

The background of the entire cover is a photograph of two women jumping joyfully against a sunset sky. The women are silhouetted against the bright orange and yellow light of the setting sun. The woman on the left is in a dynamic pose, with one arm raised and legs bent. The woman on the right is also jumping, with her arms spread wide and her curly hair flying. The overall mood is one of freedom and celebration.

# *Lifestyle* **Magazine**

*March*  
**Issue#14**  
2022

# *In issue #14*



4

## **Last Month with IWI**

- 4 - Grand Bazaar Walk
- 6 - Neighbourhood Meetups

8

## **This Month with IWI**

- 8 - What's happening in IWI?
- 12 - International Women's Day
- 13 - St Patrick's Day

14

## **From Women For Women**

- 14- Women Who Inspire
- 16 - Protect Your Heart
- 18 - Ferikoy Antique Market
- 22 - Style & Personality
- 24 - From Our Members
- 26 - Hands On Pain Relief
- 28 - Work From Home Weight Maintenance



30

## **IWI Foodie**

- 30 - St. Patrick's Day Pancakes

32

## **Ads from our members Business Directory**

You can click/touch any link/name to be directed straight to the web or social media page. Just don't forget to come back here & finish reading!



## *---Editorial---*

IWI Lifestyle Magazine is brought to you by our Business member Lisa Slatter & Classic Member Sandra Berker.

If you would like to send us any photos or articles for future issues, or for any comments or enquiries, please email [magazine@iwistanbul.org](mailto:magazine@iwistanbul.org)

Except where duly credited, photos are sourced from our members and partners or from free stock images.

For any enquiry [iinfo@iwistanbul.org](mailto:iinfo@iwistanbul.org)





## *Message from our Chairwoman*

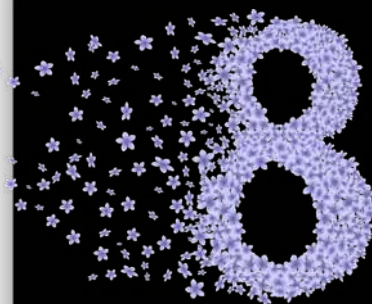
Dear Ladies,

As the end of winter draws near in March I turn towards the sun and start contemplating warmer days and start looking for signs of spring. March is when we can venture out more without having to rug up too much and increase our social outings. The main of course being the 8th of March, *International Women's day!*

Not that 1 day a year is enough to celebrate all that we are and all that we do but I guess we must take what we can get and having an 'official' day is at least something! It's a small thankyou for waking up before the rest of the household, making sure a nutritious breakfast is on the table while simultaneously showering, getting dressed, hair makeup etc. then packing dishes. Getting the kids and family and pet fed, homework and bags packed, lunches made, kids driven to school or delivered to the bus and rushing off to work, or sports, or a walk or IWI event. Rushing home afterwards to get the laundry done but not before stopping by the store. Putting dinner on, welcoming kids home and helping with homework, packing dishes then putting kids to bed after their baths. But most important after all this feeling sexy enough to share special intimate moments with our partners! Then repeat daily for 365 days! Most of our lives look like this or a version of this. Sure 1 day to celebrate women is more than enough

Happy Women's Day ladies, make the most of it as we have earned it!!!!

*With love  
Julia.*





# Last Month...

Wednesday, 16th February  
2021

## Grand Bazaar Walk

Our host, IWI member, professional photographer, and a longtime Istanbul resident Monica's well known Bazaar walk, together with author Pat Yale (Istanbul: The Ultimate Guide) brought our members on an insider's stroll through the Grand Bazaar, its older shops, back streets and exquisite Hans (old-time hotels) and onto famous rooftops.

IWI group had the perfect opportunity to visit interesting antiques, jewelry, and rug stores where they met with the owners and artisans. Enjoying delicious Turkish food at special eatery and small cafes where only the locals go, was definitely a bonus.

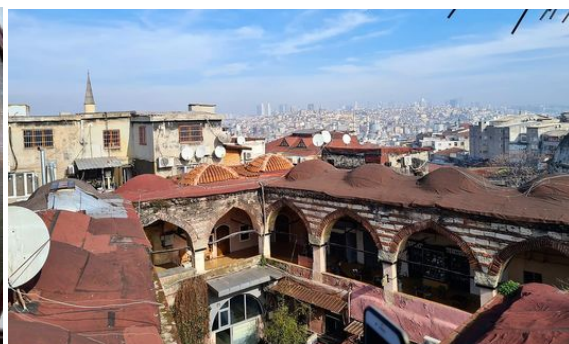
All in all, we had a fabulous morning of exploring the 500+ year old market and its hidden gems.

If you missed this walk, don't you worry! We'll have more whimsical IWI city walks every month...

**Get ready; culture, history, delicious food, and local Istanbul lifestyle await!**

Photo credits:

Monica Fritz, Helena Boman, Shalini Vashistha, Shilpa Potnis







## What our members said...

### Helena Bohman:

I really enjoyed the Grand Bazaar walk the group dynamics were fantastic. I liked the places we were visiting, but the best part was when we were able to go up on the rooftop. I would definitely attend similar events again! Thank you so much for all work from you and the women in IWI, who organize all the events we can attend!

### Shilpa Potnis:

I have been to Grand Bazaar almost over 50 times before I joined the IWI tour. I can say with full confidence what Monica has put together is a tour well studied and explored. It was endearing to see how well liked she is amongst all the shopkeepers, who were more than willing to let us in to their worlds and a get a sneak peek at the parallel universe that exists beyond the main streets. I would love to join more of these in the future

### Aline Ruch:

My tour with the International Women was awesome. My friend, who was not a member of the International Women, liked the event so much that she will join now, too - what more to say? The walk brought me to places that I had not seen before like the roof of the Bazaar. Despite missing Daniel Craig as James Bond by a few years, seeing the place where he drove a motorcycle over the Bazar was memorable. I am looking forward to the next event like this - however, the bar is raised quite high now.





# Neighbourhood Meetups February



Galentine's/Valentine's Day  
Celebrations at Istanbul  
Yelken Kulubu



Cakes by Katya,  
The Apricot Bakery



Yesil NM had a fun  
morning exchanging their  
"unwanted" Christmas gifts  
playing "White Elephant"  
All gifts found a new and  
happier owner.





