

# DESTINY MAN NY

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LAUNCH ISSUE



THEBE MKALAFENG



BOLD DISTINGUISHED YOU

## HOTEL MOGUL SOL KERZNER

"I'd like to be an example of how a kid from the backstreets of Jo'burg can be a success worldwide"

## GRAFT, GREED & GREASED PALMS

What Role Are You Playing In SA's Corruption?

## FROM STRESS TO SUCCESS

Rise Above Daily Pressure & Perform To The Max

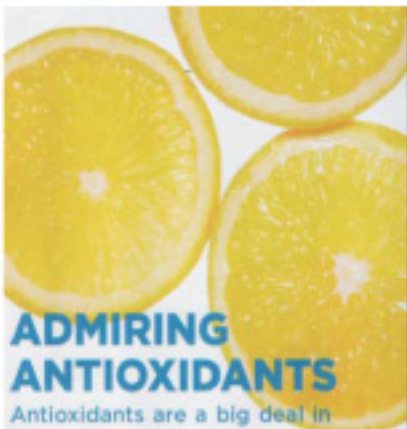
## SEX STRATEGIES

Women You're Sure To Get A Date With

## ON OUR RADAR

Sandile Zungu, Michael Essien, Terry Volkwyn, Nomvula Mokonyane, Rich Mkhondo & Jesse Clegg

**+** GADGETS, GIRLS, WHEELS, SPORTS, FASHION, HEALTH, FITNESS & MORE



## ADMIRING ANTIOXIDANTS

Antioxidants are a big deal in grooming products - and if you're into looking younger, for longer, read on...

Antioxidants are molecules that prevent cellular damage by counteracting the effects of oxidation (the same process that makes a cut apple turn brown). Antioxidants are found in foods such as broccoli and other green vegetables, oranges, berries, tomatoes and kiwi fruit. In skincare products, they're listed as Vitamins C and E, and Coenzyme Q10.

**How do they work?**  
They inhibit oxidative damage to the skin and body by "mopping up" free radicals (unstable molecules that react with DNA, causing health problems such as cancer, diabetes and heart disease) and protecting skin cells.

**Why does your skin need them?**  
They provide extra protection from UV rays, stress and pollution, which all contribute to free radical formation and premature ageing. If you apply a topical antioxidant, you're doing your skin a great favour.

Apply this antioxidant-rich serum to clean skin before your daily moisturiser. IS Clinical's C & E Serum Advance +, R750, 011 442 5682.



# AST

from Industry Leaders On How to Lasting Legacy Plus Architects