ISM (WORKOUTS)

Reelin' in the years: There's nothing fishy here. At 52, Avedon looks this good in real life.

# Consistency Is the Key

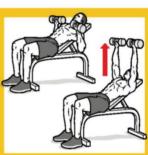
TURN TO THE NEXT PAGE AND TAKE a quick look at the two photos of the guy hiking his shirt up. That's Gregg Avedon, who's appeared on a record 16 Men's Health covers second only to the bar code. One photo was taken in 2000; the other just a few months ago. Can you tell which is which?

Not so easy, is it? That's because at 52, Avedon has managed to preserve himself better than Kurt Darren. And his secret, he says, isn't really a secret at all: "I've just been extremely consistent with my training and diet across 35 years," he says. Granted, as a model and

personal trainer, it's his job to look like he follows his own advice and has the secrets to a flab-free, muscle-laden body. But just because Avedon's office is a gym doesn't mean he acquired those abs through osmosis.

'Some days you feel great and other days you don't," he says. "But if you can walk into the gym every day and meet two goals - to be safe, and to be sore the next day - then no matter what happens, you'll make progress."

This advice also applies when you're travelling, which is where consistency can turn into com-



#### COVER MODEL MOVE Incline Dumbbell **Bench Press**

"It's great for overall chest development while also hitting the delts and triceps," says Avedon, who sports a 111cm chest. "Let's face it - a good chest gives you the illusion of a well-proportioned physique. If you maintain good form, this move also builds the serratus muscles of the abdomen, the lats, the radialis muscles of the arms and your grip strength."

# **AVEDON'S**

# "AVOID THE GERBIL-ON-A-WHEEL THING, WHERE YOU'RE THE GYM AFTER EVERY TRIP."

placency for most men. When Avedon's modeling career was at its peak, he logged 3 million flight miles one year. But his training and diet were never delayed.

Before leaving on a trip, even now, Avedon calculates how much protein powder, greens powder and other supplements he'll need each day and packs them in individual snack-size bags that lie flat in his luggage. For the plane ride, he stashes Quest protein bars in his carry-on.

He also checks online to see if his hotel has a suitable gym or if it's affiliated with one nearby. "I need dumbbells up to 22kg, a bench, a cable machine and a treadmill." he says.

Avedon, author of the former MH column and popular book series Muscle Chow, doesn't eat out when he's traveling. Instead he buys yoghurt, cans of tuna or bags of salad at the market and eats in his room. Call it DIY room service.

"I keep everything very simple, and I stay on my plan," he says. "You want to avoid the gerbil-on-a-wheel thing, constantly cleaning up your diet and getting back in the gym after every trip."

A typical workout for Avedon starts with 20 to 30 minutes of high-intensity cardio on an elliptical machine or stair stepper, followed by 30 to 40 minutes of resistance training that includes rotating days of chest/shoulders/abs, back/arms/ abs and legs. He does this workout five or six days a week; he also walks 6 to 9km in the evening to "clear my head and manage stress."

Avedon has had no major health problems and only two injuries in his career, a hernia and a torn biceps from doing a preacher curl with a straight bar. "It took a lot of rehab, but I can lift a piano with that arm now." he savs.

Nonetheless, some effects of ageing have crept in. "It seems like I'm always battling some kind of little ache or pain," he admits, "but I don't let it get me down. I say, 'Okay, today is not a good day to do this movement because it's bothering my shoulder, so I'll do an alternate one.' I always find a way to work around it." See a pattern here? No excuses.

Oh, and by the way, those photos in the sidebar on the left? The most recent shot of Avedon is on the top.



**The Consistency Trick** To help his clients stick to their exercise and diet plans, Avedon photographs them with his iPhone. Then he promises to do it again in 90 days. "That raises the stakes," he says. "They get nervous." Try it. Take shirtless selfies from different angles, share them with a few close friends (notice we said "close") and vow to transform yourself in three months. With that incentive, you'll become more consistent - and be on your way to a lifetime of fitness.







#### SUPPOSE YOU'RE DINING OUT WITH

Batman, having a great time, and suddenly he asks you to call an ambulance because he's having a heart attack. You'd look at him like he was the Joker, right?

Owen McKibbin recently found himself in a similar situation. This MH superhero, who's been on the cover 13 times, started feeling "clammy" and thought he was going to pass out during a courtroom custody hearing. Now this is a man

who knows his body better than a Ferrari mechanic understands the F136 engine. During the previous few years he had noticed some shortness of breath during workouts and a strange pressure in his chest while lying on his left side. He raised his hand and calmly asked for an ambulance. "Everyone was like, 'For who?' I said, 'For me! I think I'm having a heart attack." (His father had died of a heart attack at 41.)

Firefighters arrived and peeled

A former pro beach volleyball player, McKibbin dug deep for lifelong fitness.





off McKibbin's shirt. "I heard one of them say, 'My god, this guy's in better shape than all of us combined!' Then a couple of them recognised me and said, 'You're our hero! We do your workouts. You can't be having a heart attack!' I actually had to settle everyone down and say, 'Look, I'm controlling my breathing so you're not going to see any signs of distress, but I truly believe I have a blocked artery, and you have to get me to a cardiac unit now."

Because his vitals were stable, the firefighters said they couldn't call an ambulance. McKibbin insisted, saying he'd pay for it himself. When EMTs arrived, they also doubted McKibbin. Again he insisted. At the ER, surrounded by skeptical nurses, he convinced a doctor to put a camera into his femoral artery. Yep: his widowmaker artery was significantly blocked.

"The doctor literally dropped his clipboard," says McKibbin. "He looked at me and said, 'You just saved your own life."

Fast-forward four and a half years: McKibbin, now 53, is fully recovered. In fact, he says he's in better shape than he was a decade ago, and not far off from his covermodel days. He recently opened a fitness studio in Santa Monica called F45.

He attributes his enduring fitness to high-intensity zone progression training, or ZPT (see right). To prepare for this photo shoot, he ate a high-protein diet that was high in healthy fats and cut out rice, potatoes, pasta, bread and sugar for one month. That said, he still drinks wine, loves good tequila, and notes "there's some really good pizza out there."

A former pro beach volleyball player, McKibbin credits his lifestyle for enabling him to recover fully and quickly from spinal surgery early in his career, four knee operations, and that heart attack. "I've always been able to push through pain, but it's also been an Achilles' heel," he says. "Thankfully, I trusted my instincts."



#### **COVER MODEL MOVE Zone Progression Training**

The philosophy of ZPT is that you work one area of the body. say chest/arms, and with little or no rest, hit the secondary muscles in that same zone to exhaust the group. "Then once a zone is done, you pull that blood into a different zone.' McKibbin says. "It's the best workout possible in the shortest amount of time."

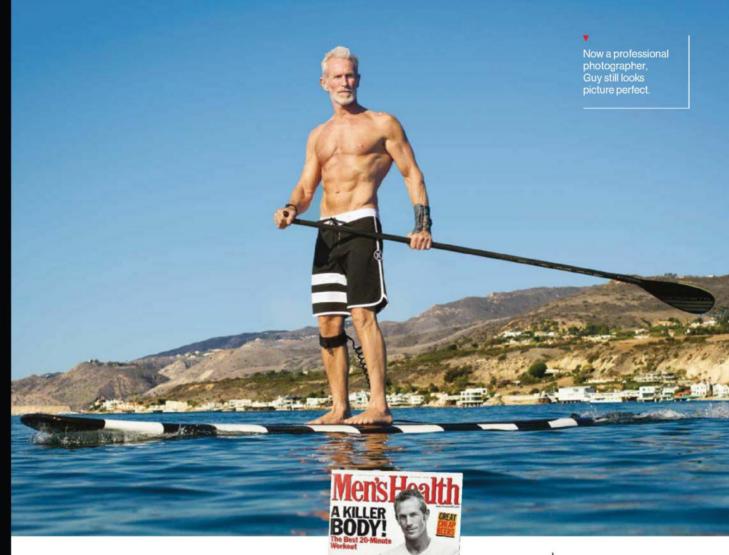
#### Sample Workout

- ▶ 10-15 dips
- ▶ 20-30 push-ups
- ▶50m hill sprints, stairs or skipping
- ▶ 12-20 full-extension pull-ups
- ▶ 10-20 hanging leg raises (straight or angled, arms at 90-degrees)
- ▶ 30- to 80-second hill sprints or stairs

Rest 30 to 60 seconds. Start at 1 or 2 rounds; work up to 5.



**The 70/30 Rule** Most men in pursuit of a balanced body divide their strength training equally between pushing and pulling. But McKibbin prefers to do 70% pulling and 30% pushing. "With all the sitting, driving, texting, and computer work we do that hunches us over, we need more movements that open us up," he says. One bonus is better posture. "You can take a guy who's 1.7m, but if he has perfect posture he'll look like a 6-footer when he walks into a room," he says. "Perfect posture is something you rarely see in our society, and it exudes power and confidence."



# View the World as One Big Gym

IT'S ANOTHER PERFECT DAY IN MALIBU, AND

Jack Guy, another perfect *Men's Health* cover model, is paddleboarding. Suddenly a pod of dolphins appears and he gives chase, sprinting left and then right as they weave through the waves. When he has to turn back, the dolphins refuse to end the fun.

"They were swimming under my board, rolling over and looking up at me," he recalls. "It was amazing. When you make your training activity-based, you expose yourself to experiences like this. It doesn't even feel like work; it feels like you're just out there enjoying yourself."

When Guy lived in New York, he stayed in the gym. But after moving to California to become a photographer, his routine changed dramatically. "I'm still in the gym about two days a week, but it's only for toning," he says. "The rest of the time I alternate three activities on a daily basis - distance paddleboarding, steep-ascent hiking and power yoga."

