

SUCCESS

JULY 2024
ISSUE 23

TALK WITH NOMA MAGAZINE

THE MIRACLE MORNING

BY HAL ELROD

INCREASED OPPORTUNITIES

FOR GROWTH BY COACH
WYN

10 BENEFITS OF PAPAYA SEEDS

KUDU HORNS

Guest house

HOW TO MARKET
YOUR AIRBNB MASTER
CLASS

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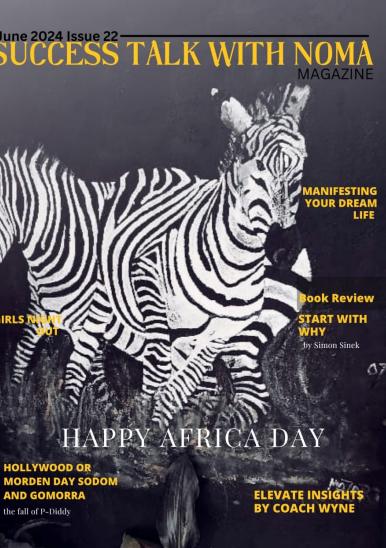


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Previous Issues





The Editors Corner

Welcome to the second half of the year. June is closing as cold as hell, or somewhere very cold, because hell is apparently hot not cold. July is a panic station month for many who had big goals for the year 2024, as you wake up saying, damn its 6 months gone and you have done nothing. My 2 cents for you is that don't panic because if you do, you will sink into depression and end up doing zero. So start with the small tasks, and end up with the big stuff. You will celebrate in December 2024.

Meanwhile in Zimbabwe the trending news is corruption news involving 3 Harare Mbingas . As I was screaming crucify them with the multitudes, I asked myself about my own values on paper of honesty and integrity. I remembered some instances of my early life of corruption when I used to hide my shoes at the boarder to avoid paying duty . Removing cell phones from the box pretending its an old phone (does that sound familiar ear reader.)

In recent memory I remember coming from Kelvin with timber tied on top of my Honda fit , there where police road blocks at on the 2 khami roads, so I made a U turn and joined Luveve road . And as I approached Nguboyenja flyover I saw a road block , there was nowhere to run because my home is in Parklands. I looked for 5usd in my handbag. When the policeman asked if I have a carrier on top pf my car, I said no I have 5usd, he said where is it, I handed it to him and proceeded to get homme safely with my timber. That was after I had removed my car radio because I do not have a car radio licence.

So these Mbingas, I am sure they didn't start with million dollar fraudulent activities, they started with small deals that kept growing and growing, and they got used to the corruption. U2 song says, "*I have held, the hand of the devil, it was warm in the night..*" So in your personal life start checking yourself for the sake of a better Zimbabwe.

Sadly our country of Zimbabwe is full of corrupt people . There are normal men and women who have been driving for years without a drivers licence. I wonder if the country will ever be able to normalise . And as of the mbingas with the Zimbabwe that I know and love , they will be soon be out.

In closing I am afraid to say No To Corruption because really I don't know if Sir Wicknell came to give me a brand new Mecerdez Benz, I will be able to refuse, with my 2005 Honda Fit that I love so much, though its not forever.

Happy New Month !!!!

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Spirit Corner

The Sin That Easily Overcomes You

Hebrew 12 vs 1

'therefore, since we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.' kjv

Hebrews 12:1 is a verse from the New Testament that reads: "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us."

This verse follows a significant passage in Hebrews 11, often referred to as the "Faith Hall of Fame," where various Old Testament figures are commended for their faith. Here's a brief commentary on Hebrews 12:1:

1. *Surrounded by a great cloud of witnesses*: The "cloud of witnesses" refers to the faithful believers who have gone before us and serve as examples of faithfulness. They are witnesses not in the sense of watching us, but as testimonies to the faithfulness of God and the endurance of faith throughout history.

2. *Lay aside every weight*: This phrase implies that believers should remove anything that hinders or weighs them down in their spiritual journey. This could include sin, distractions, or anything that impedes their relationship with God and their progress in the Christian life.

3. *Sin which clings so closely*: Sin is described as something that easily entangles or clings to us. The imagery suggests that sin can be persistent and pervasive, requiring intentional effort to

4. *Run with endurance*: The Christian life is likened to a race that requires perseverance and endurance. It's not a sprint but a marathon, demanding steadfast faith and patience in following Christ.

5. *The race that is set before us*: Each believer has a unique journey and calling in their Christian life ("the race"). This journey is ordained by God and requires faithful obedience and perseverance.

Overall, Hebrews 12:1 encourages believers to remain faithful, remove hindrances, and run the race of faith with endurance, drawing strength from the examples of faith in the past and fixing our eyes on Jesus, the author and perfecter of our faith (Hebrews 12:2).



About the Cover

Kudu Horns Guest House

Escape to Kudu Horns Guest House, where antique charm meets a modern touch. Nestled in Hillcrest to allow a quiet and peaceful rest. With spacious rooms featuring comfortable beds and plush linen. Each room is meticulously designed with bespoke furnishings, offering the perfect blend of antique charm and modern elegance. With dedicated staff that is committed to making your stay extraordinary. They cater to your every need ensuring a bespoke experience that exceeds your expectations.

Success Talk with Noma visited Kudu Horns and had a lovely talk with Antoinette the owner:

Antoinette was part of the Bulawayo Airbnb Masterclass on How to Market your BnB.

Noma: Welcome to success talk with Noma Antoinette , please tell us about your place

Antoinette: My place is a 3 bedroom we offer DSTV , Wi-Fi , hot water, parking and a housekeeper who is always on call, self catering, braai area. We provide simple necessities like sugar, cooking oil, and spices. We charge 100usd for the whole house with breakfast for 3 people .

