

FUNDUEWS

Magazine

Saif AlShaker
Cosmetic Dentist

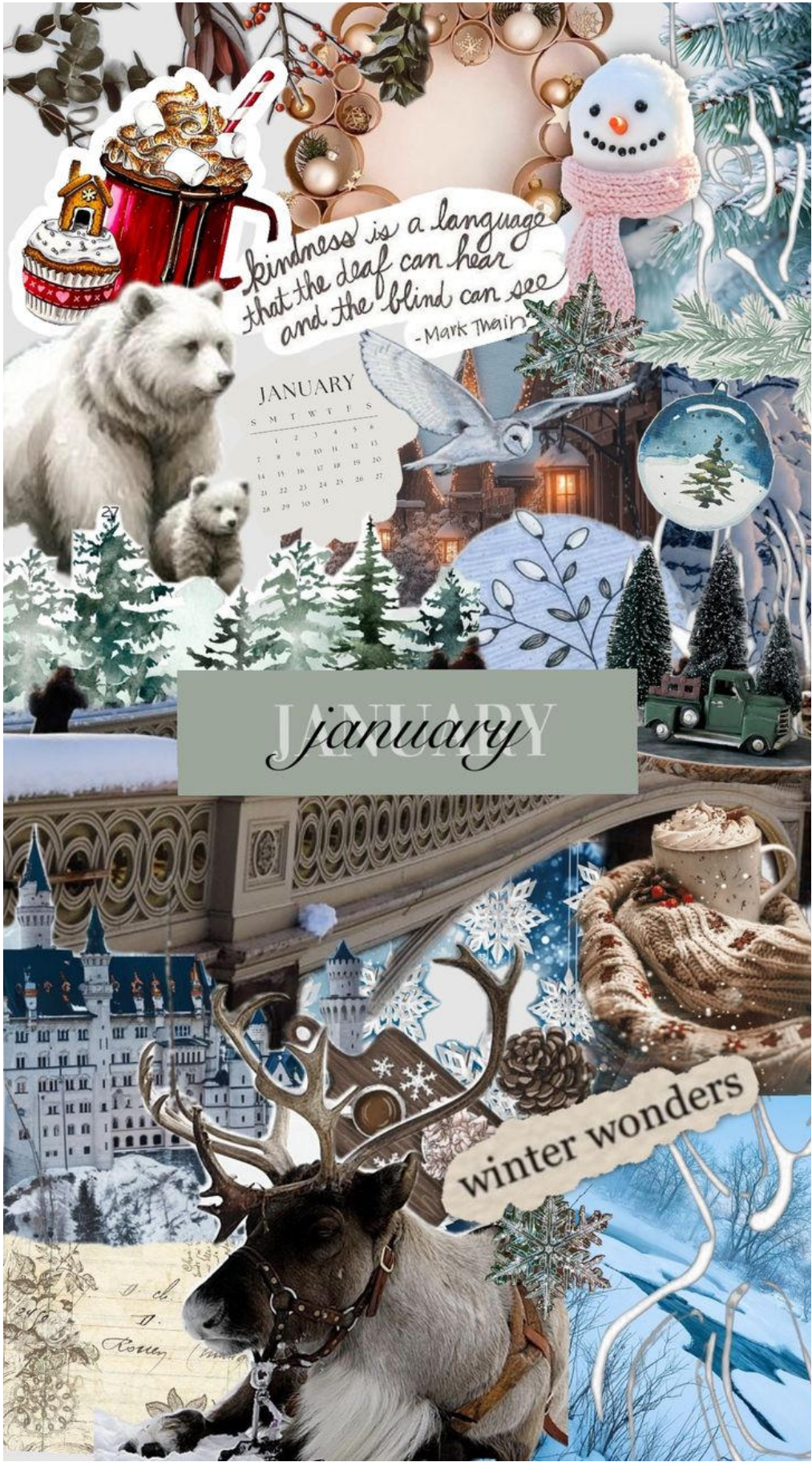
JANUARY
2026
ISSUE 31

DIGITAL WORLDWIDE DISTRIBUTION

CULTURAL
EVENTS

PRODUCT RECOMMENDATION





JANUARY

“There is a beauty in every January sunrise-a new day, a new opportunity to grow.”

PRODUCT RECOMMENDATION



EDITOR'S PAGE

Cosmetic Dentistry

Cosmetic dentistry has revolutionized how people perceive their smiles, blending health with aesthetics to boost confidence and well-being.

Beyond mere appearance, cosmetic procedures like teeth whitening, veneers and orthodontics play a significant role in enhancing oral health by correcting misalignments and improving bite function. This field has grown rapidly, driven by advances in technology and increased awareness of the importance of a radiant smile.

However, cosmetic dentistry raises important considerations. Treatments must be tailored to individual needs, prioritizing dental health over purely aesthetic outcomes. Ethical practice demands transparency about potential risks and realistic expectations.

Furthermore, the rising demand has made some procedures prohibitively expensive, highlighting a gap in access that needs addressing.

Ultimately, cosmetic dentistry is not just about vanity; it is a powerful tool for improving quality of life. As the industry evolves, it should focus on affordable, safe and patient-centered care, ensuring everyone can benefit from the confidence a healthy, beautiful smile brings. This balance between beauty and health will define the future of cosmetic dentistry.

Vassilios Nicolaos Vitsilogiannis



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CULTURE

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-Forbes Medical Summit 2025



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-House Of Organics



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-Exclusive Dinner Party



-Shanasheel Restaurant Event



-Bridal Fashion Week



-18th Models Reunion



-Christmas Day At Nobilis



SAIF ALSHAKER
A PIONEER IN COSMETIC DENTISTRY



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Saif AlShaker is an Iraqi dentist specializing in dental treatment, restoration, and cosmetic dentistry, who holds the titles of Smile Maker and Cosmetic Dentist of the Year 2023.

Dr. Saif AlShaker earned a bachelor's and master's degree in dental treatment, restoration and cosmetic dentistry in Iraq and a high diploma in cosmetic dentistry from the British Academy of Implant and Restorative Dentistry in Dubai. He is a fellow of the British Academy of Implant and Restorative Dentistry and a platinum fellow of the British Oxford Dental Academy.

Dr. Saif AlShaker is considered a destination for many celebrities in Iraq and the Arab world. He is among the most famous cosmetic dentists in Iraq. He is one of the pioneers in introducing medical tourism to the city of Erbil in northern Iraq. He is one of the owners of the Le Royal Dental Clinic Center in Erbil. He has participated in many international conferences, regional and local.



Kurdistan Region, in northern Iraq. This ceremony was attended by representatives of the Oxford Dental Academy, many political, artistic and medical figures, a number of singers, media figures and many satellite channels and correspondents.

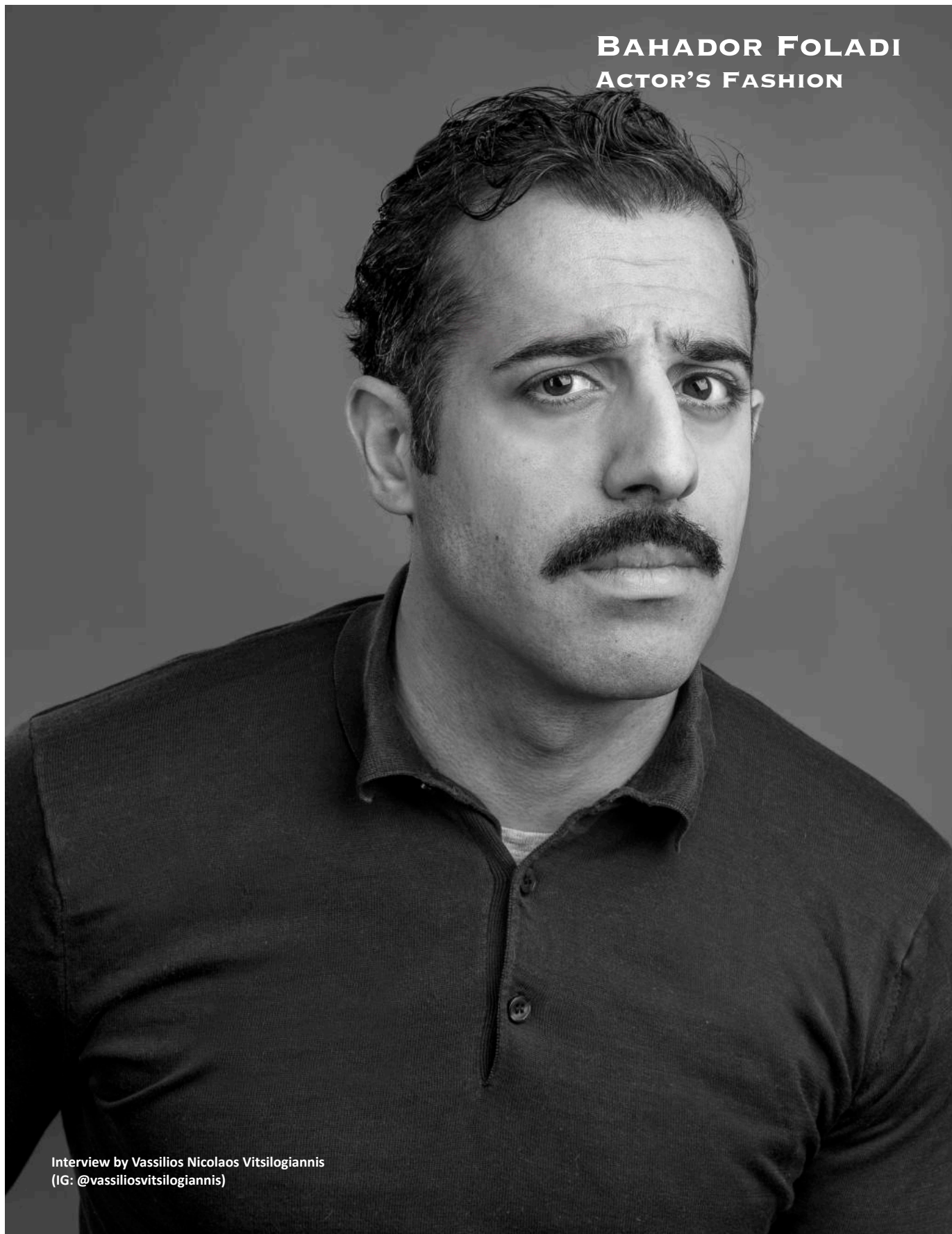
The Oxford smile is a special type and distinctive brand of the smile belonging to the Oxford Dental Academy, which is located in the city of Edinburgh in the United Kingdom. It is manufactured in limited and private laboratories affiliated with the academy around the world, where it was introduced to Iraq for the first time by Dr. Saif Al-Shaker.

