



E-BIZ SOLUTIONS

Telephone - 011 475 1536 or 083 375 7669

Email - marketing@ebizsolutions.co.za

Website - www.ebizsolutions.co.za

**SOCIAL MEDIA MANAGEMENT, DESIGN AND
LAYOUT, NEWSLETTERS,
WEB DESIGN, CONTENT, VIDEO PRODUCTION,
PRINT & DIGITAL PUBLISHING**

DESIGN PORTFOLIO

Portfolio images are in low resolution and compressed to reduce the size of this document. This will affect the quality. Originals are available to view. Full copies of magazines and newsletters are available to view. Examples of work done. The images contained herein are not our full portfolio. Video productions, website and social media links are available to view.

SOCIAL MEDIA FEATURES, ADVERTISEMENTS AND MORE...

TIPS FOR 1ST TIME DOG PARENTS

There's a lot to consider before you bring a four-legged family member home. Be sure you're ready before you say, "I do."

Part of being ready is understanding what a dog requires physically and mentally—and asking yourself if you're up for the commitment for the rest of his life.



Follow, mail or call us:
info@lionelschoice.com
+27 21 911 5552
www.lionelschoice.com



LIONEL'S CHOICE
Holistic Nutrition

FOOD STORAGE ESSENTIALS

Don't store pet food in the garage as excess heat or moisture - common problems in some garages especially during the summer - can degrade essential oils and break down nutrients in dog food. Your dog's food could also be at greater risk of being exposed to pests like insects and rodents.



Follow, mail or call us:
info@lionelschoice.com
+27 21 911 5552
www.lionelschoice.com



LIONEL'S CHOICE
Holistic Nutrition



GIFT IDEAS FOR DOG PARENTS

Stationery, mugs, calendars or diaries featuring dogs!



WWW.LIONELSCHOICE.COM



SET BOUNDARIES EARLY

Allowing your new puppy to climb all over you and jump on people might seem cute right now, but chances are that you'll feel differently in a year's time when they're much bigger. Jumping, mouthing, pawing, excessive licking — these behaviors aren't so cute when repeatedly performed by an adult dog.



WWW.LIONELSCHOICE.COM

TRAINING TIPS



CONVENIENT ONLINE SHOPPING FOR ALL YOUR PET SUPPLIES



SHOP ONLINE NOW!

WWW.PETAPOND.CO.ZA



Dogs can increase opportunities to exercise, get outside, and socialize!

WHY DOGS ARE GOOD FOR YOU!



WWW.PETAPOND.CO.ZA

PET INDUSTRY CLIENTS



The goldfish lives longer than any other domestic fish.

GOLDFISH FACTS...

KOI FISH LOW-DOWN

The age of a Koi is determined by the rings around their outer scales: one ring for every two years.



FREQUENTLY ASKED QUESTIONS

How often should I feed my dog?

Dogs should eat at least two meals each day, about 12 hours apart. But a breakfast, lunch, and dinner schedule is an equally great option. If more than 12 hours elapses between meals, the stomach can become hyperacidic causing nausea.



DOG DID YOU KNOW...

Most dogs could easily outrun a human – they're built to run and chase! The fastest breed of dog by far, though, is the Greyhound.



BRINGING A KITTEN HOME

Kittens love to play and will need different types of toys as well as a scratching post. Other needs are a cat bed, two cat litter boxes, litter, and feeding bowls.



BENEFITS FOR PETS



- Higher levels of care are now accessible without aggregate or condition/treatment specific limits.
- This in turn improves the wellbeing and quality of life for the pet.
- GENRIC Pet Insurance extends the lifespan of pets through improved wellness and through negating the choice between the owner having to pay high and un-budgeted veterinary fees and euthanasia.



www.genricpet.co.za

Join us to
celebrate
Braai Day!

Get a free
hamburger
with any
purchase

Friday
24th Sept



Retail Crossing Shopping Centre, Cnr. Nic Diederichs & Hendrick Potgieter, Wilgeheuwel



PET MASTERS

Pet Masters offers animal lovers everything from expert advice to a full range of food pet care products and toys

WWW.PETMASTERS.CO.ZA

PET MASTERS



Wash and dry
only R50 for
the month of
May!

At the Groom Room Doggy Parlour, we ensure that your dogs are well looked after and loved like our very own. Bookings can be made on 011 894 2359 or walk ins are always welcome. Open from Tuesday to Friday 8h00 to 16h45 and on weekends 08h00 to 16h00. Visit our website on www.petmasters.co.za

Groom Room
Doggy Parlour

SPA PACKAGES

Basic Groom

Includes bath with shampoo, drying & nail clipping.

Small - R100

Medium - R110

Large - R130

Extra Large - 150

Deluxe Groom

Includes bath with shampoo, drying, nail clipping and hair cut.

Small - R150

Medium - R180

Large - R220

Extra Large - R280

Extras

Teeth Brushing - R30

Flea Treatment - R30

Foot and Nose Treatment with Paw and Nose

Butter Rub - R25

BUY ANY TWO
BEDS, BLANKETS
OR JERSEYS AND
GET 20%
DISCOUNT!



Trichardt's Road, off North Rand Rd, Boksburg
Telephone - (011) 894-2359 www.petmasters.co.za

THREE DAYS ONLY!
Valid until Sunday the 29th



SALE

WAS: R390
NOW: **R349**

Montego Classic 20kg

Promotion Ends: 31 October 2021

DOG

Exclusive to Petmasters Boksburg and Petmasters Wilgeheuwel.



Pet Insurance will give you peace of mind, knowing that you will be financially protected in the event your dog or cat suffers an illness or injury.



www.genricpet.co.za



With the unpredictable costs of vet visits, not having pet insurance could mean the risk of being hit with an expensive bill if an unfortunate worst-case scenario occurs.

www.genricpet.co.za

PET MASTERS

www.petmasters.co.za

FIND EVERYTHING YOU NEED FOR YOUR BEST FRIEND TODAY!

Behind Leroy Merlin, Trichardts Road,
off North Rand Rd, Boksburg
(011) 894-2359
(011) 918-3144
info@petmasters.co.za



NOVEMBER GROOMING SPECIAL



THE GROOM ROOM

50% OFF!

ON BASIC GROOM



Includes bath with shampoo, drying & nail clipping.

At the Groom Room Doggy Parlour we ensure that your dogs are well looked after and loved like our very own. Bookings can be made on 011 894 2359 or walk-ins are always welcome. Open from Tuesday to Friday 08h00 to 16h45 and on weekends 08h00 to 14h00.



Visit us for delicious food and refreshing hot and cold drinks. Do your shopping or book your fur kid into the Groom Room to be pampered while you relax and enjoy our great food and service. Takeaways also available. Safe and free children's play area.



Myth or Fact

Cats only purr when they are happy

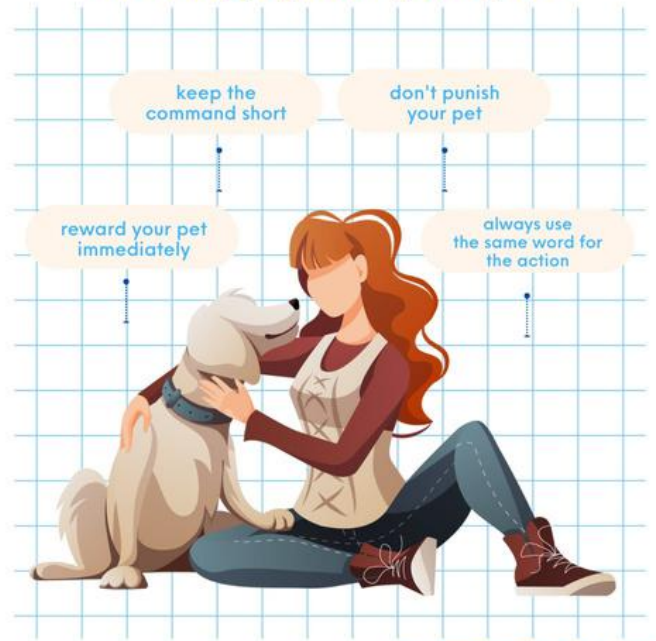
Myth

Fact

PET BRANDS



Training tips for your pets



PET BRANDS

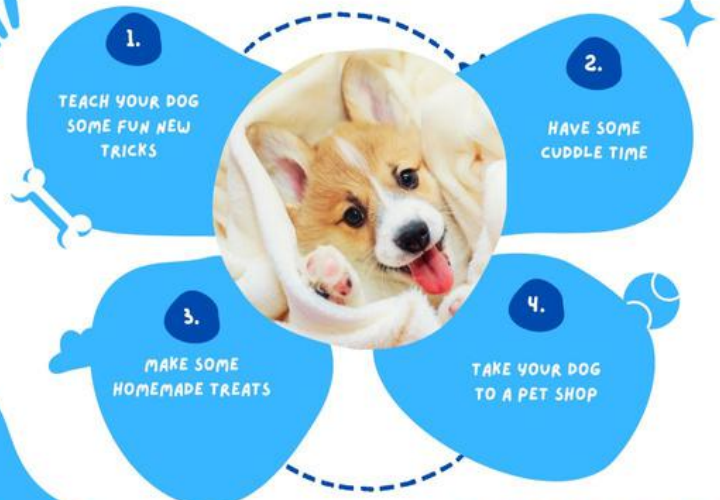
PET BRANDS

HEY, DO YOU NEED A friend?



96% FUNNY
100% LOYAL
100% SWEET

HOW TO KEEP YOUR DOG HAPPY



PET BRANDS

Dog mouths are cleaner than human mouths?

Not true. Dogs AND people have all sorts of bacteria in their mouths to help keep them healthy. Most of the bacteria in your dog's mouth are not zoonotic, which means you won't get a disease from a big old doggy kiss.

FOLLOW US FOR MORE FACTS!

Complete.

Pet nutrition by pet people



Before you get a puppy...

There are a lot of decisions to make and factors to consider before you decide to bring home a new puppy

FIND OUT MORE BY CLICKING ON THE LINK ABOVE

Complete.



