

HEALTH

Essential vitamins that are necessary for good gut health

Due to the fact that it supplies your body with nutrients, your digestive system is very important to your general health.

The intestinal system in your body is home to trillions of bacteria and their genetic material. Numerous biological processes, including digestion, metabolism, control of body weight, and immune responses, are influenced by bacteria.

You have probably heard of the phrase "gut health". It explains how the bacteria that are in charge of digesting in your gut – in your oesophagus, stomach, and intestine – are controlled.

A healthy stomach allows you to digest food painlessly, but it's not as common as you may believe.

An essential component of overall health is digestive health. Additionally, a lack of the minerals necessary for healthy digestion can result in issues, including exhaustion, nausea, weak bones, and a weakened immune

system.

Look to vitamins to assist in enhancing gut health if you're attempting to improve the immune system of you or your family, aid in stress response, manage anxiety and depression, or any other immunological function.

Vitamins are referred to as "essential" for a reason. The digestive system is no exception to the rule that your body needs vitamins to operate properly.

The good news is that you can typically obtain all the vitamins you need for digestion by eating fruits, vegetables, and protein, according to the National Institutes of Health (NIH). However, some vitamins are more necessary for digestion than others.

Vitamin A

According to the NIH, vitamin A plays a major role in supporting the immune system, vision, bone, and reproductive health. Vitamin A is abundant in colourful fruits and vegetables including carrots, sweet potatoes, kale,

and other dark greens as well as in liver and milk.

Despite not having a direct role in digestion, several gastrointestinal conditions can make you more susceptible to developing a vitamin A deficit.

For instance, a study published in the World Journal of Gastroenterology found that vitamin A insufficiency is more prevalent among Crohn's disease patients.

The researchers found that a deficiency in vitamin A can exacerbate the imbalance between the production and oxidation of free radicals in Crohn's patients' intestinal mucus membrane. People with celiac disease frequently experience this deficit as well.

Vitamin C

Because it is an antioxidant, vitamin C is frequently linked to the immune system and the prevention of colds, but the NIH notes that this important

vitamin also supports strong teeth and gums and aids in the body's ability to absorb iron.

Recent research indicates that people with digestive disorders frequently lack enough iron, and because iron deficiency can lead to constipation, iron supplementation might be challenging at times.

Vitamin C can be found in many foods, including citrus fruits, berries, tomatoes, peppers, broccoli, and fortified cereal. People who eat a balanced diet do not need to take supplements.

Vitamin D

According to the NIH, vitamin D is essential for healthy nerves, muscles, and the immune system as well as for the body's absorption of calcium. Furthermore, an analysis published in Cancers in June 2021 found a link between adequate vitamin D levels and a lower risk of colon cancer, according

to Everyday Health.

81% of South Africans are considered to be vitamin D deficient, which can cause cramps, muscle weakness, and bone discomfort.

According to the National Institutes of Health (NIH), there are three methods to obtain vitamin D: through sunlight, vitamin D-rich foods such as egg yolks, saltwater fish, liver, fortified milk and cereal supplements. According to a study published in the May 2019 issue of Nutrients, if you have an inflammatory bowel condition like Crohn's disease, which is frequently linked to low vitamin D levels, you could also need a vitamin D supplement.

Older adults, breast-fed newborns, those with dark complexion, those with cystic fibrosis or liver illness, those who are obese, and those who have had gastric bypass surgery are among groups at higher risk for vitamin D deficiency.

Consult your doctor about taking a supplement if you aren't receiving enough vitamin D from food and sunlight.

Remember that you might already be taking a vitamin D pill. The National Osteoporosis Foundation, for instance, notes that many calcium supplements also contain vitamin D.

B Vitamins

The NIH explains that these vitamins aid in the formation of red blood cells and the absorption of energy from meals and are present in proteins including fish, poultry, meat, and dairy products as well as leafy greens and beans.

B vitamins must be a regular part of your diet because they are water-soluble and cannot be stored in your fat cells for later use. (This applies to all B vitamins, with the exception of B12, which circulates.)