Noma: Your lounge is so lovely, what would you call your deco style

Antoinette: I am not sure cause I mix modern and antiques. I actually love antique things, I always pick them when I travel

Noma : So you are well travelled

Antoinette: I have lived in Canada and the UK, and I have travelled around many African countries. I have also sailed to the Isle of Wight

Noma: So what do you do

Antoinette: I do a lot of stuff, and I just love travelling so at times I will be visiting on holiday and shopping as well



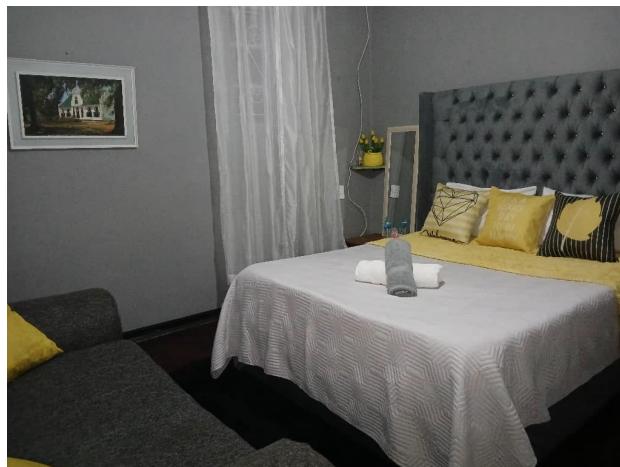
Noma: So tell us about this room

Antoinette : ok so this is the blue and white room, we have this basket that we usually put our small goodies as a welcome gift.



Noma : I love this room and the towels but I don't like the blue one

Antoinette : its ok I will definitely change it. Then we have the grey and yellow room. Everything in this room is yellow and grey with a couch in it . In every room we always have extra blankets but sometimes we also add heaters when its extremely cold.



Noma: Maybe you can tell us about the lounge

Antoinette: ok so I just loved this L-shaped couch it gives a sense of comfort weather you are chilling alone or with your partner. Then I got these scatter cushions at Flossy Homes. The paintings I got them from the Bulawayo Auctions.



Antoinette: So the grey and white room is our 3rd room. I made the heard-board in this room myself, because I like making things with my own hands. I used to have a deco shop so when I closed I had a lot of boards. I then contacted this guy who taught me how to make these. I think I attended the course for a month .



Noma: Wow, so these continental pillows where did you buy them from

Antoinette: I made them myself, I having a sowing machine.

Noma : Wow, vele what don't you do girl

Antoinette: I do everything, I also bake lol.

Noma; Now lets talk about the kitchen

Antoinette: so in our kitchen we have an air- fryer, you can use it for baking and roasting, its best for people who don't like using oil because you can actually use it without oil at all, we also have a gas cooker and electric cooker. We have a washing machine for guests to do laundry.

Noma : wow you have such a nice house

Antoinette: Thank you Noma

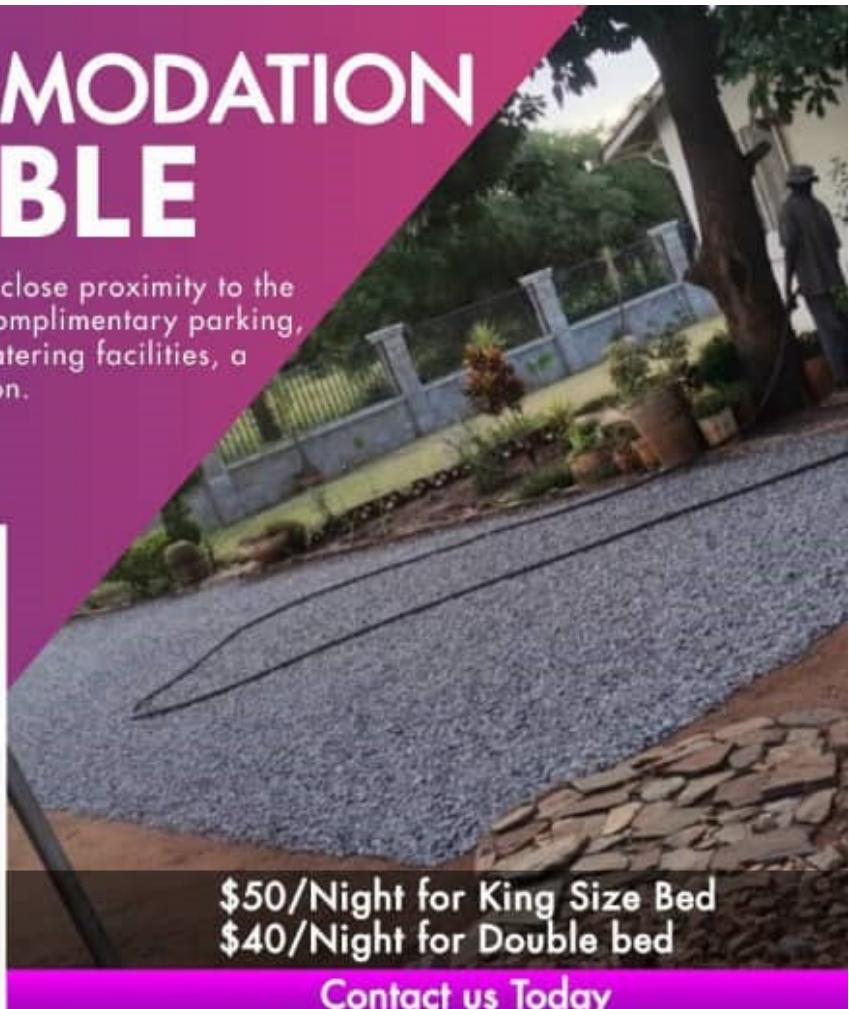


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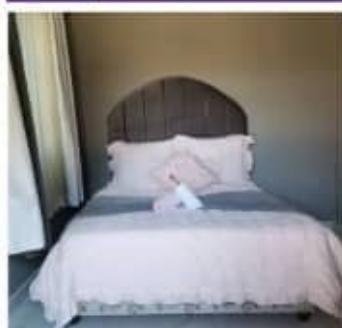
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Book summary:The Miracle Morning by Hal Elrod