# Know your NM (Neighborhood Meetups)

Your Neighbourhood Community Meetup (NCM) administrator organises meet-ups and activities in your area. This is a great opportunity to connect with other women and discover what IWI has to offer. Unsure what area you are in and who to contact? Ask us at [community@iwi-tr.org](mailto:community@iwi-tr.org)

## EUROPE NMs



## ASIA NMs



(If you're curious where the NM names came from, check out issue #07)

# THIS MONTH

For IWI PROGRAMS and to book your place,  
please LOG IN on our website and go to  
**MEMBERS EVENTS** section\*

\*Check back regularly for updates

**[www.iwistanbul.org](http://www.iwistanbul.org)**



Please check out your  
**NM WhatsApp group**  
to find out when your next coffee catch up is.

**Also, keep an eye on the Bulletin Group**



**All PROGRAMS** (not including Meetups)  
**MUST be booked online to reserve your place.**

*Registration will open a week or two before the program date.*

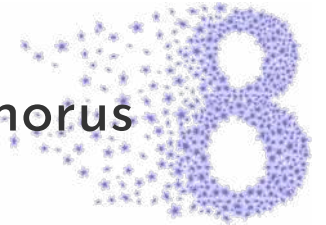
Follow the BULLETIN and keep an eye on the MEMBERS  
EVENTS section of our website for full details



**Sunday, 6th March 09.30-11.30**  
**FIT SUNDAYS! NATURE WALK / RUN**  
Belgrad Forest, Bahçeköy

**Tuesday, 8th March 10.00-13.00**

**WOMEN'S DAY BREAKFAST** on the Bosphorus  
Kaşibeyaz Restaurant, Yeniköy



**Friday, 11th March 17.00-19.30**  
**FAMILY SIZE ICE SKATING**  
Uniq Istanbul, Maslak

**Tuesday, 15th March From 10.00**

**EUROPEAN SIDE MEETUP**

At Beltur Cafe, Ataturk Kent Ormani,  
Haciosman metro



ALL PARTICIPANTS MUST BE FULLY VACCINATED & WEARING A MASK



**Wednesday 16th March 18.00**

Meet Sarah M.K. an EXPERT ON MEDICAL TOURISM in Turkey and learn how she can connect you with the best surgeons and health providers to achieve your medical & aesthetic goals  
At Casa Maravita, Tarabya

**Thursday, 17th March 18.00-21.30**

ST. PATRICK'S DAY HAPPY HOUR  
James Joyse Irish Pub- Beyoğlu



**Friday, 18th March 18.00-21.00**



CITY WALK-PHOTO SHOOTING at NIGHT  
Karaköy and Tophane

**Monday, 21st March 10.00-14.00**

MIX IT UP AT THE SPICE BAZAAR WITH CHRISSY & FIND YOUR PERFECT BAG  
Spice Bazaar



**Friday, 25th March 20.00-23.00**

LATIN AMERICAN NIGHT- Live Band and Dinner  
Le Cuistot Bistro, Beyoğlu



ALL PARTICIPANTS MUST BE FULLY VACCINATED & WEARING A MASK

Wednesday, 30th March 10.00-13.00

CITY WALK-

Fener, Balat, Haliç, Golden Horn Area



Every Friday 12.00-15.00

ASIAN SIDE MEETUP

**Istanbul Sailing Club** (Istanbul Yelken Kulubu)

Fenerbahçe Burnu,

Tur Yolu Sk. Kalamis / Kadıköy



**All PROGRAMS** (not including Meetups)  
**MUST be booked online to reserve your place.**

*Registration will open a week or two before  
the program date.*

Follow the BULLETIN and keep an eye on the MEMBERS  
EVENTS section of our website for full details

# March 8th is International Women's Day

International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organization specific.

*IWD 2022 campaign theme: #BreakTheBias*

Imagine a gender equal world.

A world free of bias, stereotypes, and discrimination.

A world that is diverse, equitable, and inclusive.

A world where difference is valued and celebrated.

Together we can forge women's equality.

**Collectively we can all #BreakTheBias.**

*Be part of a movement*

Individually, we're all responsible for our own thoughts and actions - all day, every day.

We can break the bias in our communities.

We can break the bias in our workplaces.

We can break the bias in our schools, colleges and universities.

Together, we can all break the bias - on International Women's Day (IWD) and beyond.

**#IWD2022 #BreakTheBias**

To read more and see how you can get involved *Click here!*

[www.internationalwomensday.com](http://www.internationalwomensday.com)







# St. Patrick's Day

**Thursday, 17th March**

St. Patrick's Day observes the death of St. Patrick, the patron saint of Ireland. The holiday has evolved into a celebration of Irish culture with parades, special foods, music, dancing, drinking and a whole lot of green.

To learn more about  
St. Patrick's Day  
*Click Here*

7 Surprising Facts About  
St. Patrick's Day  
*Click Here*





# Women Who Inspire

**The XXI is, without a doubt, the century of women.**

There are WOMEN all over the world who are sources of inspiration for everyone and we want to celebrate March 8 with some female voices from our international community in Istanbul who represent us all on International Women's Day; their actions, their works, their achievements, their ideas and their dreams make us admire them, and we can learn from each other in our personal and professional lives.

It is true that we have already won many battles in the war for real equality in all areas of life, but there is still a long fight ahead to equalize salaries and rights in all the countries of the world. Also to give visibility to the thoughts of women, silenced for centuries, and to value their talent.

And it is that ending all forms of discrimination and violence against women, in addition to being a basic human right, is crucial if we want to live in a prosperous and sustainable peaceful society. - By Sandra Berker



1. What do you consider to be your best virtue?
2. Could you tell us about a woman that you admire?
3. What is the best experience you have had in Turkey?
4. Tell me a challenge that you still have to overcome in your profession and/or also in your personal life
5. After facing different changes and situations due to the pandemic, what have you learned?

## Monica Fritz

NYC, 63

Photographer.

Watching old films, travelling, exploring the city, decorating the house,

2 sons, 20 and 23, happily divorced, one hamster who has recently deceased. Living in Istanbul since 1996.