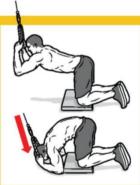
As evidenced by Guy's 55-year-old physique, there must be some genius in that. The older you get, the more mind-numbing the same old workout can become. Plus, your body adapts to it.

October 1998

Switching to activity-based training has helped Guy stay fresh and fit: paddleboarding blasts his upper body and core, while steep-ascent hiking works his legs and heart. Power yoga provides stretching, a core workout and more cardio.

Guy also made a mental shift: he stopped striving to fit into other people's visions of fitness. "I used to diet down to 3% body fat," he says. "I looked great with my shirt off, but in clothes I looked unhealthy. I need a little body fat to look my best."

He still pushes himself, within reason. "I eat clean, train hard, alternate my activities, and accept where my body ends up," he says. "It's not about the weight for me anymore. It's about how I look and how I feel."



#### **COVER MODEL MOVE**

#### **Abdominal Double-Team**

The best way to develop abs that pop, Guy says, is to use a combination of strength and endurance moves.

**Cable Crunches for Strength** Do these standing, kneeling, or seated on a stability ball, with as much weight as you can safely handle. Guy does 4 sets of 10, then moves to... **Swiss Ball Crunches for Endurance** Guy heads

outdoors and cues up a hardhitting song that lasts a full five minutes. "It's a great distraction," he says.







# WHEN YOU HEAR THE WORD 'ULTRA'

YOU MIGHT THINK OF THOSE NUTJOBS IN ITALY AND TURKEY WHO TAKE OVER SOCCER stadiums for fun and aren't afraid of letting a few flares loose now and then. Every year in Cape Town, a select group of people sign up for something just as extreme.

A few thousand souls lost their hearts and minds on top of Table Mountain in the infamous Ultra-Trail Cape Town last December. It was the third edition of a race that will, this year, become part of the Ultra-Trail World Series – and the challenge is worthy of its title.

You can choose between 35, 65 or 100km routes, but it's the elevation that will really try to kill you: all together, you could end up climbing as high as 9 300m. Another problem: the cut-off is a brutal 17 hours, almost half of most other 100km trail races around the world. Of the 128 masochists who started, only 64 crossed the finish line. Prodigal Khumalo took it home in just over 11 hours. At his post-race interview he called it the toughest thing he'd ever done. Yes, tougher than taking first place at Comrades.

I had a go at the short route and never made it further than 25km. My legs simply couldn't face the climb out to King's Blockhouse. Along the way I did a lot of thinking – about how much pain I was in, and why I was here in the first place.

By most of all there one question I just couldn't shake. Whose idea was this, anyway? What kind of person would conceive of a race so brutal that only half the starting pack would eventually stumble home? Sadists, that's who.

Then I met Stuart McConnachie, technical director of UTCT, and I met his dog, a 6-year-old Airedale Terrier named Fergus. Surely a guy with a dog as awesome as Gus couldn't be a sadist.

Could he?



My first impression of Stu is his peace. There's no crazy glint in his eye that suggests he enjoys leading guys up torturous mountain trails. My second impression, after listening to his story, is that this is a stillness that is hard-earned.

This kind of composure doesn't come easy. It's been built on making it through a lot of shit, alive and almost in one piece.

Born and bred in Cape Town, Stu thrived at cross country at school and was a handy rugby player for the Tornadoes at UCT, too. As his twenties started to unfold his focus shifted, and he headed off to the US and the UK to see what else was out there.

After four years out of the country, he came home certain of one thing: a traditional career path was not going to happen.

"I realised there's more to life than your job," he says now. "In South Africa we seem to think that in order to be successful, you have to sit for years in an office. But over there, it was all about doing things for yourself. People were starting small businesses out of nothing. Even in sport, forget teams or clubs. Everything prioritises the notion of being free."

Back home, Stu bought a mountain bike. He started working in the cycling industry and building a life he thought he wanted. He clocked three decent times at the Epic, racked up some podium finishes at local trail races and came close to breaking 10 hours at Ironman.

#### ++++

#### It was around this time that three very significant things happened:

He found out he was going to be a father. He got Fergus. He started feeling ill. Really ill. HENDRI And Stan



Hendri Herbst represented Team South Africa at the Rio Olympics, won bronze in the 100m freestyle in London 2012 and has won multiple medals in the World European Swimming Champ Circuits. He's also currently completing his second degree (an LLB) at Stellenbosch University, where he was awarded the Rector's award for excellence in sport in 2015

Hendri was born with glaucoma – and since the age of 14, he has been completely blind.

Stan has been his seeing-eye dog since 2012. "Stan gives me back part of my freedom. my independence and my dianity." says Hendri. "I can live a normal life go to class, gym, the pool whenever I need to. He's more than a companion. I travel a lot to compete in events all over the world and the familiarity I have with him is a strong form of support. He's more than my helper or my guide. He's my friend.'

His symptoms? Pretty much continuous fatigue. He had been testing his limits training for his second Ironman, then all of a sudden he couldn't handle simple treadmill sessions. His body was pap and at thirty-five it had nothing to do with his age. He just couldn't recover as quickly as he used to. Stu went down a myriad of trial-and-error solutions: going for scopes in his stomach, acupuncture, homeopathic treatments, good old-fashioned rest and recovery. None of it worked. Before long his training ground to a halt.

Stu was being poisoned by his own body.

His body's exit strategy was no longer functioning and it couldn't manage the bile building up in his system. The result was that he started living in and out of hospital with jaundice. Doctors did everything to try to fix him. They tried stents in his liver, they made him walk around with a catheter wedged between his ribs, manually pumping saline solution into his liver, he wound up in ICU – twice – and he was perpetually fighting fevers and sleep deprivation.

He had a newborn at home and he wanted his life back. He was desperate.

Finally, he agreed to have his gallbladder taken out. "You know in the movies when the cowboy gets stabbed and he's shaking and shivering and on his way out? It's like a fit, called a rigor. In 2012 I had a lot of them. I found myself having one of these fits just five days after the gallbladder op. I called the doctor and told him what was happening.

"He just said, 'Shit. It didn't work."

#### ++++

#### Stu went back onto antibiotics straight away, and checked into hospital to prep for a liver bypass.

He had lost 20% of his body mass, and his skinny jeans were now gangster baggies. He weighed 58kg.

They opened up his stomach, cut out his dodgy bile duct, connected the small intestine to a new one and closed him up with 37 staples. He was in ICU for five days and had a lumbar puncture to feed the pain. Completely dependent on nurses and doctors, his first exercise entailed getting out of bed, sitting on a chair and getting back into bed. He passed out before his head was back on the pillow.

At this, the lowest point of his life, he started recalibrating his goals. One stood out: to move to a ward with a view.

"Leading up to the big op I spent a lot of time in an out of the hospital. Like a lot of guys, I hate that place. I hate being dependent on other people. It was torture for me. The one thing I always tried for was a room in the hospital that had a

view of Devil's Peak. It's my favourite peak - I guess the best way to describe it is as my happy place. Gus and I spent a lot of time up there. Just having the peak in my periphery was a bonus for my mental state."

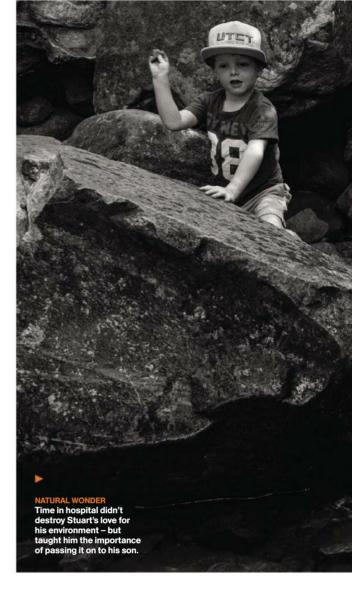
Stu would go home as often as he could to spend time with his young kid and faithful furry friend, but when he was there he was broken.

"Whenever I left the hospital, I knew I should have stayed another week. But I just couldn't handle it anymore. I wanted to be at home. But whenever I got there I would crash on the couch and Fergus would just hang out with me.

"I don't know what it is about dogs. Maybe we aren't meant to know. But I could just talk to him. I get the sense he just knew I was going through a rough patch and needed a buddy. When we could, we would go for short walks. My body felt horrible, but I was at peace with him by my side."

After the liver bypass, lying in ICU, Stu made a promise. One day he and Gus would get to the top of that mountain again.

Step one: getting out of this bed and into a ward with a view. Using his drip stand as a crutch, Stu hobbled out of intensive care. His doctor watched him wheel away, knowing nothing he could have said would have made a difference. In that ward is where his recovery truly began.



"You see, I don't know what I would do without the forest and the mountain; it's been a part of my entire life. When I was really sick, this whole part of me, this connection to Fergus was at risk of being lost. I kept trying to deal with the question, what am I going to do, to be able to be me again?"

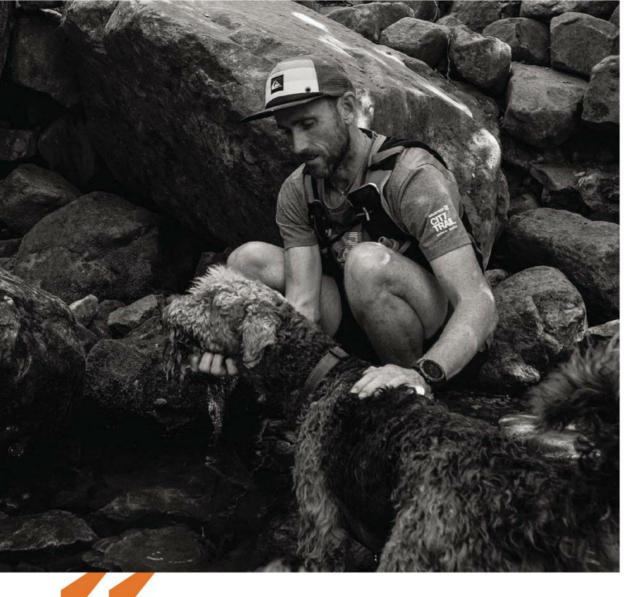
The answer to that has been three years in the making. From the moment Stu stepped out of the hospital Gus hasn't left his side for a second. Walks became more than a chore, more valuable than any distraction. They became Stu's soul food. From nighttime trips around the park, where he could hide his discomfort, to slow 5km jogs, Stu was wary of what would happen if he pushed too hard too soon.

