

Inspiring a sustainable culture

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life in balance

Greeting from sunny Cape Town. This month has been a great one in the mother city with many exciting events that occurred, such as the Sense Africa film festival and the annual state of the nation address in parliament. While parliament brought its own theatrics we gave away tickets to the film festival, searched for inspiring garden ideas and learned about the reason why cuddling makes us feel so good. In this issue you can read about our oceans champion, Lewis Pugh, who has been defying his human-ness and breaking records in the quest to protect the pristine Antarctic seas. We also have our regular recipe, a wonderous moment and an amazing innovation to share and if that was not enough to get you inspired, there is a book give-away too. Despite the technical glitches of last month our new website is up and full of great things to watch and read - check it out at www.lifeinbalance.co.za

Peace and love, the Life in Balance team

THIS MONTH'S PICKS

GARDENING



If vertical chic is your idea of what a great indoor garden should be like, we recommend taking a look at this remarkable prototype that is the brainchild of a group of young designers passionate about eco design. This nifty structure is called a NutriTower, and uses the principles of hydroponics to give plants the necessary nutrients they need. [See more](#) about this amazing invention.



WELLNESS

Have you ever wondered why a hug seems to make one feel so much better? It isn't a myth, but actually a science. Cuddling can release a number of the feel good hormones, as well as reduce stress and boost intimacy in relationships. See what other benefits the simple act of cuddling can do for one's lifestyle. [Click here](#)



WATCH AND READ

As we stated in one of our previous articles, happiness is an inside job, and only we are the ones that can make ourselves really happy. That being said, a little encouragement from some world renowned authors never hurt either. See what some of our literary giants have to say on the topic of happiness, as well as the great read we picked out that is all about feeding the soul with balance and harmony. [See more](#)



INNOVATIONS

This contraption may look a little strange, but it is in fact a remarkable piece of ingenuity designed by a young man in Nigeria. Segun Oyeyiola wanted to turn his gas guzzling Volkswagen into a fossil-fuel free machine by installing a giant solar panel on top and a wind turbine under the hood. See how he did it and how wind really can power a car battery. [Read more](#)



RECIPES

The emotional and health benefits of chocolate are endless, as we keep on discovering. Oprah even went as far as to say chocolate is a vegetable! While me might not agree that with her on that, we do agree that a bit of chocolate can do wonders for one's serotonin levels. [See this month's recipe](#) for tasty little bite sized pieces of chocolate delight.



WONDERMENT

Have you ever wondered how the weather can change in an instant, but how certain climates never change? National Geographic's remarkable series *Cosmos: a space time odyssey* answers this interesting phenomenon. [Click to see](#) a short snippet from an episode on how weather can change due to a microscopic reason and what makes up 'climate'.



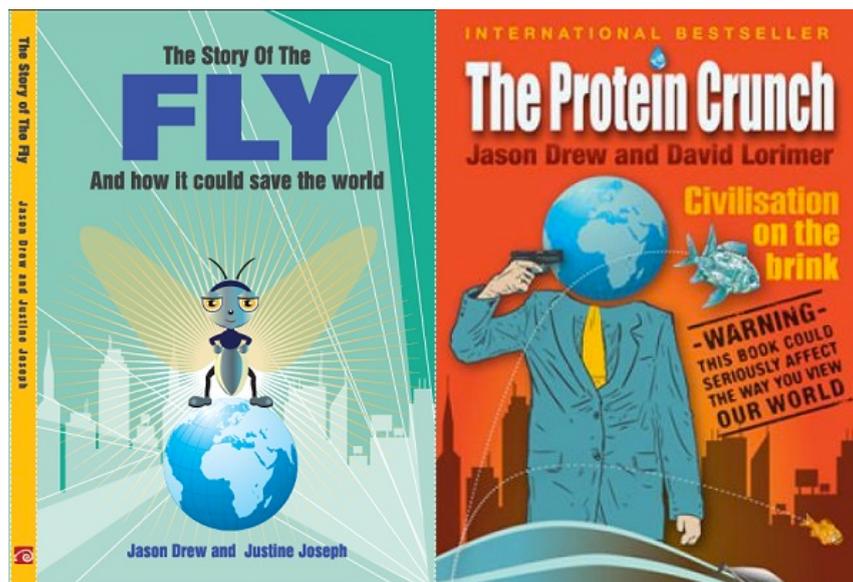
GAME CHANGER

It is said that he is the human polar bear, swimming distances in waters where other would not care to wade. Lewis Pugh, human extraordinaire has broken yet another record across the Atlantic in -1.7 degrees; the temperature sea water is right before it freezes. [Read more](#) on Pugh's latest formidable achievement.

GIVE AWAY:

We still have books to give away! Ten lucky readers will receive copies of Jason Drew's *The Protein Crunch* and *Story of the Fly* and *How It could save the world*. This game changing environmental capitalist has a lot to say about new ways of doing things that not only can make money – but do a whole lot towards improving food production that won't see species dying off as a result. Winner of numerous awards for his brilliant initiatives Jason is an entrepreneur and a leader in the new wave of 'good' business leaders to watch and a social change agent of note.

Please send an email to melissa@lifeinbalance.co.za with the email header: Book give-away. The entries close on the 21st March 2015 and the prizes are awarded via a lucky draw mechanism.



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Congratulations to the winner of our Beauscience give-away: Alexandra Pama

Thought for the month:

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."- Roald Dahl

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