Article by Kudzai Ncube

Introduction

This is a book that can equip a person with knowledge needed to leverage mornings. It offers a strategy on how to develop and use a routine of daily self improvement that can be used to attract success in all areas of life including emotionally, spiritually, intellectually and physically. This book builds on three imperative arguments. Firstly, you are worthy, deserving and able to create extraordinary levels of success, love and happiness just like any other person alive. Second, in order to create the life you deserve you have to dedicate time each day to becoming the person who is qualified for that level of success you deserve. Thirdly, how you wake up each day and your morning routine or lack thereof determines your level of success in all areas of your life.

The Life S.A.V.E.R.S.

These are six practices that if consistently implemented can save you from living a life of unfulfilled potential. These practices improve your life as whole since they cover the spiritual, emotional, mental and physical aspects of your life.

S Is for Silence

Silence is the first practice of the Life S.A.V.E.R.S. and may be one of the most significant areas for improvement for our noisy, fast paced and over-stimulated lifestyles. I'm referring to the life transforming power of purposeful Silence.

"Purposeful" simply means that you are engaging in a period of Silence with a highly beneficial purpose in mind—not just for the heck of it. Silence is one of the best ways to immediately reduce stress, while increasing your self-awareness and gaining the clarity that will allow you to maintain your focus on your goals, priorities, and what's most important for your life, each and every day. A few examples of the things which you can do during your moments of silence may include prayer, meditation, gratitude, deep breathing and reflection.

A is for Affirmations

We've all been programmed to think, believe, and act the way we do. So, the bad news is that if we don't actively change our programming, our potential will be crushed and our lives limited by the fears, insecurities, and limitations of our past. You can use affirmations to start programming yourself to be confident and successful in everything you do, simply by repeatedly telling yourself who you want to be, what you want to accomplish and how you are going to accomplish it. With enough repetition, your subconscious mind will begin to believe what you tell it, act upon it, and eventually manifest it in your reality. Putting your affirmations in writing makes it possible for you to choose your new programming so it moves you towards that desired condition or state of mind by enabling you to consistently review it. Constant repetition of an affirmation will lead to acceptance by the mind, and result in changes in your thoughts, beliefs and behaviors.



V is for Visualization

visualization is the process of imagining exactly what you want to achieve or attain, and then mentally rehearsing what you'll need to do to achieve or attain it. Here's a brief summary of how the author uses visualization. After he has read his affirmations, he sits upright on his living room couch, close his eyes, and take a few slow, deep breaths. For the next five minutes, he simply visualizes himself living his ideal day, performing all of his tasks with ease, confidence, and enjoyment. By visualizing himself enjoying the tasks needed to achieve his goals he is motivated to act and overcome procrastination. When you visualize daily, you align your thoughts and feelings with your vision. This makes it easier to maintain the motivation you need to continue taking the necessary actions.

E is for Exercise

Morning exercise should be a staple in your daily rituals. When you exercise for even a few minutes every morning it significantly boosts your energy, enhances your health, improves self-confidence and emotional well-being, and enables you to think better and concentrate longer. You know that if you want to maintain good health and increase your energy, you must exercise consistently. The Miracle Morning is really a sure way to avoid all of those excuses, and to make exercise a daily habit.

R is for Reading

The fastest way to achieve everything you want is to model successful people who have already achieved it. Whatever you want for your life, there are countless books on how to get it. Begin with the end in mind. Before you begin reading each day, ask yourself why you are reading that book, what do you want to gain from it—and keep that outcome in mind. It is highly recommended that you re-read good personal development books. Rarely can we read a book once and internalize all of the value from that book.

S is for Scribing(Journaling)

The Scribing element of your Miracle Morning enables you to document your insights, ideas, breakthroughs, realizations, successes, and lessons learned, as well as any areas of opportunity, personal growth, or improvement. How you write in your journal is up to you, what is important is that you get a journal, decide what to write and write on your journal every day.

In conclusion

Until we dedicate time each day to developing ourselves into the person we need to be to create the life we want, success is always going to be a struggle to attain. Your level of success, will rarely exceed your level of personal development, because success is something you attract by the person you become.



Profile of Contributor

Kudzai Ncube is an avid reader of personal growth books with a passion for self-improvement and writing about lessons she gets from such books. She is the Success Talk with Noma books consultant and the WG Academy books tutor. She is an upcoming entrepreneur in the clothing and textile



Increased Opportunities for Growth

as a Fruit of Effective Time Management by Coach Wyne

As Coach Wyne, a success and life philosophy coach, I have witnessed firsthand the transformative power of effective time management in unlocking unprecedented opportunities for personal and professional growth. In today's fast-paced society, where distractions abound and demands on our time seem never-ending, mastering the art of time management has become more crucial than ever.

Relevance in Today's Society

In the age of rapid technological advancement and ever-increasing demands on our time, the ability to effectively manage one's time has become more crucial than ever. As Bill Gates aptly puts it, "Any new technology that's so disruptive is bound to make people uneasy, and that's certainly true with artificial intelligence". The constant influx of information and the need to adapt to new technologies can be overwhelming, making effective time management a valuable skill for navigating the complexities of modern life.

