

life in balance

inspiring a sustainable culture

December 2012

Stunning underwater footage from False Bay



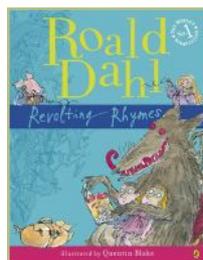
One of the projects run by the Save Our Seas Foundation (SOSF) is offering a unique view of the diversity of marine life that makes their home in False Bay. Learn more then enjoy a fascinating look at the world beneath the False Bay waves. **More-**

Follow the Frog



This hilarious parody on what it takes to 'save the world' is a must see. Remember, where you spend your money goes a long way to showing you who to support and why. Keep asking the questions: Where does the product come from and what and who were used in making it. The customer, not the consumer, is king. **More-**

The gifts of reading



A 2011 survey

'Tis the season to remember the good things in life, in spite of the ridiculous tragedy and horror being played out in other parts of our extraordinary world. It has been an insane year on so many fronts and as a result we can easily forget what it is that makes us all tick - love. So with that in mind I have rounded up some beautiful and inspiring things to watch, delicious recipes to share, thought provoking editorial and two give-aways. Enjoy your holiday, spread peace and love wherever you can, starting with yourself and the creatures that cannot speak in our words.

Melissa Baird

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The Kindness Jar

We love this idea spotted via the Ripple Kindness Facebook page. Start 2013 with an empty jar and throughout the year fill it with notes of all the good things that happen, no matter how small. Then read through them on New Year's Eve in 2013 as a reminder of all the good that happened. **More-**



The Lion Whisperer



Do yourself a favour and take a few minutes to click on over to Facebook and watch **this** short video about Kevin Richardson, Lion Whisperer. If you are not on Facebook, Kevin's website has plenty of really interesting information about his work with animals, as well as this and other videos. **More-**

Artichokes: grow them, love them, eat them

Green Renaissance has produced some consistently inspiring videos about ecological and social challenges. Now, they have turned to creating show case examples of food. Here is the first showing you how to grow artichokes using recycled tyres as a growing bed. There is a recipe included too! **More-**



All bottled up: the truth about bottled water

Bottled water is everywhere in South Africa, and is sometimes seen as a necessity rather than a luxury. Cathleen O'Grady takes a fascinating look at the local market and its footprint, and establishes whether the reasons for drinking bottled water hold up under scrutiny. **More-**



A 2011 survey revealed that 51% of South Africans have no books in the home, only 14% are active readers and, perhaps saddest of all, a mere 5% of parents read to their children. Michele Attwood looks back on a life filled with books, reading, laughter and love to see why books matter and just how much fun they are. **More-**

Seaweed Swag Wellness giveaway



Kelslim does more than what it says on the box. These pure seaweed capsules are putting the zing back into sluggish metabolisms, aiding weight balancing and promoting vibrant growth and super glossiness of hair and nails. You can win one of five bottles (2 months' supply). **More-**

Cheese & Onion Samosas



Samosas are much more than just a tasty office-lunch-on-the-run. They are an ideal addition to any party platter and a delicious anytime snack. Make your own cheese & onion samosas with Pick n Pay's easy recipe. I'm definitely trying these! **More-**

November winner

The winner of the Mega-hug is Luc Roels. Congrats!

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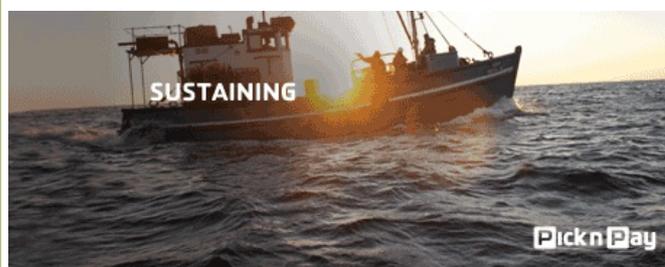


www.ethicalliving.co.za

Moroccan egg salad with spicy sprinkles



This colourful salad by Pick n Pay, with tomatoes, fresh herbs, olives and eggs is spiced up with a tahini-based olive oil dressing and spicy sprinkles, a delicious concoction that includes chili, coriander, cumin and sesame seeds and cashews. There is nothing boring or bland about it. **More-**



Fracking update: opposition gathers momentum

Afriforum recently entered into an alliance with the Treasure the Karoo Action Group (TKAG) to oppose plans by the Department of Mineral Resources to allow oil and gas companies to explore and extract shale gas. Learn more and then please help with a simple SMS donation of just R10. **More-**



Giveaway: Blue Sky Organics Olive Leaf Tea



Olive Leaf is an ancient remedy, with its first recorded use dating to 1000BC. Blue Sky Organic's Olive Leaf tea is bursting with healing properties that include immune system support, antioxidant protector and overall skin tonic, and we have a set of teas to give away to one lucky reader. **More-**

Thought for the month

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds: Your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be. - Patanjali

The triple M team at Life in Balance: Melissa, Michele and Matthew - wish you the very best for a truly happy and revitalised 2013. May all your dreams come true. We'll be back with a new year newsletter in the last week of January 2013. Blessed be.

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