The doctor held a grand opening ceremony at the end of February 2024 to honor the exclusive representation and official partnership with the British Oxford Dental Academy and Smile in Iraq and the Kurdistan region. This grand event was held at the Divan Hotel in Erbil, the capital of the



Images by Saif AShaker Archive

BAHADOR FOLADI
ACTOR'S FASHION



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Bahador Foladi is a rising international actor. He has just wrapped season 2 of Apple TV+ series TEHRAN and is currently shooting the feature film KANDAHAR. The new season of THE MACHINERY (2020-2021) will soon be on TV. Bahador has starred in many productions such as the hit series GÅSMAMMAN (2016-2019), BOX 21 (2020), and STHLM REKVIEM (2018). His native languages are Swedish and Persian. And he also speaks American English fluently.

Where are you originally from and where are you located recently on the map?

I'm originally from Iran, my family and I came to Sweden when I was three and a half years old. I was raised in Gothenburg in a suburb called Angered. I also started my career as an actor at "Angereds Teater" theater company when I was a teenager. I'm based in Stockholm, Sweden. I was in Saudi Arabia shooting a Hollywood feature film called Kandahar.

Why did you choose acting?

Ever since I was a little boy, I loved watching movies and TV series, mostly American shows and movies. I remember myself as a kid, I used to watch a lot of classic films with my father, who was also a real film enthusiast and he was also an actor in Iran and Sweden. He introduced me to a lot of different directors and movie genres, which affected my life in a very good way. I never thought that I was going to become an actor when I was a teenager because for me, life was about something else. I started to study martial arts at the age of 7, it was the art of taekwondo and I thought that was going to be my future. I won the Swedish junior championship when I was 17.

"Angereds Teater" offered a high-level educational experience. They had an audition for 13 students, which I attended and was accepted into. As a result, I took a leave from high school for a year to participate in this educational program. The theater company's course plan was to have

acting classes and different classes in fine arts and aesthetics. At the end of the education, during the 6 months of rehearsal, we improvised a play together with the professional actors who were in the ensemble of the theater company. During my education, the Artistic Director, who was in charge of the whole company, asked me if I wanted to stay and continue my work as an actor at the theater company and I was really thrilled because I hadn't even completed my high school education and this company offered me to stay and work as a professional actor. So, I did what I had to do, I dropped out of high school and I became part of the ensemble at the theater company and that was just the beginning of my career.

You're a multi-talented actor with many credits in film and TV; what would you say motivates and inspires you to be the best at your profession?

The best inspiration for me is life itself and the experiences one lives throughout one's life. But I also choose to be inspired differently for each project. I find my inspiration through music, books, movies, plays, through my kids, my wife, and my friends. Physical training for me is a good motivation to perform better when I'm trying to find the character role, even though the character is not physical. It's still helping me to find a good balance, which I think is the most important thing for a role to have: a strong foundation for the character role.

As an actor, what would you say it's your favorite genre in the roles you play?

I think my favorite genre is playing comedies because you get so much joy when you make other people happy and laugh at your performance. I've done a lot of comedies throughout my career on stage, but not much on TV or in the movies, which I hope to play in the future. But I really enjoy other genres too, both drama and action are also part of my favorite genres and also science fiction. I think the most fun I've had on the set is in the action genre because you get to do a lot of crazy stuff, like preparing a stunt or going through weapon training. Or even, when you get to train really hard physically for a part and maintain that strength and stamina through the entire shoot. That's fun.



Do you want to share with us any of your hobbies or the things you do aside from acting?

One of my absolute favorite hobbies is spending time and playing with my two children. I am a film buff, so I like to watch a lot of movies and also TV series when I have the time and am not working much. Also, physical training like going to the gym and jogging outside in nature is a hobby too.

Do family and friends play an important role in your life? How do they keep you balanced?

Absolutely. I have two children and live together with my wife and that's the center of my life. Everything else is secondary. But I wish it were that easy. Sometimes it could get really lonely when I have to travel and work in other cities or countries and when it's impossible, I bring my family with me. I hate "quality time via video calls" with my kids; it's not what I hoped for by being a successful actor.



What are some of the projects that you have just wrapped up recently and what are some of the future ones?

The last two projects I've wrapped are, first of all, the Machinery season 2. It was really a fun project. Richard Holm, who is a great director and a wonderful person, the way he works in is just delightful. He makes everybody feel welcome and loved, which is important. I think that's one of the best qualities a director could have.

The second project I wrapped was Tehran season 2. I must say it was one of the happiest times in my life as an actor. Everybody on that project has a special place in my heart. So rewarding and grateful to be part of that show. So much talent in front and behind the camera. I was to remain lifelong friends with plenty of my colleagues from the series.

I shot Kandahar, which was a Hollywood feature film starring Gerard Butler and Navid Negahban. The film is directed by Ric Roman Waugh and produced by Thunder Road Pictures. A CIA operative and his translator flee from special forces in Afghanistan after exposing a covert mission.



Tell me a few things about your role in the Tehran series and the Kandahar film.

I can't disclose much, but I can say watch them both.

Who are some top film directors you'd aspire to work with?

All right! I'm going to name some of the directors I would like to work with because their movies inspired me when I was younger: Steven Spielberg, James Cameron, Kathryn Bigelow, Quentin Tarantino, Susanne Bier, Christopher Nolan, and many more.

Do you believe social media is a great support to actors?

Yes, it's a great support to actors if they want to reach out to their fans. Years ago, actors had to call the press if they wanted to make an announcement or just say something important, but now actors could just do it themselves, so yes, I consider it a powerful tool.

Have some of your childhood dreams come true?

To be successful in life was one of my childhood dreams.

What's your motto?

Never stop dreaming!



Images by Online Sources

LIZAN DIZAYE
A MULTITALED ARTIST

Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Lizan Dizaye is a Kurdish Dutch multitalented artist, she's a singer, songwriter, activist, WFPUSA Ambassador, model, photographer, agent, producer and author in several magazines. Lizan is the first Kurdish artist who is featured in over 60 legit American news & press magazines like Fashion Magazine NYC, US Weekly, Medium Disrupt, Vents, US Reporter, Gettyimages, Billboard in Times Square and many more legit USA magazines and other magazines all over the world. Lizan is the first Kurdish model who be featured in Vogue magazine. She got crowned Miss High School in Holland, Enschede, in the year 2003 and was awarded for winning the high school pop idol contest. She was also awarded during skating and badminton sport, Lizan writes her own song and records her vocals independent, she is an Instagram star, reaching over 400k followers and fans, Lizan released her first song called "George Floyd" based on black lives, it reached thousands of fans and streams and views on YouTube Spotify and Instagram, soon on #justiceforgeorge page followed Lizan on Instagram, And soon after Lizan released her second song "Hey my love" a love song for her fans it got viral on all platforms, followed by 9 other song releases "Quarantine" Song for those who lost their loves ones during covid-19 and "Vibes" an EDM rap house style ft rap icon Famejaiella it got successful on all platforms reached thousands of views and streams, soon after fans asked for more releases. Lizan has more music releases and surprises on the way to entertain the world and her fans.

At what age did you start singing and writing songs?

I started singing and dancing for my parents while listening to my favorite song. I was just two years old and at the age of six, I began writing songs.

What is music for you?



Music is my world; it's a big part of my life.

What's your favorite music genre?

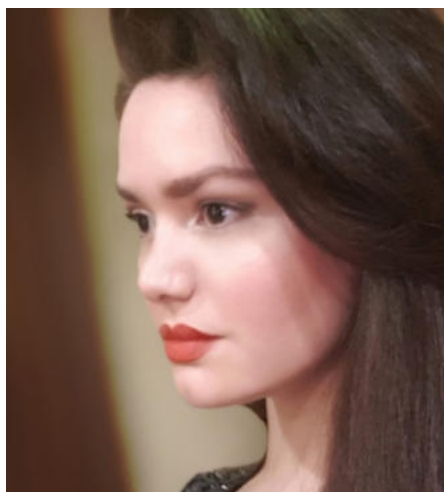
EDM, pop, R&B, classic, old school.