B vitamins are essential for the metabolism of both carbs and lipids, claims Healthline. The body needs a variety of different B vitamins. Here is the digestive system a re:

B1: Also referred to as thiamine, this vitamin helps your body turn carbohydrates into energy for your cells and controls your appetite.

B3: Also referred to as niacin, this vitamin is crucial for the digestion of carbs, lipids, and alcohol, among other things. Niacin deficiency can lead to pellagra, a condition that causes extreme vomiting and diarrhoea.

B6: Also referred to as pyridoxine, B6 is crucial for your body to properly metabolise the protein you eat.

Biotin: Aids the body's process of turning food into energy.

B12: Also referred to as cobalamin, this vitamin is important for the development of blood cells and the brain system. The NIH warns that a vitamin B12 shortage might result in anaemia. Additionally, gait issues and neuropsychiatric syndromes can be brought on by it.

The majority of people consume enough B vitamins through their diets, but for some, supplements may be beneficial.

For instance, B12 levels may be extremely low in patients with certain intestinal conditions, such as Crohn's disease. Before you start taking any supplements, talk to your doctor about your concerns.

CALL FOR PUBLIC PARTICIPATION

ENVIRONMENTAL IMPACT ASSESSMENT FOR EXPLORATION AND PROSPECTING ON EPL951

This notice serves to inform all interested and affected parties that an application for the environmental clearance certificate will be launched with the Environmental Commissioner in terms of the Environmental Management Act (No.7 of 2007) and the Environmental Regulations (GN 30 of 2012).

Project: The allocated EPL area is located around the town of Aus, in the local Karoo region. The applied area covers an area of 19 165 Ha. The proposed EPL area is accessible along the B4 tarred road from either Kestemanshoop or Luderitz and while the remaining smaller portion is accessible via the C13 road. The proponent intends to conduct exploration and prospecting for base and rare metals, dimension stone, industrial minerals and precious metals.

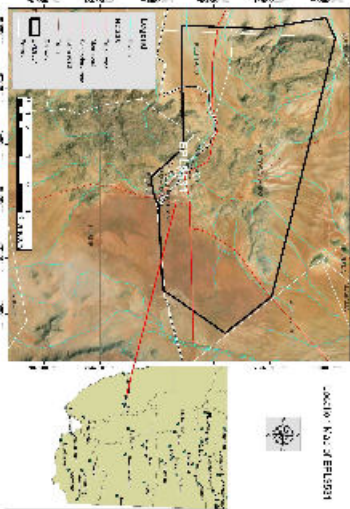
Proponent: Grey Barn Trading CC

All interested and affected parties are hereby invited to register and submit their comments regarding the proposed project on or before 30/10/2023. Contact details for registration and further information:

Anglic Environmental Consulting

Dr. K Kangooshi

Email: kkangooshi@gmail.com Cell number: 0817069027



CALL FOR PUBLIC PARTICIPATION

ENVIRONMENTAL IMPACT ASSESSMENT FOR EXPLORATION AND PROSPECTING LICENCES ON EPL7997 AND EPL7793

This notice serves to inform all interested and affected parties that an application for the environmental clearance certificate will be launched with the Environmental Commissioner in terms of the Environmental Management Act (No.7 of 2007) and the Environmental Regulations (GN 30 of 2012).

Project: The allocated EPL area is located approximately 60 kilometers west of Kamanjab, in the Kunene region. The applied area covers an area of 45 000Ha. The proposed EPL area is accessible along the C40 gravel road from Kamanjab towards Erwevourts to Palmwag. The proponent intends to conduct exploration and prospecting for base and rare metals, dimension stone, industrial minerals and precious metals.

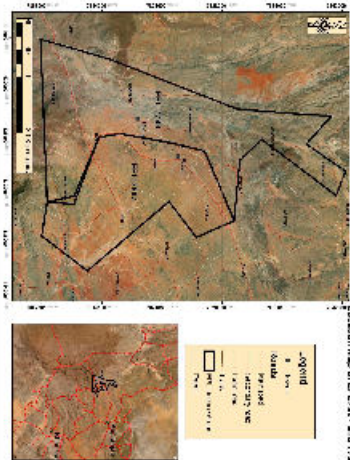
Proponent: Abuid Katjaita

All interested and affected parties are hereby invited to register and submit their comments regarding the proposed project on or before 02/11/2023. Contact details for registration and further information:

Anglic Environmental Consulting

Dr. K Kangooshi

Email: kkangooshi@gmail.com Cell number: 0817069027



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To avoid disappointment of an advertisement not appearing on the date you wish, please book through - Classifieds email and notice: 1200, two working days prior to placing - Cancellations and alterations: 1600, two days before date of publication in writing only

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CLOSING DATE: 08 OCTOBER 2023



Chizoba RIDING

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- Minimum of 5 years post-trade test qualification as a rigger with traceable references
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- Knowledge of industry regulations and best practices.