*'Turkey has given me so many new opportunities. There's a surprise everyday here'.*

1. Patience-but it's changing with age. :)
2. I admire all of my women friends. If I had to pick one in particular I would say my friend from Yemen. She was one of the lucky ones to have the means to come over to Europe on the last plane out, right as the war started, with her two little kids but it was, and still is, a very hard journey. Being away from her beautiful country and culture and starting a new but she has been incredibly successful. She now has a Phd., from Leiden University and has settled in Holland, facing new challenges every day. Her 2 wonderful smart kids are still being bullied and alienated but she deals with it well and things are getting better. She is an amazingly strong woman with a wonderfully light spirit.
3. There have been so many but probably the best was having my sons and doing a job that I love. Living many years in Kuzguncuk when it was still like a small village and everyone knew each other. Also traveling in Turkey to photograph for interesting assignments... Turkey has given me so many new opportunities, I even had my own TV program. There's a surprise everyday here.
4. A challenge I have now in both my work and personal life is my body is telling me to slow down. I cannot do everything I used to do so I'm adapting.
5. I learned that fear is one strong emotion! People really behave differently and governments take advantage.

**By Sandra Berker**





## Kay Redrup

Singapore (British passport), 62  
 Chef, writer, owner at pop-up dinners Istanbul  
 My work, travel,  
 2 children, a girl and a boy  
 A cat  
 30 years in Turkey

*'I rebranded myself as the Expat Alchemist (as we all are, who wish to recreate dishes in our adopted country).'*

1. I am adaptable.
  2. A woman I admire: the non-printable version is: The Virgin Mary for pulling off the biggest hoax ever. The printable version: my daughter for being a fiercer, more spontaneous, more caring, more focused mini me.
  3. Best Turkish experience: 30 years of living here makes this a difficult question. There have been so many great experiences from people from every walk of life. More good encounters than bad ones. More help than not. Possibly the best experience has been recreating a family outside my blood. Two friends agreed that friendship was not enough; that it was too tenable; too prone to misunderstandings that we decided if we became family we would have to work out issues and we could speak our mind without fearing offense; that we could be ourselves. I'm excited that my life and my kid's lives now contains those 2 people in it.
  4. Overcoming: (still to overcome in my professional life) - jealousy because I dare. (What I have overcome is): Cooking and creating dishes I cannot taste (because of intolerances) and getting it right. I've become a Beethoven of food. In my Personal life I still battle with dealing with my Hashimoto thyroiditis, food intolerances (especially in the industry I'm in), and my own self-doubt - I think they call it imposter syndrome.
  5. Pandemic: I had to put my pop-up dinners business on hiatus and reach deep into savings. Lockdown was also a gift. I wrote and published the first in a series of cookbook designed for cooking with ingredients that are hard to get here and abroad, using alternatives that work and can be found in a good supermarket.
- I rebranded myself as the Expat Alchemist (as we all are, who wish to recreate dishes in our adopted country). The first in the series of cookbooks is The Punjab. I'm currently working on the 2nd and 3rd books, which will be Singapore and Malaysia. I wanted to bring my kitchen into everyone's kitchen so you don't have to attend pop-up to enjoy my food.

## Lisa Slatter

British, 38,  
 Lifestyle Magazine Editor & Small business owner; Handwritten By Lisa  
 Love walking in the forest with my dog, Tilki & husband, Craig  
 In Turkey for approx. 14 years

*'Patience is a virtue and health is a gift'*



1. Honesty (even when it's not always wanted). Empathy. Generosity
2. I actually admire and look up to many women. It's difficult to choose just one. For example, my mother in law. She has suffered a great deal of sadness and loss in a short space of time, yet, remains one of the most caring women I know. It has not broken her spirit or compassion. Another is a best friend who also had to endure great heartbreak and sadness, not just once but twice and now, a single mother raising two wonderful daughters who are equally kind and well natured.
3. Extremely difficult to choose just one, I was married here, started my business here, adopted my fur baby, have had many amazing holidays around Turkey and made some of the best friends!
4. I would love to overcome imposter syndrome. Sometimes I feel I'm not good enough or don't deserve something. I guess we're all guilty of that.
5. Patience is a virtue and health is a gift.

By Sandra Berker



# Women:

## Protect Your Heart

By: Didem Varol, RD



Did you know that heart disease is the leading cause of death for women worldwide? Yet one prominent American cardiologist, Dr. Caldwell Esselstyn, refers to heart disease as a "food-borne illness that need not exist nor progress". Our eating habits and other lifestyle choices can either pave the way for disease or health. Let's choose health!

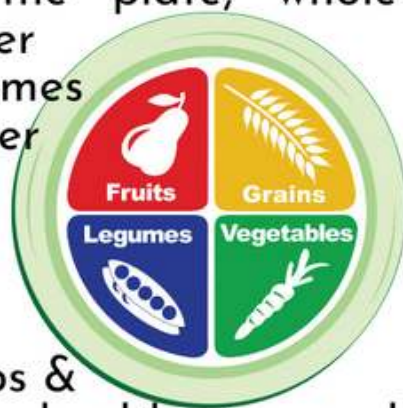
### *What is a heart healthy diet?*

Firstly, avoid the word diet and call it a "pattern of eating". Secondly, there happens to be one pattern of eating that protects against heart disease, cancer, type 2 diabetes, obesity, and many other chronic diseases all at the same time. This pattern of eating focusses on whole, plant-based foods such as vegetables, fruit, whole grains, legumes (beans), nuts & seeds, and herbs & spices.

Plant-based foods are healthier because they are full of fiber and contain no cholesterol and very little saturated fat. On the other hand, animal-based foods (such as meat, dairy products, eggs, and fish) are high in cholesterol and saturated fat and are devoid of fibre.

### *What does the ideal plate look like?*

In the ideal plate, also known as the "Power Plate", proportion matters. Vegetables and/or fruit occupy half the plate, whole grains a quarter plate and legumes the final quarter plate. Nuts & seeds are also important but a little goes a long way. Herbs & spices are very healthy too and they can and should be used in abundance.