It was a full six months after leaving ICU that Stu made good on his promise and joined Gus at the top of Devil's Peak.

The raw emotion of him describing that moment broke me. I'll never forget it. Most of the bonds I have with people, even family, aren't that strong, and I'll bet that most of yours aren't either. We all have best friends. But has yours ever saved your life?

#### ++++

"Gus and Stu seemed to come into each other's lives at the perfect time." This is Neil Quayle, Stu's long-time training partner. "I've known Stu for thirty years and he has always been a competitive guy. But going through all of that especially in those early days when he was really struggling having Gus by his side the whole way made him see the world in a different way. Their relationship was a huge part of his recovery."



WHEN STU WAS STRUG-GLING, GUS WAS BY HIS SIDE THE WHOLE WAY. THEIR RELATION-SHIP WAS A HUGE PART OF HIS RECOVERY. Stu's life took on new meaning, and with it a new path. He left cycling, and even though doctors told him he shouldn't expect to get back to what he could previously achieved physically, in 2014, almost a year to the day after he left ICU, he ran a silver at Comrades. It was immense. His father and uncle had created an aura around the race, folk-loring it as the toughest thing they had ever done. It was never even in his ambit before he got sick – now he maintains Comrades is the one thing all South African should do.

(Well, that and Ultra-Trail Cape Town.)

With Gus by his side, his silent faithful companion, Stu has fought for this freedom. This is the kind of peace you can't buy no matter how many days you spend in the office. This is the kind of calm you have to earn.

++++

These days, you might run into the two of them in the forest and on the mountain a few times a week. Gus, leadless and stoked, can handle himself on the trails better than most of us. Like any good couple, they share a something that's just theirs. Stu's son, Jasper, often joins them in the forest too and it's clear that he wants his child to have a relationship with the outdoors.

Nic Borman, founder of UTCT, says Stu is synonymous with the local trail scene. "He has been instrumental in getting this race to where it is now, in such a short space of time. He and Gus certainly have a close bond - that mutt has seen more of the race route than anyone. He can easily clock that 35km route without breaking a sweat."

There are still hairy moments. Stu has been in hospital a couple of times this year, and shows symptoms every so often. But he has learned that this is going to be something

#### ROWAN And <u>Pepper</u>



and his wife found Pepper in an ahandoned car park near Ceres in 2009, "She was so tiny I could hold her in my one hand," he says now. "We lived in a small house in Woodstock and we started planning our days and weekends around her - hikes, runs. walks, you name it. She is the most committed. most human, dog I have ever had. I know when she is happy, sad – when she has to take a bath - and depressed, like when we had our kids. We once got lost on a hike, in the rain, and we were all at each others' throats - but she was wagging her tail, amped to be outside, and with us, on the mountain."

Rowan often goes running with her in Newlands Forest, or on the Sea Point Promenade She prefers the forest because he's slower up the hills – he prefers the Promenade because... well, no hills.

"I'm not sure if she can remember the early days of her life with us, with a septic ear and swollen eye. But it's not something I'll ever forget, seeing her left for dead in a parking lot. She's gone from first to third in the food chain after we had our kids, but she tolerates her whiskers and tail being pulled, and is completely devoted to protecting the entire pack."

#### ANDRE AND BEAR

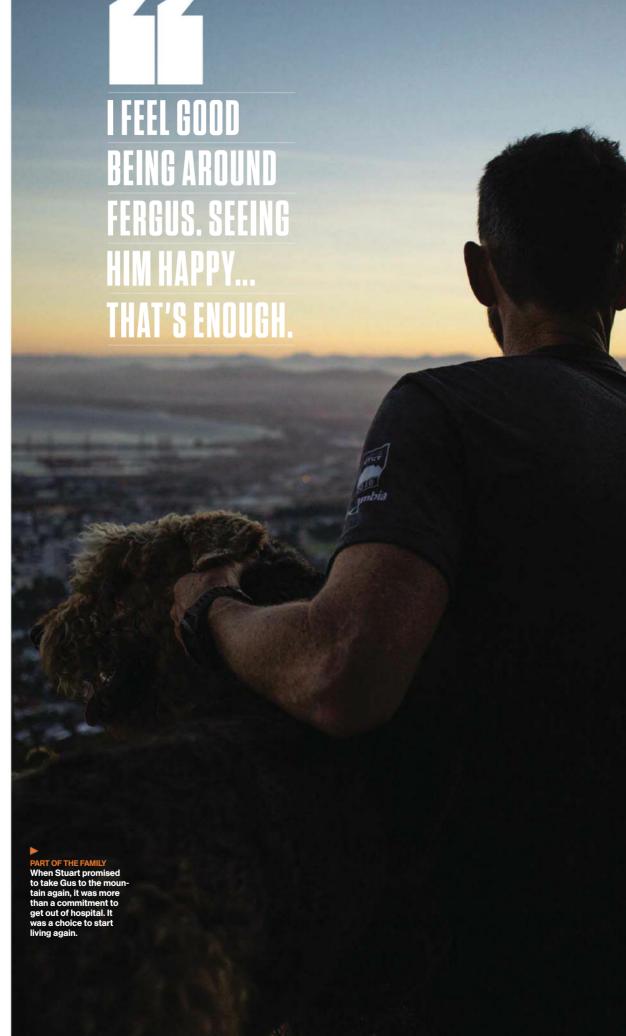


Three years ago Andre Pienaar was 26. He weighed 90kg, suffered from chronic asthma and had never run in his life. Last year he ran over 1 100km. He finished the 50km Bastille Day Trail Run in Franschhoek, the 80km Puffer from Cape Point to the Cape Town CBD, the JMC 38, Ultra Trail CT 35, two halves and he is maintains a weight around 75kg. He still loving braais and beers, though.

Running has become Andre's chronic medication. "I was born about 4 to 6 weeks premature, and my lungs never developed properly," he says. "The most noticeable difference for me that running has brought to my life is the increased capillary growth in my muscles and lungs. This increased bloodflow to my lungs and the improved mitochondrial efficiency means that my body can make up for the oxygen-carrying deficiency I was with. In other words, I don't wake up every night with an elephant on my chest."

All of that started with #BeartheGoldie. In 2015, Andre made a pact that he'd take Bear out for a walk or run at least twice a day – and even when he's feeling a little lazy, he has no choice but to honour his commitment.

Getting this retriever trail-ready has been a slow burn, but nowadays they love heading out for regular 10km runs. "We've seen a fair chunk of our Table Mountain and Signal Hill trails together. Now I find myself getting excited to go for a run on the Devilis Peak contour, because Bear has never been there before, and I just know there'll be a little dam or river that he'll love."





he has to manage for the rest of his life - and it's forcing him to confront some of the most important questions around.

"Does an event or a time or a medal define me? Or am I happier to be able to experience something? These days I would prefer to let go of my dream of running a sub-7 Comrades if I can rather explore the trails for a day with Gus. Chilling in the forest, swimming in dams and not trying to push myself to be something I used to think was better - this is what appeals to me now. I feel good being around Fergus. Seeing him happy? For me, that's enough."

Dogs have a spirit in them. Maybe on some level it's a mirror of who we are, or who we can be, or maybe we just like to think that. But they get it. They are intimately involved in our lives and they look for that attachment. They get something simple from us that nothing else can give them, and give something back. We should take that lesson from them.

We all have a way of wanting to push ourselves. Maybe this story of Stu and Gus is about learning to calm that urge down a little. To be happy with a companion by your side that just gets you and is happy to be with you and only you. To be still. What more do you need?



Sitting on top of Devil's Peak at sunrise, listening to Stu tell me what a moment like this means to them, I can't help but go back to my own mental state a week ago when I pulled out of that climb to the King's Blockhouse, 10km short of the finish line, and called it a day.

The race helped me understand that you have to earn the right to feel good. And yes, that moment is fleeting and you'll have to slog all over again to get back to it. but that's okay. Peace is hard-earned.

Stu isn't a sadist. He doesn't like to hurt people, or push them past what their bodies are capable of for the sake of saying he organises the toughest race in the country. He just understands that pain is a part of life, and it can be bad, but it can also be good.

Stu and Gus have endured more than their fair share of pain. They've come through it together and have earned the right to take it easy. To feel good, just for a little while.

"Life's not going to be easy," says Stu. "It never is, really. But that just makes the moments of feeling good that much better. I find goodness in the simple things now - the simplest, stupidest things, like going for a walk and just hanging with my boy. Maybe it's got something to do with what I've been through, but it's got a hell of a lot more to do with what I've learnt from Gus."