Quotes and Key Terms:

-"Time is a resource that is non-renewable, use it wisely." - Coach Wyne

1. Time Management: The process of planning and exercising conscious control of time spent on specific activities, especially to increase effectiveness, efficiency, and productivity.
2. Personal Growth: The ongoing process of understanding and developing oneself to achieve one's fullest potential, leading to a more fulfilling and meaningful life.
3. Professional Development: The continuous process of acquiring new skills, knowledge, and experiences that enhance an individual's ability to perform effectively in their professional role and contribute to their career advancement.
4. Opportunities: Favorable circumstances or situations that present the potential for positive outcomes, progress, or success.
5. Success: The accomplishment of an aim or purpose, often associated with achieving one's goals, overcoming obstacles, and experiencing personal or professional fulfillment.
6. Life Philosophy: An individual's fundamental beliefs, values, and principles that guide their behavior, decisions, and perspective on life.
7. Balanced Life: A state of equilibrium and harmony in various aspects of life, including work, relationships, health, and leisure, leading to overall well-being and satisfaction.



8. Productivity: The measure of the efficiency of a person, machine, factory, system, etc., in converting inputs into useful outputs, often related to accomplishing tasks and goals.

9. Efficiency: The ability to accomplish a task with the least amount of time and effort while maintaining quality and effectiveness.

10. Growth Mindset: A belief that one's abilities and intelligence can be developed through dedication and hard work, leading to a willingness to embrace challenges and persist in the face of setbacks.

These definitions provide clarity on the key concepts addressed in the article, helping readers understand the core themes and ideas presented.

How is that possible (with realistic examples):

Imagine a student juggling academic studies, extracurricular activities, and part-time work. By implementing a structured schedule and prioritizing tasks based on deadlines and importance, the student can efficiently manage their time to excel in all areas without feeling overwhelmed. Similarly, in a professional setting, an employee who allocates time strategically to work on high-impact projects while delegating or eliminating low-value tasks will not only enhance their productivity but also create opportunities for career advancement and skill development.

BENEFITS

Increasing Opportunities for Growth Through Effective Time Management

Effective time management can serve as a catalyst for creating numerous opportunities for personal and professional growth. By leveraging the insights from various sources, we can explore how individuals can harness the power of time management to unlock pathways for advancement and development.

1. Strategic Skill Development

By allocating dedicated time for skill enhancement and learning, individuals can continuously develop their expertise, positioning themselves for career growth and expanded responsibilities. This deliberate investment in skill development aligns with the concept highlighted in Source, where long-term commitment to specific activities led to significant career opportunities.

2. Objective Progress Measurement

Efficient time management fosters a clearer focus on goals and tasks, enabling individuals to objectively measure their progress. This clarity and measurement of progress, as mentioned in Source, can instill a sense of accomplishment and motivation, fostering continuous growth and development.



3. Recognition and Advancement

Optimizing work processes and delivering results efficiently through effective time management can lead to increased visibility and recognition for one's contributions. This visibility can potentially lead to career advancement and new opportunities, as emphasized in Source and Source.

4. Stress Management and Well-being

Balanced time allocation allows individuals to prioritize self-care and relaxation, contributing to stress management and overall well-being. This, in turn, creates a conducive environment for personal growth and fulfillment, aligning with the insights from Source [□].

5. Acquisition of New Competencies

Effective time management enables individuals to seek and acquire new competencies, work methods, and information that improve their efficiency and effectiveness on the job, as highlighted in Source [□].

6. Enhanced Work-Life Balance

Managing time wisely improves work-life balance, leading to increased happiness and reduced stress. This balance creates an environment conducive to personal growth and well-being, as noted in Source [□].

7. Guidance and Opportunities for Growth

Leaders and managers can provide guidance and consider workers' strengths and growth, fostering an environment that nurtures individual development, as mentioned in Source [□].

8. Continuous Improvement and Adaptation

By effectively managing time, individuals can continuously adapt to change and implement strategies for improvement, as highlighted in Source and Source.

9. Preemptive Conflict Management

While more limited, preemptive conflict management can be an area of growth for individuals and teams, as mentioned in Source.

In conclusion, effective time management serves as a powerful catalyst for fostering personal and professional growth. By strategically allocating time and resources, individuals can unlock numerous pathways for advancement and development.



The article emphasizes that through strategic skill development, objective progress measurement, recognition and advancement, stress management, and acquisition of new competencies, individuals can harness the power of time management to cultivate opportunities for growth. Furthermore, the enhancement of work-life balance, guidance for growth provided by leaders and managers, continuous improvement and adaptation, and preemptive conflict management also contribute to the holistic impact of effective time management on personal and professional development.

Ultimately, the conclusion underscores the transformative impact of effective time management in creating an environment conducive to growth, productivity, and well-being. By embracing the principles of time management, individuals can unlock their potential for success and fulfillment in both their personal and professional endeavors.

Thanks for reading

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Career Success and Life Philosophy Coach,
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CEO Beacon Education Center
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How To Market your Airbnb/Lodge Masterclass

On June 21 2024 , Success Talk With Noma in-collaboration with Bulawayo Airbnb Hosted the first Masterclass that took place at WG Guest Vilas new conference facility, which brought together Airbnb hosts and aspiring hosts from Bulawayo under the theme How To Market Your Airbnb.

The masterclass started with the attendees introducing themselves as to get them comfortable with each other and the introduction of the host. It was an interactive learning session where participants were asked to share their experiences with others in that way the aspiring hosts could have an idea on what to expect and how to deal with situations. There was particular emphasis on the Key Success Factors in Airbnb industry such as clean well decorated rooms and customer care. As the session progressed , attention turned to more advanced strategies and techniques within social media marketing. They were introduced to topics like algorithms of social media . One of the highlights of the class was when the class were given master-class exercise on how to market your airbnb which saw them coming up with great ideas on ways to make money within the airbnb industry. Beside the educational side the masterclass provided networking sessions for participants to connect with potential collaborators. It saw the exchange of ideas and fostered meaningful connections that extend beyond the masterclass.