### *Does plant-based mean vegan?*

It can if it is 100% plant-based but it does not have to be. You be as plant-based as you like. However, just remember that the more plants, the better. The more you move towards plant-based foods and away from animal-based foods, the more health benefits you will experience.





## *Isn't it extreme to exclude animal products?*

It depends on what you consider "extreme". Having to take medication for life, succumbing to surgeries or other invasive procedures, losing mobility...many would consider these more extreme than choosing to forego camembert and salmon.



## *What would I eat?*

Here are a few meal examples to give you inspiration when starting a journey towards more plant-based eating.

### *Breakfast*

- Oatmeal made with soy milk, topped with fruit & nuts
- Avocado spread on whole grain toast with tomatoes & cucumbers
- Lentil soup with whole grain bread and a salad (Why not? There are no "rules" when it comes to what you can eat at breakfast)

### *Snacks*

- Fruit, fruit, fruit!!
- Vegetables - any or all kinds, preferably with no or very little added oils, for example raw veggies such as cut up cucumbers, peppers, tomatoes, and carrots
- A small handful of mixed nuts & dried fruit
- Healthy, homemade baked goods

### *Lunch/Dinner*

- White beans with bulgur & salad
- Black bean chili with quinoa & roasted vegetables
- Tofu vegetable stir fry with brown rice

**Plantgevity**  
Nutrition Solutions



### *For more information*

As a Registered Dietitian, my passion is to promote the well-known benefits of plant-based foods. Nothing tastes as good as healthy feels. Visit my website at [www.plangteevity.com](http://www.plangteevity.com)





# FERIKOY ANTIQUE MARKET

If you are looking for an interesting shopping experience on Sundays, this is the place to visit; operating since 2009 and located close to Taksim, in the Bomonti neighborhood, and easily accessible.

---

You can visit this market between 9AM and 6PM. It is a wide area with available parking and more than 400 stalls where locals sell antiques, jewelry, coins, retro music equipment, and you can find very nostalgic items from the 70's and 80's... Be ready to bargain with vendors... Historical toys, such as metal cars or tin soldiers, porcelain dolls, oil lamps, telephones, photo cameras or books, everything has a place here.

Alihan, a seller of ancient kilims, hums a melody and asks me if I know it *"I gave you my secrets, I gave you my love, I made a carpet of my heart, I put it in your path"* (from a nostalgic song 'Bir Kilim Topulum Sana'), *'some women are like that,'* he tells me.

It gets very crowded towards the afternoon, therefore it's best to visit early morning, around 11AM. As the market's ceiling is covered, it can also be visited on rainy days so the market maintains its vitality throughout all the seasons.



It is not a tourist site, vendors selling their wares to locals... lots of gear and very reasonably priced, not just a place where merchants are selling second hand things, here you can find unique antiques and feel the real flea market atmosphere.



# OLD IS CHIC

---



There are also small cafes inside where you can have a bite or drink but these are not fancy places. Prices are very good compared to flea markets in other countries but you will have to be careful if you want to take some objects out of the country, antiques are very protected. Nostalgic, vintage, and romantic objects from various eras of the past: *"We like to walk among the stalls and imagine who this thing could have been or who used it,"*says an older couple. *'I usually get rid of my weekend hangover here by strolling among the stalls,'* a young boy tells me, *'they know me and even save things for me'.*

Lovers of decoration often find pieces with history, things in disuse that still retain part of their beauty, whose charm may lie in having traveled through different settings and being an object full of life. From old clocks, some standing still in time at a certain hour, to pretty coffee cups from valuable collections, English or Viennese... Porcelain from Sèvres, Limoges or Bavaria and beautiful little boxes are ideal for giving or treating yourself.



Music is coming from almost every corner; you can also have an old record by Zeki Muren or one ABBA long play. Varieties range from wristwatches to amber rosaries, leather... or old vintage glasses from Ray-Ban to Chanel, from Christian Dior, Nina Ricci or Carrera at super-affordable prices.

What are you waiting for to come and breathe an emotional atmosphere, old but unique, and live your market day in a different way...

BY SANDRA BERKER  
SANDRA.BERKER









# Would you like to write an article?

Articles\* are be between 200-500 words, plus a title. This should be sent in a Word Doc or Email with photos sent as *attachments*  
(Deadline for submission is 15th of each month)

# Or write a review on one of the programs you join?

Reviews are be between 5-100 words & should be sent in a Word Doc or Email.  
Please send these within 4 days of the program.  
(Unfortunately we are unable to publish any reviews on programs that run after the 24th of the month)

**Please email  
magazine@iwistanbul.org**

\*Please confirm via email BEFORE writing your article to ensure it matches the theme, otherwise it may be archived until later in the year when the content is more suitable



# The Style of Personality and The Personality of Style

By Kayla Manukyan

When we meet someone, we make assumptions about them by looking at their appearance. As what they wear is one of the first things we see, it causes us to make pre-judgements about them. However, the associations that we make with the clothes we wear may not be the same as others' associations. These differences may cause misinterpretations of the other, their personality or their lifestyle.

Where we come from, our familial situation, our jobs, our finances and cultural differences are some of the factors that determine our personality as well as how we dress. The personal situation we are in, affects our pick of clothes, and therefore tells something about our surroundings as well as our personality or even our self-esteem.

Either voluntarily or involuntarily, we create a style of our own which is also part of our identity. Shaped by all the aspects of our experiences, the way we dress is a way of promoting ourselves to others.

**Does our style affect our personality, or does our personality shape what we wear?**



What we wear doesn't directly affect our personality but we can say it has an effect on our emotions and actions. When we style our look a certain way, we give the observant -people we communicate on daily basis- a chance to make interpretations and assumptions about our lifestyle or our character. Although our body language and communication skills say a lot about who we are, in this period of social media, usually our appearance is a primary determinant.





Even though our style doesn't directly affect our personality, it influences others' opinions about us and therefore leads them to approach us accordingly. In this case, the actions of the influenced observer affects us, and we behave according to their actions. Thus we see a situation based on judgement and interpretation of our appearance shape a communication and other's interpretations of us shape our mood or our state of mind. Ultimately, such continuous interactions end up affecting our psychological state and hence our related actions are presumed as our personality.