#### RYAN AND THANDI

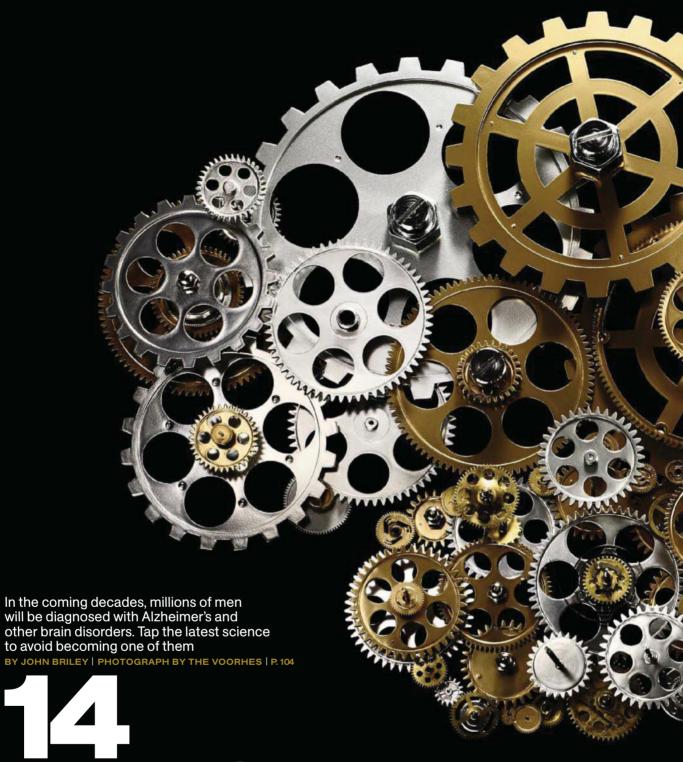


Rvan Sandes needs no introduction But here's one anyway: the Capetonian ultrarunner shot to fame when he became the first person to win all four of the 250km-each 4Des erts races, in Chile, China, Egypt and Antartica. He has set fastest-known times everywhere from the Fish River Canyon to the Drakensberg Grand Traverse. Oh, and he's also the first person to win ultramarathons on every continent.

But most importantly? He's an adoptive dad to Thandi. The name means "to love" in isiNdebele, and it's a good fit for this dog. "My wife. Vanessa. found her at Randburg SPCA when she was a puppy," Rvan savs, "She used to do a lot of running with me, but now as she is a little older I don't run more than 5km with her. We still walk and hike together, though - she's always so happy to go for a run or walk, and it's contagious. There are times when I'll do some seriously high mileage, but even if I'm tired, just the thought of taking T-Dog for a walk or run gets me motivated again.

Of all Ryan's famous race wins one stands out more than most: "We won the Mountain Rescue Dog 4km Doggy Trail Run together. Looking back. this is probably my most memorable race win! We both had huge smiles at the finish and our first place rosette is still proudly on our fridge.

Even with the arrival of Rvan's newborn son. Max, Thandi's place in the pecking order is firmly entrenched, "We share a close bond. If I cook eggs in the morning. I cook one for Thandi too - or if I braai, Thandi will also get a piece of meat. In the beginning she was a bit jealous of Max, but now she's super protective.



# SMART WAYS TO MAINTAIN YOUR BDAIN



#### Healthy Heart, Healthy Brain

Some people think the brain operates outside the rules that govern the rest of the body. "Nothing could be further from the truth," says neurologist David Perlmutter, author of *Grain Brain*. Many factors that raise your risk of heart disease (unhealthy cholesterol levels, high blood pressure, smoking, diabetes, obesity, sedentary lifestyle) also threaten your brain health. These factors can lead to restricted bloodflow, inflammation and clots.

**DON'T FORGET** Think of your next blood test as a report card on your brain as well as your heart. Likewise, view your cardiologist as an early-warning neurologist, says *MH* advisor Murali Doraiswamy, a professor of translational neuroscience at Duke School of Medicine.



#### Antibiotics Could Compromise Memory

The damage antibiotics can do to the beneficial microbes in your gut is well established. And now it appears that antibiotics can also negatively affect your brain. A recent animal study in the journal *Cell Reports* suggests that they may inhibit new cell growth in the brain region associated with recall.

**DON'T FORGET** Take antibiotics only when necessary at the direction of your doctor. You may want to pair them with a probiotic supplement, which might help restore the good gut bugs killed by the medicine.

# BACTERIA COULD REDUCE ANXIETY

AND DEPRESSION

Gut bacteria produce mood-influencing chemicals, such as serotonin and dopamine, which reach the brain via the bloodstream. Scientists are developing bacterial treatments in the hope of rebalancing brain chemicals to treat conditions like depression and anxiety. Until then, eat more fermented foods packed with good bacteria.

### This Simple Sniff Test Is an Early-Warning System for Alzheimer's

Mayo Clinic researchers gave a standardised smell test to 1 430 people with an average age of 80. The sniff test was designed to assess how accurately the oldsters could identify a dozen scents, including cherry, lemon, soap and roses. Those who scored lowest had the highest risk of developing memory problems and/or Alzheimer's disease. Experts speculate that the brain's smell and memory centres may be linked

**DON'T FORGET** Take a whiff of Black Cat if you're older or have Alzheimer's in your family. Peanut butter is one of the scents scientists have used to test for developing brain disorders. In a University of Florida study, people in the early stages of Alzheimer's were less able to detect PB with their left nostril than with their right nostril. If you failed the test, don't panic, but say something to your doctor.

# 5

#### EXERCISE IS LIKE FERTILIZER FOR THE BRAIN

Physical activity can spur growth of new neurons in parts of the brain that control memory. In a study of seniors published in the Journal of Alzheimer's Disease, researchers found that even moderate exercise, such as gardening and dancing, promoted the formation of neurons in these brain areas and reduced Alzheimer's risk by half. Aim for 150 minutes a week of cardio. spread over three to five days. Ronald Petersen, director of the Mayo Clinic Alzheimer's Disease Research Centre, advises using some of that time for interval training - spurts of intense effort alternating with active recovery periods. "Exercise may turn out to be one of the best things we can do to protect ourselves from Alzheimer's disease," he says.



#### Marijuana Might One Day Clear Foggy Brains

If you looked through a microscope at Alzheimer's patients' brains, you'd see clumps of protein, called beta-amyloid plaques, gumming up the works. While scientists suspect that beta-amyloid is a major player, its precise role is unknown. New studies suggest that it may be helpful initially, arriving in the brain to surround and subdue viruses, bacteria or other invaders, like a pearl forming around a sand grain. But eventually it turns destructive. "Are plaques the tombstones of the disease, or an early warning?" asks Dr Petersen. "We just don't know yet."

**DON'T FORGET** Compounds in marijuana, including THC, might promote the removal of beta-amyloid, suggests research from the Salk Institute. Don't try it just yet, though; the results are preliminary.

#### Alzheimer's Screenings Will Soon Be Routine

Part of the diagnostic challenge with Alzheimer's is that doctors can't easily see what's going on. That's changing. "We can now successfully image Alzheimer's proteins in the brain," says Dr Petersen. That's a major advance. The research is helping neurologists develop therapies to stall the progression. just as cardiologists do with arteriosclerosis. "We're trying to detect the 'cholesterol of Alzheimer's," he says. Imaging technology can also show brain shrinkage, reduced cell activity and amyloid plaque buildup. **DON'T FORGET** Until these tests go mainstream. take periodic standardised tests to evaluate memory, problem-solving and thinking skills. Ask your doctor about these.

#### Germs Take the Blame for Some Brain Problems

No matter how clean we try to keep our thoughts, our brains contain tens of thousands of dormant microbes, says Dr Doraiswamy. Scientists suspect that some bad bugs can be roused by triggers such as stress or certain drugs, after which they contribute to the development of Alzheimer's.

DON'T FORGET Numerous microbes - like the ones associated with herpes, toxoplasmosis, HIV, Lyme disease and the human form of mad cow disease - could infect your brain and hijack your cognitive processes. In fact, Alzheimer's and other dementias may turn out to be bug-induced in some way that's not yet fully understood. In other words, you could conceivably "catch" a brain disorder.

#### M D

#### Make Sure Diabetes Doesn't Raise Your Risk

The diabetes link to cognitive problems is no secret, but the connection is growing stronger. One of the earliest brain deficits in people at risk for Alzheimer's is an inability of the nerve cells to use glucose, their main fuel. Dr Doraiswamy calls this "diabetes of the brain." Scientists are testing exercise, low-glycemicindex diets and antidiabetic drugs as preventive approaches to Alzheimer's.

**DON'T FORGET** Get tested for diabetes and if you have it or are at risk, work with your physician on lifestyle changes.

#### 10

#### Learn More to Offset Mental Decline

Continually challenging yourself with new and complex tasks - chess, a new sport, a second language, a musical instrument - can strengthen or open new lines of communication among neurons. With piano lessons, for example, neural networks will expand between your brain's hearing and movement centres. Becoming a serial learner creates a reserve of brainpower. "Even if disease knocks out part of the brain, you have kind of redundant cellphone towers as backup," says Dr Doraiswamy.

**DON'T FORGET** In July, a 10-year study showed that a brain game that shortens your response time may also reduce your dementia risk. "If these findings can be replicated, it will be a game changer," says Dr Doraiswamy.



11

#### YOUR BRAIN'S FAVORITE CUISINE IS MEDITERRANEAN

The brains of people who ate the Mediterranean way - fruits. vegetables, legumes, nonprocessed grains, fresh fish, olive oil and red wine - were younger-looking in autopsy studies, says Dr Doraiswamy. In one study, people on the so-called MIND diet, which focuses on plant-based nutrition, had up to a 53% lower risk of Alzheimer's

#### 19

#### Testosterone May Be a Brain Booster

Testosterone therapy is often touted as a fountain of youth. And in the brain of someone with low T, adding the hormone appears to help prevent damage from oxidative stress - the buildup of harmful byproducts produced by aging cells. But there's a catch: once that stress reaches a certain threshold, adding T can actually accelerate brain damage, warns Rebecca Cunningham, who studies hormones at the University of North Texas Health Science Centre. DON'T FORGET "The only way to know if androgen therapy is right for you is to see a doctor who knows your full health profile and history," says Cunningham. Low testosterone is one of many risk factors for brain disease, not a guarantee you'll develop it.

