

life in balance

inspiring a sustainable culture

April 2014

WEBSITE

We are well into autumn and the changes the season has brought to the weather. Once upon a time we spoke about the 'weather' as part of polite small talk and a way to fill those awkward social gathering silences. Now, it is a matter of social and economic stability as we see extreme weather events wreak havoc across the globe. Our relationship with nature and the elements is thrown into stark relief during these crises and it serves as a reminder of who actually is 'boss' on this planet. As 'consumers' or (as I would like to remind you) - customers - of the myriad products out there, you can play your part in this ecosystem by choosing ethically produced and sourced goods and services. Your call to action is to make that choice for goods and services that act ethically within the society and environment in which they operate. Enjoy this month's roundup of news, innovations, yummy recipes and thought provoking moments of distraction that will remind you there is a world of wonder out there too.

Happy May.

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Eskom Loses

Last year Eskom applied for permission to relax its pollution limits at the Kriel power plant. Thanks to Greenpeace, they were denied.

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Better Living Challenge

This first of its kind challenge offers South Africans the chance to showcase innovation, creativity and ingenuity for a great cause.

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Know Thine Party

Elections are right around the corner and many promises have been made, but who is leading the cause when it comes to sustainability?

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The No Danger Diaries

How do you get various people excited about getting involved in charity work? Simply put, by turning it into something really thrilling!

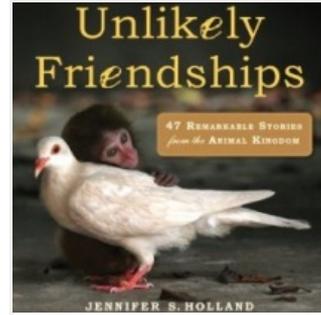
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Baobab Fruit Powder

This strange fruit is a great source of essential vitamins and minerals - even more so than some of the traditional fruits found at supermarkets.

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Book review

Unlikely Friendships by Jennifer S Holland shares 47 remarkable stories of friendships from the animal kingdom, across a multitude of locations.

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EMBARK



Greenpop

JOIN THE TREEVOLUTION

on a journey!

TREES FOR ZAMBIA



The Water Bubble

This nifty little invention by three Spanish industrial design students may just be the beginning of the end for plastic water bottles.

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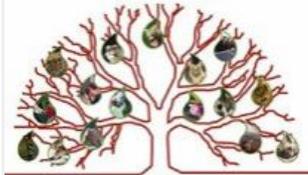


GMOs don't help

Genetically modified foods have done little in the past 14 years to improve food security for that that do not have a steady food supply.

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SMALL MIRACLES



THE STORY OF THE PRINCESS ALIA FOUNDATION

HRH Princess Alia Al Hussein
and Shanfa Sarra Ghazi

Book Review

This wonderfully illustrated book is written with both humour and passion and should be compulsory reading throughout the world.

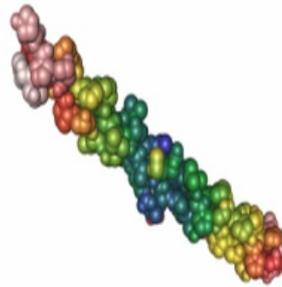
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Moments of Wonder

These two amazing videos show just how extraordinary the relationship between people and the natural world can be.

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Skin, Bone & Beyond

Collagen is a natural healer produced by one's own body that can help repair damage caused by arthritis and increase moisture in dry skin.

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10 Ways with Garbage

We share our 10 favourite ways to re-use everyday items, from tea bags to toilet roll tubes - that would normally end up in the garbage.

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May Planting Guidelines

This month's guide shares info on which cold resistant winter crops to plant and how best to love and nurture your garden during May.

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Make Your Own Pickles

These tangy, crunchy pickles are quick and easy to make and are delicious on their, chopped in a salad or served with a variety of hard cheeses.

[read more](#)



An Inside Job

While people and events can make us happy, true happiness comes from within. This is a state of being we are able to accomplish ourselves.

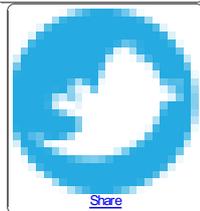
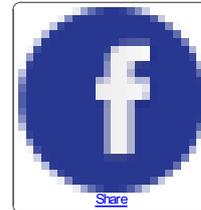
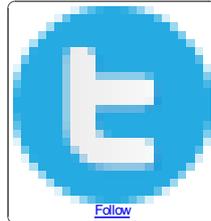
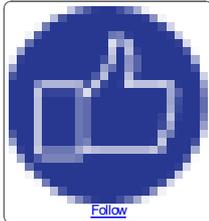
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Winners of the Baobab Oil giveaway

Congratulations to Una Heradien, Pietie Coetzee and Liliana Maliseng. We will be in touch soon.

Thought for the month

Most of the greatest achievements on the planet are unknown to others- private overcomings, silent attempts and belief, re-opening a shattered heart. The real path of champions truly lies within- the transforming of suffering into expansion, the clearing of horrifying debris, the building of a healthy self-concept without tools. The greatest achievers have found a way to believe in something good despite being traumatised and fractured on life's battlefields. No matter what else they accomplish in their lives, they are already champions. One day the world will realise that it is much harder to heal a shattered heart than excel at athletics. Go(!)d medals all around... - *Jeff Brown, Love It Forward*



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