Let's talk about your modeling career. Why did you choose to be a model?

I choose to be a model not only because I accept myself the way I am and who I am as a model from inside and outside, but also to motivate other girls to accept their natural beauty and love and accept themselves for who they are inside and out.

Have you thought of acting as a main profession?

I would love to play one of Disney's princesses someday.



What has been the best performance of your career so far?

Performing on stage in front of my fans in big, famous clubs. And the day I won the high school Pop Idol contest for the best live singer performer and Miss High School in 2003.

Do you follow a certain healthy diet?

Sometimes when I feel like I'm gaining weight, I just eat healthier food and avoid chocolate, cookies, and other junk food.

Tell us some of the people who are your biggest influences.

Well, I love Keanu Reeves, Johnny Depp, Leonardo DiCaprio, Elijah Wood and Angelina Jolie are great actresses and actors. I like Justin Bieber, The Weeknd, JLo, Madonna, Britney and some more great singers.

What's your favorite fashion style?

I like chic, classy dresses and skinny jeans. Boots and classy accessories, and long jackets, leather style too.

Any plans?

My feature plans are to work collab with major artists like the Weeknd and Justin Bieber on new music someday.



Images by Online Sources

ANTONIS FLOKOS

PET KEEPER

Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)



From an early age, Antonis Flokos has been part of the Olympiacos academies, where he spent eight years of his football development. Then, he moved to a team in the Greek Second Division in Kifisia, followed by one year with a football club in Dubai. Today, Antonis competes in the Greek Third Division championship. Over the past two years, he has also been actively involved in real estate.

The philosophy behind animal hosting was born through Nala, the family dog. His most vivid childhood memories and most genuine emotions are inseparably connected to her. After her loss, he initially decided not to form such a deep bond with another animal. However, her absence was profound. As a family, they therefore chose to fill their home once again with four-legged presences, but in a different, more meaningful way.

They began hosting two to three stray dogs at a time, until they found the right family for each one. Shortly afterwards, Antonis started offering paid hosting services as well, making use of the contacts and relationships built over years of socialization through Nala. With simple name tags and the power of personal recommendation, his hobby gradually evolved into a primary source of income. During the summer months, his home essentially operated as a “warm hotel,” while the Keepet platform ranked it in first place for many consecutive months.



The continuously increasing demand created the need for a second space. Within one month, they brought the idea to life and now operate in two homes: his family home and another in Paiania. His vision is to create a specially designed facility for 35 to 40 dogs, so that they no longer have to turn down requests and can offer even better conditions.

Competitive advantage

- Dogs live together as a pack and socialize
- They go for walks twice a day
- One of the daily walks takes place in the mountains, with or without a leash
- They learn to share, coexist, and function as a team
- There is a 24-hour human presence
- They move freely in the space, without cages or restrictive yards

In contrast, in conventional dog hotels:

- Dogs stay in separate rooms
- Human presence is limited

- There is no group living or interaction
- Movement is restricted to a specific enclosed yard

Plans for immediate implementation

- a. Creation of a separate area for non-socialized dogs, with the goal of gradual socialization and smooth integration into groups.
- b. Provision of grooming services, ensuring comprehensive care for every hosted dog.
- c. Creation of a dedicated hosting unit for stray dogs, in collaboration with shelters, continuing and strengthening the adoption program.

The goal of this effort is outreach and collaboration with the appropriate networks that will support and promote Antonis's work. Antonis and his family want their growth to remain consistently aligned with their identity, as their identity is the core of their development.

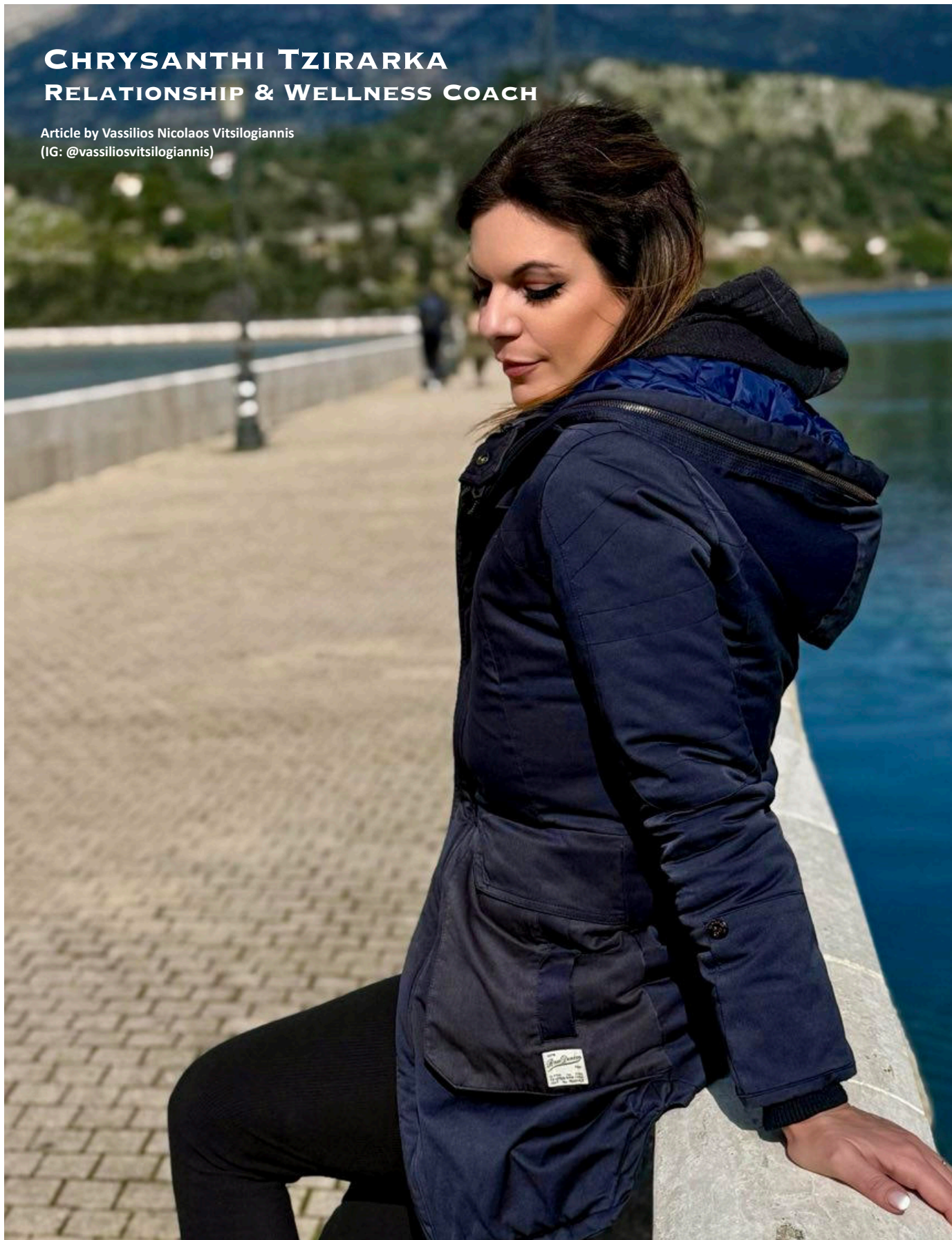


Images by Antonis Flokos Archive

CHRYSANTHI TZIRARKA

RELATIONSHIP & WELLNESS COACH

Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)



Chrysanthi Tzirarka is a Relationship & Wellness Coach with the *Couple Goals* team.