At the end of the class the participants went on a tour of WG Guest Villas.



Attendees At the Masterclass



Chairmaine is a manager of a new lodge in town located along Main street. Their place charges 30usd for night stay and offer day rests of ranging from 5,6,7 and 10 USD per hour. Contact details; **070000**



Lenny runs a Student Hostel Accommodation, in Matsheum-hlophe for NUST students. For student accommodation you may contact her on +263785626181



Rev Rose Tekwa is a real estate mogul with rental accommodation in different locations. She is building a 19 room place which will be half BnB and rental accommodation.



Mrs. Ntaisi is an aspiring Airbnb host. She is an empty nester with lots of free space at her home in and she wishes to turn into an Airbnb.



Buhle is a Digital Content Creator and Marketer, she does online marketing for Airbnbs and Lodges. You may contact her on +236780553931



Francis is into advertising, media and marketing. He offers services such as photography, videography, graphic designing , digital marketing and advertising you may contact him

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1st and 3rd Friday of the month in-person classes

2nd and 4th Wednesday online classes



PROWEB MEETING

I was invited to a Proweb Chapter meeting. Ms Pretty Dube presented on the zig. The objective of the meeting was to convince us Bulawayo business women there present to embrace the Zig. The participants were not moved, they sighted trust issues with the Government of Zimbabwe in money matter and its 6th currency. The previous having ended badly with people losing their pensions and life savings.

While the government is bullying little business to accept zig government departments notable the passport office, are still demanding foreign currency. The fuel stations are also still demanding foreign currency. When asked about that this abnormal the presenter said she was expecting that question, and that the above shall continue to demand foreign currency because they have costs that need forex. I personally think that general citizenry will remain with trust issues, until government seriously embraces zig.

Other participants voiced concerns of why the Zig is not readily available. In her response she said the Homelink ATMs will start disbursing Zig soon.

In attendance at the meeting was Success Talk with Noma all time favourite Successful women including;

Providence of DivinePro

Eunice Dlamini my mentor

Adedaide Muchetu great Director of Ceremonies

Nonhlanhla Wendy Ncube who facilitated the Q & A splendidly

Mrs. Sandi Moyo

Violet Mhute



Health Corner

Benefits of Papaya seeds

Many people habitually discard papaya seeds without realising their significant health benefits. These tiny, often overlooked seeds are packed with powerful enzymes like papain, which aid in digestion, and compounds with antibacterial, antiviral, and anti-inflammatory properties. They support liver detoxification, promote kidney health, and have shown potential in cancer prevention. Despite their slightly bitter taste, incorporating a small amount of papaya seeds into your diet can enhance overall well-being. By recognising and utilising the nutritional value of papaya seeds, we can make better use of this fruit's full health potential rather than wasting it. Here are some of the benefits of papaya seeds that can help you understand why these seeds should not be thrown away.

1. Digestive Health

Papaya seeds contain powerful enzymes like papain, which aid in digestion by breaking down proteins and promoting a healthy gut environment. Consuming a teaspoon of these seeds daily can help alleviate digestive issues such as bloating, constipation, and indigestion. The seeds have anti-parasitic properties and have been traditionally used to expel intestinal worms and parasites.

2. Liver Detoxification

The liver is crucial for detoxifying our bodies. Papaya seeds are rich in vital nutrients that support liver health. Studies have shown that these seeds can help cleanse the liver and protect it from toxin-induced damage, making them a natural remedy for conditions like liver cirrhosis.

3. Antiparasitic properties

Papaya seeds have potent antiparasitic properties. They contain an alkaloid called carpaine, which has been shown to eliminate intestinal parasites. Regular consumption of papaya seeds can help maintain a parasite-free digestive tract, promoting overall health and preventing infections.

4. Anti-inflammatory and antioxidant effects

Inflammation is the root cause of many chronic diseases. Papaya seeds are rich in polyphenols and flavonoids, which have strong anti-inflammatory effects. Including these seeds in your diet can help reduce inflammation, alleviate pain, and lower the risk of chronic illnesses like arthritis and heart disease. Papaya seeds are high in antioxidants, which help neutralize free radicals and protect the body from oxidative stress and damage.

5. Antibacterial and Antiviral properties

Papaya seeds exhibit impressive antibacterial and antiviral properties. Research has demonstrated their effectiveness against pathogens like E. coli, Salmonella, and *Staphylococcus aureus*. They can also combat viral infections, making them a valuable addition to your diet during cold and flu season.

regulation. The fibre content in papaya seeds also aids in lowering bad cholesterol, contributing to a healthier cardiovascular system.



6. Kidney Health

Papaya seeds support kidney health by promoting detoxification and preventing the formation of kidney stones. Their antioxidant properties help protect the kidneys from oxidative stress, ensuring they function optimally.

7. Healthy Heart

Heart health is paramount, and papaya seeds can play a role in maintaining it. These seeds are known to reduce cholesterol levels and improve blood pressure regulation. The fibre content in papaya seeds also aids in lowering bad cholesterol, contributing to a healthier cardiovascular system.

8. Weight Management

For those looking to manage their weight, papaya seeds can be a helpful ally. They contain compounds that boost metabolism and aid in fat burning. Additionally, the fibre in the seeds helps you feel fuller for longer, reducing overall calorie intake.

9. Skin Health

Papaya seeds can contribute to glowing, healthy skin. Their antioxidant properties help combat free radicals, preventing premature aging and skin damage. Regular consumption can lead to clearer, more youthful skin by reducing acne and promoting skin cell regeneration. As per experts, antioxidants and nutrients in papaya seeds can promote healthy, youthful skin by reducing oxidative stress and inflammation.