As for personality shaping our selection of clothes, we can say that this case is more related. Circumstances determining our personality also influence our buying habits and how we see or want others to see us. Whether we are confident, unconfident, shy, fun, disorganized... we tend to express it with our style. In other conditions, we may want to portray ourselves otherwise. We may be unconfident but in certain instances may want to present ourselves as a confident person and therefore dress accordingly. This can result in a way in which the daily interactions and reactions of others helps build your confidence.

Consequently, it can be said that our personality is a determinant of how we dress, meanwhile our personal style and selection of clothes affects others' interpretations of us and also has an influence on helping build our personality.

**You can find more information and services offered by  
Kayla Manukyan at**

**[www.consultingkai.com](http://www.consultingkai.com)**

**· KAI ·**  
CONSULTING



**Follow on Instagram  
[@kai.consulting](https://www.instagram.com/kai.consulting)**





# From Our Members...

**From Leen Saket;**



I would like to celebrate an amazing woman: Professor Itır Erhart.

Professor Itır Erhart is social entrepreneur who tries to mobilize individuals and institutions for positive change through sports & arts. She is a Prof. of Communication and the co-founder of Açık Açık and Adım Adım.



**From Olga Onur;**

Sometimes life gives you an unexpected present, a meeting with an extraordinary person. Thanks to IWI, I was given the gift of meeting Regine Temel. She used to work as an English teacher at Pierre Loti for more than 35 years and lucky for us, she retired and now has time to join our activities. Visiting famous places or just walking with her in Istanbul is like walking with a celebrity. You can not visit a museum, art gallery, or French cultural center without someone saying "Madam Temel" and it always follows with a huge smile on their face. Some of her students are from different generations of the same family.

She is one of the quiet heroes, who taught her students to be decent humans first and foremost, to accept different cultures, be tolerant and open-minded. And always she taught by example. She does so much for others, but without any fanfare. She is the first to lend a hand, buy well-needed items or donate to the needy. Opening her doors and heart to welcome you in her lovely home, either for a wonderful cup of coffee or a gourmet meal (the French do know how to cook and enjoy good food). She is one of the most considerate people I have ever met. Also, she is super funny, very knowledgeable and a well-traveled person, who definitely should write her biography.

Starting from childhood in Algeria and 40 plus years in Istanbul. The world is a much better place, thanks to such a wonderful woman like her.



DO YOU HAVE A CULTURAL  
CELEBRATION COMING UP?

# *Let us know!*

As an international community,  
let's share, learn and celebrate  
each others festivals...



**IWI**  
*Lifestyle*  
Magazine

*Email*

[magazine@iwistanbul.org](mailto:magazine@iwistanbul.org)



# Take Pain Control *Into Your Own Hands* With Correspondence Korean Hand Therapy

By Edith Heidelberger



Our hands are always accessible for close inspection and self-treatment.

If you can point to the location of the pain in your body, there is a corresponding area on the hands that can treat it. If you can read a map, you can locate the points on your hands that correspond to any part of your body.

**Foot reflexology feels good  
but it is almost never  
acceptable to take off our  
shoes and rub our feet in  
public.**

Why have I such a deep passion for Correspondence Korean Hand Therapy: It can be done anywhere, at any time, and with no special tools required. It can be done while sitting, talking on the phone, lying down or walking around. It can be comfortably used on young children, the elderly, and people who have a needle phobia. It is the best secret in pain management.



If you can point to the location of the pain in your body, there is a corresponding area on the hands that can treat it. You do not need to be a healthcare professional to treat your own pain. You do not need to have any knowledge of acupuncture meridians or Traditional Chinese Medicine Theory. You do not have to memorize complicated hand or foot reflexology maps with the body locations scattered in random patterns.



In my hands-on workshop (coming soon) you will learn a system so simple, that even a young child could learn, which finger represents the arms, legs and head. The biggest problem I have noticed with people who have learned Correspondence Korean Hand Therapy to treat their own pain is: They forget to use it.

**Pain is Brain' - Once you understand that the hands are represented on large areas**

of your brain, it becomes clear, that Korean Hand Therapy works by affecting the brain through the hands. It is vital to know, because our sense of pain comes primarily from our brains.

When a point on the hand is stimulated with Korean Hand Therapy, a signal travels to the brain along the nerves between them. By treating the corresponding point on your hand, this helps to propel a signal along the pathways designed to quickly transmit pain, which perhaps contributes to the rapid effects.

**Edith Heidelberger has lived in Istanbul from 2000-2012. She travels once a month to Istanbul and practices at Niagara Wellness. Edith practices acupuncture, foot reflexology and is now hosting workshops in Switzerland to health therapists as well as lay people. Edith has translated the book 'Korean Hand Therapy' of her Professor Dr. J. Baik into German**

**[www.edithheidelberger.com](http://www.edithheidelberger.com)**



# WORK FROM HOME?

## 7 Tips for *Weight Maintenance*



It's one thing to say no to a piece of cake at an office birthday party, but not taking a mid-morning break to browse your fridge can be a whole new level of challenging. You do not have to leave your house for anything other than grocery shopping, if you so choose.

HERE ARE A FEW EXPERT TIPS ON HOW TO PRACTICE HEALTHY WEIGHT MAINTENANCE:

### 1. Invest in workout equipment you can use at home.



You do not need fancy machines and clunky equipment to achieve your weight loss goals. Find exercises and activities you genuinely enjoy doing so that the time you commit to doing them feels like time well spent.

### 2. Clock in the right amount of quality sleep.

You do not need fancy machines and clunky equipment to achieve your weight loss goals. Find exercises and activities you genuinely enjoy doing so that the time you commit to doing them feels like time well spent.



### 3. Be mindful of your meals and snacking options.

Do you have a sweet tooth or prefer salty? One foolproof method is filling your fridge and pantry with healthy snacks, and preparing nutrient-dense meals in advance so that when you go grazing, you already have good-for-you options at the ready.



#### 4. Stay active, even when you work from home.



Walking from the bedroom to your couch or dining room isn't much of a commute. The small incremental shifts of transit to and from the office, pounding the pavement, stairs up the subway, taking a coffee break walk with coworkers needs to be fit into the work-from-home person's day.

