

life in balance

inspiring a sustainable culture

February 2014

Nature Watch



Wounda, a rescued chimp nursed back to full health and recently released into the wild on Tchindzoulou Island, makes a truly heartwarming gesture to Dr Jane Goodall. [More](#)

In 1993 the United Nations declared the 22nd of March as World Water Day and ever since there have been events held worldwide with the aim of raising awareness about how fundamental water is to every aspect of life on this planet. In South Africa there is not nearly enough education about the water cycle and the constant polluting of our water sources is cause for serious concern. Polluted waterways negatively impact agriculture, health and the entire economic cycle. An often unconnected piece of information in water awareness is how much water our coal fired power stations require on a daily basis to operate. Earth Hour takes place on the 29th March and it is an opportunity for the collective (you & me and everyone else) to show that one small action can indeed make a significant difference. But let's not just act on those days; every day is a day to treasure our water supply and to not waste utilities that do - in fact - cost the earth to produce.

Melissa
melissa@lifeinbalance.co.za

From source to sea - an extraordinary adventure

Down the drain



How much water can one person waste while doing necessary everyday tasks like rinsing veggies and washing hands? The answer may surprise you. [More](#)

One of South Africa's most extreme water champions, Ray Chaplin, set himself a Herculean task to undertake a solo journey along South Africa's longest river to draw attention to the pollution clogging its waterways. He is now the first person to riverboard the 2,400km length of the Orange River. [More](#)



March planting guidelines



March is a month of extremes in both temperature and precipitation. It's also time to plant shrubs, perennials and cool weather crops. [More](#)

Can City: smelting waste to art on a street corner



In Sao Paolo, Brazil, 80% of waste is collected by informal waste collectors, known as Catadores. Can City is an innovative design initiative to upcycle, on the move, with a furnace running off used cooking oil. Read more and check out how this crazy contraption works. [More](#)

A guide to consumer labels & what they mean to you

Want to know your UTZ from your SASSI and your MSC from your Fairtrade? Read on to find out more and why these and other eco-certifications are going a long way towards shifting consumer choice towards products that help the land and the people who work it. [More](#)



RAW for the Oceans



As if Grammy award winner and Oscar nominee Pharrell

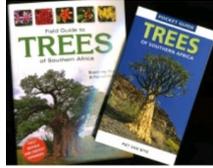
Unearthed: The Fracking Facade



The "Fracking Facade" sets the record straight by exposing a flawed claim often abused in the sales pitch for promoting shale gas development across the world, namely that there is no proof that fracking has led to the contamination of ground-water. [More](#)

Williams were not talented enough, he is now collaborating with G-Star RAW and Bionic Yarn to produce a denim collection. The jeans are made from yarn that includes plastic litter from the oceans. [More](#)

Book review



Anyone from world travelers to home gardeners will find something useful in either or both of the Pocket Guide and Field Guild to Trees of Southern Africa. [More](#)

EcoProducts Baobab Oil



A really versatile skin care product, Baobab Oil alleviates itchy, dry skin, is an excellent moisturiser that won't clog your pores and ensures healthy, soft and silky skin. [More](#)

How wolves change rivers



Watch this amazing

Turmeric smoothie: healthy and delicious!

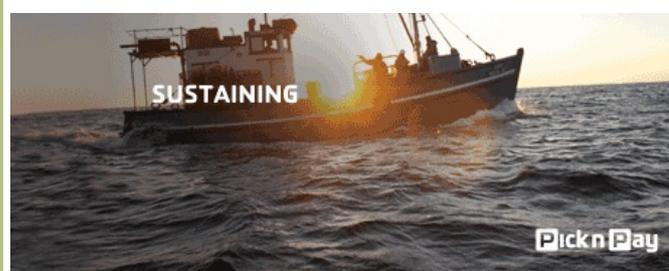
Who doesn't love a yummy fruit smoothie? With the addition of a few spices, including turmeric, which has powerful healing properties, this smoothie is the ideal way to start the day. It will clear your mind, infuse your body with antioxidants and give you a fantastic energy boost. [More](#)



Boerenkaas, pickled onion & peach chutney sarmies



These incredible braaibroodtjies are a must at your next braai. Boerenkaas is cumin seed-spiked Gouda and pairs perfectly with the fruity chutney and tart onions. We think this toasted sarmie will be just as good done in a pan for a quick and delicious lunch or treat. [More](#)



Stuffed calamari tubes

This dish of calamari tubes stuffed with tomatoes, garlic, peppers and courgettes then simmered in white wine (or stock for an alcohol free option) is best served with a crisp salad and a crusty loaf. Light, delicious and perfect on a warm summer evening. [More](#)



Giveaway: Pure Beginnings DEO



If traditional deodorants cause you to break out in a rash - literally and figuratively - then Pure Beginnings DEO is for you. Available in four variants, for men, women and teenagers, it's free of parabens and other nasties. Six readers can each win a hamper of two variants. [More](#)

January winners: MAWU Aqua Sac

The winners of the super stylish MAWU Aqua Sac are: Yvonne Tshangwanit, Liz Linsell and Pamela Nell Hartog. Enjoy your prize and thank you for entering.

Thought for the month

Man [has] always assumed that he was more intelligent than

watch this amazing video about how "furry little deer killing predators" can change the flow of rivers! [More](#)

dolphins because he had achieved so much-the wheel, New York, wars and so on-while all the dolphins had ever done was muck about in the water having a good time. But conversely, the dolphins had always believed that they were far more intelligent than man-for precisely the same reason.
- *Douglas Adams*

Like us on **Facebook** 

Follow us on **twitter**

Join Our Mailing List!



Try it FREE today.