

Welcome Sam Hughes from Mondo*dr



If there is one food Sam Hughes, Assistant Editor at Mondo*dr magazine cannot bring himself to eat, it's muscles! Maybe you can convince him to give it a try over Mediatech! Sam, enjoy your very first visit to South Africa. And just for interest, muscles have a range of benefits: healthy heart, treatment for arthritis and joint pains, helps the circulatory system, prevents anaemia and even asthma! But I guess the day you eat muscles, will be the day Duncan Riley eats avos!

Looking forward to seeing you and thanks to the Mondo team for all the publicity!