How to Apply:

Please send your Curriculum Vitae to projects@chizobarigging.com. Be sure to include "Rigger Application" in the subject line. We look forward to welcoming you to the Chizoba Rigging team!

Due date: 15-10-23
 NB: Only short-listed candidates will be contacted.

CALL FOR PUBLIC PARTICIPATION ENVIRONMENTAL IMPACT ASSESSMENT FOR EXPLORATION AND PROSPECTING ON EP19531

This notice serves to inform all interested and affected parties that an application for the Environmental Impact Assessment (EIA) for the Exploration and Prospecting on EP19531 (the "Project") has been submitted to the Environmental Regulations (ER) 20 of 2012.

The Project: The proposed EIA area is located around the town of Aus, a Local Municipality in the Karas region, close to the border of the Erongo Region. The proposed EIA area is approximately 10 km from the town of Aus and is bounded by the Erongo Region to the north, the Karas Region to the south, the Erongo Region to the east and the Erongo Region to the west. The proposed EIA area is approximately 10 km from the town of Aus and is bounded by the Erongo Region to the north, the Karas Region to the south, the Erongo Region to the east and the Erongo Region to the west.

Proponent: Grey Barn Trading CC

All interested and affected parties are hereby invited to register and submit their comments regarding the proposed project on or before 30/10/2023.

Contact details for registration and further information: EP19531@environmental.gov.na or Tel: 061 220 584



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Disa date for cv or submissions is 06/10/2023

CV's should be forwarded to: be_stam@hotmail.com

Only successful applicants will receive a reply

VACANCY NOTICE EVERSTAR EDUCATION CENTRE

P.O. BOX 902, OHANJWENA, NAMIBIA EMAIL: everstareducationcentre@gmail.com

Everstar Education centre, a registered private school has extended curriculum to start offering grade 8 - 9 starting January 2024. The school invites suitably qualified and experienced teachers to fill in the following post on 01 January 2024:

- English X1
- Computer/IT
- Mathematics and Science X1
- Entrepreneurship and Agricultural sciences X1
- History and Geography X1

ESIC MINIMUM REQUIREMENTS:

- A recognized Diploma/Degree certificate in Education or any equivalent tertiary qualification.
- First preference will be given to Namibian citizens or permanent residents. Non-Namibian citizens will be required to apply for work permit to be considered. Please Send, email or deliver your application and relevant documents to : The school Director Everstar Educational Centre Omato PO Box 902 Ohangwena

Closing date: Friday 13 October 2023.

Notice

Legal Notice

REPUBLIC OF NAMIBIA MINISTRY OF INDUSTRIALISATION AND TRADE, LIQUOR ACT 1998 NOTICE OF APPLICATION TO A COMMITTEE IN TERMS OF THE LIQUOR ACT, 1998 (REGULATIONS 14, 26 & 33)

Notice is given that an application in terms of the Liquor Act, 1998, particulars of which appear below, will be made to the Regional Liquor Licensing Committee, Region:

OSHANA

1. Name and postal address of applicant, **PETRUS JOSEF, PO BOX 2267, ONDANGWA**
2. Name of business or proposed Business to which applicant relates **JP INDIEN SHEBEN**
3. Address/Location of premises to which Application relates: **ONKONDJULO UURWYU-USHONA CONSTITUENCY**
4. Nature and details of application: **SHBEEB LIQUOR LICENCE**
5. Clerk of the court with whom Application will be lodged: **ONDANGWA MAGISTRATE COURT**
6. Date on which application will be Lodged: **16-31 OCTOBER 2023**
7. Date of meeting of Committee at which application will be heard: **13 DECEMBER 2023**

Any objection or written submission in terms of section 28 of the Act in relation to the applicant must be sent or delivered to the Secretary of the Committee to reach the Secretary not less than 21 days before the date of the meeting of the Committee at which the application will be heard.