#### 13

#### Researchers Now Recognise the Concept of "Mixed Dementia"

In the early stages of vascular dementia, patients show declines in judgment, decision making, planning and reasoning. Symptoms of early-stage Alzheimer's are chiefly memory related. But as each disease progresses, the symptoms overlap. Doctors now recognise that many people have a blend of the two, known as mixed dementia.

DON'T FORGET Knowing the relationship between the conditions could help doctors manage the disease, says Dr Doraiswamy.

# **14**

#### TWO NEW DRUGS TO WATCH

Eli Lilly's solanezumab and Biogen's aducanumab are being studied for early Alzheimer's Both attack amyloid plagues in the brain. usually considered the culprit behind reduced mental performance. In early studies, people on each of those drugs seemed to show less cognitive decline than the placebo groups did.





# A BABY WHO WILL NEVER GET ALZHEIMER'S

That's the hope of his parents, who spent nearly R500 000 on a new treatment to protect him

When Johan's mother died of early-onset Alzheimer's at age 61, it was a wake-up call. "The disease has hit every generation of my family," says Johan, a software engineer. (He and his wife requested anonymity.) "I thought, 'If there's anything we can do to prevent this from happening to our kids, we should do that."

Turns out there is. Johan, 36, learned that he could be tested for gene mutations that cause early-onset Alzheimer's. Through in-vitro fertilisation (IVF), he and his wife, Marie, could then screen their embryos and implant one that lacked mutations.

The decision to do these "preimplantation genetic diagnostics"

was agonising. "You realise that once you know the information, you can't unknow it," says Marie. But they proceeded. Johan tested positive for the presenilin 1 mutation.

"It's pretty intense to be told you'll get Alzheimer's in 15 years," he says. "I've always planned life assuming it was going to happen, but there's something different about it being definitive."

Three of the couple's viable embryos lacked mutations. The first one doctors implanted in Marie didn't take,

but the second one did and the couple now has a healthy 14-month-old son.

Genetic analysis is available for a suite of diseases, says Svetlana Rechitsky, of Reproductive Genetic Innovations, the company that did Johan and Marie's screening.

Both of them know their son isn't immune to Alzheimer's, since a variety of lifestyle factors are involved, but they feel fortunate that they've been provided with the opportunity to reduce the odds in their family tree. – J.B.













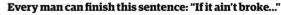


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# Should You Finally Get It Fixed?

IF YOU'VE RACKED UP THE MILES ON SOME OF YOUR BODY PARTS, HERE'S HOW TO TELL IF SURGERY IS A SMART MANEUVER



If you're talking about a car or a relationship, that's great advice.
But we are merely men and for our bodies, the rule is different:
if it ain't completely broke now, give it a few years and it might
be. Putting off a needed repair might very likely lead to a more
complicated one down the road.

Just ask Jacques Cilliers, 34, a health care worker in Durban. One morning last January, he woke with an ache that began in his lower back and radiated through his right butt cheek and down his leg, causing him to limp all the way to a chiropractor. When chiropractic treatment didn't work, he took meds and muscle relaxants prescribed by his doctor. He tried weeks of physical therapy. Nothing worked.

Finally, an MRI revealed that Cilliers had a herniated disk at the base of his spine. He consulted with a couple of surgeons and decided to have a diskectomy. Two weeks later, "It was like someone flipped a switch," he said. His pain vanished and hasn't returned.

Often, things that go wrong with your body can be fixed with exercise, nutrition, common sense and lot of complaining. "You only consider surgery when all other treatments have failed," says Brian Werner, who teaches orthopaedic surgery. But spotting that tipping point - recognising when surgery is your best option - can be tricky. For the 10 common problems that follow, we've identified the moment when it might be time to look toward the OR.





Your menisci are little wedges of cartilage that provide a cushion between your thighbone and shinbone. They can rip under the pressure of running, jumping or pivoting.

Actor Tom Oakley, 32, says he heard an "almighty snap" during a fight scene on stage in West Side Story. "I couldn't even walk for the better part of six months," he says. But meniscus trouble can also develop gradually with age.

Pain, swelling, stiffness, and the feeling that your knee is catching, locking or giving out are warnings, says Kevin Shea, chair of the Evidence-Based Practice Committee of the American Academy of Orthopaedic Surgeons.

### FIRST-LINE FIXES

Rest, physical therapy and a smart exercise plan may help small tears, says Dr Shea. Anti-inflammatory meds and injections can also sometimes do the trick, as does weight loss for overweight people who have knee arthritis. Researchers in Norway made headlines this year when they reported that exercise therapy beats surgery for a torn meniscus, but that was just for degenerative (as in age-related) tears, according to study author Nina Kise.

### THE DECISION

If the locking or catching of your knee doesn't improve after three months of physical therapy or if you heard that "almighty snap," you should definitely see a surgeon, says Dr Kise. That's what Oakley did and now he can take on his fight scenes (and climb and run on movie sets) pain-free.

### WHAT HAPPENS

For minor or unfixable tears, an orthopaedic surgeon can trim away the frayed bits of meniscus that cause problems. Recovery takes six to 12 weeks. For a bigger tear, see a knee specialist, who may be able to sew your meniscus back together. Healing after this procedure could take as long as six months.



Ankle weakness occurs when you sprain, twist, roll or otherwise injure your ankle too many times. If you play squash at lunchtime or tennis on the weekends, pay attention: Ankle sprains happen most often in indoor and court sports.

The bands of ligaments that hold your ankle joint in place are flexible and strong, but they can snap or tear if you push them beyond their limits. Then if you don't take precautions to help your ankle heal properly, you can increase your chances of future strains and ankle arthritis, says Dr Reznik. Signs of trouble include recurring pain, soreness, swelling and the sensation that your ankle might give out.

### FIRST-LINE FIXES

Give it a rest and ice it for 15 minutes every three to four hours, says Dr Reznik. You may also need a brace, physical therapy and/or months of rest. "I see people who think they can put on high-top sneakers and braces and stay active," says Dr Reznik. "That works for minor sprains, but if your ankle keeps giving out and swells every time, you're probably doing irreparable damage to your ankle joint."

### THE DECISION

If your ankle hurts or feels unstable even after an extended rehab and bracing, consider surgery.

### WHAT HAPPENS

The surgeon will either sew your ligaments back to your ankle bones or stitch in tendons from a cadaver or your own hamstring. (Talk about the walking dead!) You'll be in a cast or brace for up to six weeks. Full recovery typically takes three to four months.



This group of muscles and tendons stabilises your upper arm in your shoulder socket. As you age, your rotator cuff weakens and can tear away from the bone, especially if you do activities that require forceful or overhead arm movements. An injury or fall can also detach it.

Does your shoulder ache or feel weak when you move it? The culprit behind these sensations could be a bad rotator cuff, says Jason Hsu, an orthopaedic surgeon who repairs shoulders at the University of Washington Medical Centre. Either of these warning signs could crop up during overhead movements or be present all the time.

### FIRST-LINE FIXES

This might sound obvious, but if a movement hurts, don't do it. Try physical therapy. "It can help strengthen muscles around the shoulder and compensate for any tear you have," says Dr Hsu. In a study in the Journal of Shoulder and Elbow Surgery, three-quarters of people with agerelated rotator cuff tears had such good results rehabbing with a physical therapist that they didn't even want surgery.

### THE DECISION

If rest and therapy don't help, surgery may restore your shoulder function. Consider it if you're young and active but have persistent pain and weakness.

### WHAT HAPPENS

Your orthopaedic surgeon will secure your rotator cuff tendon to the bone using sutures. After a period of rehab, you should be back in the starting rotation in about six months



Your septum is the wall of bone and cartilage that divides the airways of your nose. It can be skewed or off-centre. "Most people have a bit of deviation," says Michael Stewart, M.D., chair of otolaryngology at Weill Cornell Medical College.

Have you ever had trouble breathing during a workout or when your mouth is closed? Those are signs of a deviated septum, says Justin Cohen, a facial plastic surgeon with the US Air Force's Malcolm Grow Medical Clinics and Surgery Centre. "Having sleep problems is another big one, especially in terms of snoring," he says. Allergies can worsen the symptoms of a deviated septum, Dr Cohen adds.

### FIRST-LINE FIXES

A prescription steroid spray may open your nasal passages to relieve breathing or snoring issues, says Dr Cohen.

### THE DECISION

Surgery isn't always necessary.
"The conversation I have is
one about quality of life," says
Dr Cohen. Can you run? Play
sports? No children pointing at
you and laughing? Then you're
good. But if you wake up gasping
for air and have ruled out other
causes, consider septum surgery
– or else it's finally time to get rid
of that water bed.

### WHAT HAPPENS

An otolaryngologist or plastic surgeon makes an incision and takes out the off-centre bone and cartilage. "The layers of the septum are then brought back together, and, if needed, temporary splints are inserted to keep the septum straight," says Dr Cohen. You'll be good in two to three weeks.

Surgery may not always be necessary. Can you run? Play sport? No children pointing at you and laughing? Then you're good to go.



When the proteins in your eye's lens are arrayed properly, the lens is crystal clear, says Harvard ophthalmologist Stephen Foster. But ageing, injury or UV damage can upset these proteins. The result? Blurred, hazy or worsening eyesight. You may also have trouble seeing after dark, and bright lights may bug you.

**FIRST-LINE FIXES** Updating your eyeglasses prescription could correct your vision and allow you to delay surgery – perhaps indefinitely.

**THE DECISION** If you can't do your job or drive at night, it's time.

WHAT HAPPENS It takes minutes in the hands of an ophthalmic surgeon, who will make a tiny incision and swap your lens with a new one made of acrylic material, says Dr Foster. Sunglasses will become your very cool post-op prop.