Leaving your dog behind when you go on holiday?

It can be difficult to decide whether your dog's better off at home with a pet sitter, boarded at a kennel, or left with a friend or family member.

FIND OUT MORE BY CLICKING ON THE LINK ABOVE

Complete.



WITH LINKS TO YOUTUBE VIDEO CHANNEL VIDEOS

Does your dog have Cabin Fever?

Destructive? Hyperactive? Anxious? These are a few common behaviours often displayed by an under-exercised, under-stimulated dog.

[CLICK ON THE LINK BELOW TO FIND OUT MORE](#)

Complete.



Meet the Labrador...

The lovable Labrador Retriever is the one of the world's most popular dog breed. Labs are friendly, outgoing, and high-spirited family members.

[CLICK ON THE LINK ABOVE TO FIND OUT MORE](#)

Complete.



The dangers of sea water

A dog that has swallowed too much salt water could suffer serious kidney damage, and if left untreated they'll dehydrate rapidly, which could prove fatal.

[CLICK ON THE LINK ABOVE TO FIND OUT MORE](#)

Complete.



On cats and collars

Unless trained to collars from kittenhood, most cats bitterly resent having to wear one, but it is indeed true that a cat with a collar is a safer cat.

[FIND OUT MORE ON OUR BLOG!](#)

Complete.



The lowdown on Biliary

The common term for biliary is Tick Bite Fever. Biliary is a disease caused by a parasite named Babesia. Tick bite fever is one of the most common infectious diseases in Southern Africa.

[FIND OUT MORE ON OUR BLOG!](#)

Complete.



Common bladder disorders

The low down on Cystitis and urinary tract infections in dogs

[FIND OUT MORE ON OUR BLOG!](#)

Complete.



WITH LINKS TO WEBSITE BLOGS

TOP TIPS

For shopping for a dog

When shopping for a dog collar, it's best to select one that's the right size for your dog, has a quick-release clasp for safety, and has a sturdy D-ring where you can attach a leash.



RUCENTA
Veterinary Supplies



VETLOMAR
SCIENCE FROM THE SEA



RUCENTA
Veterinary Supplies

www.rucenta.co.za

STRUGGLING WITH THE ITCHIES, HOT SPOTS OR DERMATITIS?

Vetlomar Allergy Itch Relief products are topical applications for the symptoms associated with allergic skin reactions.

WITH THE
POWERFUL BENEFITS
OF NATURE'S
SEA-KELP

Scientifically
researched

Tested on
Humans



STRESS-EEZE

A natural treatment for anxiety, hyper-excitability, restlessness, aggression, and compulsive behaviour in dogs. Ideal for dogs who experience fireworks or storm fear.



VETS
OWN

RUCENTA
Veterinary Supplies

www.rucenta.co.za

Angels can come into your life in so many forms...



Canine Zone

Canine Zone magazine is available now at Woolworths, Pick n Pay, and Checkers, countrywide, as well as selected Spar stores. Visit our website for a stockist list.

www.caninezonesa.co.za



Dog food a bit low? Check out the range in-store!

Remember to donate food for shelters in-store.



STOP FIREWORKS!

There are still those humans who will harm people, nature and animals by setting off fireworks so STAY AT HOME with your dogs on New Year's Eve!

Canine Zone

Canine Zone



If you can't sleep outside, naked, in winter - neither can your dog!

www.caninezonesa.co.za

Canine Zone magazine is available now at Woolworths, Pick n Pay, Checkers, Spar and selected stores countrywide.

BUZZ OFF

Keep them both fly-free this summer

An effective gel and spray-on fly repellent for protection against house flies.

Contains Cypermethrin, Citronella Oil, Essential Herbal Extracts.



ALSO AVAILABLE IN 5 L



NOW ON SPECIAL!
Speak to your representative

PET BRANDS

ON SPECIAL!



PET BRANDS
YOU ARE INVITED!

Join us to view our complete range
Meet and greet

Get huge specials on End of Range and Bulk Orders
Enjoy a boerewors roll and refreshments

HUGE DISCOUNTS & SPECIALS

VIEW OUR ENTIRE RANGE



YEAR END

MARKET DAY

18, 19, 20 NOVEMBER
(FRIDAY, SATURDAY & SUNDAY)

9AM TO 3PM

5 FRED DROSTE RD, DROSTE PARK, JOHANNESBURG

RSVP with your Pet Brands representative by the 12th of November



Altimate Pet™

ALL NATURAL DENTAL TREATS FOR DOGS

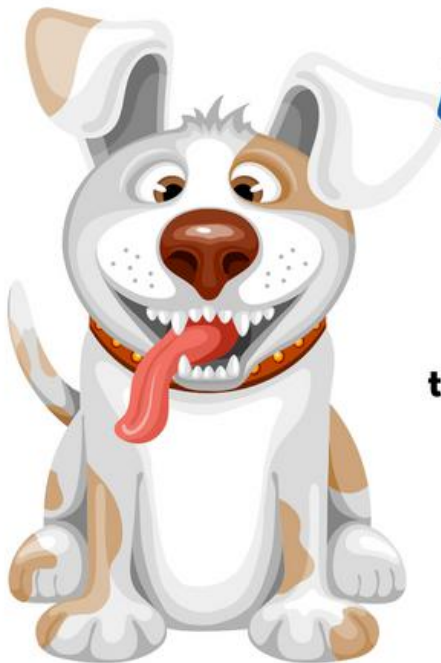


Here's something to woof about - finally, a healthier and safer alternative to Rawhides!

Chewing is an excellent way to keep your dog's oral health in top shape. Offer your dog Altimate Dental Chews which will not only exercise jaw muscles but also scrape plaque and tartar off of the teeth. Reduces plaque by 70%!



RUCENTA
Veterinary Supplies
www.rucenta.co.za



Happy 2023!

NEW YEAR'S RESOLUTIONS FOR PET PARENTS

Resolve to spend some one-on-one time with your dog or cat, even if just at home watching some TV and cuddling or playing catch

RUCENTA
Veterinary Supplies
www.rucenta.co.za



“You can not look at a sleeping cat and feel tense.”

- Jane Pauley



RUCENTA
Veterinary Supplies
www.rucenta.co.za

FIRSTLINE

NUTRIDEFENSE



SCIENTIFICALLY
FORMULATED
FOR ALL BREEDS



Glucosamine, Chondroitin
Calcium

Biotin, Omega 3 & 6
Fatty Acids

Chestnut Extract

From our family
to yours...

Contact - 018 581 2180 | info@taumeule.co.za | 066 473 8946 | tillyt@taumeule.co.za

ADULT PREMIUM

8kg, 10kg, 20kg & 35kg

22%
PROTEIN

No
Flavourants
or Artificial
Colourants

Natural
Protection
Support
Antioxidants
Clay Minerals

REG NO: V31675

Canine Zone

www.caninezonestore.com
or www.caninezonesa.com



Do your fur kid's shopping at fantastic prices and throw in a special festive gift for the adorable dogs at Dogtown SA at the same time!

Festive Season Pop-Up Store

If you are ordering for yourself only, go to check out and select the "Standard Delivery" option and you will receive payment details as well as courier fees. If you are ordering for Dogtown SA as well or only, add the items you would like to purchase for Dogtown SA into a SEPARATE cart and go to check out. Mark the delivery as "Deliver to Dogtown". There will be no courier fees as the items will be collected directly by Dogtown.



GOOD REASONS TO ADOPT FROM A SHELTER!

Pay less and get more benefits

Dogs or puppies bought from a breeder or pet shop can cost you – a lot! And you still have to pay for vaccines, microchips, and spaying or neutering. When it comes to adopting, shelter dogs are fully vaccinated and already spayed or neutered.



Follow us on Facebook & Instagram



FIRSTLINE

NUTRIDEFENSE



From our family to yours...



ADULT STANDARD

8kg, 10kg, 20kg & 35kg

18% PROTEIN

No Flavourants or Artificial Colourants



REG NO: V31675

www.animalsindistress.org.za

The Society for Animals in Distress' veterinary care is governed by the South African Veterinary Council. We are a non-profit organisation with full public benefit registration.



the society for animals in distress®

The Society for Animals in Distress' veterinary care is governed by the South African Veterinary Council. We are a non-profit organisation with full public benefit registration.



the society for animals in distress®

www.animalsindistress.org.za

Don't let your four-legged friends be caught in the cold.

PET MASTERS have the widest range of blankets and jerseys at unbeatable prices!



PET MASTERS

Trichardts Road, off North Rand Rd, Boksburg
Telephone - (011) 894-2359 www.petmasters.co.za

Wash and dry R50 for the month of May!



**Groom Room
Doggy Parlour**

PET MASTERS

At the Groom Room Doggy Parlour, we ensure that your dogs are well looked after and loved like our very own. Bookings can be made on 011 894 2359 and walk ins are welcome. Open from Tuesday to Friday 8h00 to 16h45 and on weekends 08h00 to 16h00. Visit our website on www.petmasters.co.za

Visit www.petbrands.co.za

PET BRANDS

Leaders in pet care, putting your pets first...

At Pet brands we believe that pets make a house, a home. The Pet Brand local and international partners have allowed us to distribute their fantastic products all over South Africa via pet stores, vet stores and online stores

To stock our products in your store or online store or to find a stockist near you, email us on customer care@petbrands.co.za or call 010 015 5042.



FIRSTLINE

NUTRIDEFENSE



SCIENTIFICALLY
FORMULATED
FOR
ALL BREEDS

From our family
to yours...

Glucosamine, Chondroitin
Calcium

Biotin, Omega 3 & 6
Fatty Acids

Chestnut Extract



Contact - 018 581 2180 | info@taumeule.co.za | 066 473 8946 | tillyt@taumeule.co.za

ADULT STANDARD

8kg, 10kg, 20kg & 35kg

18%
PROTEIN

No
Flavourants
or Artificial
Colourants

Natural
Protection
Support
Antioxidants
Clay Minerals

REG NO: V31675

CAT BOX
PET HYPER

We are pet friendly so bring along your well-behaved, on lead, dog or puppy to choose a toy!

www.pethypers.co.za Follow us on Facebook & Instagram



PAWSOME SPECIAL!