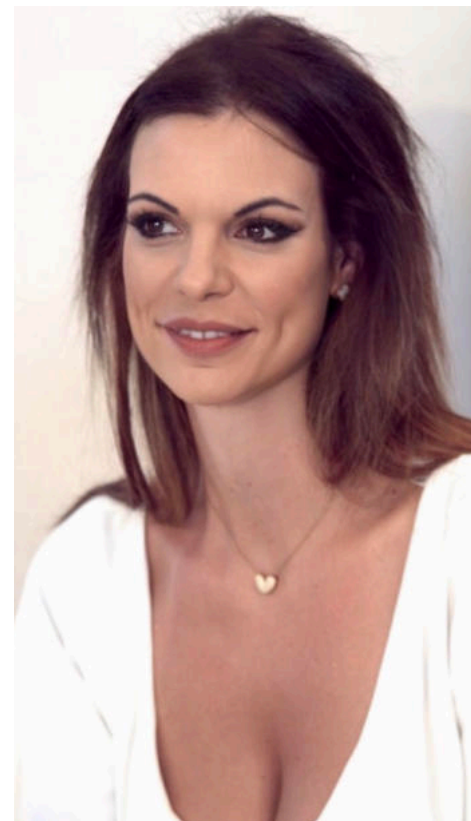
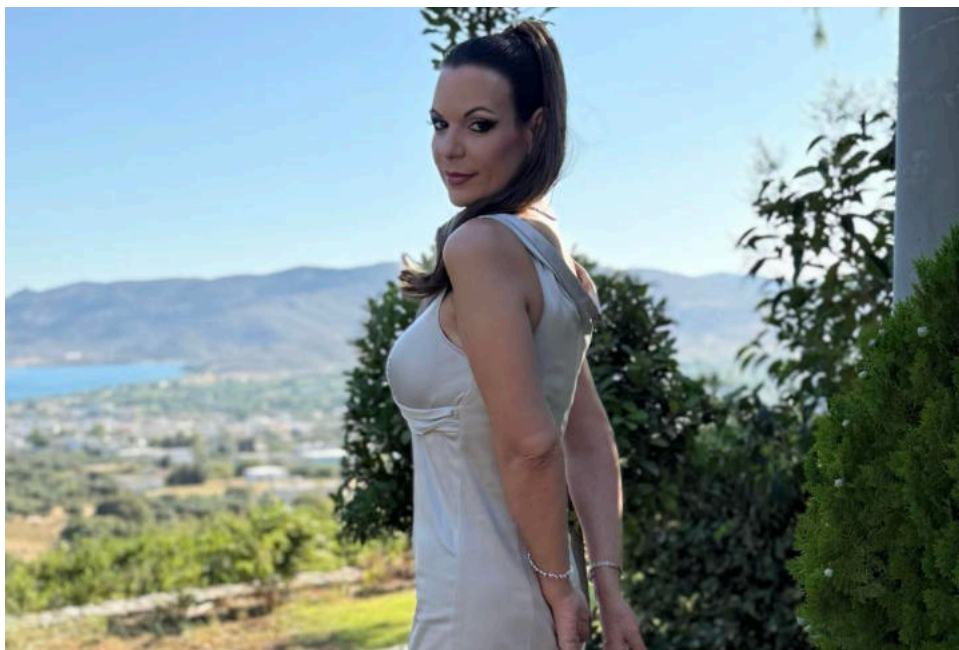
For many years, she worked as an English teacher with children on the autism spectrum, as well as with children in general. There, she learned something that continues to guide her to this day: people do not change when they are pressured, but when they feel safe—when they feel seen, heard and given the space to be themselves.

She studied International and European Studies at the University of Piraeus and completed a Master's degree in Positive Psychology, driven by a deep interest in how people can be empowered to build a healthier relationship first with themselves and then with others. She later completed her studies in Coaching (ICF), which allows her today to work with individuals and couples who want to communicate with depth—not just with words—and to create relationships that are clear, safe and alive.



Alongside her coaching work, Chrysanthi has always been involved in writing. She has written newspaper articles, academic papers and poetry and has participated in political and collective spaces that taught her to observe human beings not only as individuals, but also within their wider social context.

For her, relationships are not just theory. For many years, she played basketball, learning firsthand the meaning of teamwork, boundaries and trust. Today, she practices Argentine tango—a dance that reminds her daily what connection, rhythm, wordless communication and mutual presence truly mean.



She deeply believes that people soften when they are loved. And when they are loved, they become calmer, stronger and more human.

For Chrysanthi, a relationship is a safe space where a person can slow down, be heard and be loved as they are. When true presence exists, the relationship can breathe—and the human being can truly flourish.

STELLA ZAFEIRI

HER ARTISTIC JOURNEY

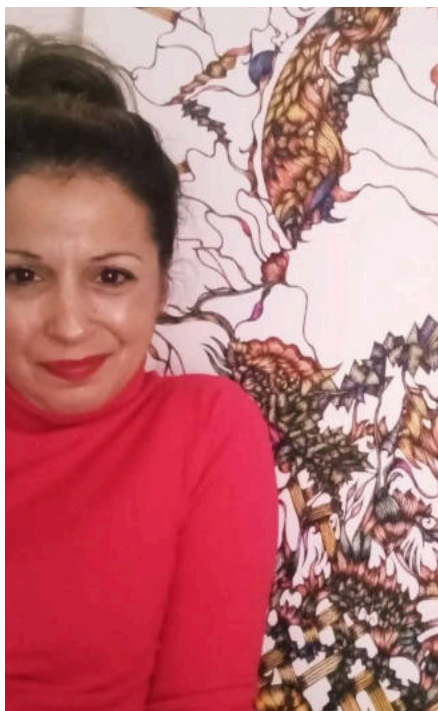
Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)



Born and raised in Athens, Stella Zafeiri's artistic journey is rooted in an early, instinctive urge to translate inner states into visual language. From childhood, drawing served as a bridge between experience and expression—a quiet but persistent dialogue between the unseen and the visible.

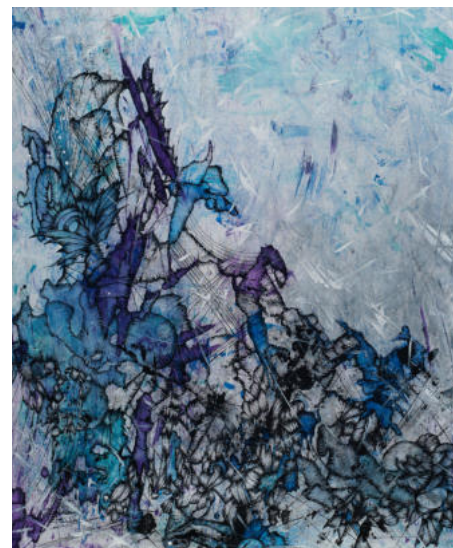
Her path, however, was never linear. Zafeiri studied interior decoration, sound engineering and makeup, moving fluidly across disciplines while maintaining a steady commitment to artistic creation. This multidimensional background continues to inform her practice, lending her work a sensitivity to space, rhythm, texture and transformation.

Living abroad played a pivotal role in shaping her artistic identity. Five years in England, followed by nearly two years in South Korea, exposed her to diverse cultural and aesthetic philosophies. It was in South Korea, through her studies in Asian painting, that she encountered ink as a living medium. This meeting proved decisive. Ink—its immediacy, unpredictability, and depth—became central to her visual language. Alongside painting, she explored ceramics, further deepening her relationship with material and gesture.



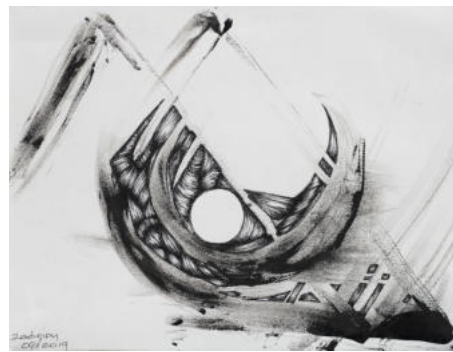
For Zafeiri, the line is not merely a formal element; it is an act of mindfulness. Each mark becomes a conscious movement, a moment of presence. Her work reflects a belief that we are the creators of our own reality—and that by identifying and releasing beliefs that no longer serve us, transformation becomes possible. Within this framework, her paintings function as energetic fields: spaces of liberation, redefinition and flow.

After returning to Greece, she briefly explored jewelry as a medium before ultimately returning to painting as her primary form of expression. She now works exclusively with Chinese ink on canvas, introducing color through acrylic inks and ink on paper. The restraint of her materials heightens the intensity of each gesture, allowing movement and intention to take precedence over excess.



Her work has been presented in five solo exhibitions across alternative spaces and art venues and in more than twenty group exhibitions. Yet beyond exhibitions, her practice is deeply embedded in daily exploration—of consciousness, matter and inner motion.

For Stella Zafeiri, creativity is not a destination but a continuous process. It is a way of living, seeing and being—where art becomes both mirror and method, revealing the quiet power of awareness through line and movement.



Images by Stella Zafeiri Archive

SOFIA BAKA

MODEL

Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)



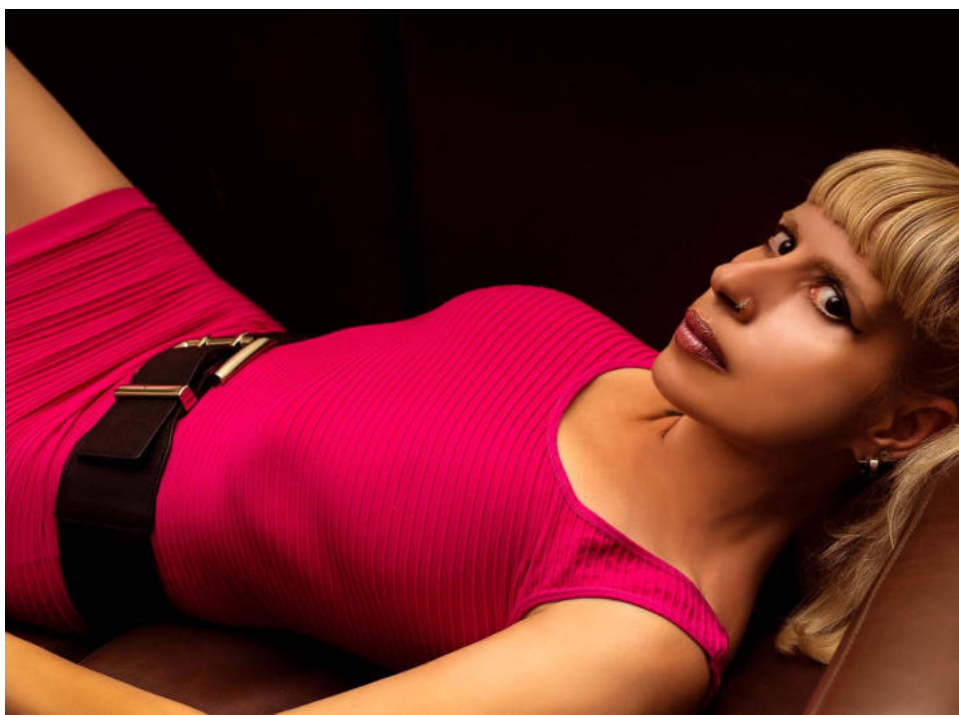
Sofia Baka began her professional modeling career at the age of 29. Her first signing was with Fame Model's Agency. She works primarily as a hair model. Her first job came through Fame Model's Agency for a project with L'Oréal. She then collaborated as a hair model with the Nicolas hair salon.