#### 5. Drink a ton of water, but don't sip on a glass with meals.

Aim for 3 liters of water per day, but drink water around your meals, not with your meals. If you drink water with your meals, you will dilute the digestive juices in the food you eat. Drink more water on days when you exercise.

#### 6. Sign up for classes to hold you accountable.

Committing to a class will ensure you follow through. Signing up for a workout class at a studio, gym, or online is a great resource. Not only will you have committed to be at the gym at a specific time, but classes require payment, too.



#### 7. Get dressed for work in the same way you would if you were going to an office.

Pretend you're going into an office. Getting dressed in the morning the same way you would to go to not trying to impress anyone, but rather physically putting yourself in work mode. This one strategy will help your productivity and discourage excessive lunch or snack breaks.

Melisa Karabeyoglu, MS, RD, RDN, CDN, is a bilingual USA registered dietitian nutritionist specialising in integrative plant-based nutrition and lifestyle change. Melisa is the country representative of Turkey to the American Academy of Dietetics and Nutrition and enjoys a life between her two hometowns: NYC and Istanbul. She offers virtual 1 on 1 nutrition consultations for clients ready to take a positive change on their lifestyle. Feel free to reach out to her at [www.melisakarabeyoglu.com](http://www.melisakarabeyoglu.com)





# HELLO FROM *The Apricot Bakery!*



Spring is in the air, the sun is shining and I'm here to share a new story and recipe 🍪

But today it is a story from my oldest son, big A. We all are worrying about wee A, my youngest son who is very picky and eats nothing but poğaça, mercimek çorbası, pancakes, toast and apples so, big A once told me "Mama, what if to add some veggies in wee A's favourite food?" Big A, this genius boy with a big heart had one idea....



It was the time when wee A was crazy about **Shrek**. So his brother offered to make pancakes with **spinach** and say to little one "they are shrek pancakes and they give you super powers"!

And we did it! Wee A agreed to try (it was a win). But Mama looooved those pancakes! They are naturally green however there is no spinach taste! And it's just perfect for **St. Patrick's day celebration**





You can turn this recipe to dairy free by replacing cows milk with the plant one.

Even vegan - just use bananas instead of eggs (one big banana per egg).

Gluten free - simply use your favourite gf flour mix.

## Recipe from chef Big A.



### INGREDIENTS

- 2 large eggs
- 1 cup of ap flour
- 1/2 of milk
- 1/4 cup of sugar
- 1/2 packet baking powder
- Vanilla extract
- 1 bowl (like 100 gr) baby spinach.

### METHOD

- Boil the spinach 3-5 minutes and puree with a blender.
- Beat eggs with sugar, add milk, spinach puree and dry ingredients and mix until combined. Cook pancakes like regular ones.

Share your creations on Instagram and tag  
**@THEAPRICOTBAKERY\_ISTANBUL**







# Advertisements & Business Member DIRECTORY



## Please note:



The content of these advertisements are not endorsed by IWI. They also do not constitute legal advice and are provided for general information purposes only.



IWI does not accept responsibility for any of the services rendered by any of these advertisements.





# CLASSIFIEDS

## PROFESSIONAL MASSAGE

Pregnant Massage, Cellulite Massage,  
Full Body Massage, Osho Rebalancing  
**Hatice YILDIRIM +90 532 260 41 18**

## THE SKINCARE SPECIALISTS

Darphin Facials, Anti-cellulite treatments,  
CACI Non-surgical face lift, Waxing,  
Holistic therapies, Aromatherapy  
Massage & more. We invite you to our  
new location in Bebek.

**Click to book online and see our new  
location or call 05443235081.**

If you would like to  
advertise here,  
please send an email to

*Classic & Non-members*  
[vicechair@iwistanbul.org](mailto:vicechair@iwistanbul.org)

-

*Business members*  
[business@iwistanbul.org](mailto:business@iwistanbul.org)

**\*Classified ads are  
limited to 50 words**



# ANJANA

## HAND CRAFTED WOODEN ART, FURNITURE & DECOR

All of my work is handmade at my workshop in Moda, Istanbul.

I work with different types of wood, all sourced locally.

Other than the pieces that I create and sell (at my shop & online),  
I also take orders to design and make art, furniture, portraits or decor, created  
specifically to fit your requirements.

You can have a look at what I do on  
[www.anjanabhardwaj.com](http://www.anjanabhardwaj.com) | [www.instagram.com/designbyanjana](http://www.instagram.com/designbyanjana)

Please feel free to me contact at  
+90 534 463 87 37 | [hello@anjanabhardwaj.com](mailto:hello@anjanabhardwaj.com)



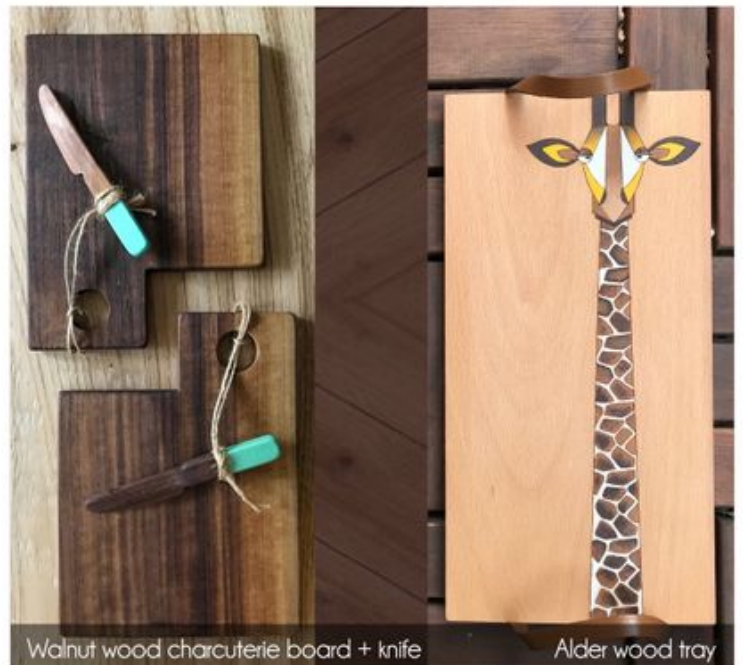
Chestnut wood bench



Art on Walnut wood



Game on Olive wood



Walnut wood charcuterie board + knife

Alder wood tray



# Just arrived!!

## At a store near you




Exclusive collection of  
clutches and party bags



Tomtom, Boğazkesen Cd. 69/A, 34433  
Beyoğlu/Istanbul

 [www.inshirahcollective.org](http://www.inshirahcollective.org)

 90 5393029786

 inshirah\_collective

Store Hours:

**10 AM - 8.30 PM**

Mondays to Sundays



# Feel confident before, during and after birth

I provide birth trauma prevention coaching and post partum support for a positive and healthy birth experience; this promotes a good start to (new) motherhood and long-term health for mother and child.