Valid in store only until the **31st of June**
Normal price - R440



25kg **LIONEL'S CHOICE ADULT** R396!



CAT BOX
PET HYPER

CAT BOX
PET HYPER

Not all homes should have a dog but all dogs should have a home.

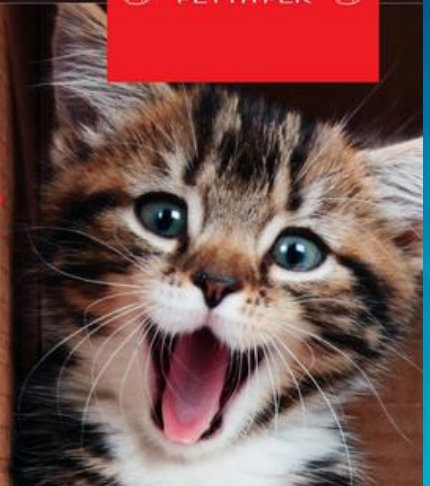
www.pethypers.co.za

To enter simply **FOLLOW** our page and **TAG** three friends to **FOLLOW** our page as well.

CAT BOX
PET HYPER

WIN!
One of two **Cat Hampers**

T & Cs - To win all entries must be fulfilled. Entries close on the 22nd of June and winners will be announced on the 30th of June. No correspondence will be entered into. Contents of the hamper at sole discretion of Cat Box Pet Hyper.



WINTER IS HERE!

CAT BOX
PET HYPER

GET 20% OFF ON ALL DOG & CAT BEDS DURING JUNE ONLY!

CAT BOX
PET HYPER

We are pet friendly so bring along your well-behaved, on lead, dog or puppy to choose a toy!

www.pethypers.co.za Follow us on Facebook & Instagram

BEAUTY, HEALTH & LIFESTYLE



THE VICTORIAN GARDEN

SKINCARE DID YOU KNOW...

It's extremely important to wear broad-spectrum SPF 15 or higher sunscreen starting in your teens and 20s. Sun spots can show up quickly on your skin and can increase with more sun exposure, making them even harder to get rid of.

Website - www.thevictoriangarden.co.za Email - orders@thevictoriangarden.co.za
Telephone - 27 (0)11 466 8270 Follow us on Facebook & Instagram

GREAT SKINCARE HABITS



Exercise helps to improve your body's circulation and helps to reduce stress! Exercise can also contribute to tighter and younger looking skin.

THE VICTORIAN GARDEN

WWW.THEVICTORIANGARDEN.CO.ZA
FOLLOW US ON FACEBOOK & INSTAGRAM

Drinking water feeds the skin from the inside. Dehydrated skin can look dull, be itchy and dry and make lines more noticeable. Alcohol and coffee dehydrate skin. Drinking plenty of water keeps skin hydrated and can give your skin a healthy glow.



THE VICTORIAN GARDEN

How to take care of your skin

Visit our website on www.thevictoriangarden.co.za

SKINCARE From Within

Nutrition is important for health. An unhealthy diet can damage your metabolism, cause weight gain, and even damage organs, such as your heart and liver. But what you eat also affects another organ - your skin. As scientists learn more about diet and the body, it's increasingly clear that what you eat can significantly affect the health and aging of your skin.



THE VICTORIAN GARDEN

www.thevictoriangarden.co.za

KNOW YOUR SKIN TYPE

NORMAL

How to Tell: You don't experience many breakouts. Your skin doesn't tend to react negatively to new products or weather changes. You don't feel like you need to constantly moisturize or blot oil from your face all day long. Your skin is firm, with minimal fine lines and wrinkles. With normal skin, you experience almost no sensitivity, dryness or oiliness and your skin can tolerate most ingredients.



THE VICTORIAN GARDEN

Day Cream
THE VICTORIAN GARDEN
Victorian Garden Collection
Chamomile & Bergamot

WWW.THEVICTORIANGARDEN.CO.ZA

SKINCARE From Within

Bell peppers contain plenty of beta carotene and vitamin C – both of which are important antioxidants for your skin. Vitamin C is also necessary to create collagen, the structural protein that keeps your skin strong.



THE VICTORIAN GARDEN

www.thevictoriangarden.co.za

SOCIAL MEDIA AND ADVERTISING

Have a beautiful weekend!



Beauty HQ



When you opt for brands not tested on animals, like The Victorian Garden, you're also ditching the bad chemicals like parabens, sulfates, and synthetic dyes. These cleaner cosmetics are better for your skin, which means less likelihood of breakouts, allergies, and inflammation.



Our African Indigenous Collection contains extracts from plants found generally only within Africa such as Kalahari Melon, Cape Aloe, and Macadamia.



Visit our website on www.thevictoriangarden.co.za
Follow us on Facebook & Instagram



Natural, cruelty-free skincare

Visit our website on www.thevictoriangarden.co.za to order online

Healthy skin is not an overnight process



Beauty HQ

Your skin is an investment - not an expense.

Beauty HQ



**Kiss mouth ulcers
goodbye with
OROCHEM®**

OROCHEM®
Assists with the clearing of multiple oral sores

Pharmaco

Available at leading pharmacies countrywide

PHARGEL®
For all
oral sores

PHARGEL®
Assists with the clearing of oral sores

Pharmaco

Available at leading pharmacies

**Put a stop to painful
mouth ulcers.
OROCHEM®
reduces pain and
irritation while
providing a
favourable ground
for healing.¹**

OROCHEM®
Assists with the clearing of multiple oral sores

Pharmaco

CLEARNAIL™
Assists with the clearing
of Fungal Nail Infections.¹

Did you know? Athletes
Foot can spread further
to cause a fungal nail
infection.²

CLEARNAIL
For healthy beautiful nails
Assists with the clearing of Fungal nail infections

Pharmaco

Available at leading pharmacies countrywide

PHARGEL®
For Brace
Injuries,
Apthous Ulcers
& Mouth sores

PHARGEL®
Assists with the clearing of oral sores

Pharmaco

Available at leading pharmacies

*I'm a better
person when I'm
moisturized!*

**Beauty
HQ**

E-BIZ SOLUTIONS
WWW.EBIZSOLUTIONS.CO.ZA

**Social Media Marketing, Magazines
& Newsletters, Design, Websites**

20 years of experience
Extensive portfolio
Affordable rates

Telephone - 083 375 7469 Email - Marketing@ebizsolutions.co.za
Website - www.ebizsolutions.co.za

CLEARNAIL™
For healthy, beautiful nails.

TIP #3
Biting your nails or removing the cuticle can damage the overall health of your nail.²

Pharmaco

Available at leading pharmacies countrywide

Clear up fungal nail infections with¹ CLEARNAIL™

- Easy to use
- Penetrates the nail within 1-2 minutes
- No filing or buffing required
- Cost effective with 300+ applications

Pharmaco

Available at leading pharmacies countrywide

Beat that SORE THROAT this winter

PharyLex[®] ADULT
Symptomatic treatment of throat infections

Pharmaco

Available at leading pharmacies countrywide

SORE THROAT getting you down?

PharyLex[®] ADULT
Symptomatic treatment of throat infections

Pharmaco

Available at leading pharmacies countrywide

WORLD STROKE DAY 2022
Help your brain RECONNECT

NASA
National Association of South Africa

Pharmaco

SORE THROAT getting you down?

PharyLex[®] ADULT
Symptomatic treatment of throat infections

Pharmaco

Available at leading pharmacies countrywide

NeuroAiD™ is backed by research

NeuroAiD™ supports the brain's neurological, motor & cognitive functions and contributes to improved patient recovery.¹



Available at leading pharmacies countrywide

What is a stroke?

A stroke occurs when there is a blockage of an artery or rupture of a blood vessel – interrupting blood flow to an area of the brain. When this happens, brain cells begin to die and brain damage occurs.¹



Available at leading pharmacies countrywide



Pet hair getting everywhere? Slip on a pair of latex gloves and rub your hands along your couch, chair, or car interior to get rid of pet hair. Afterwards, run your gloved hands under water; the fur will come right off.



PET OWNER CLEANING TIPS



Place bowls of baking soda in your fridge, pantry or small kitchen. Baking soda does a wonderful job of absorbing, not masking, odours – plus, it's easy to find and cheap!



How to make your home smell great!

Keep your home clean and fresh!

Henry Pet Care was developed specifically for pet parents. Offering power and performance plus a MicroFresh activated charcoal filter which will minimise any odours.



Numatic
Cleaning Equipment by Design.

Visit our website on www.numaticshop.co.za

KNOW YOUR SKIN TYPE

NORMAL

How to Tell: You don't experience many breakouts. Your skin doesn't tend to react negatively to new products or weather changes. You don't feel like you need to constantly moisturize or blot oil from your face all day long. Your skin is firm, with minimal fine lines and wrinkles. With normal skin, you experience almost no sensitivity, dryness or oiliness and your skin can tolerate most ingredients.



WWW.THEVICTORIANGARDEN.CO.ZA

www.numatic.co.za



Numatic
Cleaning Equipment by Design.

PUT A STOP TO ALLERGIES

Keep your house clean and your allergies under control. Vacuum once or twice a week




FACE to FACE
Westrand Beauty School



www.facetofacewestrandbeauty.co.za
Email - westrand@facetoface.co.za
011 764 6324

Curtains or blinds?

Curtains will give better light control but blinds may be more practical in a smaller space. If you decide on a blind, have it made longer and wider than the window to minimise light drift. Curtains are best installed close to the ceiling or better still, with a pelmet above to stop light from escaping.



D'ZINER ESSENTIALS
HOME & DECOR

www.dzineressentials.co.za

Beautiful blinds

Zebra blinds are made out of net and fabric. They allow you to transition between beautifully sheer and total privacy. Simply adjust the natural light levels by pulling the chain.