She later also signed with Base Model's Agency. After that, she collaborated with Mrs. Manousaki at Model's Agency, through which she secured her first hair modeling job with Wella. She also signed with Happy People Model's Agency. Through that agency, she worked with Schwarzkopf and Mr. Christos Michailidis, as well as participating in several extra roles on Mega Channel, such as "Spiti me to Mega" and many others.



Also, she completed her first professional photoshoot with the renowned photographer Vasilis Filippopoulos.



AI AND FASHION

Article by Kanella Vollari
Stylist (FB: @kanellavollari)



In 2023, AI technology entered our lives and changed everything. It has permeated every aspect of our daily lives, and it was inevitable that it would also affect the world of Fashion.

From the very beginning, there were reactions, and those who believed that AI would operate at the expense of creativity. Because it is based on algorithms and libraries of pre-existing data, it was thought that it would place limitations on new inspirations and on the creativity of Fashion Designers. However, let us remember that Fashion has always “moved in cycles.” How many times have the same trends returned—for example, miniskirts, flared trousers, shoulder pads, neon colors, and so on?

The various applications are new and extremely useful tools that help us save time, money, and energy. In this way, we are able to focus more clearly on what we want to create, with less strain.

Another positive aspect of using Artificial Intelligence is the clear guidance it provides toward achieving the best possible result.

However, with every new technological application, there is a period of adjustment. Yet I can say with certainty that, no matter how advanced Artificial Intelligence becomes, it will never be able to replace human inspiration and creativity.



One negative aspect of AI that has already appeared in the world of Fashion—and by extension in advertising and commerce—is the replacement by many companies of human models with avatars. This is certainly a much cheaper option for a brand, for example, not having to pay models for photo shoots and advertising campaigns.

However, there is also unexpectedly very good news. Based on AI, so-called “smart clothing” has been created, which can detect diseases such as Alzheimer’s! Fashion in the service of Medicine—and vice versa. Here I would like to mention with great pride that Greek students from Thessaloniki have created a new AI application called “FASHION LAB,” which allows us to “try on” clothes through our screens. We create our own avatar, which tries on clothes and anything else we might be interested in purchasing, and then we decide what to choose.

This is especially helpful for those who are hesitant to shop online because they are unsure of their choices. Imagine, however, how helpful this application is for people with mobility impairments!

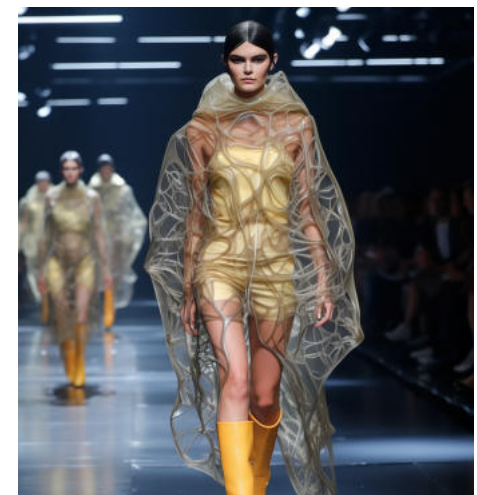


Another use of AI is 3D-printed clothing and accessories. In this application, there is no need to purchase fabrics and other materials.

Every day, AI will discover new possibilities and new applications in the field of Fashion, which is the subject of this article. What is certain is that Technology is developing and will continue to develop constantly. The key issue, however, is its proper use by humans. It was created by humans to serve humans.

AI technology has already begun to be taught in Fashion Schools, and new designers are learning how to use and apply it from the very first stages of fashion creation. However, the starting point and the “A” of learning will always be—and will remain—history of art, fashion, and costume, just as we designers have always learned and studied.

Without knowledge of our history, we cannot have a stable and creative future. I wish inspiring creations to both established and new creators, whether they still use pencils and markers or the most advanced technology!



Images by Online Sources

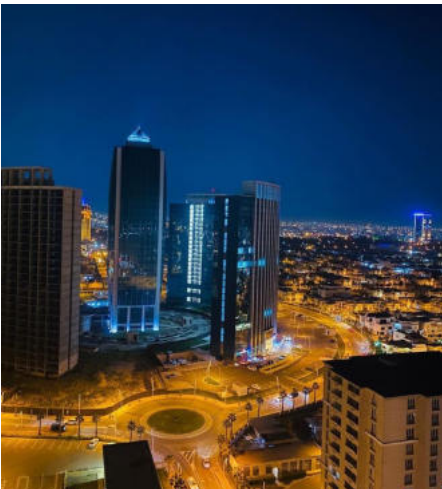
ERBIL WITH ITS ICONIC CITADEL

Article by Bill McJohn
Editor



Erbil is the capital city of the Kurdistan Region in northern Iraq. Known for its rich history and vibrant culture, Erbil offers a unique travel experience that showcases ancient and modern influences beautifully intertwined.

The heart of Erbil is its iconic Citadel, a UNESCO World Heritage site and one of the world's oldest continuously inhabited settlements. Walking through the narrow, winding streets of the Citadel, visitors can explore traditional Kurdish homes, museums and craft shops. The panoramic views from the top are breathtaking, giving a glimpse of both the old city and the sprawling new district around it.



Despite its ancient roots, Erbil is a city full of life and optimism, making it a compelling destination for travelers seeking culture, history and warm hospitality in the heart of the Middle East. Whether you're exploring its age-old citadel or enjoying the vibrant street life, Erbil promises a memorable and enriching experience.



Erbil's markets or souks are a sensory delight, especially the Qaysari Bazaar, where you can find colorful textiles, spices and handcrafted souvenirs. The city's culinary scene features delicious Kurdish dishes such as dolma, kebabs and hearty stews that reflect the region's rich agricultural heritage.



For history enthusiasts, the nearby archaeological sites, such as Jarmo and Shanidar Cave, offer fascinating insights into early human civilization. The city's modern side is also impressive, featuring luxury hotels, cafes and parks that provide comfort and leisure for tourists.



CUISINES OF RENEWAL: FOOD RITUALS THAT RECOGNIZE TIME, BODY AND LIFE AT THE BEGINNING OF THE YEAR

Article by Rafael Brunhosa
Gastronomy Chef



Before the calendar became a global agreement, time was perceived through the body. Through hunger, cold, harvest and the return home. Eating has always been one of the most effective ways of giving meaning to the passing of days.

Across cultures, the beginning of a new cycle is not marked by rupture, but by culinary gestures repeated across generations. These are dishes that do not promise immediate transformation. They organize. They sustain. They calm.

January, when viewed through the lens of food culture, does not inaugurate the new. It reaffirms what makes continuity possible.

Eating as a way of crossing time

Throughout human history, rituals of renewal have been tied to food because nourishment acts as a symbolic mediator between past and future.

Anthropologists such as Claude Lévi-Strauss observed that cooking is a cultural act before it is a technical one. In rites of passage, food ceases to be an individual choice and becomes a collective language.

Contrary to the contemporary narrative of the “fresh start,” many societies understand renewal as a restoration of balance. The body must realign before life can move forward.

Why do broths, grains, and simple starches repeat themselves?

Historically, foods associated with renewal share common characteristics:

- They are warm and easy to digest
- They require minimal physical effort to consume
- They rely on locally available ingredients
- They carry symbolism linked to continuity, fertility and permanence.

Broth, in particular, appears in ancient records across Asia, North Africa and Europe as a food of return. It hydrates, nourishes and creates a sense of shelter. Culturally, it is transitional food.



Japan — Ozōni

Historical origin

Ozōni dates back to the Muromachi period (14th century), when mochi was offered to Shinto deities as a symbol of vital force.

Cultural role

Eating ozōni at the start of the year represents purification and spiritual alignment. The dish varies by region, reinforcing the importance of territory within Japanese culture.

Italy — New Year's Lentils

Historical origin

In the Roman Empire, lentils were associated with subsistence and household economy. Their shape resembled small coins.

Cultural role

Beyond prosperity, lentils represent material continuity. Eating them is a way of ensuring there will be enough to keep living.





Morocco — Harira

Historical origin

Harira emerged as a restorative dish during periods of fasting and transition, especially during Ramadan.

Cultural role

It rebuilds the body after restraint. It is food for returning to daily life, symbolizing renewal without excess.

South Korea — Tteokguk

Historical origin

Rooted in Confucian tradition, the soup appears in records from the Joseon Dynasty (14th century).

Cultural role

Eating tteokguk symbolizes crossing time itself. The act is collective: everyone ages together, at the table.



