



BE FREE WITH MIZZB

ASK A
loveLife
COUNSELLOR



CHOOSE A HEALTHY LIFE

Making adjustments to your life at the start of a New Year allows you to plan ahead and do so wisely. With more moms working than ever before, many mothers opt to buy their families takeaways as a quick fix solution to providing supper or lunch.

While buying fast food may be convenient and effortless, it can also lead to an unhealthy body. One can easily get sick by regularly consuming unhealthy food and drinks.

Obesity has become a problem in South Africa, so we need to be more aware of what we eat. A lot of us associate healthy lifestyles with money, but there are many ways to keep fit and healthy without spending loads of money.

Going for regular walks or jogs with friends is an easy, fun and affordable way to keep fit. You should also remember that fruit and vegetables are the best way to keep your immune system active. Take care of your body and it will take care of you.

Find out how your partner feels

Dear MizzB

I'm a 28-year-old guy in a relationship with a woman of 29.

The problem is that after she gave birth to a child who is not mine I hardly see her.

Her baby is four months old this month.

She says she's not ready to be intimate with me because she hasn't healed properly.

How long does it take to heal after giving

birth?

■ *Questioning*

Dear Questioning

Women take time to heal after giving birth. It'll be helpful for you to talk with your partner about how she feels.

Send a Please Call Me to 083 323 1023 and a loveLife counsellor will call you back.

I can't have kids and he wants one

Dear MizzB

I'm 21 and have been in a relationship for five years, but I can't conceive and my boyfriend wants a baby. What can I do?

■ *Broody*

Dear Broody

When women want to have children this can put a lot of pressure on them. Many

things cause difficulties in falling pregnant, but medical assistance is available. I suggest you start at your local clinic to address any medical issues.

If the clinic can't help, they will refer you to a hospital where doctors will assist you. If you need further information, send a Please Call Me to 083 323 1023 to chat to a counsellor.

My woman's not the same any more

Dear MizzB

I'm 29 years old and I have a problem with the woman I'm dating. I've noticed that she has changed. She acts strangely towards me and always makes excuses whenever I want to see her. I don't know if she's cheating on me or what. I'm losing interest and I'm thinking of leaving her.

■ *Disappointed*

Dear Disappointed

It's very important that you talk to your partner about her behaviour as this will help you clarify any misunderstandings. People get into relationships for different reasons and it'll be helpful for both of you to re-evaluate your motives and see whether you're both interested in making your relationship work.