

For us South Africans, it is somewhat difficult not to brag to our transatlantic cousins about our beautiful landmarks, our great climate, and extraordinary wildlife and biodiversity. No matter what someone from another country may tell us about their "free health care," or "immaculate public transport," we can always stop them in their tracks with the classic one liner: "Ja well, we have lions. Real ones. In the wild." It is true, our wildlife leaves much room for envy. However, (despite what certain folk may believe) there is one animal that we would undoubtedly love to add to our list; the tiger. A majestic, endangered beast that is a true example of nature's splendour. We felt it fitting to talk about tigers this month, as it was world tiger day on the 29th of July. We have also included some weird and wonderful things like a baobab fruit powder cake recipe (and give-away), plants that prefer certain other plants as friends, and a cellphone charger that requires no plug.

Enjoy this month's read, stay warm and take care.

The Life in Balance team



Travel tip for July

Are you wanting to travel somewhere different, somewhere exotic and, most importantly, somewhere that does not require an expensive visa? Hop across the border to Livingstone, Zambia. It's a modern day African city, abounding with aging colonial buildings, looming mango trees, wattle and daub villages, overwhelming craft and food markets filled with colourful Chitengi cloths, fragrant dried fish, Cassava chips and hundreds of smiling Zambians. Matthew Koehorst reports on his adventure as part of the reforest project "Trees for Zambia," which has taken off faster than a cheetah chasing down its prey.

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Bright ideas



Moments of wonder

As it was world tiger day on the 29th of July, this clip from our very own editor in chief will have you gushing with



Healthy Bodies

Getting a cold or flu in winter is something that can be considered as

If you have ever been a victim of load shedding, caught in a sticky situation and unable to call someone to help you out because your cellphone battery is dead, or are doing extremely important things such as braaing in the evening and the sun sets before you have the chance to finish cooking, take a look at some of these nifty little products that don't require any power at all.

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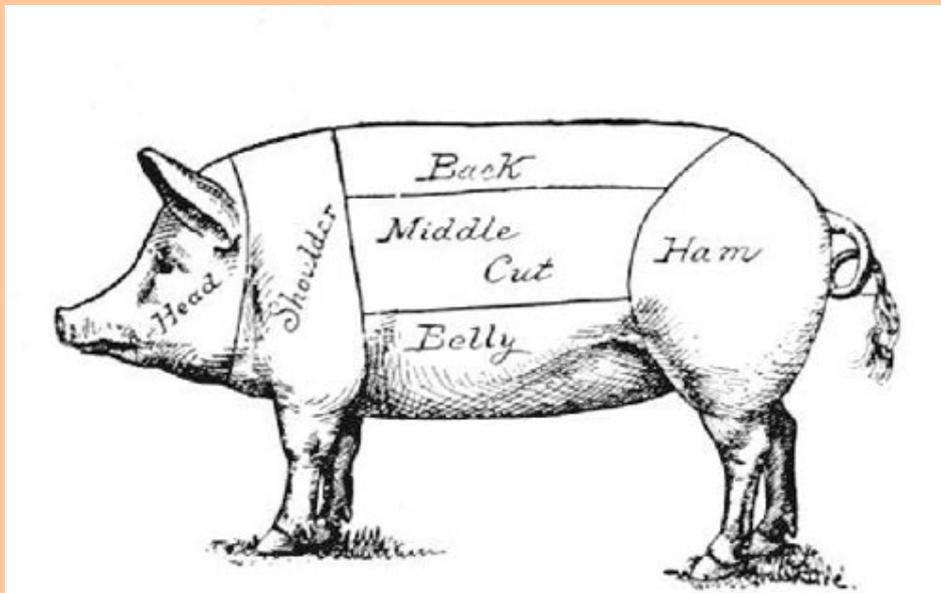
pride that we share the same planet as these remarkable creatures. If not, their animal antics are certainly quite entertaining and you may find yourself giggling at the behaviour of these rescued tigers. This set of tiger siblings are residents at the Princess Alia Foundation in Jordan, on which the book "Small Miracles," (reviewed earlier this year by Life in Balance) is based.

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one of life's inevitabilities; and getting a sore throat is often part of the deal. But before rushing off to the doc to get antibiotics, why not try this homemade cough syrup recipe? It may not be scientifically proven, but it will in all likelihood make your throat feel less scratchy.

[See recipe](#)

Feature Article: South Africa's pork industry: a "pork-ward" situation.



For those of us who are not vegetarian or pescetarian, undoubtedly one of the most mouth-watering breakfast treats is bacon. I even know of a vegetarian who succumbed after 35 years of not eating meat, over a sizzling pan of bacon whilst in the desert. But as we learn more and more about the horrifying practises of factory farming the reality of the conditions of animals produced for a carnivore's delight is more like a horror story than a happy one. The South African pork industry is no exception. Find out what is being done to campaign against inhumane pig farming and who the culprits are for allowing cruelty to rival the medieval ages to occur in order to bring home the bacon.

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Give away

See this delicious cheesecake recipe that uses baobab powder as one of its key ingredients. Click through to see the recipe and how you can stand a chance to win one of five baobab



Complimentary Gardening

Symbiotic relationships in nature are endless, and can be cultivated in your own garden. See which plants are



Getting involved

There are good causes, and then there are *great* causes. Children in the Wilderness is the latter; a multifaceted programme aimed at

powder give aways, courtesy of Eco Products.

[See recipe](#)

best paired together for optimal growth, garden pest eradication and other interesting things.

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educating the most important people about the importance of conservation and preservation of Africa's natural heritage. The most important people not being politicians, businessmen, or legislation makers, but those who are going to inherit this natural heritage: the youth, and most importantly the youth living in rural communities who would otherwise not have the opportunity to learn about this bountiful continent.

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Thought for the month

"What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone?" Winston Churchill

In other words: You make a living from what you get, and make a life from what you give.