Brazil — Renewal without announcement

In Brazil, renewal is rarely declared. It does not appear as a formal ritual nor as a dish tied to a specific date. The reorganization of time happens quietly, absorbed into everyday life.

Brazilian cuisine does not inaugurate cycles. It resumes them.

Canja, present since the colonial period, is a food of care and recomposition. It appears when the body asks for shelter: illness, exhaustion, excess. It does not celebrate. It supports.

Rice and beans, the structural core of Brazilian daily eating, take on a quietly ritual role at the beginning of the year through repetition. In a country shaped by historical and social instability, eating what is known becomes an act of permanence.

Bean broths, simple soups, and pot-based dishes operate within the same cultural logic: food that does not perform novelty, but reorganizes the body so it can endure it.

In Brazil, renewal is not a ceremony. It is maintenance.

Symbolic ingredients of renewal

- Grains (lentils, rice, barley): continuity and sustenance
- Broth: purification and shelter
- Roots: stability and connection to the land
- Mochi and simple starches: vital force and permanence
- Legumes: complete nourishment and resilience

Emblematic dishes (cultural view)

- Ozōni (Japan): clear broth with mochi and seasonal vegetables
- Lenticchie in Umido (Italy): lentils slowly cooked with aromatics
- Harira (Morocco): legume soup with tomato and spices
- Tteokguk (Korea): light broth with sliced rice cakes
- Canja (Brazil): broth of care and restoration

More than recipes, these are culinary structures that have crossed centuries.

Cultural glossary

- Rite of Passage: a symbolic practice marking a change of state or time
- Transitional Food: food consumed during moments of return or reorganization
- Ancestral Food: dishes transmitted through oral tradition and daily practice
- Ritual Cuisine: food tied to symbolic and collective dates



Why are these cuisines returning now?

In a world defined by excess stimulation, speed and constant choice, there is a renewed interest in cuisines that offer predictability and care.

Contemporary chefs revisit these dishes not as nostalgia, but as a cultural response to collective exhaustion. They do not promise innovation. They promise grounding.

And grounding, culturally, always precedes change.

In many cultures, renewal was never about complete reinvention. It was about ensuring the body was ready to continue.

Cuisines of renewal do not shout about the future. They sustain the present.

And culturally, nothing moves forward without support.



Images by Rafael Brunhosa Archive

THE 3 STAGES OF PERSONAL AWAKENING AS A PATH TO SOVEREIGNTY: STAGE 1

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The questions that follow are not accusations, judgments, or conclusions about anyone. They are mirrors that I first held up to myself through many years of lived experience and inner inquiry.

If none of these questions resonate with you, that is completely okay. This article is not here to define where anyone should be, nor to place anyone above or below another. It is an invitation to self-honesty — only where it feels alive.

Take what speaks to you. Leave the rest. Do you sense, clearly and honestly, that something feels deeply out of balance in the world we live in? When you speak about injustice, corruption, or suffering, do you notice whether it empowers you — or whether it slowly drains your energy? Do conversations about what is “wrong out there” sometimes bring a sense of belonging or comfort, even if nothing in your life truly changes? Do you find yourself sharing pain, anger, or frustration — and receiving understanding — yet sensing that something deeper is still untouched? Is there a part of you that feels safer staying with outrage or resignation than stepping into the uncertainty of real inner change? When you protest, resist, or oppose systems you disagree with, do you feel freer afterward — or more exhausted? Have you chosen to step outside mainstream society — physically, socially, or spiritually — seeking safety or alignment, yet still noticing patterns of fear, lack, or control repeating? Do you identify as awakened or spiritual, yet feel limited in abundance, intimacy, creativity, or the freedom to live fully as yourself? And beneath all of this, do you sometimes wonder whether something essential is still waiting to be integrated within you — not “out there,” but inside?

Through these questions — and through many years of reflection and lived experience, including stages I have personally moved through — a clearer pattern began to reveal itself

to me.

What I share here is not a conclusion or a doctrine, but an observation: a way of describing three recurring stages of awakening that I have noticed in myself and in others. I offer the first stage here as part of an ongoing exploration — one that also informs the way of life we are cultivating around awareness, balance, acceptance, creativity, and relationship through the Luminous School of Creation.

STAGE 1

“Something is wrong out there.” This is often where awakening begins. You start to clearly sense that something is deeply out of balance in the world around you. You question the systems that shape our lives — governments, corporations, politics, financial structures — and you begin to see patterns of injustice, corruption, exploitation, and unnecessary suffering. You notice wars justified by power and profit. You see fear being cultivated and sold. You witness how human lives and the planet itself are treated as resources rather than living realities. This perception is not wrong. It is necessary. But it is also only the beginning.

Where does this stage become a trap?

At this stage, it is easy to direct all responsibility outward. To feel that the problem exists “out there” — in the system, in others, in history, in power structures beyond your reach.

From this place, reactions often arise: anger, fear, outrage, despair, or a sense of helplessness. You may find yourself repeatedly speaking about what is wrong — online, in conversations, in groups — and feeling a momentary sense of relief or connection when others agree with you. There is comfort in not being alone in your perception.

Yet if this expression does not lead to inner movement, something subtle can happen: energy circulates without transformation. You may protest, oppose, resist, withdraw, or

disconnect — and still feel exhausted, polarized, or stuck in repetition. Not because resistance is wrong, but because reaction alone does not equal sovereignty.

How is power quietly given away? When awakening remains only external, attention — and with it power — is often handed to the very systems being criticized. Fear, anger, division, and endless reaction are not threats to most power structures. They are fuel.

Systems built on control do not survive because a few “bad people” run them, but because millions of minds unconsciously participate in the same patterns — fear of loss, need for safety, outsourcing responsibility, longing for saviors. Sometimes this appears as: waiting for political solutions, believing a leader, movement, or ideology will fix things, hoping a guru, spiritual group, or future event will deliver freedom.

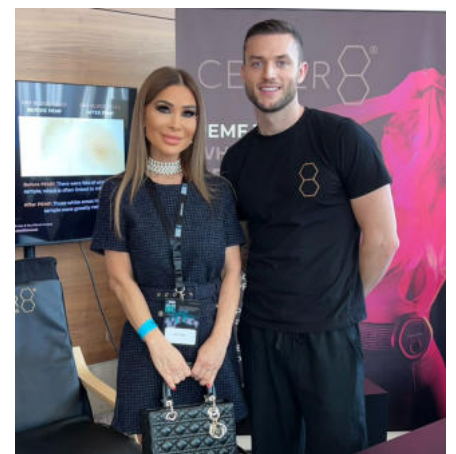
In these cases, power is postponed into the future — placed somewhere else, in someone else’s hands. You may form or join communities built around ecological, spiritual, or alternative values.

This can be valuable. Yet if fear, lack, control, or disconnection still dominate your inner world, the structure has changed — but the pattern remains. Isolation alone is not sovereignty. Spiritual identity alone is not freedom. If abundance, intimacy, creativity, and the joy of choosing your life are still absent, then the work is not finished. Stage 1 is essential. It breaks unconscious loyalty to systems that harm life. It opens the eyes. It initiates questioning.

But if you remain here — blaming, reacting, opposing, or waiting — awakening stalls. Sovereignty does not arise from denial of injustice, nor from endless focus on it. It begins when attention turns inward — not to escape the world, but to reclaim agency. This is where deeper stages unfold.

BIOHACK SUMMIT 2025

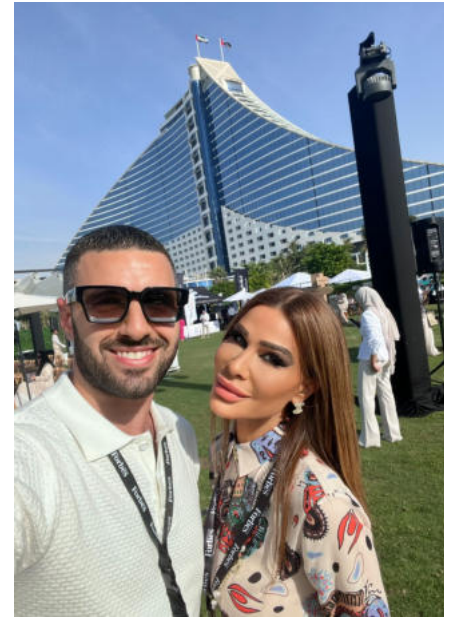
An exceptional day unfolded at the Biohack Summit, where innovation, longevity and human performance took center stage. Immersed in the world of cutting-edge biohacking, attendees explored breakthrough technologies reshaping how we understand health and optimization. From advanced wearables to pioneering longevity protocols, every experience reflected the rapid evolution of human potential. Equally inspiring were the thought-provoking conversations with industry leaders, researchers and visionaries, each sharing insights that challenged conventional thinking. The summit served as a powerful reminder that health innovation is accelerating faster than ever—and that these advancements will profoundly influence how we live, perform and thrive at our highest level.