Visit our website on www.dzineressentials.co.za for more information

D'ZINER ESSENTIALS
HOME & DECOR

A home is meant to be welcoming!

Freshen up your home with our designer wallpaper!



D'ZINER ESSENTIALS
HOME & DECOR

www.dzineressentials.co.za

Beauty & Health Expo

Clearwater Mall
30 August - 1 September

Various stands, demonstrations, the latest trends and exciting giveaways!



CLEARWATER



BLACK PEARL

THE CLASSIC COLLECTION

**POWERFUL TREASURES
THAT REVEAL YOUR
NATURAL BEAUTY.**



Visit our website on
www.weareblackpearl.com



We need to use a sunscreen every day to protect us from damaging UV rays. Even on cloudy days, our skin is susceptible to the sun's rays which can lead to skin cancer, discoloration, and wrinkles over time. Our Translucent Day Cream is a sun protection cream that acts as a reliable broad spectrum UV filter - it provides SPF30 protection and assists in reducing the signs of photo-ageing.

TRANSLUCENT DAY CREAM SPF30



www.biomedicalemporium.com
Follow us on Facebook & Instagram

The Growth Factor Series

The Rx Growth Factor Therapy is an advanced platelet microneedling procedure to assist in -

1. Advanced wound healing and treatment of old scars
2. Very deep lines and wrinkles
3. Eczema and Rosacea
4. Repigmentation for Vitiligo



www.biomedicalemporium.com

What is Microneedling?

Microneedling involves rolling a wand or pen affixed with mini-needles to create tiny wounds. These wounds are miniscule and only skin-deep, but your body responds by sending in healing factors that boost skin strength, radiance, and health. The benefits of microneedling are many



Visit our website on
www.biomedicalemporium.com for more information Follow us on Facebook & Instagram

The Beauty & Health Expo

Bryanston Shopping Centre
13 October - 16 October

**Various stands,
demonstrations, the latest
trends and exciting giveaways!**

BRYANSTON
SHOPPING CENTRE

BLACK PEARL 24K GOLD COLLECTION

Discover our premium age prevention collection that harnesses the powerful, sensorial healing of 24K gold.



Visit our website on
www.weareblackpearl.com



WWW.EBIZSOLUTIONS.CO.ZA

**Social Media Marketing, Magazines
& Newsletters, Design, Websites**

20 years of experience
Extensive portfolio
Affordable rates

Telephone - 083 375 7669 Email - Marketing@ebizsolutions.co.za
Website - www.ebizsolutions.co.za



THE BEAUTY & FASHION EXPO

CLEARWATER MALL 28 - 30 SEPTEMBER

Various stands, demonstrations of the latest techniques, current trends in the market place, the latest in new products, as well as glamorous fashion and beauty shows.



CLEARWATER

www.clearwatermall.co.za



For all your carpet and upholstery cleaning requirements

Numatic

Cleaning Equipment by Design.



Visit our website on numatic.co.za

Wash and dry R50 for the month of May!



Groom Room
Doggy Parlour

PET MASTERS

At the Groom Room Doggy Parlour, we ensure that your dogs are well looked after and loved like our very own. Bookings can be made on 011 894 2359 and walk ins are welcome. Open from Tuesday to Friday 8h00 to 16h45 and on weekends 08h00 to 16h00. Visit our website on www.petmasters.co.za

ADVERTISEMENT DESIGNS

Order your beautiful 24-page
A New Hope fundraising calendar now for only R100
excluding postage or courier costs. Simply email
anewhopeadopt@gmail.com
or call - 081 893 4427 or 071 465 6209
www.anewhopedogrescue.com



Calendar 2023



Proudly sponsored by



www.anewhopedogrescue.com

GREAT STORIES, HEALTH & BEHAVIOUR ADVICE AND MUCH MORE!

Canine Zone

The magazine for all dog lovers



**PICTURE
PERFECT**

How to take the
best pics of
your dog!

The Shiba Inu

Cute, Cat-Like and Spirited

So you want
to become a
VET?

What to do
in an
Emergency

**FINDING
FLYNN**

JEEVES

From hurricane to hero

The toll of
ANIMAL RESCUE

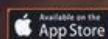
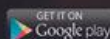
10 Myths about Dogs

Dec 2022/Jan 2023 R39.90 incl. VAT Namibia \$39.90



Download and Register for FREE on the
Complete Pet Loyalty App and receive -

- 12th bag of food FREE
- Online Orders
- Store Locator
- Monthly Digital Newsletter
- 100 % money-back guarantee



Complete.

Pet nutrition by pet people



GREAT STORIES, HEALTH & BEHAVIOUR ADVICE AND MUCH MORE!

Canine Zone

The magazine for all dog lovers



DOG STARS

Making your dog a social media celebrity

Cavalier King Charles Spaniel

Friendly & Happy

Focus on PICA

Preventing DOG THEFT

VET VISITS

Making them stress free

ALL THE QUEEN'S DOGS

Summer Safety

Keeping your dog safe in hot weather

Oct/Nov 2022 R39.90 incl. VAT Namibia \$39.90



www.mcmac.co.za
info@mcmac.co.za



TICKLESS
ULTRASONIC TICK AND FLEA REPELLER



GREAT STORIES, HEALTH & BEHAVIOUR ADVICE AND MUCH MORE!

Canine Zone

The magazine for all dog lovers



**ADOPTING
A RESCUE
DOG**

10 Steps to
Success!

**Who let the
dogs in?**

A-Z of taking
your dog to
WORK

5 TOP TIPS FOR VET VISITS

Ages & Stages

How your dog's needs change over time

The Newfoundland

Calm, patient, gentle

STEVIE'S DREAM

Talking Teeth

RESCUE STARS

Who is the SAID?



Aug/Sept 2022 R39.90 incl. VAT Namibia \$39.90



Transporting Pets Across the Globe



www.animal-travel.com

Established 1978



**ANIMAL
TRAVEL
SERVICES**

Complete.

SnaX The perfect training
or just anytime treat



**20%
Extra
Treats**

Available in Chicken flavoured Rollies, Mint flavoured Dental Bites, Lamb and Vegetable flavoured Flatties, Biltong or Peanut Butter flavoured Bites, Mini Semi-Moist Bites, Smoked Bacon flavoured Semi-Moist Strips, and Marrowbone flavoured Semi-Moist Bites.

V27329, V27270, V32981, V29212, V27269, V17792, V27327, V32979

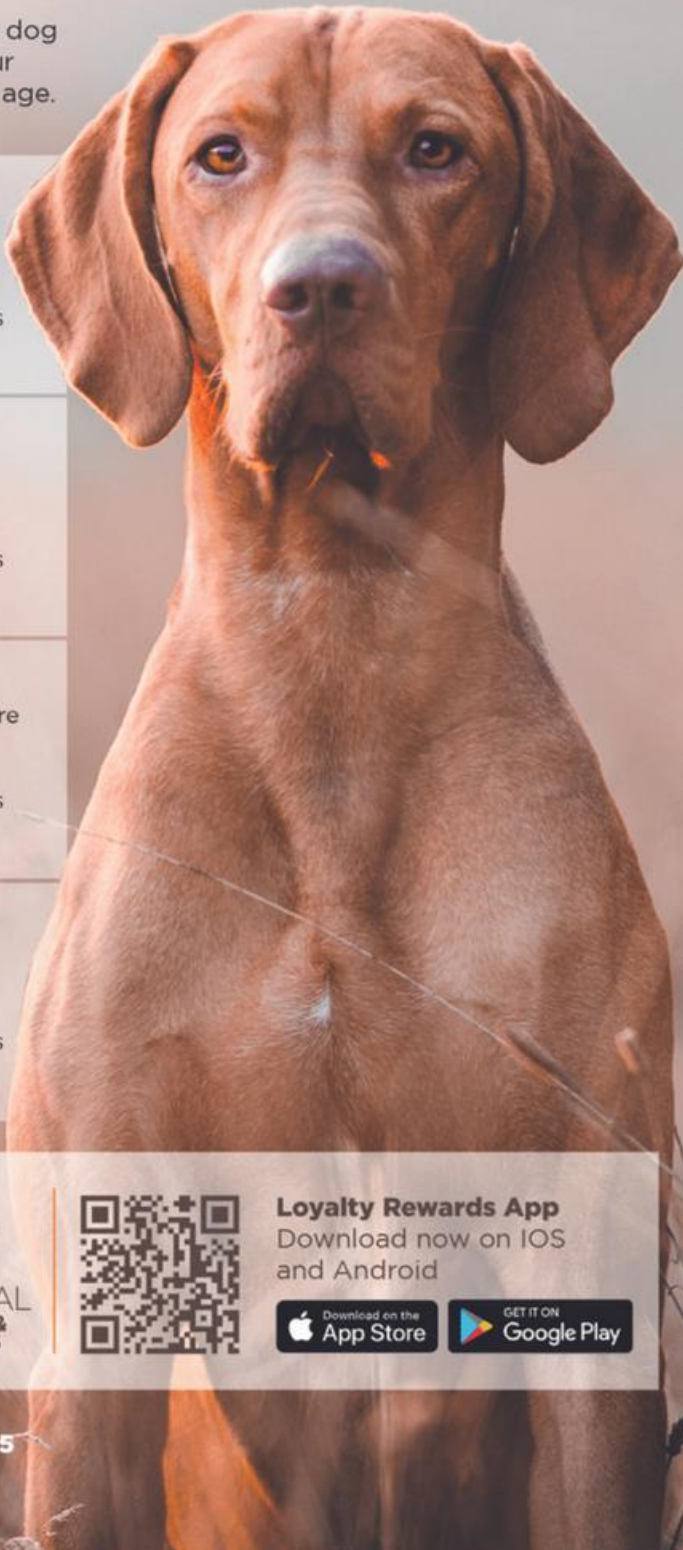
NOW AT PET STORES COUNTRYWIDE!

FOLLOW US ON FACEBOOK, INSTAGRAM & YOUTUBE

Complete.