10. Cancer Prevention

Emerging research suggests that papaya seeds may have anticancer properties. The seeds contain compounds like isothiocyanates, which have been shown to inhibit the growth of cancer cells and reduce the risk of certain types of cancer. While more studies are needed, the potential cancer-fighting properties of papaya seeds are promising.

How To incorporate Papaya Seeds into your diet

Incorporating papaya seeds into your diet is easy and beneficial. Start by drying and grinding the seeds into a powder, then use a teaspoon in smoothies for a nutrient boost. Sprinkle whole or crushed seeds over salads for added crunch, or mix them into yoghurt for a healthy snack. They can also be added to salad dressings for a unique flavor. For those who enjoy a bit of spice, use ground papaya seeds as a pepper substitute in various dishes. Gradually introduce them to your diet to allow your body to adjust to their strong taste and potent properties.

Precautions

While papaya seeds offer numerous health benefits, it's important to consume them in moderation. Excessive intake can lead to digestive discomfort and potential toxicity. Pregnant women and individuals with certain medical conditions should consult a healthcare professional before adding papaya seeds to their diet.



The bottom line

Incorporating papaya seeds into your daily diet can provide a multitude of health benefits, from improved digestion to enhanced liver function and even cancer prevention. These tiny seeds are a powerhouse of nutrients and medicinal properties, making them a valuable addition to a healthy lifestyle. Remember to start small, enjoy them in various recipes, and consult your doctor if you have any concerns. Embrace the overlooked treasure of papaya seeds and experience their remarkable health benefits first hand.

Benefits of Papaya Seeds

Papaya seed powder is increasingly recognized for its digestive benefits. Packed with enzymes like papain and chymopapain, it aids in breaking down proteins and supports digestive health by easing constipation and bloating. The powder's potent anti-bacterial properties also help in balancing gut flora, promoting a healthy digestive environment. Regular consumption of papaya seed powder can alleviate digestive discomforts and enhance nutrient absorption, making it a valuable addition to maintaining digestive wellness.



The Hallelujah Diet: Pathway to Optimal Health

Overview

The Hallelujah Diet is a holistic approach to nutrition that emphasizes the consumption of raw, plant-based foods. Developed by Rev. George Malkmus in the 1990s, this diet is inspired by the biblical reference to the diet of Adam and Eve in Genesis, advocating for a return to natural, unprocessed foods to achieve optimal health.

Core Principles

1. Plant-Based Nutrition

The diet primarily consists of fruits, vegetables, whole grains, nuts, and seeds. It excludes meat, dairy, refined sugars, and processed foods.

2. High Raw Food Intake

It encourages the consumption of foods in their raw form to preserve nutrients and enzymes essential for the body's optimal functioning.

3. Juicing

Fresh vegetable and fruit juices are a staple, providing a concentrated source of vitamins, minerals, and antioxidants.

4. Supplements:

The diet includes specific supplements, such as barley grass juice powder, to ensure nutritional completeness.

Health Benefits

1. Improved Digestion

The high fibre content aids in digestive health, promoting regular bowel movements and preventing constipation.

2. Detoxification:

The diet's emphasis on raw foods and juices helps detoxify the body by eliminating toxins and supporting liver function.

3. Enhanced Immune Function

Rich in antioxidants and phytonutrients, the diet strengthens the immune system, making the body more resilient against illnesses.



4. Weight Management

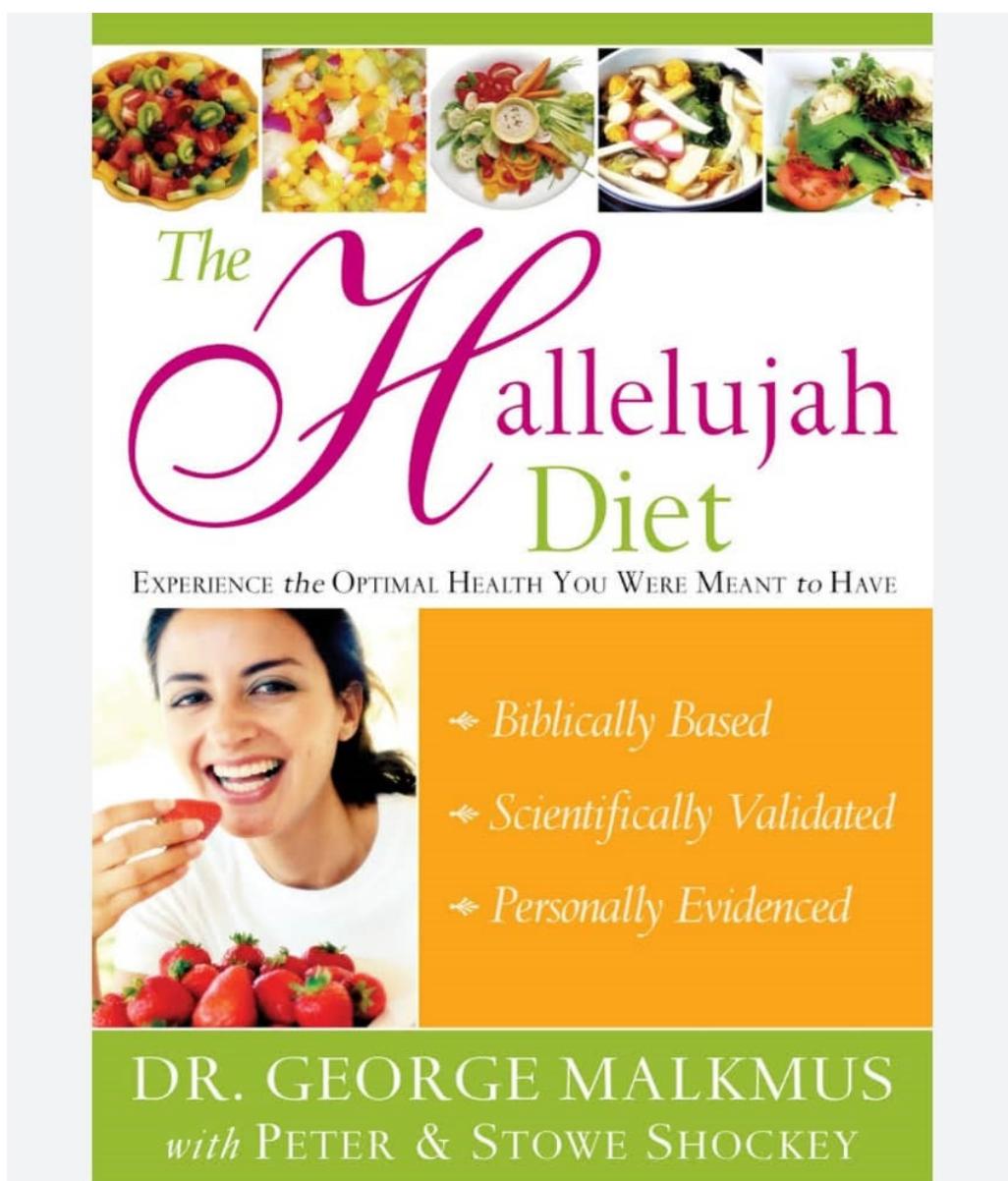
The low-calorie, nutrient-dense nature of the diet supports healthy weight loss and maintenance without the need for calorie counting.