Images by Lara Tabet Archive

FORBES MEDICAL TOURISM SUMMIT 2025

An inspiring afternoon unfolded at the Forbes Medical Tourism & Wellness Summit, hosted at the iconic Jumeirah Beach Hotel. Industry leaders, innovators and visionaries gathered in an atmosphere of collaboration and purpose, exchanging ideas that are shaping the future of global healthcare and wellness travel. Thought-provoking panels explored emerging trends, patient-centric experiences and sustainable growth across destinations. Meaningful conversations extended beyond the stage, fostering new partnerships and fresh perspectives. The summit stood as a testament to the power of collective insight and shared ambition, marking a truly exceptional gathering that will influence the next chapter of medical and wellness tourism.



Images by Lara Tabet Archive

LARA TABET WAS AWARDED

It was truly a wonderful afternoon marked by inspiration and recognition, as Lara Tabet was honored to receive an award as a World Biohack Summit Brand Ambassador. This distinction reflects her continued support and active involvement in the evolving fields of longevity and biohacking.

The World Biohack Summit brought together exceptional leaders and innovators from across the global biohacking community. It served as a powerful platform for insightful discussions, meaningful collaboration and the exchange of forward-thinking ideas aimed at advancing human optimization and long-term health.

Lara Tabet was deeply grateful to be part of a global community committed to shaping the future of longevity and peak performance.



Images by Lara Tabet Archive

LARA Tabet AT THE HOUSE OF ORGANICS

Lara Tabet recently enjoyed the most beautiful transformational hair experience at House of Organics, nestled in the heart of Jumeirah. From the moment she stepped inside, the atmosphere of refined luxury, thoughtful care and exceptional expertise set the tone for an unforgettable journey. Truly grateful for this unique and enriching experience, Lara embraced a transformation that celebrated both beauty and well-being.

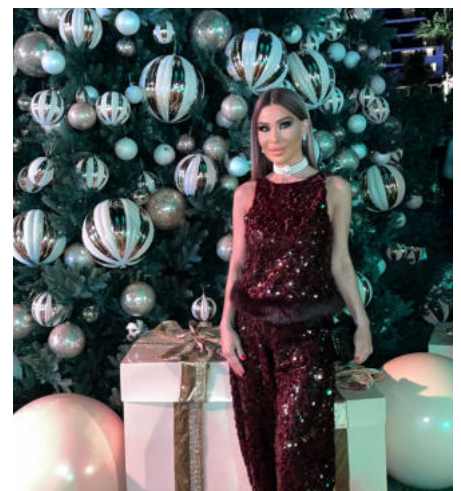
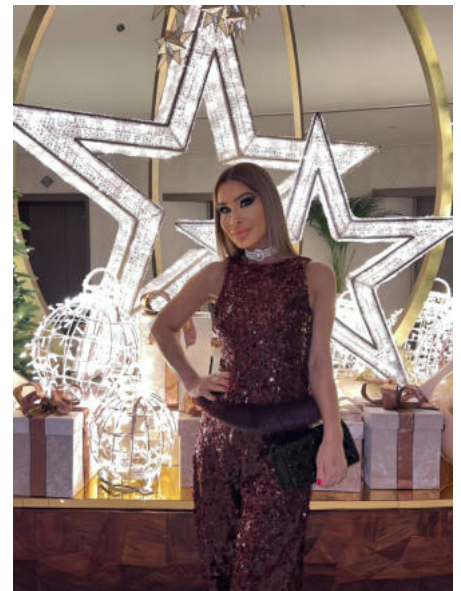
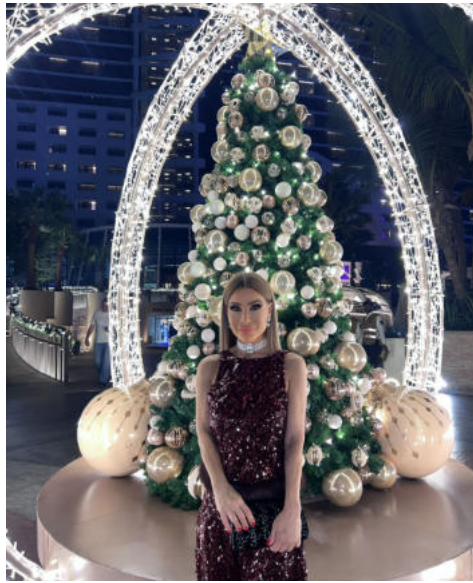
House of Organics has established itself as a true one-stop destination for achieving the healthiest, most beautiful hair one could dream of. Their unwavering commitment to quality, organic care and excellence is simply unmatched. This experience served as a wonderful reminder that investing in self-care is not only empowering but also deeply inspiring—inside and out.



Images by Lara Tabet Archive

LARA TABET ATTENDS CHRISTMAS TREE LIGHTING AT JUMEIRAH BEACH HOTEL

Lara Tabet attended a truly enchanting evening at the Jumeirah Beach Hotel for the annual Christmas tree lighting, an event that beautifully captured the festive spirit of Dubai. Surrounded by sparkling lights, elegant décor and joyful faces, the atmosphere felt warm, magical and full of seasonal charm. The gathering brought together guests in a celebration that blended luxury with heartfelt holiday traditions, creating a memorable experience for all. As the Christmas tree lit up the night, it symbolized togetherness, hope and celebration—values that resonate strongly during this time of year. Celebrating Christmas in Dubai carries a unique magic, where cultures unite and the festive spirit comes alive in the most vibrant and welcoming way.



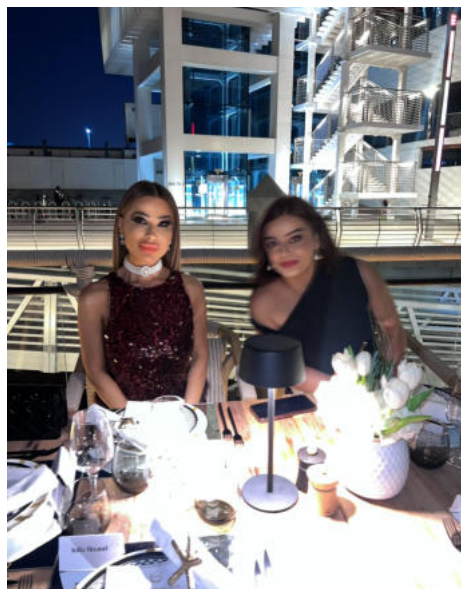
EXCLUSIVE DINNER PARTY

Lara Tabet was honored to take part in an exclusive dinner voyage that celebrated elegance, creativity and meaningful connection. The evening was made unforgettable by the iconic Sarah Jessica Parker, whose timeless style and creative spirit illuminated the night and inspired everyone on board.

Set against the breathtaking backdrop of Dubai's shimmering waters, the atmosphere was effortlessly sophisticated yet warmly intimate, encouraging genuine conversations among an inspiring circle of leaders, creators and visionaries.

A heartfelt thank-you goes to the exceptional hosts, Nathalie Morrison and Stephanie Reichenbach, whose impeccable vision and hospitality brought this remarkable gathering to life. Every detail reflected refinement and intention, creating a truly magical experience.

It was a night that seamlessly blended luxury, connection and creativity—one that will be remembered long after the voyage ended.



Images by Lara Tabet Archive

DUBAI'S VIBRANT COMMUNITY AT SHANASHEEL RESTAURANT

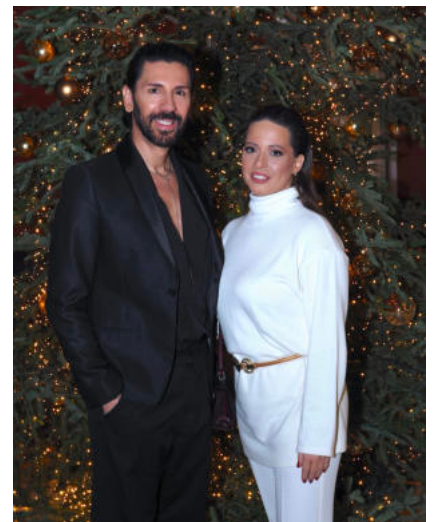
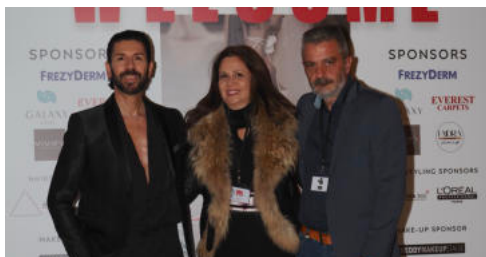
A truly wonderful and memorable afternoon unfolded at Shanasheel Restaurant in the heart of Jumeirah, graciously hosted by the inspiring Mariam Othman. The elegant setting provided the perfect backdrop for an intimate gathering that brought together distinguished leaders and influential members of Dubai's vibrant community. Guests were treated to warm hospitality, refined cuisine and an atmosphere that encouraged open dialogue and authentic exchange. The event was marked by meaningful conversations, shared insights and the forging of genuine connections that extended beyond the afternoon itself. It was a celebration of community, leadership and collaboration, leaving everyone grateful for the opportunity to connect, reflect and be inspired. An afternoon that will be fondly remembered for its warmth, purpose and sense of togetherness.



