

life in balance

inspiring a sustainable culture

July 2012

Happy Birthday, Madiba!



Prezence Digital celebrates Madiba's life with this short, inspiring video based on the premise: would Madiba have been imprisoned for so long had social media and other tools been around then? [A must see-](#)

Hello!

Life in Balance has been quietly gathering reserves for the winter and forging ahead with new ideas to keep the newsletter active and inspiring to bring you a monthly treat. A new addition is our partnership with Ethical Living magazine and Wellness Warehouse, who will be offering great give-aways to lucky readers.

Mothers Unite wins Urban Age award

Chosen by an independent jury from 254 entries and a shortlist of eight finalists, Mothers Unite - founded in 2007 in a mother's home in Lavender Hill, Cape Town - is testimony to a small group of women reshaping their social environment by uniting a community to create a brighter future for their children. [More-](#)



Reach out and connect with nature



Cameraman Marco Queral captured this amazing photograph in 2009, but says that great moments like these are not up to him - they're up to the mammals themselves. [More-](#)

Casting your vote in the shopping trolley



"Ethical shopping" is a term for what we like to call "voting with your rands"- a movement that is seeing many South Africans becoming more conscious about products they buy and carefully considering the practices of companies that have enjoyed unquestioning trust and support in the past. [More-](#)



How 'Sust' are you?



Win R1500 for you and for the cause of your choice. Ogilvyearth is conducting a short survey on your opinion about 'green' business initiatives. It takes less than three-minutes to complete and will add vital knowledge to the understanding of how to guide sustainable business initiatives. [More-](#)

Coasting on the west side

Taking a leisurely hike along the bays that make up the route of the Cape West Coast Biosphere Reserve's Five Bay Trail is like sipping a rich, salty tonic that rejuvenates the soul and inspires imagination. Melissa Baird share her experiences of the 2.5 day, 28km Five Bay Trail. [More-](#)



Happiness is an inside job



Success is not the key to happiness. Happiness is the key to success. Happiness is also a choice we make every day. Mark Berger shares the reasons why, as well as some tips from his own experiences on how we, too, can make happiness an everyday choice. [More-](#)

Restoring your

roots: a symbiotic garden product



Natural Gardening Principles' Root Build product contains Mycorrhizae, a type of fungi that inhabit the roots of plants and create the ultimate conditions for root growth and the plant's ability to take up water and nutrients from the soil. [More-](#)

Tip Top Nails - WIN!



Tip Top Nails is not only a proudly South African label, it is toxin and cruelty free, Tip Top has a range of rich and vibrant colours to choose from and you can win one of TEN hampers. [More-](#)

Keeping food fresh the natural way



Designer Jihyun Ryo shows how one can enjoy fresh food the 'old-fashioned' way by rethinking everyday life and looking to natural processes. [More-](#)



WELLNESS WAREHOUSE has sourced the best ingredients from nature to bring you tea of the highest quality with great flavours to match. Choose from: Rooibos; Rooibos & Vanilla; Rooibos, Chamomile & Mint; Rooibos & Orange Spice; Rooibos & Chai; Rooibos & Buchu; Ginger & Lemongrass; and Green Tea. All our Rooibos is organically certified, ethically sourced and locally blended. Each box contains 20 unbleached tea bags, easy to brew and ready in minutes.

Wellness Win! Tea hamper giveaway

Five lucky readers stand the chance of winning a hamper of invigorating teas made from the best local ingredients from nature, courtesy of Wellness Warehouse. To enter, email melissa@lifeinbalance.co.za with the subject line "Tea time" and your details. Entries close on 31 July.



Conscious comfort food: vegan muffins



These vegan muffins contain bananas, nuts and seeds, making them a delicious and healthy anytime snack. The mixture can be stored in the fridge for a few days and with one quick ingredient change, you can turn them into gluten-free, vegan health muffins. [More-](#)

Fresh or Vrot?

Restaurants are under no obligation to use ethically-sourced products, but what if your idea of the perfect plate is knowing where your food comes from? Fresh or Vrot? is a new restaurant rating website where one can share both the good and the bad and read what others have to say. [More-](#)



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