A hole in your abdominal muscles can occur at natural points of weakness in the abdominal wall, says David Sanders, a surgeon with the UK's North Devon District Hospital. The contents of your abdomen, including fat and sometimes even intestines, can then poke through.

"I first noticed a slight twinge – almost a burning sensation – just below my waist," says Adam Gerber, 44.

So if you happen to notice a bulge (and not an attractive one) in your groin area, you could have an inguinal hernia – the most common type by far. It may hurt and the pain may intensify when you cough, bend over or lift something heavy.

### FIRST-LINE FIXES

In most cases, a hernia isn't a life-threatening condition, Dr Sanders says. If you can stand the pain or discomfort and the lump disappears, "there's always the option to do nothing," he says, "although most people require an operation in the end."

### THE DECISION

Hernias grow and usually become painful, Dr Sanders says. How much discomfort are you willing to live with? When the cramping pain of his hernia made walking difficult, Gerber opted to go under the knife. Now he's back to his daily 10km lunchtime run. At some point a hernia could also get stuck in the hole, which can result in a bowel obstruction or blocked bloodflow to the contents of your hernia. That's an emergency that can be life-threatening if it's not addressed promptly.

### WHAT HAPPENS

A surgeon will stitch a swatch of mesh over the hole, explains Dr Sanders. The mesh acts like a scaffold and your own tissue will grow through the mesh to reinforce the weakened area without harming nearby tissue. You'll be back at work in a week or two and able to exercise in six weeks.



"Hernia" means "bad news," as you may have guessed when you read about abdominal hernias. In this case, it means the soft cushion in a disk in your spine is slipping out of a hole in the firm exterior of the disk. That may cause back pain or compress a nerve and cause leg pain.

A herniated disk is usually the result of wear and tear, but an injury could make it worse. The nerves of your spine tie into almost every part of your body. If a herniated disk squeezes or strangles one or more of those nerves, you may feel pain, tingling, numbness or weakness in your butt, thighs, feet, calves, arms, shoulders or neck.

### **FIRST-LINE FIXES**

Many herniated disks are fairly minor and your body's built-in repair mechanisms may resolve them without intervention, says Dr Reznik. If you do have a symptomatic herniated disk, your chances of self-repair are good if you just have minor pain and tingling. Rest, ice, anti-inflammatory drugs, physical therapy and traction can all help you mend, says Dr Reznik.

### THE DECISION

With disk problems, the biggest worry is permanent nerve damage. So don't mess around if you have numbness or weakness or if one limb or muscle group looks smaller than it does on the other side. The symptoms you can see in the mirror are big red flags. So are problems with bowel or bladder function. Your doctor may conduct imaging tests such as an MRI or CT scan to confirm what's wrong in your spine.

### **WHAT HAPPENS**

The procedure typically involves general anesthesia, a small incision and "careful removal of the abnormal disk material," says Dr Reznik. This operation is best performed by an orthopaedic surgeon who specialises in spine repair. Within about six weeks you'll be all better. If the repair is done early enough, the compressed nerves will recover.



Your labrum is a piece of cartilage that helps stabilise your shoulder joint - which operates as a loosely fitting ball and socket. This joint runs a higher risk of dislocation than your knees or hips. Shoulder dislocations can sometimes result in a labral tear. Have you ever felt a sensation that your shoulder is too loose or not working smoothly? These feelings (and pain) are hallmarks of a labral tear. Often this injury is also associated with a fear of instability with certain movements, says Dr Reznik, Those fears aren't always unfounded. "Every time you dislocate your shoulder, it becomes easier to dislocate again," he says.

### FIRST-LINE FIXES

Rest and anti-inflammatory meds can help you heal and manage the pain, says Dr Hsu. Physical therapy is not a bad idea either. It can strengthen muscles that stabilise your shoulder.

### THE DECISION

If you've dislocated your wing multiple times, the wear and tear can build up over time. You may eventually need a shoulder replacement, a complicated procedure. Instead, consider having your labrum surgically repaired before the ball and socket deteriorates. Lucas Garrett, 22, dislocated his shoulder playing touch rugby. He got a sling and saw a PT, but his shoulder still felt weak and loose. "I was always afraid it would dislocate again," the Durban resident recalls. He had a surgical repair and within a few months he was back lifting weights, no longer worried about another injury.

### WHAT HAPPENS

Ideally, you should go under the knife of an orthopaedic surgeon who specialises in shoulder procedures. During labrum repair surgery, a surgeon "grasps" the torn tissue and secures it back to the bone. Full recovery typically takes four to five months, says Dr Hsu. You'll spend a few of those weeks with your sore shoulder in a sling.



### **BUM KNEE**

You probably know at least a few people who've had knee replacement surgery – your dad or grandfather, perhaps. In fact, total knee replacement is one of the most common operations performed in the United States. "An early sign of a future need for the surgery is activity-induced swelling – usually from high-impact sports, like running," Dr Werner says. "Stiffness, problems sitting down or standing up and problems negotiating stairs are all early signs of arthritis."

### **FIRST-LINE FIXES**

"A big thing we recommend is weight loss," says Dr Werner. With every footfall, your knees bear three to eight times your weight, so a few kilos of body weight matter. Physical therapy and anti-inflammatory injections may also help. So can resistance training.

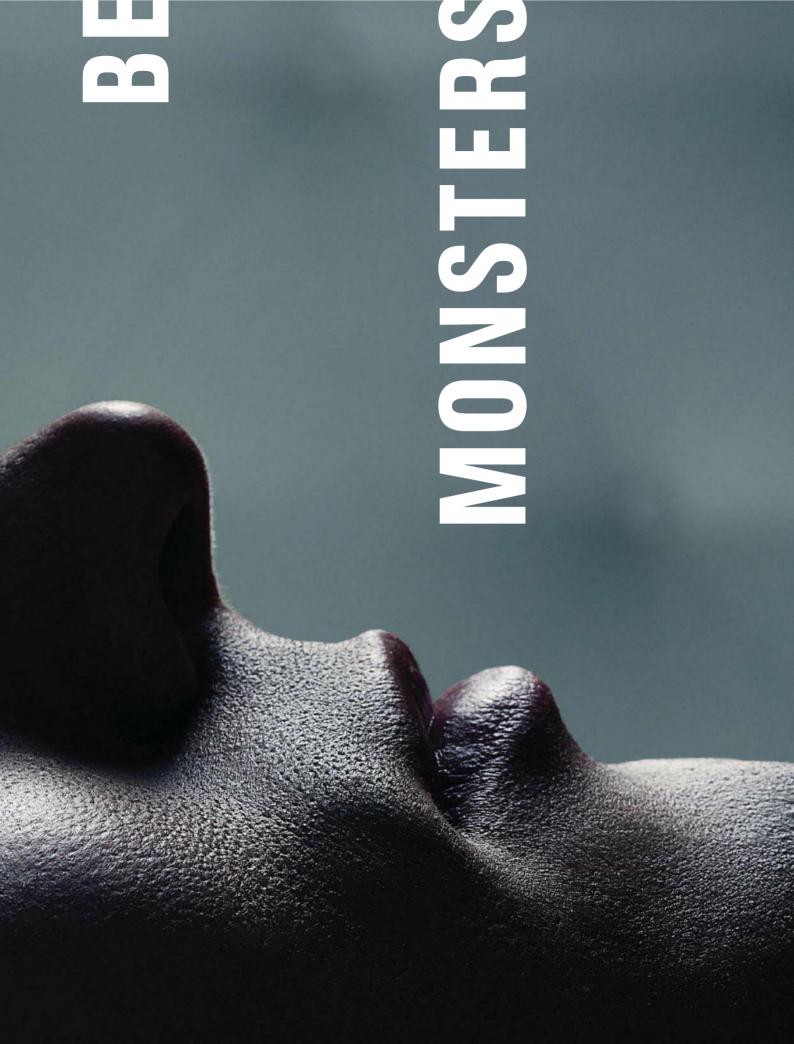
### THE DECISION

"This [surgery] is not for the guy who goes out for a hike or swings a golf club and has pain," says Dr Werner."This is for a man who can't straighten or fully bend his knee or who has a deformity." If your knee is bowing or your stiffness and loss of motion are progressing, don't wait. The more mobility you lose before having surgery, the less you'll regain post-op.

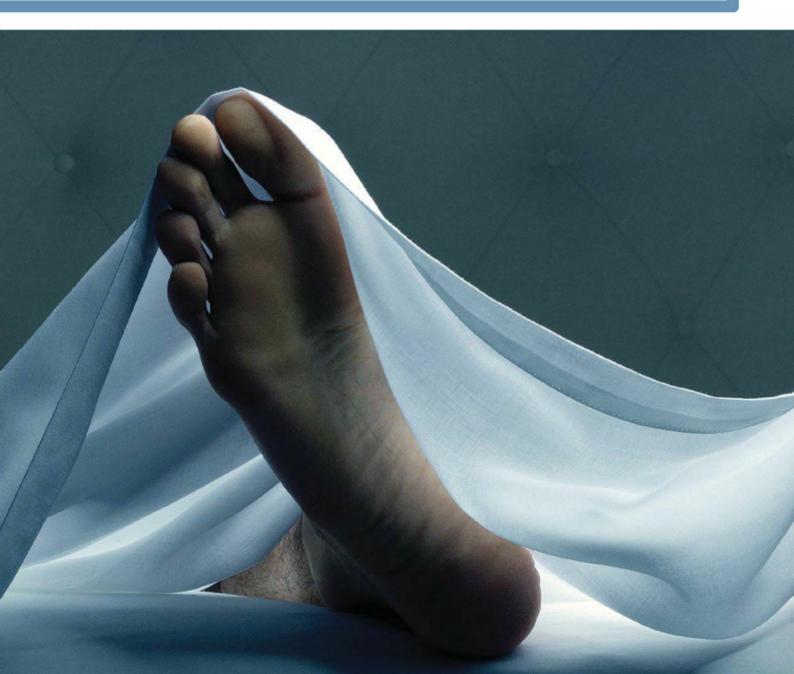
### **WHAT HAPPENS**

The surgeon will place metal caps on the bottom of your thighbone and top of your shinbone. Then you get a new knee in the form of a plastic insert that allows for smooth movement. You'll walk the day of surgery, but you'll need months of physical therapy to recover fully.