Images by Lara Tabet Archive

BRIDAL FASHION WEEK & BRIDAL EXPO

Bridal Fashion Week & Bridal Expo transformed the iconic Zappeion Hall in Athens into a celebration of elegance, craftsmanship and modern romance. Set against the neoclassical grandeur of one of Greece's most historic venues, the event brought together leading bridal designers, emerging talents and premium wedding brands from Greece and abroad. Runway shows showcased contemporary bridal gowns, couture details and innovative styling, reflecting global trends while honoring Mediterranean aesthetics. The Expo complemented the fashion presentations with curated stands featuring accessories, jewellery, beauty services and bespoke wedding solutions. Industry professionals, brides-to-be and media guests experienced two inspiring days of creativity, networking and discovery. Bridal Fashion Week & Bridal Expo reaffirmed Athens as a dynamic destination for bridal fashion and wedding excellence.



Images by Angelos Maniatis

18TH MODELS REUNION

The 18th Models Reunion was held at Blends, Glyfada's favorite hotspot, bringing together fashion insiders and friends for a festive celebration. The event's creator, Christos Kolovos, along with his collaborator and General Director, Giorgos Koutoulas, welcomed guests into the beautifully decorated Christmas venue. A striking red Piaggio Vespa, a signature symbol of Models Reunion, stood proudly next to the red carpet at the entrance.



As always, fashion took center stage. Guests enjoyed a collection specially designed for the party by Greek designer Dorina Savva, whose creations impressed and inspired festive looks. Makeup was curated by Freddy MakeUp Stage, with hairstyles by Aura Blanche Salon de Beauté. The evening was presented by Vivi Anastasiadou and concluded with warm holiday wishes and a date set for the beloved Models Reunion-White Party in June 2026.

Images by Thanos Georgiou

CHRISTMAS DAY AT NOBILIS BISTRO

On Christmas Day, our editor-in-chief, Vassilios Nicolaos Vitsilogiannis, embraced the season's warmth by gathering with family and close friends at Nobilis bistro, nestled inside the SAY Hotel in Kefalari, Greece. The afternoon unfolded with refined flavors, thoughtful conversation and an atmosphere that balanced elegance with intimacy. Surrounded by festive décor and the gentle hum of holiday cheer, Vitsilogiannis enjoyed a menu that celebrated contemporary comfort, paired with attentive hospitality. Laughter echoed across the table as stories were shared, toasts were raised and time slowed to savor the moment. The choice of Nobilis reflected his appreciation for places where design, cuisine and community converge. It was a Christmas marked not by spectacle, but by connection, gratitude and the luxury of togetherness.



ZODIAC READINGS

JANUARY 2026



TAROT READINGS BY S

ARIES

First Meaning: trust your gut feeling on anything you do this month. The result will always be in your favor.

Second Meaning: your significant other loves you deeply and they will get back to you soon.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

TAURUS

Don't start anything new this month, don't socialize a lot and don't make plans. Try to stay home as often as you can and take care of your body and soul.

GEMINI

This is not your lucky month. People will tend to avoid you even if they used to be close to you. Try to set healthy boundaries with everyone and don't give more than you take.

CANCER

This month revolves around your family members or family issues in general. Try to look at things from a distance. You always try to help them but maybe, this time, you need to hold back.

LEO

It's either you overwork or you are overconsumed with work issues.

Get ready because many challenges are coming your way. Sometimes, it's better to admit a failure than to waste time and energy on things that don't work. Avoid any kind of eccentric or generous decision making throughout this month.

MONTHLY INSIGHT

A lot of you have this strong urge to do things that later on you will regret. So, think twice. This month is full of eccentricity and generosity. For some others, your love life is getting unexpectedly lucky!

Always read your ASCENDANT, MOON, VENUS and MC for a more accurate prediction.

ASCENDANT: It shows how we present ourselves to the world, the first impression we make on others and our life approach.

MOON: It shows how our emotional world is represented, our inner self and how we process feelings.

VENUS: It shows our approach to love, partnership and money.

MC: It shows our career and professional life.

VIRGO

Be very careful. This month can easily throw you off balance. The only way to get your power back is to stop lying to yourself and to never forget the lessons you took from past challenges.

LIBRA

You are definitely receiving recognition and leadership roles this month, but through many challenges. Try to keep a balance in all you do.

SCORPIO

First Meaning: you are going to make the right decisions this month and to also get your self-esteem back. You have all it takes to start anew.

Second Meaning: no matter how much your love life hurt you, it's time for the sun to shine again! It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

SAGITTARIUS

This is a very bright month for all of you, full of socializing, new friends and many invitations to parties. For those of you who are already in a relationship, your significant other will come closer to you soon. Also, try to stay away from eccentricities and unnecessary extravagancies.

CAPRICORN

Healthwise, careerwise and loveliness, this is a very good month for you guys. Try to keep a balance and enjoy!

AQUARIUS

Be very careful how you treat people this month. It's as if you provoke them in a way and they end up seeking revenge.

PISCES

*This is weird. As I was doing the reading for you guys, the same tarot card came up as last month. I'm copying and pasting December's prediction below for those of you who don't remember.

"A closure is coming your way. It could be the ending of a relationship, a plan, or something you've been holding onto. You're not getting the support you need from others, but remember that every change has something to teach you, and the sun always comes after the rain. Stay strong. Better days are coming."

For a personal tarot reading email me here:
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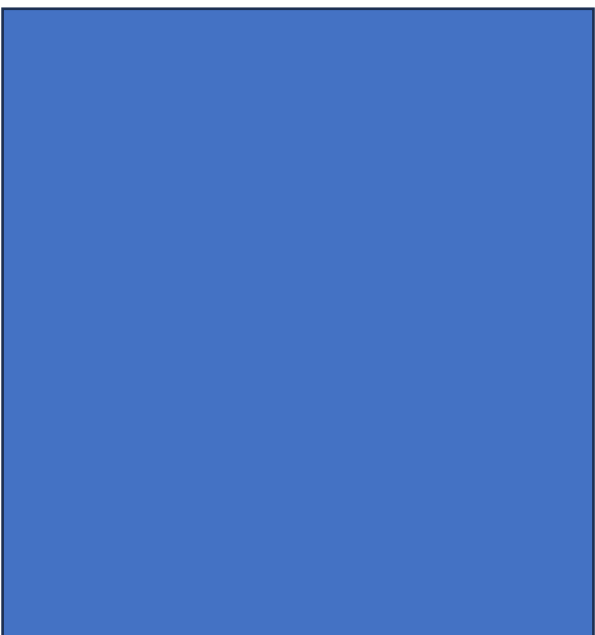
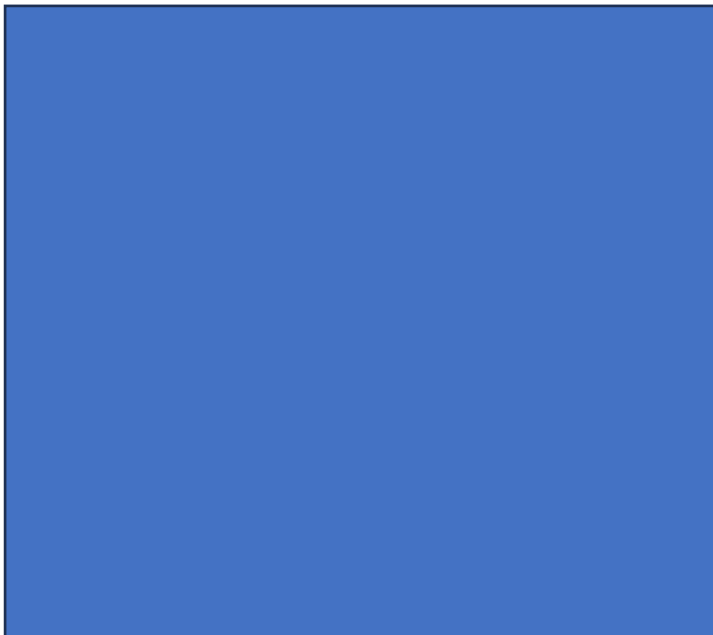
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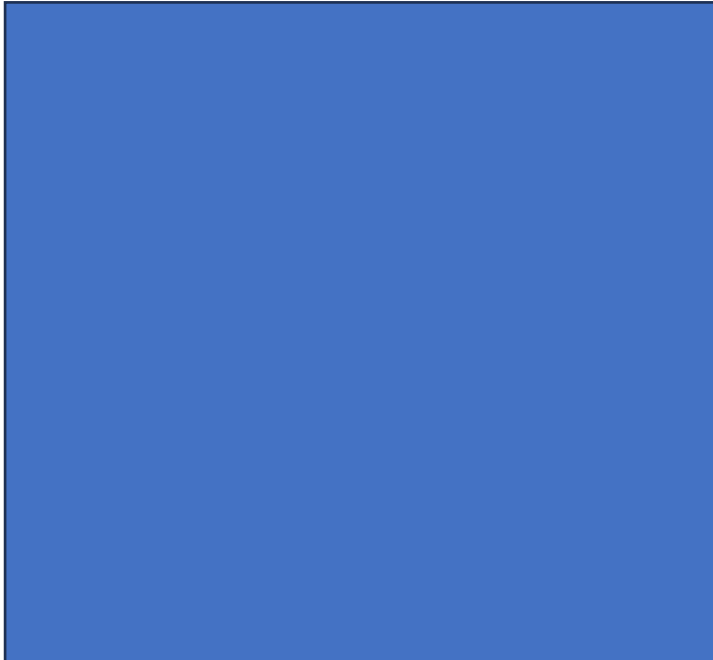
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