Anderske Kaspersma Güngen

+90 532 746 9448  
[anne.kocu.istanbul](https://www.instagram.com/anne.kocu.istanbul)

ANNE  
KOÇU  
Istanbul



# Next Generation Dentistry Zürich Sihlcity & Zorlu Center Istanbul SWISS EXCELLENCE



aesthetic dentistry  
dental hygiene  
and prophylaxis  
laser treatment  
endodontology  
periodontal treatments

dental replacements  
prosthetics  
oral surgery  
implants  
orthodontology  
pediatric dentistry

shop  
your  
smile



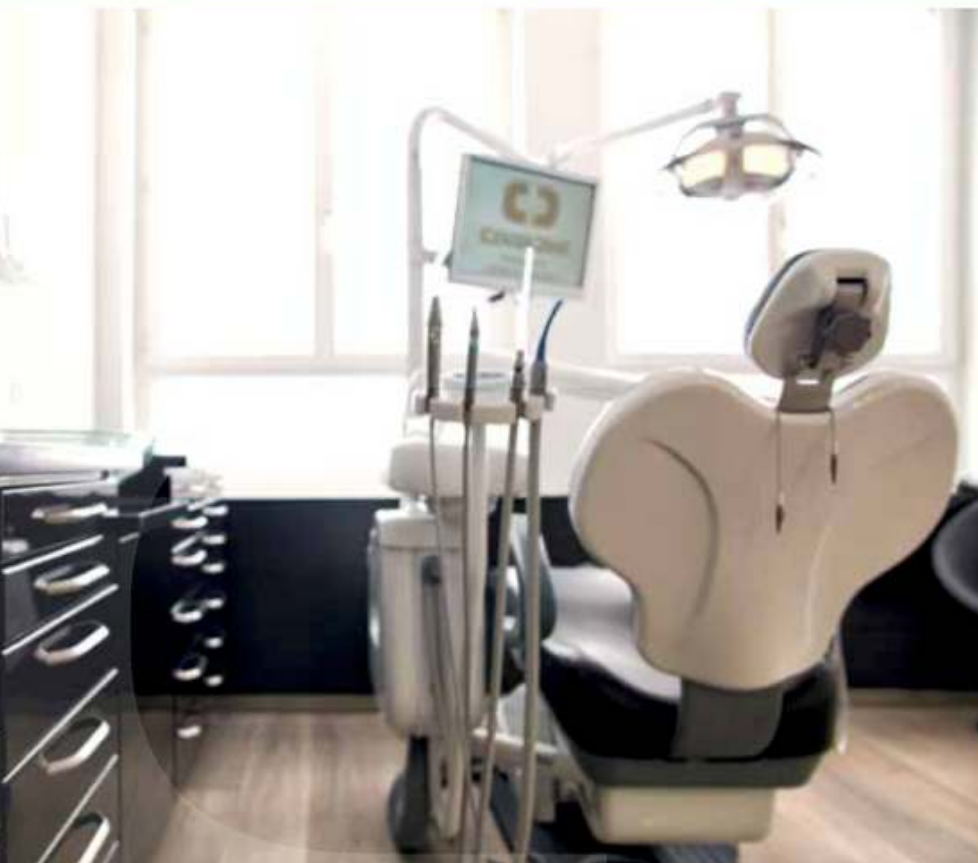
DENTISTS  
ZORLU CENTER ISTANBUL

ZORLU CENTER  
TERAS EVLER T0 DAIRE 35  
BESIKTAS ISTANBUL

TEL: 0212 353 63 83  
FAX: 0212 353 63 84

INFO@SWISSCENTERDENT.COM  
WWW.SWISSCENTERDENT.COM

OPENING HOURS:  
MO-FR:10:00-20:00  
SAT:12:00-18:00  
SUN:11.00-14.00





**TOUCH/CLICK** on the name to go directly to the website or social media account



## ACCOMMODATION & TRAVEL

Alternative City Tours

A series of specially designed itineraries around the lesser known areas of this wonderful city. Join me.

Barbera Hotel

Boutique hotel

Manici Kasri

Manici Kasrı Hotel is in the mountain village of Yesilyurt, on the Aegean, 24 km from Assos.

Zoe Yacht Cruises  
Istanbul

Daily Istanbul & Bosphorus  
Cruises by Private Yacht



## AGRICULTURE & GARDENING

Aydos Tarim

Produce & Export & Import  
Plant Fertilizers and Seeds



## ART & DESIGN

FW LUXE Decor &  
Lifestyle

Interior Design & Home  
Renovation

Kelen

African Art event Manager



## BEAUTY, HEALTH & WELL-BEING

Anne Nature

Organic Certified Skin Care  
Products

Ayurveda In Istanbul

Ayurvedic nutrition, Psychology  
therapies for anxiety, panic,  
insomnia as well as hair  
regeneration therapies.

Dr. Shirin's Organic  
Cosmetics

A line of natural skincare  
products made from organic  
ingredients

Plantgevity Nutrition  
Solutions

As a Registered Dietitian, I  
empower you to be your best  
through the power of whole,  
plant-based foods.



**TOUCH/CLICK** on the name to go directly to the website or social media account



## BEAUTY, HEALTH & WELL-BEING



Balancing Life Yoga

Specialty Yoga for Adults, Kids and Teacher Trainings

Swiss CenterDent

Dentist & Dental Clinic



## CAKES, PASTRY & CHOCOLATE

The Apricot Bakery

Katya Yesilcimen +90 538 860 90 19  
Packaged holiday treats

Bitsamore

Soothe the pain away with delicious "feel good" kits of chocolate & Candy & More!