SPECIAL REPORT Our bodies need sleep as much as food and water, but many of us are not getting the optimal amount and quality of rest that we should. Here's why BY AMI KAPILEVICH PHOTOGRAPHS BY JOHN MIDGLEY



IT'S 9.55PM AND I'M LYING IN A HOSPITAL BED IN A SLEEP CENTRE
IN DURBANVILLE. MY BODY IS BRISTLING WITH WIRES AND SENSORS.
THERE ARE TWO E.M.G.'S ATTACHED TO MY LEGS, TWO E.C.G.'S ON
MY CHEST, ONE ABDOMINAL AND ONE THORACIC BELT AROUND MY
UPPER BODY, A SEE-THROUGH NOSE TUBE, ONE OF THOSE RUBBER
FINGER SENSORS, AND SEVERAL E.E.G. ELECTRODES ATTACHED
TO VARIOUS PARTS OF MY CRANIUM. I FEEL... BIONIC.



This is called a polysomnograph, a study that will track my body functions while I sleep: brain activity, eye movement, respiration, heart rate, the amount of oxygen in my blood. They can even tell which positions I will be lying in over the course of the night.

I am here because sleep is a problem in my life. Long story short, I'm a night owl. It takes me a long time to fall asleep at a reasonable hour and when I do eventually drift off, I snore. And I wake up exhausted. This might sound like a minor irritation to most, but let me tell you, it's actually a slow and cumulative torture. I feel marginalised, disadvantaged - out of tune with a world dominated by smug larks.

And I am not alone. According to Anton Fourie, a clinical technologist who is in charge of the technology at several sleep clinics, between two and 10% of South Africans suffer from obstructive sleep apnoea (OSA) – a blockage of your airways as your muscles relax during sleep, which jolts you awake.

That means that around three million South Africans are sleeping so badly that it is detrimental to their overall health. And only about 20 000 of them are being diagnosed each year.



There are two other patients in the Sleep Centre on the night that I am there. I ask the technologist who rigged me to the polysomnograph if the snoring gets noisy around here.

"With a bit of imagination," she smiles, "you're in the Kruger National Park."

### The Nature of Sleep

We know that sleep is a biological drive as compelling and necessary as eating and drinking; without it, we go mad and then we die. But the reason why it is necessary for us to actually lose consciousness rather than just cease to be active for a while is not as obvious. From an evolutionary point of view, a period of unresponsiveness should have been disastrous for any species.

The most tempting explanation for sleep is that we are endowed with a miraculous thinking machine called a brain, and this fabulous organ needs a period of rest in order to function properly. But that can't be the whole truth, because sleep has been observed in animals as simple as fruit flies, microscopic worms and fish. (The miraculous brain theory can be used to justify one aspect of sleep - the REM state - but more about that later.)

Our patterns of waking and sleep are governed by a combination of circadian rhythm (a.k.a. our body clock) and simply the amount of time we spend awake. The circadian rhythm is the wave of sleepiness that's supposed to wash over us at around sunset, when a lack of light on our retinas releases a dose of the hormone melatonin.

There's also another bout of sleepiness between noon and the late afternoon - that all-too-familiar mid-afternoon slump - which is actually part of our circadian cycle.

"In most Mediterranean and Middle Eastern cultures," says Dr Irshaad Ebrahim of the London Sleep Centre, "humans have gone with the circadian flow and established a 24-hour routine that includes a nap, or siesta, in the afternoon. In Western culture, primarily because of industrialisation, this circadian pattern has been overcome."

But not entirely. Studies of people who operate heavy machinery show a spike of accidents in the mid-afternoon.

Doctors recommend a walk in the sunshine (which increases vitamin D), drinking some water, or smelling mint and rosemary to perk yourself during the mid-afternoon. But only if you can't have a good, old-fashioned catnap.

Of course no matter where you are supposed to be in your circadian rhythm, if you haven't slept deeply for some time, you accrue sleep debt. And the only way to pay that off is in Zs.

### The Science of Sleep

Sleep consists of several stages or phases. There is the REM (rapid eye movement) stage, which is when we dream most intensely, and the Non-REM stages (divided into N1, N2 and N3), with N1 being the first and lightest sleep and N3 being the deepest sleep.

A sleeper will go through a cycle of N and REM phases every 90 minutes or so, drifting from N1 to N2 and then N3 sleep, and then move back to lighter N2 sleep and only then begin the REM stage. So REM is actually quite a light stage of sleep, and we get our crucial N3 and REM stages in bursts rather than single uninterrupted periods.

The Non-REM stages are fairly straightforward. There's the gradual switching off of consciousness, the slowing heart rate and deeper breathing, and a drop in body temperature. Non-REM sleep is when the body and mind rest and recover the most.

REM sleep is where it gets interesting. On a good night we'll spend 25% (roughly two hours) in REM sleep, but the longer



Sleep Hygiene
HABITS THAT WILL
GET YOU A GREAT
NIGHT'S SLEEP

### THE 15-MINUTE RULE

If you haven't fallen asleep 15 minutes after closing your eyes at night, get up and do something else.

### **BED BEHAVIOUR**

Keep your bed for sleep and sex only. Binge on series in the lounge, and keep that puppy off the bed.

### LIKE CLOCKWORK

Go to bed at the same time every night. Eventually, your body will begin to switch itself off at the allotted time.

## CHECK YOUR SURROUNDINGS

"We sleep best in an environment between 18 and 22°," says Fourie, "but our core temperature drops too, so we also need to keep warm. Your body will automatically toss a duvet that is too hot, and that will interrupt your sleep."

### **EASY DOES IT**

Exercising during the day is great, but exercising too close to bedtime is not recommended. Your metabolism takes a while to slow down, and lying in bed with your body racing is counter-productive.

# PROGRESSIVE RELAXATION

Before bed, do some breathing exercises and visualise relaxing your muscles, from your toes up to your head.

### **DON'T DRINK**

Alcohol helps us to fall asleep, but affects the quality of those Zs.



you sleep the longer your REM stages get, which is why we frequently wake up from a dream in the morning. REM is also a highly active stage in terms of brain activity, with increased heart rate and irregular breathing. Our bodies experience a paralysis that they don't have during N-stage sleep, presumably so that we don't act out our dreams.

We're not sure what the exact benefits of REM sleep are, but according Dr Ebrahim, "REM sleep is a highly complex part of our 24 hour cycle where we defragment our disk drive – the brain – and test out the hardware (cardiovascular system) to ensure that our systems are performing at optimum levels for the next day."

So if N-sleep is like taking your car for an oil change, REM is tuning its ECU.

### **Pro Sleep**

Needless to say, athletes take sleep very seriously indeed, especially when they are competing. But the type of sport does not necessarily dictate the amount of sleep that is required. Studies of Roger Federer and Usain Bolt show that both athletes sleep up to 13 hours in a night when they are participating in a major event. So a sprinter who performs in 10- or 20-second bursts of superhuman effort requires as much recovery as a tennis player who must outwit and outmaneuver their opponent over a much longer period of time.

Graham Bentz is a biokineticist and sport scientist who has worked as a rugby strength and conditioning specialist. Sevens rugby, in particular, is severely taxing with regard to sleep, with teams constantly on the move between time zones throughout the year. But according to Graham, it's the Formula One guys who are the real masters at dealing with jetlag.

"There are two main areas in recovery," says Graham.
"Hydration and sleep. The moment we arrive at a new destination, we focus on getting the guys into the local

sleeping patterns as quickly as possible, whether that means keeping them awake with activities until 8pm or giving them a sleeping pill to get them to bed.

"In the morning, we'll do a check-up and ask the players to rate their quality of sleep. We don't ask them how many hours they slept because each guy is different. You might be okay with just four hours, but I will need seven, for example. And if there's poor quality of sleep we'll lighten the workload to make sure the player doesn't get fatigued or ill."

Don't be surprised to see international rugby players at the airport with their own pillows - the smell and feel of your own pillow is one of the best ways to acclimatise to a hotel room in a different time zone.

Aw, nunus.

### Sleep Sicknesses

Good sleep - with sufficient spells of N3 and REM - is as important to your health as exercise and diet. But just as there are genetic and habitual obstacles to getting fit and healthy, there are a number of sleep disorders that can prevent you from getting a good night's rest.

Sleep-disordered breathing (SDB) constitutes 85% of all sleep disorders and comprises a number of conditions like snoring, obstructive sleep apnoea (OSA), and hyponea, which is shallow air intake. The main problem with OSA is that the increase in carbon dioxide (which is actually the driving force for breathing) coupled with the lack of oxygen causes the sleeper to wake up before they can achieve N3 or REM states, so it's the quality rather than the quantity of sleep that does the damage in the long term.