Pet nutrition by pet people

Complete Pet Nutrition is a quality and affordable dog food with a range of products designed to suit your pocket and your dog's requirements by breed and age.



18%
PROTEIN



Vital+

- Highly affordable
- Quality ingredients
- Natural ingredients
- Essential vitamins and minerals
- Great for older dogs

20%
PROTEIN



Maintenance

- Best value for money
- Quality ingredients
- Natural ingredients
- Essential vitamins and minerals
- Our most popular product

22%
PROTEIN



Classique+

- Excellent for joint and bone care
- Quality ingredients
- Natural ingredients
- Essential vitamins and minerals
- For the energetic dog

24%
PROTEIN



Elite

- Contains real ostrich
- Quality ingredients
- Natural ingredients
- Essential vitamins and minerals
- High protein diet



**STRONG
TEETH & BONES**



**NATURAL
INGREDIENTS**

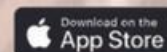


**ESSENTIAL
VITAMINS &
MINERALS**



Loyalty Rewards App

Download now on iOS
and Android



Customer Service: 0860 777 555
www.completepets.co.za



Complete.



SUBSCRIBE

FOLLOW US ON FACEBOOK, INSTAGRAM & YOUTUBE



Keeping your dogs, cats, kittens and puppies free from parasites!

CONTENTS

THE DUNG THING!

The dangers of Spirocerca Lupi and how to protect your dog

SAY NO TO TICKS

Identifying ticks and how to keep your pet safe

CHOOSING THE RIGHT PRODUCTS

Handy product option guide for dogs and cats

CLICK ON THE LINK BELOW TO SHOP ONLINE

➔ www.vetproductsonline.co.za

The DUNG thing!



The dangers of Spirocerca Lupi and how to protect your dog

The dung beetle is the intermediate host of a killer worm called Spirocerca Lupi. It used to be fairly rare but is becoming more common causing severe illness in dogs.

The lifecycle of this worm requires both a final host which is the dog and an intermediate host which is the dung beetle. Paratenic hosts can also be involved. These are other mammals (rats and mice) or birds (chickens) that have eaten the beetle and are then themselves eaten by the dog. Many believe that Hadedo poop can transmit the worm to dogs, but this is not true.

When the dung beetle or paratenic host are eaten by the dog, the worm larvae are released into the dog's stomach. The larvae burrow through the stomach wall into the blood vessels which transport them to the aorta. They now burrow into the wall of the aorta, weakening the walls and causing aneurysms. These aneurysms can rupture resulting in huge blood loss and sudden death. The larvae stay in the aorta wall to mature and then move on to lodge in the wall of the oesophagus where they live, mate and lay eggs. The eggs are then passed out in the faeces and are ingested by the dung beetle. The worm's presence in the oesophageal wall results in nodules forming which grow bigger over time. As they grow, they cause the dog to vomit or regurgitate, the dog may even find swallowing difficult, have a poor appetite, lose

weight and be lethargic. If left untreated, these nodules can also become cancerous and the cancer can spread, particularly to the lungs.

Diagnosis is made using one or more of the following: x-ray, ultrasound scan or endoscopy.

Treatment will be decided by your vet and is a very lengthy process which may even require surgery. The earlier treatment is started the more successful it will be.

Once again prevention is better than cure and this is achieved through monthly treatments with the spot-on ADVOCATE or the tablet MILBEMAX.

Thankfully Spirocerca Lupi infections in cats have been rare to non-existent.



Click on a product to shop NOW...

[CLICK HERE TO FOLLOW US ON FACEBOOK](#)

[FOLLOW US ON FACEBOOK & INSTAGRAM](#)

WEBSITE BANNERS

For the full range

[CLICK HERE!](#)

Complete.

Pet nutrition by pet people



V2732a, V27270, V32981, V2922, V27269, V17792, V27327, V32979

Say NO to Ticks!

Identifying ticks and how to keep your pet safe

[CLICK HERE TO SHOP ONLINE NOW!](#)

Pet owners know their fur babies and can immediately tell when something is off about them. However, figuring out what exactly is sucking the joy out of your dog isn't as obvious, especially when it's latched onto their skin underneath all that glorious hair! We're talking about ticks and how to keep your pet safe from them. Although ticks are small and irritating, they can cause a myriad of diseases in your pet, some of which can be fatal.

MEET THE TICK

There are approximately 899 different species of ticks in the world. They're divided into two groups - hard ticks and soft ticks. Hard ticks are identified by the hard shield behind the mouthparts and are shaped like an apple seed (when they aren't fed). Soft ticks don't have the hard shell and resemble a raisin. Although all ticks are problematic for your pet, the most common ones you'll find are hard ticks, more specifically the brown dog tick and the yellow dog tick.

Ticks cling to long grass and shrubbery, with their front legs stretched out waiting to grab onto your unsuspecting pet as they pass by. This is called questing. Ticks are a problem year-round, but more so in spring and summer as the high temperatures and moist environments create the ideal climate for them to thrive.

DANGERS TO DOGS

Tick bite fever, also known as biliary is a disease known by many pawrents, and this can occur when a tick carrying the Babesia parasite bites your pet. The parasite is transmitted to your pet through the tick's saliva, causing the red blood cells to burst, which drastically drops your pet's red blood cell count, and an urgent blood transfusion may be required. Some ticks can cause deadly tick paralysis or transmit other harmful and potentially fatal diseases to dogs. The mildest consequence of a tick bite is the affected area becoming infected and painful.

Not all ticks carry the tick bite fever parasite, but there are many that do. The incubation period for tick bite fever is 14 days, so if you've removed a tick from your pet, keep an eye out for any symptoms over the next two weeks. Tick bite fever symptoms are non-specific, but look out for general unwellness in your pet such as reduced or lack of appetite, lethargy and weakness, nausea, diarrhoea and pale gums (although some dogs have dark gums).

Ticks will hop onto your pet whether you like it or not. However, you can prevent them from causing any harm to your fur baby with a simple monthly treatment

Complete.

Pet nutrition by pet people



DECEMBER 2022

Digimag



Travel Safely!

Planning a holiday?
Car travel safety tips



FOCUS ON COMPLETE SNAX

CONTENTS

THE BENEFITS OF DOG AGILITY TRAINING

A great way to bond
and have fun with
your dog!

FROM HEAD TO TAIL

Incredible cat facts
that you might not
know...

BETTER SAFE THAN SORRY

Keeping your dog
or puppy safe – and
your possessions
intact – is simple to
do

www.completepetfood.co.za

Travel Safely!

Safe Car Travel with your Dog



For some pet parents, a trip is no fun if the four-legged members of the family can't come along. But travelling can be highly stressful, both for you and your dogs. If you're planning to take a trip with pets in tow, we have some tips to help ensure a safe and comfortable journey for everyone. Remember, no matter where you're headed, make sure that your dog has a microchip for identification and wears a collar with a tag imprinted with your home address, as well as a temporary travel tag with your cell phone, destination phone number and any other relevant contact information. Dogs should wear flat (never choke!) collars. In addition, place a "Dog on board" sticker prominently on your car so that in the case of an emergency, those who come to your assistance will know to look for your dog. Ensure that you have the contact details of a family member, friend or even a veterinarian in your wallet, or displayed where emergency personnel would see them.

Travelling with a dog involves more than just loading them in the back seat and motoring off - especially if you'll be driving long distances or plan to be away for a long time.

If you are going on a long trip, keep your pets safe and secure in a well-ventilated crate or carrier. There are a variety of wire mesh, hard plastic and soft-sided carriers available. Whatever you choose, make sure it's large enough for your pet to stand, sit, lie down and turn around in. And, it's a good idea to get your pet used to the carrier in the comfort of your home before your trip. There are also several types of dog restraints available on the market, so do your research and get the best-quality restraint possible. As with a crate, get your dog used to the restraint before leaving on a long trip.

Get your dog geared up for a long trip by taking him on a series of short drives first, gradually lengthening time spent in the car. If you are using a carrier or crate, be sure to always secure it so it won't slide or shift in the event of a sudden stop.

Never ever leave your dog alone in a parked vehicle. On a hot day, even with the windows open, the temperature inside a car can become dangerously high very quickly, leading to dehydration, hyperthermia and death.

Click here...



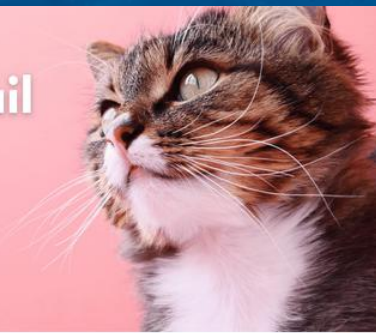
Check out our latest videos, uploaded twice a week on YouTube!

Complete.

FOLLOW US ON FACEBOOK, INSTAGRAM & YOUTUBE

From Head to Tail

Incredible cat facts that you might not know...



- Cats can hear better than humans and dogs and can hear up to 64 KHz, which is 1.6 octaves above the range of a human and is one of the best of all mammals.
- Cats can move their bodies in one direction and point his ears in another.
- Cats have a third eyelid (called the nictitating membrane) which rests at the corner of the eye and will cover the eye if protection is needed.
- Cat's ears can rotate to 180 degrees.
- Most cats have a visual field of about 200 degrees.
- The part of the brain responsible for emotions is the same in cats and humans.
- Cats have about 100 different vocal sounds that they use to communicate with us.
- Whiskers detect objects approaching the face. The cat will respond by blinking to protect his eyes.
- Cats cannot see in total darkness but their eyes can function in about one-sixth of the light that humans need to see.
- Cats are either right pawed or left pawed.
- The whiskers can determine if the space they are about to enter will be big enough for them. They are also more than twice as thick as ordinary cat hair.
- The nose pad of a cat is like a human's fingerprint - each one is unique.
- A cat's sense of smell is about 14 times stronger than humans are.
- The tip of the nose can also be used as a thermometer before eating food and is used to distinguish territories and to locate food or find mates.
- A cat's coat can protect him against the sun and rain and also some minor injuries.
- Cats will raise their fur when frightened so that they appear larger than their enemy.
- Claws remain in a protective sheath of skin and fur when the cat is relaxed, this prevents wear and allows the cat to walk silently when stalking his prey.
- Domestic cats are the only of the feline species that can hold its tail vertically while walking.
- The tail is an extension of the spin and also helps maintain balance.