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Notice is given that an application in terms of the Liquor Act, 1998, particulars of which appear below, will be made to the Regional Liquor Licensing Committee, Region:

OSHANA

1. Name and postal address of applicant, **OTTO H. ASHIDALA PO BOX 1001, OSHANATI**
2. Name of business or proposed Business to which applicant relates **STEEZY RESTAURANT & PUB**
3. Address/Location of premises to which Application relates: **OTUWALA UURWYUWAMI ALONG ONKANGA-OSKAWATI MAIN ROAD**
4. Nature and details of application: **RESTAURANT LIQUOR LICENCE**
5. Clerk of the court with whom Application will be lodged: **ONKAWATI MAGISTRATE COURT**
6. Date on which application will be Lodged: **30 SEPTEMBER 2023**
7. Date of meeting of Committee at which application will be heard: **08 NOVEMBER 2023**

Any objection or written submission in terms of section 28 of the Act in relation to the applicant must be sent or delivered to the Secretary of the Committee to reach the Secretary not less than 21 days before the date of the meeting of the Committee at which the application will be heard.

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Notice is given that an application in terms of the Liquor Act, 1998, particulars of which appear below, will be made to the Regional Liquor Licensing Committee, Region:

OSHANA

1. Name and postal address of applicant, **MINI MARKET LICENCE**
2. Name of business or proposed Business to which applicant relates **JP MINI MARKET**
3. Address/Location of premises to which Application relates: **ONKONDJULO UURWYU-USHONA CONSTITUENCY**
4. Nature and details of application: **MINI MARKET LICENCE**
5. Clerk of the court with whom Application will be lodged: **ONDANGWA MAGISTRATE COURT**
6. Date on which application will be Lodged: **16-31 OCTOBER 2023**
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OSHANA

1. Name and postal address of applicant, **OTUWALA UURWYUWAMI ALONG ONKANGA-OSKAWATI MAIN ROAD**
2. Name of business or proposed Business to which applicant relates **BLUESPRINT PUB AND GRILL CC**
3. Address/Location of premises to which Application relates: **ERF 1032, OTJAWARONGO**
4. Nature and details of application: **RESTAURANT LIQUOR LICENCE**
5. Clerk of the court with whom Application will be lodged: **OTJAWARONGO MAGISTRATE COURT**
6. Date on which application will be Lodged: **14 OCTOBER 2023 - 01 NOVEMBER 2023**
7. Date of meeting of Committee at which application will be heard: **13 DECEMBER 2023**

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KAWANGO

1. Name and postal address of applicant, **FILLEMONT NCHIRANGWEA IITA PO BOX 3064, RUNDU**
2. Name of business or proposed Business to which applicant relates **SHBEEB LIQUOR LICENCE**
3. Address/Location of premises to which Application relates: **SHBEEB LIQUOR LICENCE**
4. Nature and details of application: **SHBEEB LIQUOR LICENCE**
5. Clerk of the court with whom Application will be lodged: **BONDU MAGISTRATE COURT**
6. Date on which application will be Lodged: **01 NOVEMBER 2023**
7. Date of meeting of Committee at which application will be heard: **13 DECEMBER 2023**

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OTJAWARONGO

1. Name and postal address of applicant, **LINUS SHITONGA PO BOX 230, OTJAWARONGO**
2. Name of business or proposed Business to which applicant relates **BLUESPRINT PUB AND GRILL CC**
3. Address/Location of premises to which Application relates: **ERF 1032, OTJAWARONGO**
4. Nature and details of application: **RESTAURANT LIQUOR LICENCE**
5. Clerk of the court with whom Application will be lodged: **OTJAWARONGO MAGISTRATE COURT**
6. Date on which application will be Lodged: **14 OCTOBER 2023 - 01 NOVEMBER 2023**
7. Date of meeting of Committee at which application will be heard: **13 DECEMBER 2023**

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