5. Reduced Inflammation

By eliminating processed foods and focusing on anti-inflammatory foods like leafy greens and berries, the diet helps reduce chronic inflammation, linked to numerous health conditions.

Real-World Impact

Many followers of the Hallelujah Diet report significant health improvements, including increased energy levels, better mental clarity, and alleviation of chronic conditions like arthritis and diabetes. Testimonials highlight transformative changes, reinforcing the diet's potential to foster long-term health and wellness.



Please contact the Editor for a copy of this book.



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The past, the present and future is interconnected.

From Cattle to Crypto

By Thando Ndlovu

What is money? What does it mean to you, what is its significance in your life? What is the difference between money and currency?

We should draw a line between money and wealth, we seldom confuse the two. To me money is a median of exchange. Its value lies in its demand. The higher its demand, confidence and trust, the more value it represents. On the other hand, wealth is value, you can exchange value for value, but the exchange for money with money without value is meaningless (because you come from an abnormal teapot shaped country you might think otherwise). In summary money is a representative of value, but it's not value (the same way members of parliament exclaim to represent the masses but we know the opposite is true if you don't get it rather you forget about it).

Let me take you down memory lane. Our ancestors, the great abantu which is commonly interpreted to just bantu, understood the value of exchange long before notes, cards (virtual and physical), and coins jingled in pockets. They traded cattle for the necessities of life, cattle a symbol of wealth and status (from here the phrase indoda yindoda ngesibaya sayo was coined). This barter exchange system, practiced across Africa for millennia, served its purpose, not without limitations though. Imagine herding ten cows to buy a bag of salt! The idea was great, the system was genius, we had one single job just to improve and innovate.

As societies grew more complex, bartering became cumbersome. In Africa, cowrie shells, salt bars, beads, hides/leathers and even gold dust became mediums of exchange. Unlike cattle these commodities were readily available, portable, and divisible, making trade more efficient. There is absolutely nothing new about money under the sun, economics and dynamics change but the core foundation/principals remain the same. All civilisations have had to figure a way/model to use as a median of exchange which works best for them. The Lydians, a kingdom far to the north, are credited with creating the world's first coins around 600 BC. These early coins, stamped with the image of a lion, were revolutionary. They were standardized, portable, and divisible, making trade much more efficient (imagine the relief they must have had, instead of carrying two tonnes of iron for 100 bags of salt you just had to carry a bag of coins. The iconic image of the Lydian lion-head coins, minted around 600 BC, marked the dawn of a new era – the age of metal money (trimetallic age)).

A couple of a thousand years later across the Mediterranean Sea, the powerful Medici family of Florence emerged as Europe's first bankers. Their brilliance in finance and patronage of the arts helped usher in the Renaissance (in simple words the rise of Europe as a Superpower). They weren't just wealthy merchants; they were financial innovators. They established banks, the first of their kind, offering safekeeping for valuables, money exchange, and even lending at interest. Their influence extended beyond Europe, reaching the shores of North Africa through trade routes. However, their influence waned in the 17th century due to political and economic shifts, power is not loyal it moves overnight to a new bearer, the lesson is simple do not abuse it. This story echoes the impermanence of power, a lesson all too familiar on the African continent. Let him who hath have ears hear.



Centuries later. The baton of financial power shifted to the Rothschilds, a European banking dynasty, rose to prominence. Their wealth, amassed through shrewd financial manoeuvres and connections across continents, had a profound impact on

Africa. They funded Cecil John Rhodes, a British imperialist, whose ruthless expansionism carved a bloody path through Southern Africa. The brutal wars against the Ndebele people, the end of their powerful kingdom, all bear the stain of financial backing by the Rothschilds. This dark chapter in African history reminds us of the potential misuse of financial power, painful as it sounds it is what transpired. This dark chapter in our history highlights how global finance can be wielded as a tool for exploitation. He who has the financial markets and industry on his side controls the world because at the end of the day everything has price. A blank cheque might be all it takes.

Simultaneously across the Atlantic, J.P. Morgan, an American financier, played a pivotal role in establishing the Federal Reserve System, the central bank of the United States. This marked the rise of fiat currency, money not backed by precious metals like gold, but by the issuing government's promise to repay. While fiat currency facilitates trade, it also carries the risk of inflation, eroding the purchasing power of our hard-earned money (individuals from one teapot shaped country can attest to this), it has happened to them more than once and they still refuse to learn.