CLICK HERE TO FOLLOW US ON FACEBOOK



Get the Scoop on Dog Food Storage!

Buy a 12.5kg bucket of Complete Pet Vital+, Classique, Maintenance, Elite or Puppy Large Bite and get a FREE SCOOP While stocks last!

FOLLOW US FOR MORE FACTS!

Complete.





Follow, mail or call us
 info@lionelschoice.com
 +27 21 911 5552
 www.lionelschoice.com



LIONEL'S CHOICE

Holistic Nutrition

Protect. Love

October 2022



HIGHLIGHTS

THE PROS AND CONS OF HOME REMEDIES

Your questions answered

FREE TO A GOOD HOME

Advertising pets on a public forum is hazardous.

ADULT FELINE NUTRITION

It's important to ensure that your cat has proper nutrition.

FREE TO A GOOD HOME!

Advertising pets on a public forum is hazardous.

Animal welfare workers agree: advertising pets on a public forum without careful screening is hazardous. They could land up in unacceptable circumstances, neglected and heartbroken. At worst, your pet could be badly abused or used as dog fight bait or a 'breeding machine' in a puppy mill.

Sometimes, despite all your best efforts, pets need new homes. If local animal shelters are full and you have to rehome privately, time and using common sense are crucial.

- Ask a reputable rescue organisation for advice and/or assistance.
- Don't rush – hasty decisions have potentially horrendous consequences.
- Spay/neuter your pet before rehoming, especially purebreds.
- If they have/had other pets, contact their vet for a reference.
- Do a home check. Spend time chatting, observing other pets, and getting a feel for the home.
- Meet on neutral ground, and then take the animal to the potential home. If you have a high-theft breed, like a Pit Bull Terrier or Boerboel, never invite strangers to your home to meet them.

Never give your dog or cat away to strangers or domestic workers.

- Draw up an adoption contract; go online for examples or ask an animal welfare organisation.
- Have an adoption fee. Feel uncomfortable about 'charging' money? Pay the fee to the adopter's vet or into a special account for future treatment, vaccinations, or sterilisation.
- Do at least two follow-up visits.
- Be honest about health or behavioural issues and, if they say they can't cope, move on.
- Listen to your instincts. If you feel uneasy or people are cagey, say 'no'. Real animal lovers should understand your need for caution.
- Don't be put off adopting – it's very rewarding and sorely needed by thousands of wonderful pets. The key is to do research, meet the dog first, and discuss your and its needs with the current owner or shelter staff.



NEXT-GEN⁺

GAMING + COMICS + POP CULTURE

NOVEMBER 5TH

GOD OF WARTM RAGNARÖK

REVIEWS

GOD OF WAR RAGNAROK
OVERWATCH 2
BAYONETTA 3
GOTHAM KNIGHTS
SONIC FRONTIERS

MARVEL'S MIDNIGHT
SUNS PREVIEWED

PLUS

BEGINNERS GUIDE TO GAME COLLECTING

XBOX SERIES S -
TWO YEARS
LATER

10

BEST PS5
EXCLUSIVES
SO FAR



TOP 10 PS5 EXCLUSIVES SO FAR



DEATHLOOP

Okay, so technically Deathloop is no longer a PS5 exclusive since the game was recently released on Xbox and PC. However, for our money, the PS5 version remains the best possible way to play the game, mostly due to the insane Dualsense controller's adaptive triggers, that we still aren't quite over yet. Plus the game did have a good one year headstart on the other platforms so when we think Deathloop, we think PS5. **Our Score: 8/10**



DEATH STRANDING: DIRECTOR'S CUT

Death Stranding is one of the few games where you could score it either a zero or a ten out of ten, and I wouldn't disagree with you either way. It is subjective by design, and our subjective opinion is that this game is an absolute masterpiece. **Our Score: 9/10**



SIFU

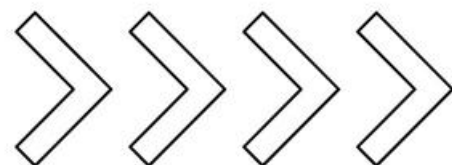
This modern beat 'em up blends high difficulty with frame-perfect combat. It's a short experience that will take many hours of mastering to get good at. The story is predictable and somewhat lackluster, but the combat more than makes up for it. You will want to post a few of your combo clips to social media quite often. **Our Score: 8/10**



ASTRO'S PLAYROOM

Despite being a free pack-in title for all PS5 owners, Astro's Playroom is a fantastic platforming experience, packed with Playstation references and gorgeous levels to jump around in. This is also still the best way to experience everything the Dualsense controller has to offer. **Our Score: 10/10**

GAME COLLECTING FOR BEGINNERS



Choosing a System

Start With One

To maximize the personal value and size of your game collection I would recommend starting with a focus on one system. It may be incredibly tempting to go all out and buy multiple of your favorite consoles, but this will almost immediately lead to issues. Firstly, your monthly game budget will be stretched thinner per system you're collecting for, you will also naturally end up with a

shelf of games where one or two of your libraries will be significantly less populated than the others which is always a sad sight.

I would also recommend starting out with a system that you are sentimental or nostalgic for. Maybe it's a console that you and your siblings fought over on weekends or a system that you owned at a particularly memorable time of your life. Either way, you are guaranteed to be much more inclined to grow your library for a system you love or used to love.

WIN!

SnaX The perfect training or just anytime treat

Ten lucky winners will each win four 600g tubs of SnaX!

Available in Chicken flavoured Rollies, Mint flavoured Dental Bites, Lamb and Vegetable flavoured Flatties, Biltong or Peanut Butter flavoured Bites, Mini Semi-Moist Bites, Smoked Bacon flavoured Semi-Moist Strips, and Marrowbone flavoured Semi-Moist Bites.



20% Extra Treats

NOW AT PET STORES COUNTRYWIDE!

Complete.

T's & C's - No correspondence will be entered into. Competition closes on the 18th of November and winners will be chosen at random. All entry criteria must be fulfilled.

COMPETITIONS & APPS

Download and Register for FREE on the Complete Pet Loyalty App and receive -

- 12th bag of food FREE
- Online Orders
- Store Locator
- Monthly Digital Mag
- 100 % money-back guarantee



Win!

Place an online order by the end of January 2023 and you could win a year's worth of dog or cat food!

Complete.

T's & C's apply - Maximum of 20kg's per month to be collected from your nearest stockist. Winner will be chosen randomly and no correspondence will be entered into. Prize cannot be exchanged for cash.

Download and Register for FREE on the Complete Pet Loyalty App and receive -

- 12th bag of food FREE
- Online Orders
- Store Locator
- Monthly Digital Mag
- 100 % money-back guarantee

When you change over from the old Complete Pet app to the new one, or if you are a new member, we will add one purchase to your total!

Complete.



WIN a Complete Pet Bucket

Ten lucky dog owners will win a 12.5kg bucket of Vital+, Classique, Maintenance, Elite or Puppy Large Bite! Simply follow our page and give us one word to describe your dog.

FOLLOW US FOR MORE FUN!

Complete.





Does your puppy
need housetraining?
Find us in store



Available at our Little Falls and Northgate branches!

Follow us on Facebook & Instagram

They've seen **THE TREATS!**



RETAL CROSSING & NORTHGATE SHOPPING CENTRE bit.ly/vip-stores

PET MASTERS

FOR ALL YOUR PET CARE REQUIREMENTS UNDER ONE ROOF!

Great specials, the Groom Room Doggy Parlour, The Blue Crane Restaurant, a kiddies playground and lots more!

Groom Room Doggy Parlour **NOW OPEN!**

At the Groom Room Doggy Parlour, we ensure that your dogs are well looked after and loved like our very own. We offer a wide range of services to suite your beloved fur-kids. Bookings can be made on 011 894 2359 or walk ins are always welcome. Open from Tuesday to Friday 8h00 to 16h45 and on weekends 08h00 to 16h00. Prices start from R145.00 for a small breed wash and cut.



Pensioners Day **EVERY WEDNESDAY**

10% off on all items and 5 to 7.5% off on all pet food.

