**POPULAR MEDIA PUBLICATIONS**

**As author:**

- Opinion piece on the evidence for the usefulness of tea in glycemic 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/](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.timeslive.co.za%2Fideas%2F2020-11-17-this-quack-diet-is-a-waste-of-money-and-potentially-harmful-doctors%2F&data=04%7C01%7C%7Cfbe1d68fec344c9b499508d88ad3fb4f%7Ca6fa3b030a3c42588433a120dffcd348%7C0%7C0%7C637411990366018545%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=N%2FUDRyXNIhpUzqD5c%2F6yNe1%2B4LkykJ9TlCi5xR8z4vc%3D&reserved=0)

- 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](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.news24.com%2Fhealth24%2Fdiet-and-nutrition%2Fweight-loss%2Fopinion-which-herbal-medicines-can-really-help-you-lose-weight-20210604&data=04%7C01%7C%7C1456dae459ac48c3960808d927529937%7Ca6fa3b030a3c42588433a120dffcd348%7C0%7C0%7C637584057976382171%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2BSvNV6hX6tBFaAr4sLJ3t2dExw8zEJdytsG1Kv8W%2FC4%3D&reserved=0)

- 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

**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/0fF3RqxSNME](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F0fF3RqxSNME&data=04%7C01%7C%7Cb7929eb6695248b1753908d9c46179cb%7Ca6fa3b030a3c42588433a120dffcd348%7C0%7C0%7C637756745198742453%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=zNqvIo4czz8D27kXsVp%2Fl7u%2FQk6iM%2BcpEiv5dTXcL10%3D&reserved=0)