

POPULAR MEDIA PUBLICATIONS

As author:

- Opinion piece on the evidence for the usefulness of tea in glycaemic control:

<https://www.health24.com/Diet-and-nutrition/News/opinion-can-tea-really-lower-your-blood-sugar-20201020>

- Newspaper article on the dangers and lack of efficacy of the hCG diet:

<https://www.timeslive.co.za/ideas/2020-11-17-this-quack-diet-is-a-waste-of-money-and-potentially-harmful-doctors/>

- Newspaper article on the efficacy of herbal medicines for weight-loss:

<https://www.news24.com/health24/diet-and-nutrition/weight-loss/opinion-which-herbal-medicines-can-really-help-you-lose-weight-20210604>

- Newspaper article on the efficacy of spices for weight-loss:

<https://www.news24.com/health24/diet-and-nutrition/weight-loss/can-the-secret-to-weight-loss-be-found-in-the-spice-aisle-20210824>.

- Newspaper article on the choice between vaccines and ivermectin for protection against COVID-19 infection:

<http://www.sun.ac.za/english/Lists/news/DispForm.aspx?ID=8450>

- Newspaper article on how vaccines are our best protection against new COVID-19 variants and a prolonged pandemic:

<https://www.news24.com/health24/medical/infectious-diseases/coronavirus/opinion-sick-of-covid-19-variants-you-have-the-power-to-stop-them-from-happening-20210922>.

- Newspaper article on the use of magnesium supplementation for improved sleep and mental health:

[Magnesium https://www.news24.com/health24/medical/sleep/opinion-magnesium-an-underrated-mineral-for-improved-sleep-and-mental-health-20211122](https://www.news24.com/health24/medical/sleep/opinion-magnesium-an-underrated-mineral-for-improved-sleep-and-mental-health-20211122)

As contributor:

<https://www.dailymaverick.co.za/article/2021-04-27-rooibos-south-africas-wonder-tea-or-just-a-regular-brew/>

TV appearances

Presentation at Toyota/Stellenbosch University Woordfees Beste Professor: Watter natuurlike produkte help regtig met gewigsverlies? (Weet ons ooit?) (October 2021)

<https://youtu.be/OfF3RqxSNME>