



Greetings from the chilly south. As the cold sets in many of us find ourselves driven indoors and having to make the annual habitual adjustments, like wearing slippers around the house and swapping salads for soup, and catching the almost inevitable winter cold. However, this month we have some great wellness tips to help avoid the latter. Stock up on super foods to boost the immune system, and bring some fresh outdoor air inside with some air purifying plants. We also picked some great reads if the weather does not permit going outdoors, as well as some interesting whale news.

Happy reading!



May travel tip- Avoid the usual crowded tourist destinations when planning your next holiday, why not explore a few of the most unique natural places on earth. For example, Bigar Waterfall in Romania. It may look small, but this waterfall is in fact eight meters high.

[See more destinations](#)



FEATURE ARTICLE

Last month, a Japanese whaling ship named *Alma* attempted to refuel at Durban harbour, but in just three days 21 000 South Africans mobilized into action to assist Greenpeace in their request to deny the whale meat carrier entrance to the port., to find out what happened, click on the link to the article.

[Read More>>](#)



Healthy Bodies

Help your body fight off winter lurgies and keep healthy by eating more super foods, such as hemp seeds or raw cocoa. And if rain or cold does not permit you to go out into the fresh air, why not bring the fresh air indoors with a few air purifying plants. For more recipes and wellness tips visit the Life in Balance website.

[Wellness Tips](#)
[More Recipes](#)



Game Changer

Unlike fracking, which according to our re-elected president could be an economic "game changer," the use of hemp as an industrial product, material substitute and health booster is proving to be a *real* game changer. Read how this is happening, and how exactly hemp differs from its controversial cousin, marijuana.

[Read full article](#)



Bright Ideas

If you find yourself stuck indoors due to rainy or cold weather in the next few months, why not try your hand at making a hand crafted lamp, such as a lamp made from a five litre water plastic bottle and white plastic spoons? And if you find the cold becoming a little too much, why not invest in a bio fire? Visit our design page for more bright ideas.

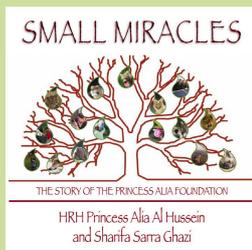
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Moments of Wonder

Take a few minutes to view two great clips focusing on the relationship between humans and nature. If you like whales, then you'll love "Humpback whale rescue with a surprising twist."

"The singing tree"



Books

If you are not able to take leave to get back into nature, these books are the next best thing. Small Miracles, the story of the princess Alia of Jordan foundation takes the reader on a remarkable journey of



Getting Involved

Charity does not always mean donating money or focusing on grim aspects of society. This month we took a look at two great causes: *The No Danger Diaries* and *Quebeka*, which was founded by MTN. Both causes aim to help less fortunate people in different and exciting ways.

[View Clips](#)

animal rescue and rehabilitation. My Life with Leopards: the Graham Cooke story tells a similar tale of the unique relationship that develops between a young man and two leopards. Visit our book section for full reviews and other books.

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"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home." - Edith Sitwell

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