

PROTECT YOUR KIDNEYS: 8 GOLDEN RULES FOR HEALTHY KIDNEYS:

SEE YOUR DOCTOR WHEN:
HIGH BLOOD PRESSURE
FAMILY HISTORY OF KIDNEY DISEASE
OBESITY
DIABETES

BE ACTIVE!

EAT HEALTHY

DRINK WATER

TEST YOUR BLOOD SUGAR

TEST YOUR BLOOD PRESSURE

AVOID REGULAR SELF-MEDICATION

DON'T SMOKE

NATIONAL KIDNEY AWARENESS WEEK

DISCOVER THE KIDNEYS

NATIONAL KIDNEY AWARENESS WEEK 2020

WHAT ARE KIDNEYS:

Your kidneys are 2 small bean-shaped organs in your body with extremely important functions. You only get one pair of kidneys therefore it is very important to protect them! Kidney disease is fairly common and it can lead to death. The good news is that in most cases kidney disease can be prevented through a healthy lifestyle!!!

WHAT DO THEY DO:

Controls the body's fluid balance based on your needs	Produces very important hormones (e.g. for BP regulation)	Removes waste products from the body (from food, medications, toxic substances)
Filtration of the blood multiple times in a day	Produces urine from the waste that is removed	Eliminates certain minerals when your body doesn't need it
Activates vitamin D	Maintains bone health	

WHAT CAN CAUSE KIDNEY DAMAGE:

- Uncontrolled high blood pressure (hypertension)
- Uncontrolled high blood sugar (diabetes)
- Smoking and excessive alcohol
- Obesity
- Unhealthy eating
- Regular self-medication (like anti-inflammatory/ pain medication)
- Using excessive amounts of substances like drugs or protein powder
- Severe dehydration (low intake, nausea, vomiting, diarrhea, bleeding)
- Other diseases like lupus or glomerulonephritis

FEZILE DABI DISTRICT - DIETITICS SERVICES

KENNISGEWINGS • KENNISGEWINGS

NOTICE TO DEBTORS & CREDITORS

In the Estate of the LATE **RAMATHETSO PAULUS KHIBA**, Identity Number: 541107 5508 089, in life unmarried, residing at Erf 1439 Phiritona, district Heilbron, Province Free State, who died on 20 July 2020, **Estate Number: 4981/2020.**

All persons with a claim against the above mentioned estate must submit it to the Executor within 30 (Thirty) days from the date of publication.

Signed at Heilbron on the 11 September 2020.

(Get) **AA SCHUTTE CORNELIUS & PARTNERS INC**
40 CHURCH STREET
P.O BOX 205
HEILBRON, 9650

NOTICE TO DEBTORS & CREDITORS

In the Estate of the LATE **MATHESE SAMUEL TSOTETSI**, Identity Number: 500309 5524 087, in life unmarried, residing at 423 Mamafubedu, district Petrus Steyn, Province Free State, who died on 26 July 2020,

Estate Number: 4810/2020. All persons with a claim against the above mentioned estate must submit it to the Executor within 30 (Thirty) days from the date of publication.

Signed at Heilbron on the 11 September 2020.

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NOTICE OF LIQUIDATION AND DISTRIBUTION ACCOUNT LYING FOR INSPECTION

In the Estate of the LATE **BELINAH NKETLE**, Identity Number: 630404 0641 086, in life married in community of property, to **SIMON THABO NKETLE**, Identity Number: 580325 5779 086, living at Erf 2003, Phiritona, district Heilbron, 9650, Province Free State, **Estate Number: 672/2020.**

Hereby notice, in accordance with Article 35(5) of Act 66 of 1965, that the First and Final Liquidation and Distribution Account will be available for inspection for a period of 21 days from date of publication in the office of the Master of the High Court Bloemfontein and in Heilbron Magistrate Court.

If no objections are lodged with the Master in the said period, the Executor will proceed to the payment in accordance with the said account.

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HEILBRON, 9650
TEL: 058 852 2035

NOTICE TO DEBTORS & CREDITORS

In the Estate of the LATE **DAWID STEPHANUS BRITS**, Identity Number: 460621 5017 088, in life unmarried, residing at No 21 Pierce Street, District Heilbron, Province Free State, who died on 2 August 2020,

Estate Number: 5002/2020. All persons with a claim against the above mentioned estate must submit it to the Executor within 30 (Thirty) days from the date of publication.

Signed at Heilbron on the 11 September 2020.

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WINKELURE:

MAANDAE - DONDERDAE
07:30 tot 17:00

VRYDAE:
07:30 tot 16:30

SATERDAE:
09:00 tot 13:00

Elstraat 44 • Heilbron
Tel: 058 852 3033

Heilbron Car Wash (next to Spar)

Mon-Fri 8:00-17:00 Sat 8:00-13:00

	Hatch, SML vehicle	Sedan, Single cab, MED vehicle	Cab & half	Double cab, SUV, LRG vehicle	Vito, Taxi, Quantum, XL vehicle
Wash & Go	R20	R30	R35	R40	R60
Wash & Dry	R35	R40	R45	R50	R75
Wash, Dry & Vacuum	R45	R50	R55	R60	R95
Full House	R60	R80	R100	R120	R150
Engin Clean	R30	R35	R40	R40	R50
Leather Treatment	R40	R40	R30	R50	R70
Polish	R300	R350	R350	R400	R500