## COACHING & CONSULTING

Anne Koçu Istanbul

I provide birth trauma prevention coaching to (pregnant) women for strength and selfconfidence before, during and after birth.

Artevis

Training, Consulting and Coaching services

Bright Future Leaders

Executive Life Coaching

Compassion Flow Coaching

Transformational life coach

G&L Shift

G&L Shift's founder, offers individual and group coaching packages on Business, Team, Career, International Mobility.

Her Expat Life

Her Expat Life is a private company dedicated to advancing the lives of women who live a global lifestyle.

KAI Consulting

Psychologist, mainly works with people who are unhappy with their bodies and looks.



**TOUCH/CLICK** on the name to go directly to the website or social media account



## COACHING & CONSULTING



Maika Endo Coaching

Business Coach for wellness entrepreneurs, impact driven entrepreneurs & coaches

Tara Lutman Agacayak  
Coaching and Consulting

Coach



## COFFEE & ROASTERY

Espresso Perfetto

Coffee machines and grinders.  
Freshly roasted coffee beans. Coffeeshop. Onlineshop

Leali Caffè Gelato

Coffee & Icecream shop



## DECORATIONS & GIFTS

Anjana Bhardwaj Art

Wooden home decorations

Colour&Fabric

Patchwork & Quilting ( Special handmade table mats, bed covers, fabric flowers, fabric bags and gifts)

Dot Design Studio

Produce handmade home décor objects and holding ceramic classes

GRENADE & LOKUM

Carpets, kilims, rugs and handmade and exclusive goods from Turkish local artist

Handwritten By Lisa

Cards, gifts and products all handwritten / hand engraved using modern calligraphy and hand lettering.

Inshirah Collective

A gorgeous upcycling of textile waste

Kinuc ceramics

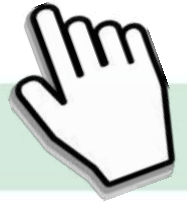
Handmade, handcrafted, wheel-thrown, hand-painted ceramics



**TOUCH/CLICK** on the name to go directly to the website or social media account



## DECORATIONS & GIFTS



Living Traditions

Handmade Olive Wood Products

Noverra

Handmade unique objects from Murano Glass combined with silver, silk, wood and other materials



## EDUCATION & COURSES

Casa Maravita

International Family & Children's Center

My Turkish Garden (MTG)

Language courses



## FASHION, STYLE & ACCESSORIES

AishaMia

Turkish fashion brands-cloths, jewelleries, accessories and home decorations.

Chrissy Güleç Style

Personal style, color and image consulting, wardrobe editing, personal shopping. Etiquette courses for adults and youth.

Gala Textile

Clothing

Shaira1885

Hand woven Indian fabrics. Linen, silk, cotton, Tibetan brocades and more

Thrift Moda

Vintage and designer shop

Turquoise Tassel

A boutique project creating one-of-a kind embroidery accessories with underprivileged yet skilled women.

UMBlstore

Premium Phone Straps, Accessories & other products



**TOUCH/CLICK** on the name to go directly to the website or social media account



## FOOD & BEVERAGES



Mavii's

Indian cuisine, on-call chef, catering for special occasions, accept orders

Pop-up Dinners  
Istanbul

Bi-weekly themed dinner since 2014. Now, author of the first in a series of cookbooks: The Expat Alchemist cooks Punjab.

RASHA's Kitchen

Labanese Cuisine and Pastries (catering for up to 30 people and cakes)

Taco & Tortilla

Tacos & Tortillas healthy fast food, dine in (indoor/outdoor), to go & delivery in Besiktas



## JEWELLERY

Ceramic Ox

Lightweight, stainless steel backed, unique ceramic earrings design inspired by Indian, Hong Kong & Istanbul.

Galeri Santim

A contemporary jewellery gallery with unique & inventive works by established and up-and-coming new designers.

Kinuaccessories

Porcelain hand-sculpted, painted and glazed jewelry

Lilyniko

Jewellery

Mosaic & Micro Mosaic  
Jewellery

I do roman mosaic and micro mosaic jewellery

PEGAH Jewellery

Jewellery



**TOUCH/CLICK** on the name to go directly to the website or social media account



## OTHER SERVICES



SUMO Creativity

Copywriting services for impact-driven businesses.



## PHOTOGRAPHY

Noemie Deveau  
Photography

Family photographer, Business  
portraits creator, photography  
teacher



## PSYCHOLOGY, THERAPY

Scalpa  
Micropigmentation,  
Scalpaesthetics Turkey

Scalp micropigmentation is a hair  
follicle replication process that  
helps people suffering from  
different types of hair loss

---

ISTANBUL CREATIVE  
ARTS THERAPY  
INSTITUTE

Creative Arts Therapy

---

Equinox Psychiatry and  
Therapy

Mental- Psychological  
Assessment, prescription of  
medication and Psychotherapy in  
English



Reminder,

# Membership Cards

are now

**DIGITAL**

Your IWI membership card is now digital and comes with a QR code: this means you can now access it at all times from your phone.

The idea is to make it easier for you to check your membership status and benefits from the numerous discounts our partners offer, you just need to present them with the new-QR card!

This system works for ALL our Members; Classic, Business, and even Honorary Members

**PLEASE CHECK ALL YOUR DETAILS ARE UP TO DATE THERE TOO!**

**To access your new digitalised membership card, you just need to:**

1. Download the Wild Apricot (MEMBERS) app on your phone
2. Open the app and log in with your usual log in info (those you use when logging onto on our website)
3. Your profile will appear with a blue 'MY CARD' button under your name. Just click on it and the QR code will be displayed!

If you are experiencing any difficulties with this new system or the instructions, please reach out to our super IT Lead, Silvia, at: [it@iwistanbul.org](mailto:it@iwistanbul.org)







# *Next Issue;* Spring & Earth Day

**Available on 1st April**

If you would like to contribute,  
please email

**MAGAZINE@IWISTANBUL.ORG**

by 10th April





*Happy,*  
-----  
Women's  
-----  
DAY