The Blue Crane DELICIOUS FOOD & DRINKS

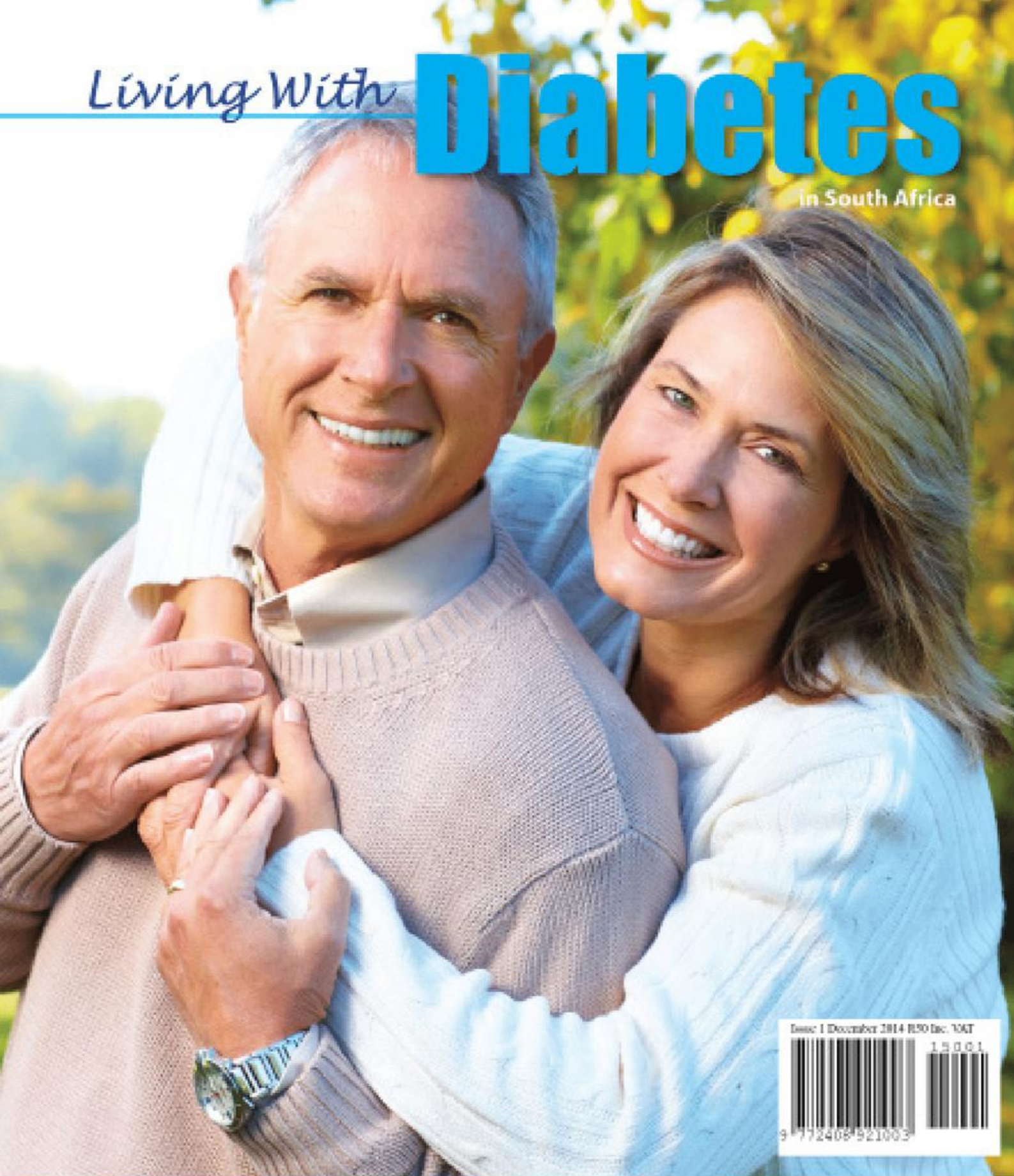
Visit our coffee shop for delicious food and enticing cakes, refreshing drinks and coffee. Do your shopping and then relax and enjoy our great food and good service. Takeaways also available.



Visit our website on www.petmasters.co.za to see our special offers or follow us on Facebook & Instagram for interesting posts, specials, competitions and lots more!

Living With **Diabetes**

In South Africa



Issue 1 December 2014 R50 Inc. VAT



- Your all-in-one diabetes guide • Diabetes management
- Healthy lifestyle • Eat right • Weight loss tips
- Know your numbers • Children and teens with diabetes
- Body, mind & soul • Medication • General wellness

Proudly sponsored by...



SILVER TREE
ESTATES
your free monthly property magazine

Wishing all our clients a happy
Christmas and a successful 2007!



WIN!

A garden landscape
consultation

Find the perfect home -
featuring beautiful
houses on sale

Keeping the children happy during the holidays

Healthy and delicious Christmas cake recipe

Fabulous gift ideas

Diane Wieland Properties c.c. trading as Silver Tree Estates • Since 1998 and still growing!

You are invited to a special preview of



A
**DOG'S
JOURNEY**

Some friendships transcend lifetimes. In *A Dog's Journey*, the sequel to the heart-warming global hit *A Dog's Purpose*, beloved dog Bailey finds his new destiny and forms an unbreakable bond that will never be imagined.

We have 140 tickets available to watch *A Dog's Journey* with us at Clearwater Mall's NuMetro Cinema on the 9th of June at 10 and we are inviting you to join us for this special screening.

All we ask is a donation of R50 per person as well as a blanket, food or toy. All attendees will each win wonderful goody bags.

Proceeds will go to Adora-Bull Bull Terrier Rescue and Rehabilitation.



Canine Zone

To book your tickets, please email pr@caninezonesa.co.za stating how many tickets you would like. We will then forward you the Canine Zone magazine banking details and confirm your seat. We look forward to meeting you there!



COMPANY INFORMATION, PROMOTIONS, GREAT COMPETITIONS AND MORE!

YOUR Magazine

YOUR CUSTOM, DIGITAL MAGAZINE/NEWSLETTER

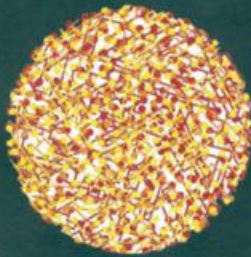
- YOUR COMPANY NEED A DIGITAL MAGAZINE OR NEWSLETTER
- BUILDING CUSTOMER RELATIONS AND LOYALTY
- DIGITAL MAGAZINES/NEWSLETTERS CREATE VALUE AND IMPROVE RELATIONSHIPS
- MEASURING RESULTS
- THE RIGHT CONTENT FOR YOUR COMPANY
- GO GREEN!
- UNIQUE CONTENT



E-Biz SOLUTIONS

FINANCIAL MAIL

FM



saine
innovation network

SILVER TREE ESTATES

Your Home  Our Pride
apartments - townhouses - houses - mansions

Every Dog Deserves a Good Home!



Let us do a
valuation on your
home and get a free
bag of dog food!

Silver Tree Estates
Telephone - +27 11 675 1190
Mobile: +27 82 8020768
Website - www.silvertreeestates.co.za

Treetz By
Reez

@treetz_by_reez Reezwanah Seedat

Menopause Focus

Volume 7 No. 1 - March 2019

SAMS
South African Menopause Society
The South African Menopause Society

NEW GAME+

GAMING, COMICS, TECH, LIFESTYLE AND MORE

REVIEWED
DESTINY 2
MARIO + RABBIDS
YAKUZA-KIWAMI
ARK
+ MORE

TOP 5
MUST-READS:
THE DEFENDERS

THE WWE
BEING A FAN IN 2017

MOVIE REVIEWS
THE HITMAN'S BODYGUARD
ANABELLE: CREATION
DEATHNOTE

CALL OF DUTY WWII

SA: R39.90 (incl VAT) Issue 6
NAMIBIA: N\$79.90 9 October - 6 November
R79.00

FREE POSTERS INSIDE!

Living With Diabetes

In South Africa

Issue 2 Dec. 2018 R50.00 (incl. VAT)
9 712469 92100 9

Your all-in-one diabetes guide • Diabetes management
Healthy lifestyle • Eat right • Weight loss tips
• Children and teens with diabetes
• Body, mind & soul • Medication
• General wellness

Brought to you by...

ACCU-CHEK®

Diabetes Focus

R30.00
(incl. VAT)

An Official Publication of Diabetes South Africa

**Diabetes
and genetics**
Is there a link?

**Low-fat, great
tasting food**
Recipes for the whole family

**Diabetes
and genetics**
Is there a link?

**Low-fat, great
tasting food**
Recipes for the whole family

Diabetes at school

What your child's
teacher needs
to know...

**Positive thinking can
lead to good health**

Dealing with diabetes
and depression



**ITS TIME
TO MAKE
A DECISION
ABOUT
WHERE TO
STUDY NEXT
YEAR!**



**Study Beauty Therapy with Face to Face West Rand
and guarantee a beautiful future!**

Visit our website on
www.facetofacewestrandbeauty.co.za

Call us on 011 764 6324
or Email - westrand@facetoface.co.za



Diabetes news

An official Publication of Diabetes South Africa June 2010

Type 2 Diabetes and YOU...



Millions of South Africans have been diagnosed with type 2 diabetes, and many more are unaware that they are at high risk.

Should I be tested for diabetes?
Approx. 40 years old or older should consider getting tested for diabetes. If you are younger than 40, overweight, and have one or more of the risk factors, you should consider getting tested. Ask your doctor for a fasting blood glucose test and then let us know how you get on!

What is type 2 diabetes?
Diabetes is a disease in which blood glucose levels are above normal. People develop type 2 diabetes because the cells in the muscles, fat, and liver do not use insulin properly. Eventually, the pancreas cannot make enough insulin to keep the blood glucose level normal. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Over the years, high blood glucose damages nerves and blood vessels, leading to complications such as heart disease, stroke, blindness, kidney disease, nerve problems, gum infections, and amputation.

What is my risk factor?
To find out your risk for type 2 diabetes, check each one that applies to you.

Research shows that nearly 3 million people in South Africa have type 2 diabetes and do not know it. Many have no signs or symptoms. Symptoms can also be so mild that you might not even notice them. Some possible symptoms that do run suggest diabetes.

- I have a parent, brother, or sister with diabetes.
- I am overweight.
- I have had gestational diabetes, or I gave birth to at least one baby weighing more than 4kg at birth.
- My doctor prescribes me to take any drug or medicine, or I have been told that I have high blood pressure.
- My cholesterol levels are not normal.
- I am fairly hungry, I eat less than three times a week.
- I have other clinical conditions associated with insulin resistance, such as a condition called acanthosis nigricans, characterized by a dark, velvety skin around my neck or armpits.
- I have a history of cardiovascular disease.

How can I reduce my risk?
You can do a lot to lower your chances of getting diabetes. Exercising regularly, reducing fat and sugary intake, and losing a little weight can help you reduce your risk of developing type 2 diabetes. Lowering blood pressure and cholesterol levels also help you stay healthy.



BROUGHT TO YOU BY...
VITABIOTICS
WHERE NATURE MEETS SCIENCE



PET BRANDS

**Delicious
Extra yummy,
packed with
flavour**

**Semi-Moist
cat treats!
Made for
cats with
love**

**140gm
Easy
resealable
tubs**

**Available in
Lamb, Chicken
and Salmon**

**BUY ONE GET ONE
FREE!**



PET REWARDS
because your pet deserves it

**Contact your
Pet Brands
Representatives**

- | | |
|--------------------|--------------|
| Sanet de Beer | 082 829 1486 |
| Arthur Steenkamp | 082 903 7683 |
| Christopher Wilken | 063 825 4664 |
| Brett Conlon | 078 456 5499 |
| Chantal Kleinhans | 083 937 9371 |
| Ivan Fourie | 066 119 4274 |

VitaLife

Tomorrow's Vitamins. Today

Vitabiotics and you...

