

## When the student is ready

I recently overheard a lovely pregnant lady bemoaning the fact that no one had told her how to take a baby.

Meanwhile, many of her friends who had become mothers had managed to take care of their babies without incident before her, so she had been worried.

The same can be said of parents who say they never realised how much supporting an expensive child can cost.

If only they had been told...

For me, people are strange. If education is not relevant to you, in your life right now, you will be forgotten over your head, so you will be in a way and not take much notice and you need it.

As a parent and educator, I want to know what is a long-term goal—that I can share with everyone over all of the time, and that's why.

Some people will share

normally connect with my message immediately while others might take on "oh no" eyes when I start to explain what something happens in their life and they connect back to something I said.

The lesson I've learned is to be a little bolder in the way I talk. When the student is ready, the teacher will appear.

When you are in need of a solution, it means you are ready to try something different.

For people learning to be a better teacher, you can take away or remove different things from your class to adjust to each person, the lesson required, or the level of experience and maturity to the students. It then shifts the time.

The same happens between parents and their children.

For children and educators something is not



**Dr. Cathy Swartz MD, PhD**

small, and that is why they when you say "the thing for the experiment" the light comes on.

I could be that they have heard something in class related to what you have been saying or have had a personal experience that is like what you are talking about.

For more information, contact Dr. Cathy Swartz at [swartz@kub.ac.za](mailto:swartz@kub.ac.za), [www.kub.ac.za](http://www.kub.ac.za).



## Beating the bloating blues

DR PAUYEL USHAR

Bloating is a common condition described by many as the feeling of overeating or fullness with discomfort. For the most part, it is a benign condition.

Although overeating or eating too quickly are the typical causes of bloating, many women also experience this uncomfortable feeling on a daily basis—even without eating large meals.

When women get a carcinoma in the uterus, particularly in the endometrium, the uterus expands like a balloon owing to the trapped gas particles.

The uterus is filled with arteries, some of which are rich with oxygen and others that feed an oxygenated body during menstruation.

The uterus also leads to gas production, especially owing to the fact of enzymes needed to properly digest certain foods such as dairy or beans.

It is important to identify food-related causes that cause excessive gas in order to have the best of the problem and employ effective techniques to win the war against bloating.

Fast-food items are common causes of gas, such as burgers, fries and soft drinks, especially when eaten in large quantities. Another common cause of gas is carbonated beverages, such as sodas, beer and wine.

It is also important to be aware of natural ingredients associated with these medications, such as Vitamin B12, iron and magnesium.

Personal remedies can effectively alleviate bloating such as hot water with peppermint leaves and olive. Chew

and give to eat.

Dairy is also difficult on the digestive system due to lactose, which is a sugar found in milk.

Common causes for bloating also include a diet of processed foods, such as eating fast food or drinking while eating at the same time as eating.

Swallowing or chewing tobacco, smoking while eating or eating when upset are also factors that lead to gas.

**Beat the blues**  
There are several ways to beat the blues that will also aid digestion and relieve the body.

Firstly, eating slowly and chewing food well is important. Many of us eat as fast as we can, not realising that we are not chewing our food properly.

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## Fun to make sweet delights

NICHOLE BERRY

Cupcakes are one of those things we simply don't grow out of as we age.

And they are such fun to bake as there is something else and delicious that you can do.

**The Cakes Book** by Cupcake Obsession, presented by Jamie Oliver's Food Tube, is a new month-long book.

It's a guide to the best kind of cupcake, from the classic to the fancy, for example, chocolate ganache, raspberry, salted caramel or lemon before you are ready to bake.

She also provides tips for baking, decorating and packaging.

Chapter 10 divided into spring, summer, autumn and winter.

The selection of cupcakes is amazing and so you can choose from a variety of flavours, from classic to the unusual. There are also recipes for cupcakes with a twist, such as chocolate, vanilla, lemon, lime, orange, raspberry, blueberry, pistachio, and many more.

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### Dr Oz's "Holy Grail of Weight Loss!"

See what Dr Oz has to say about **Beetroot Capsules**

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