

# Www.menshealth.co.za

have standard 18-55 mm or 16-50 mm kit lens, the 55-210mm is an easy switch to make when you want a bit  
[www.menshealth.co.za/bellyoff](http://www.menshealth.co.za/bellyoff)

and at such a young age i just cannot co-sign and feel okay to letting them do it to my buddy thank you  
[menshealth.co.za](http://menshealth.co.za) magazine

fluorescent lights, such as t5 cfls(compactfluorescents) not only offer some of the best light spectrum for  
plants, they also are very efficient with electricity usage and emit very little heat

[www.menshealth.co.za](http://www.menshealth.co.za)