Vitabiotics has manufactured innovative health care product for over 30 years

Based in London, Vitabiotics has created a unique portfolio of products at the forefront of scientific developments in key sectors, including nutrition and women's health. Designed to provide maximum efficacy by supporting the human body in its own natural processes, each product is developed using the latest research available, and produced to the highest pharmaceutical standards.

The number 1 vitamin and mineral supplement in the United Kingdom, Vitabiotics guarantees the highest technological skills and a dedication to excellence. ☐



Good nutrition for women of all ages

Women's nutritional needs change during menstruation, pregnancy, breast feeding and menopause.

A woman's reproductive life means that her nutritional needs differ greatly from those of a man. Women have different nutritional requirements.

Good nutrition starts with the basics: a well-rounded diet consisting of whole grains, fresh fruits and vegetables, healthy fats, and lean sources of protein. These kinds of foods provide women with plenty of energy, the means for lifelong weight control, and the key ingredients for looking and feeling great at any age.

Busy women often find themselves skipping meals, eating 'empty' snacks, skipping on vitamins and over eating fat-free foods.

Look and feel great

Every woman wants to look and feel great. Wellwoman is the intelligent nutritional supplement designed for the demands of modern life. Wellwoman contains 24 effective nutrients, including essential vitamins C, E, and B6, iron, calcium, zinc, and biotin. It also contains antioxidants and citrus bioflavonoids. ☐

- Total wellbeing
- Monthly cycle
- Sport and energy release
- Immune system
- Skin and hair



Britain's number 1 women's health formula.

To order, contact Vitabiotics on:
011-392 4307 or order online
at www.vitabiotics.co.za

VITABIOTICS
WHERE NATURE MEETS SCIENCE

Diabetes Focus

An Official Publication of Diabetes South Africa

Embracing Insulin

When it's time to change...

The science of Carbs

SUPER SUPPERS

Just perfect for winter!



We've got you covered

Taking care of your skin

Complicated Complications

Prevention is better than cure

How do I persuade my husband to lose weight?
Hints and tips for weight loss



Diabetes Focus

An Official Publication of Diabetes South Africa

STEM CELL TRANSPLANTS

The next frontier?

Preventing diabetes complications

DIABETES - then and now!

Toning and trimming the middle aged body

Nutrition and inflammation

The story of Shadow
A dog with diabetes

Turnkey warming recipes



BEAUTY HQ

LOOK YOUNGER NOW!

100 TIPS
The Best Wrinkle-Fighters, Skincare Editors, Beauty-Beauties & More

Shiny, Bouncy Hair

IRRESISTIBLE NEW MAKEUP

Cool Shades for Summer

LONG, SEXY LASHES

With Big Impact Mascara

BREAKTHROUGH BODY

TREATS For smooth, sexy skin

Dry? Sensitive? Dily?
Find Your True Skin Type



CLEARWATER FALL

TREND Setter

Win
A PlayStation 2

Anti-ageing Tips
Enhance the skin you were born with

What's Hot in
Winter Fashion

PLUS
Decoding the GI index

20 easy ways
to become
a landscaper

Celebrity Moms
Favourite Famous Moms

CLEARWATER FALL Fashion, motoring, travel and much more...

AUTUMN 2005
R12.95 (incl VAT)

Centurion Mall's

Legacy

Winter 2005
R12.95 (incl VAT)

WINTER SKINCARE
How to get glowing skin

RADIATE WARMTH
with sizzling winter fashion

BRIGHT IDEAS
Décor Tips

Receive a free
Adidas watch

Amor

What makes her tick

WIN Fantastic prizes!

HECTIC

Another packed,
back-to-back issue!

Let's go gaming!
The latest on the Incredibles, Crash Bandicoot

Hot Gossip
Britney Spears, Sarah Michelle Geller, Kelly Osborne and much, much more

Can You Cope?
Being misled? Tips on dealing with drugs

Blue
The latest on your favourite bands

Get away from it all
CAMP TIME!
The Magazine For young adults

Britney Spears
POSTER INSIDE!

Fun quizzes, jokes, cartoons, movies, music and loads more...

ISSUE 2

SYNERGY

living a balanced lifestyle
summer 2000

get festive, stay sane!
complete toolkit for surviving the silly season

introducing
the Synergy Rewards Club

lessons from golf
Dale Hayes's lessons from the 9th hole

WIN!
• a weekend away for two - Synergy Travel Quiz
• an e-commerce website worth R25 000

FEDSURE HEALTH

GREAT STORIES, HEALTH & BEHAVIOUR ADVICE AND MUCH MORE!

Canine Zone

The magazine for all dog lovers



BOSTON TERRIERS

Smart & Outgoing

No more
Jumping up...

*Annie's
New Life*

SMART
DEVICES
FOR YOUR PET

10 Ways to get your dog
to enjoy water

The HEAT is ON!
Preventing
heat stroke

LEAVE IT!

The most important thing to teach your dog

December 2019 R35.90 incl. VAT Namibia \$35.90



Download our free app
Receive your
12th bag
FREE
after the
11th purchase
Join our loyalty program today



www.completepetfood.co.za

Complete
The Good Pet Food
Growing friendships.

DIABETES

Real People, Real Stories, Real Answers

Lifestyle

Seen and Unseen Epidemics

- The Magical Power of Eating
- Type 2 and children
- Exercise and Type 2 Diabetes
- Top Ten Nutrition Tips

Cover Story

My passion for Diabetes

Community Columnist

- Angels walk among us

Your Dream is to have a Baby

Diabetes - a cold potato?

Issue 1: 2012



The Official Community Journal of the CDE - Your Partner in Diabetes
Distributed free via selected pharmacies and medical aid schemes



R30.00
Incl. VAT

CHRONIC Lifestyle

Living with Chronic Disease

Tips for Better Heart Health

TEENAGE DEPRESSION
WAYS TO HELP THEM COPE

10 Steps for coping with a chronic condition

DIABETIC KETOACIDOSIS
As dangerous as it sounds?

WHAT IS HIGH BLOOD PRESSURE?

Finding the GI SPOT

The benefits of Yoga

Successful weight loss Strategies

Alpha Pharm
your first step in healthcare

All about Cats

June/July 2014 Issue 82

IN SOUTH AFRICA

FOCUSING ON THE EXOTIC SHORTHAIR

Why does my cat scratch and bite?

CAN YOU REALLY TRAIN A CAT?
We find out how...

Winning the battle against RINGWORM

10 THINGS YOU DIDN'T KNOW ABOUT CATS

CASPER THE FRIENDLY KITTEN GOES HOME!

THE SCOTTISH FOLD
Owl in a cat suit

GOOD REASONS FOR FELINE STERILISATION

R23.50 incl. VAT June/July 2014

All about Cats

April/May 2014 Issue 81

IN SOUTH AFRICA

THE RAGDOLL
Affectionate and captivating

ADOPTING YOUR FIRST CAT

GRIEVING CATS
And how to help them...

Why does my cat knead?

Pancreatitis in cats
More common than you think

Adorable Adoptables

PUTTING A STOP TO CANNED LION HUNTING!

Three-eared Trio finds her Forever Home

SHOW NEWS

NOLLY GETS A SECOND CHANCE

WIN! A YEAR'S WORTH OF COMPLETE PET DOG FOOD AND A BILL HARROP'S "ORIGINAL" BALLOON SAFARI

cesar's WAY

CESAR'S RULES
For a Successful Walk

Meet Bob The Expresso FRENCH BULLDOG

Why we love Yorkies!

BARKING!
4 Things Your Dog Is Trying to Tell You

NATURE'S WAY
The secret to staying CALM

THE GIFT OF Giving
It can change a dog's life - and yours too!

R29.95 incl. VAT April/May 2012 06602

FULL MAGAZINE EDITORIAL & DESIGN
UNDER INTERNATIONAL LICENSE

WIN!

GREAT PRIZES FOR YOU AND YOUR DOG!

cesars

WAY

FOCUSING ON
Alternative
Treatments

How smart is
your dog?

Fostering ~
The other side
of the fence

HUSKY
{-ology}
Beautiful, loveable
and energetic

Time to
de-STRESS
It's good for you and good for your dog

STOP unwanted chewing
How to control this natural instinct

Frank -
THE ULTIMATE LOVE PUG!



WIN!

GREAT PRIZES FOR YOU AND YOUR DOG!

cesars WAY

Chihuahua
(-ology)
World's smallest dog

Saving Grace

Making a difference in one dog's life

DOGGIE
hand-me-downs
Why you should not give your pet away...

The importance of being calm around your dog

SPAYING
your dog

Spring Cleaning
your home

Let's get ready for summer!

R30.00 incl. VAT

Oct/Nov 2014



9 772229 516000

BANNERS & EVENTS

THE BEAUTY & FASHION EXPO

CLEARWATER MALL 28 - 30 SEPTEMBER

Various stands, demonstrations of the latest techniques, current trends in the market place, the latest in new products, as well as glamorous fashion and beauty shows.



CLEARWATER

Brought to you by...



dermalogica

THE BEAUTY & FASHION EXPO

Clearwater Mall - 28th, 29th and 30th of September



CLEARWATER

www.clearwatermall.co.za



Pet EXPO

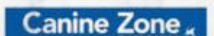
in partnership with Canine Zone

1 & 2 DECEMBER | 8:30AM - 5PM
CRYSTAL COURT

Great stands, shows, demos & treats for your pets!

Support our shelter stands:

Woodcock Animal Rescue, Dogtown SA, Dog Rescue, Wollies Animal Project & Labrador Rescue



MALL OF
Africa



FOLLOW

E-BIZ SOLUTIONS



www.ebizsolutions.co.za



Telephone - 083 375 7669

Email - marketing@ebizsolutions.co.za