The story doesn't end there and its far from over. Today, we stand at the precipice of another financial revolution – cryptocurrency. Digital currencies like Bitcoin offer a decentralized and potentially more secure alternative to traditional fiat systems. However, their volatility and regulatory uncertainty remain concerns and not forgetting that they have zilch intrinsic value.

I am tired and I need to rest. So, where do we, the descendants of abantu, fit into this ever-evolving narrative of money? The answer lies in our own ingenuity and resourcefulness. We can learn from the past, both its triumphs and its tragedies.

We NEED to create our own wealth: starting with



- **Embracing Financial Literacy:** Educate yourself on how money works, investment strategies, and the power of compound interest (he who knows it is paid by it and he who doesn't pays it. Simple)
- **Invest in Yourself:** Develop your skills and knowledge to become more valuable in the workplace.
- **Support Local Businesses:** Strengthen our communities by investing in local entrepreneurs and businesses.
- **Explore Alternative Financial Systems:** Consider ethical and community-focused financial institutions, a FINANCIAL HYBRID SOLUTION.

Remember, wealth is not just about accumulating money. It's about building a secure future for us and OUR future generations. By understanding the history of money and taking control of our financial well-being, we can rewrite the narrative and forge a path towards shared prosperity, inspired by the wisdom of our ancestors and the spirit of the UBUNTU.

GOD GAVE US A BRAIN.LET US USE IT.LUKE 12 VS 48

GOD BLESS.

Profile of Contributor

Thandolwenkosiyamakhosi, Mlamuliwezimpi Mgungu-Ndlovu, is a Devout Christian, Entrepreneur, Serial Techpreneur, Marketing Consultant, Writer/Historian, Aspiring Farmer, Enjoys Bible Studying, Research, Nature, & anything and everything related to Business.

Quotes;

"You can only achieve success through application and iteration".



Indepth into Social Media Marketing by Richard Moyo

On this article, I will be unveiling some of the social media hidden secrets of how one can take advantage of it to maximize sales and bookings for their BnB or guest-house.

In order for one to understand how to advertise on social media, they have to understand that the different mediums/ applications have different inputs and outputs and should consequently be used accordingly. With the growing number of new and modern softwares, the classic and well known apps are still Facebook, Instagram, Whatsapp, X(formerly Twitter) and most recently Tiktok. From these apps, as a creator/organization, Whatsapp is your journal to sell your persona to your guests or a way to get personal with them so that they understand that you are not a robot but someone that also breathes the same air. Secondly, Twitter is the voice of your brand and should be used for provocative posts like promotions, opening up of new branches, among other things. Instagram is purey for aesthetics and eye candy post updates hence the content posted there should be clean and neat always, to capture the viewer's attention. Lastly, Tiktok is your selling point when it comes to short and precise videos that are interesting and depictive of your BnB's aesthetics and ways to manoeuvre about it.

Social media algorithms

What is social media algorithm?

This is a set of rules that ranks content on a particular platform. It decides what content shows up, and in what order on the feeds of all users on the platform as well as the Explore page, the Reels feed, Stories and so on.

Here are some of the important ranking factors of the platforms' algorithms:

- **Relationship between the creator and the viewer:** Do you follow each other on the platform? Do you and the viewer talk and share messages frequently? This greatly affects how your content reaches the viewer. Active community management, including responding to DMs and comments can improve a brand's visibility on platforms.
- **Interest:** Does a user typically interact with this type of content ?When the platform algorithm recognizes that a user enjoys a specific content type or format, it shows them more of the same
- **Relevancy:** The platform decides how relevant every piece of content is. This includes an analysis of where it fits with trending topics as well as the timeliness factor (recent posts are considered more relevant than older posts)





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Isitshwala/Sadza and Chicken Stew	\$4.00
Isitshwala/Sadza and Fried Chicken	\$4.00
Isitshwala/Sadza and Chicken Makhaya	\$5.00
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Fried Chicken and Chips	\$3.00
Russian and Chips	\$3.00
Crispy Potatoe Wedges and Chicken	\$6.00

WINGS

Sticky Wings by 4	\$3.00
Sticky Wings by 6	\$4.00
Sticky Wings by 8	\$5.00
Big Man's Wing Basket	\$8.00

SINGLES

Russian Sausage	\$1.50
Chips	\$1.50
Crispy Potatoe Wedges	\$3.00

FOR ANY INQUIRIES:

0773764779 / 0774208436



Uplift Billionaires Club Meeting in pictures;



“PART VII
ROADS, SQUARES, BUILDINGS, ETC., IN URBAN AREAS

City/Town	Old Name	New Name
Bulawayo	9th Avenue	Simon Muzenda Avenue
	12th Avenue	Joseph Msika Avenue
	6th Avenue up to end of 6th Avenue Extension	Emmerson Dambudzo Mnangagwa Way
	8th Avenue	Liberation Legacy Avenue
	3rd Avenue	Nelson Kutshwekhaya (N.K.) Ndlovu Avenue
	4th Avenue through to 7th Street up to King George	John Landa Avenue
	5th Avenue	Maria Msika Avenue
	1st Avenue	Lazarus Nkala Avenue
	10th Avenue	Nikita Mangena Avenue
	11th Avenue	Daniel Madzimbamuto Avenue
	13th Avenue to include Anthony Taylor Ave	Clement Muchachi Road
	14th Avenue	George Nyandoro Avenue
	Connaught Avenue	Cephas Cele Avenue
	Cecil Avenue continuing up to Wellington Road	Albert Nxele Way
	Fife Street and Queens Road	Queen Lozikeyi Street
	Colenbrander Avenue	Lookout Masuku Avenue





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