Other disorders, while not as widespread, can be just as distressing. Insomnia (not being able to fall asleep), restless legs syndrome (twitchy limbs), narcolepsy (falling asleep during the day), periodic limb movement disorder (waving arms and

WE KNOW
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Top Sleep Apps your phone could keep you awake. or it could help you sleep

### F.LUX

Adjusts your screen's brightness to suit the time of day, and decreases blue light on phones at night. iustgetflux.com

### SLEEP GENIUS

Plays low-frequency music (pink noise), and tracks your sleep patterns. **sleepgenius.com** 

### **SLEEP RATE**

Focuses on getting you to sleep at affixed bedtime every day, and allows for an optimal waking routine. sleeprate.com legs during sleep), somnambulism (sleep walking), and sexsomnia (you guessed right) are all thieves of proper rest.

It's a vicious cycle: lack of quality sleep causes stress, which leads to high cortisol levels, which slows down the metabolism, which results in fatigue and incorrect insulin levels, which prevents people from exercising. And obesity is the single leading cause of sleep apnoea.

To compound the issue, OSA is often the root cause of several common but serious conditions that are treated without identifying OSA as the underlying cause. Cardio-vascular disease (like drug-resistant hypertension), high blood pressure, obesity and Type 2 diabetes are all highly correlated with sleep apnoea. While practitioners are treating these cases, they often to forget to ask the one question that could reveal root of these ailments:

"How are you sleeping?"

### **Treatment**

Most of the non-breathing related disorders like insomnia and narcolepsy are clinical or neurological conditions, so they are treated pharmacologically or with behaviour therapy. Sleep apnoea is a physiological problem, so its treatment is primarily via physical manipulation or gadgets of some sort.

First of all, a polysomnograph will accurately indicate the severity of the problem. The apnoea is defined by stopping breathing for longer than 10 seconds, and measured by how many times this occurs in an hour.

Mild apnoea is less than 15 instances in an hour; severe apnoea is when you have more than 30 instances in an hour (which means you are waking up every two minutes).

Treatment for mild sleep apnoea could be as simple as adjusting your sleeping environment, or buying a contoured pillow made of memory-foam or changing your preferred sleeping position. Sleeping on your back or your stomach is not recommended for snorers. Sometimes, treatment can be as simple as strapping a tennis ball to your back to stop you from rolling onto your back in the night.

Sleep apnoea sufferers can occasionally find relief in a chin strap or nose clips, but these are usually not as effective as a mandibular advancement device (MAD). The good ones look a lot like the gum guards that the first team rugby players and rich kids got at school, but you can also buy the cheap generic ones that your mom boiled in a kettle. These adjust the jaw to give you a slight underbite - thereby lifting the flesh at the back of your throat up while you sleep.

Failing that, you might have to buy a continuous positive airway pressure (CPAP) machine, which fits over your nose and mouth like a small and light gas mask, and provides a mild pressure of air that helps your natural breathing by "splinting" the airways thus keeping them open.

You might wonder if it's difficult to sleep hooked up to a CPAP machine, but Anton Fourie rarely hears that problem. "By the time they get here some people are so sleep-deprived they could asleep anywhere. My job," he says, "is to make sure they stay asleep."

### Sleep Hygiene

"Sleep issues are not abnormal," says Anton. "Sometimes the stress of worrying that we don't get enough sleep compounds the problem by increasing our sleep latency - the amount of time it takes us to fall asleep. But the good news is that we can go a long way to solve these by changing our sleeping habits."

While it is Anton's job to determine the nature and severity of sleep disorders, he is passionate about "sleep hygiene" – good habits and routines that can get us a better night's sleep. Most people who suffer from what they think is a

### The Waking Dead

A FEW NIGHTS OF POOR SLEEP NEVER KILLED ANYONE, BUT A FEW MONTHS OF TOSSING AND TURNING MIGHT: PEOPLE DEALING WITH INSOMNIA ARE AT GREATER RISK OF DYING OVER A GIVEN PERIOD. THAT'S BECAUSE CHRONIC SLEEP DEPRIVATION SETS YOU UP FOR A HOST OF HEALTH PROBLEMS, INCLUDING...

CONDITION	TIMES INCREASED RISK
CANCER	1.4
PNEUMONIA	1.5
DIABETES	1.7
HEART ATTACK	2.3
HYPERTENSION	3.5
DEPRESSION	4.0

genetic predisposition to staying up late are actually just victims of bad sleep hygiene.

For insomnia, the first port of call is Cognitive Behavioural Therapy. Your habit of working and playing at night, is often a kickback from student patterns, so the first recourse is to try to go to bed at the same time every night.

There are a number of behaviours that will improve your sleep routine [see sidebar]. Scrolling through your social media egosphere, for instance, is a terrible idea before bedtime. Screens emit a strong blue light that shrivels melatonin production, and stimulates the mind.

Some of the best sleep hygiene starts during the day. A good workout is a great way to tire out the body but be careful, say the sleep experts: exercise should be done not too early, and not too late. From a circadian rhythm point of view optimal exercise time should be between 4pm and seven in the evening.

A few days after my polysomnograph the results are communicated to me at the Milnerton Mediclinic.

I didn't have a great night. As predicted, it took me 80 minutes just to fall asleep, and I only slept for just over four hours that night. I spent 42 minutes in N3 sleep and 38 minutes in REM, and 41% of my sleep was spent in N2.

Not ideal.

There are reams of data and graphs in the report. It's fascinating to confirm some of my suspicions (long sleep latency) and dispel others (my snoring is potentially fatal). Long story short, I am advised to get a better pillow, and then consider a MAD.

But more than anything, I need to work on my sleeping habits. So for the next week I'm going to bed at 10.30pm. Sharp. And see how that works out for me.

You should too.













# 10-A-9-4

A pop of personality
You think you know patterns? We're not talking stripes and checks – those are for amateurs. We mean head-turning prints, like the fine floral print on the shirt, that will kickstart your style game. Not sure how to wear them? Try it under a solid blazer and jeans, and it's sure to fetch a compliment or spark a conversation.













18 Reasons He's Your Best Friend

Ever since the first sabre-tooth wolf decided to stop chasing woolly mammoths and join the smooth bipeds by the fire instead, dogs have been man's best friend, 12 000 years later, the bromance is stronger than ever. Here's why

BY DYLAN MUHLENBERG

### 1/ He's Always Happy to See You

With a dog every day is your birthday and New Year's Eve combined. Regardless of how long I've been away for, my dogs will always run up to the door and greet me with overwhelming affection. Meanwhile the wife and kids barely master the enthusiasm to look up from the TV.

### 2/ He Brings Out the Best in You

Better than any alarm clock, my dogs ensure that I wake up at sunrise each day. And as far as training partners go they'll never let me skip a walkies session. Then how's that discipline? Two bowls of bland food daily and only drinks water? No wonder dogs are so regular.

### 3/ He's Got Your Back

Someone at the door? Let me sing them the song of my people! Getting too close to my master? Look at my teeth and hear me growl!

### 4/ He's the Best Wingman

While he doesn't buy rounds and can't get into some of the places you like to go on a Friday night, as far as having the ability to attract beautiful women goes, a dog is only beat by a baby. And if she doesn't like dogs then she's no good for you, man.

### 5/ He's a Dreamer

Perhaps you've noticed your pooch twitching in his sleep. If anyone asks what's up tell them he's dreaming. The men in white coats have found that dogs have similar sleep patterns and brain activity as us, and reckon they're probably imagining familiar activities, like chasing squirrels.

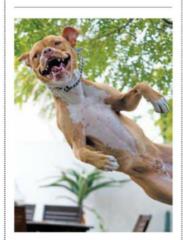
6/ He Doesn't Borrow Money Enough said.

### 7/ He Makes You Laugh

Whether it's intentional or not, dogs are born entertainers whose jokes never get old.

### 8/ He's Always Good for a Cuddle

No matter where it hurts, a dog can always make you feel better. Dogs soften a man, and even the most out-of-touch-with-his-feelings type can still display affection for a dog without embarrassment.



### 9/ He's Got Character

Throughout his life a dog will reveal parts of his personality, from tenacity to friendliness to intelligence to determination. As his master you're able to help develop these traits further and then borrow them in order to become the man you'd like to be.

### 10/ He's the Perfect Scapegoat

Whether it's his appetite for homework, the opportunistic flatulence or needing to get out of a social obligation - your dog's a good boy for when you need to be bad.

### 11/He's a Straight Shooter

Dogs take what they want. Some-

times it's another dog's bone. Sometimes it's boning your leg. Look, we're not saying what he does is always right. But you can't fault his approach.

### 12/He's Useful

It's amazing to think how every breed of dog may be used for some specific purpose. Curate your pack with a wide range of skills and roll with a crew who can take on any challenge.

### 13/ Dogs Have Superpowers

Depending on the breed, your dog has up to 300 million scent glands, compared to only 5 million for us,

### 15/ He's the Perfect Muse

Sir Percy Fitzpatrick wrote his classic and much-loved story based on his Staffordshire bull terrier, Jock. His asshole cat Mr. Whiskers didn't even get a dedication.

### 16/He's Fearless

I mean, check the balls on this guy, making eye contact with me while taking a dump on my lawn?!

### 17/ He May Be a Member of the X-Men

Pay attention, and you'll notice him hiding in a safe place before something bad happens. All dogs talk; you just need to learn how to listen.

# 14/ He Knows How to Chill It really is a dog's life.

while his jaws exert 145kg of force (compared to our measly 55) and then his ears can detect a frequency range of 67 to 45 000 hertz and his whiskers help him to see in the dark. Yes you may call him Batman.

### 18/He's Real

A dog doesn't care whether you have your name in lights or hold up a sign at the traffic lights, he's just down to hang. Be more like dogs.



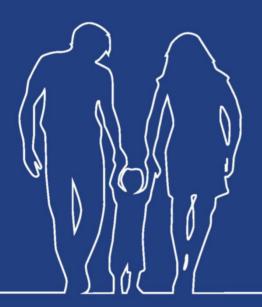
# IT'S NOT ENOUGH JUST LIVING A HEALTHY LIFE >>

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