

life in balance

inspiring a sustainable culture

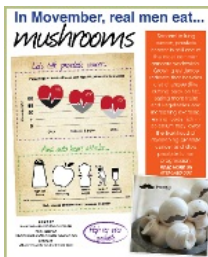
November 2012

Nature check



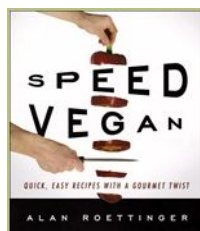
We don't know who the photographer is but we stand in awe of the true beauty of nature captured so perfectly in this amazing photograph. **More-**

Real Men Eat Mushrooms



Prostate cancer and heart attacks are the two big killers among for males. The good news is that mushrooms are one of the body's most amazing allies in the fight against disease. **More-**

Speed Vegan book review



Published in 2010, Alan Roettinger's Speed Vegan is still a kitchen essential. Recipes are easy to make in under 30 minutes and they're delicious enough to tempt meat eaters. **More-**

A Word of Art



The last month of the year is here and the days to the proclaimed end of time are edging ever closer. I think most of us will breathe a sigh of relief when the work year draws to a close yet I always smile at our perceived concept of the 'end' when in fact it is just a cycle and February will be here as fast as it takes for the wrapping paper of a sought after gift to be stripped off said present. In this time of giving let us give what cannot easily be replaced, and share what there is always enough of...love. We have two yummy recipes for inspiration, a nuclear energy update, a mega hug give-away, a Vegan recipe book review, comprehensive nutritional guide to dried fruit and nuts, a gallery to visit and a great video showing hemp's myriad modern day uses. And on the practical note 10 Things to do starting now that can make a difference to your immediate impact on energy and water. There is so much to do, so little time...but ultimately we have enough of it - it is just how we 'spend' it that makes a difference.

Melissa Baird

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A burning issue

Being a cosmetic product, sunscreen obviously comes with a host of concerns, but it is also vital to remember that there are important questions surrounding the efficacy as well as safety of sunscreens. We look at all the dangers, so that when next you decide to cover-up, you make a sun-smart choice. **More-**



12 Things to do to make a difference



True change may be a collective responsibility but it starts with the individual. As 2012 draws to a close and we draw breath for a better 2013, let's make a few simple changes to ensure we are lessen our impact on the earth's resources. There's never been a better time to be the change we wish to see in the world. **More-**

Nuts about nuts (and fruit)

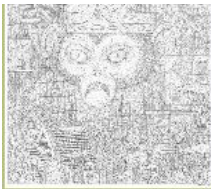
Easy to carry, easy to store and extremely versatile, dried fruit and nuts are as welcome on a cocktail menu as they are in the sticky clutches of kids. This handy guide to the food value of cashews, almonds, macadamias, pears, apricots, bananas and more provides all the info you need. Go nuts! (& fruit) **More-**



Mega Hug Love - win a Mega Hug wrap



Mega Hugs were born out of love and caring. When owner Meg's mom was in care after a stroke, Meg created a beautiful wrap out of some gorgeous coral fleece she found. Mega Hugs are now available in two different lengths, a variety of fabrics and can be worn in multiple ways. And you can win one. **More-**



A Word of Art is a gallery in the heart of Woodstock, Cape Town's creative district. Postcards from Molotia by the Blackheart Gang is the next exhibition, which opens on 30 November. **More-**

Stop Nuclear



Thousands of people from civil society groups across Gauteng took part in a march to protest against SA's nuclear expansion plans, to raise concerns about cost, safety and lack of transparency - as well as hand a memorandum to the Presidency. **More-**

Free Hemp Now



Hemp Now is a local organisation trying to ensure that hemp (the industrial kind), for which there are over 50,000 uses, is legalised. Help make it happen by keeping tabs on a 2 ha trial crop and signing the petition. **More-**

October Winner

Nadine Carroll wins the Cold Pressed Oils courtesy of Wellness Warehouse.

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Montagu Summer Salad

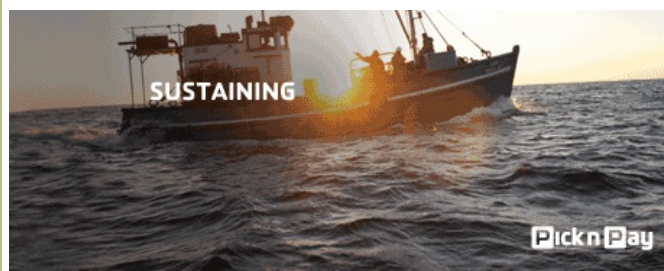
Jenny Morris shares a delicious summer salad from "Cooking with Jenny Morris". This healthy salad with a brown and wild rice base includes sweet red pepper, dried apricots and cranberries as well as pine and cashew nuts for a salad that's packed with flavour, colour and texture. Finish with a fresh Thai dressing. **More-**



Hake Burgers on Portuguese Rolls



These burgers take less time to make than driving to a take out place for the expensive, greasy, over-processed alternatives. Serve with salad and potato wedges for an ideal summer supper or as a lunch option for hungry kids during the endless (or so it often seems) school holidays. **More-**



Tourism industry can boost rural economies



Tourism is one of the biggest job creators in the world and a driver of economic growth. Claire Allison looks at why South Africa desperately needs a traveller market to connect in order for this to work locally to ensure that jobs are not only created, but sustained. **More-**

Thought for the month

We cannot live only for ourselves. A thousand fibres connect us with our fellow men; and along those fibres, as sympathetic threads, our actions run as causes, and they come back to us as effects. - *Herman Melville*

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