

life in balance

inspiring a sustainable culture

October 2012

Nature check



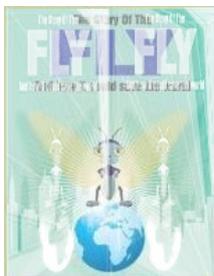
We don't know who the photographer is but we do know the artist behind this stunning landscape: meet mother nature, the ultimate artist. **More-**

Esse Organic product review



Founded by Trevor Steyn, Esse has been producing certified organic skin care products for a decade. Esse kindly sent us a hamper earlier this year and we put three of their skin care products to the test. **More-**

The Story of the Fly and how it could change the world



Flies are a nuisance and something we seem to have no qualms about killing. But what if they hold the key to food security? Jason Drew and Justine Joseph share some remarkable reasons why in their latest book. **More-**

Cellphone Savvy



As the world is stunned by the devastation that Hurricane Sandy has wrecked, the thoughts of climate change and the implications for our economy, food security and overall stability is top of mind. Change can be sudden and terrifying; it can also be prepared for. The inaugural Sustain Our Africa summit brought together a plethora of thought leaders addressing the concept of how we need to change in order for our civilisation to adapt. Watch Chris Loker speak of a new way of banking and read the review on The Story of The Fly and How it Could Save the World. What happens to your cellphone when you have upgraded to a new one? There are ways to recycle it and for important value as the article Cellphone Savvy will reveal. There is another lucky draw for you to enter and a Keyhole gardening guide that can help you set up a food garden in even the driest of backyards. As the end of the year is soon upon us all, the reflections of what has passed and what is to come can be shifted by knowing much more about what makes our world tick. As conscious consumers the way in which we spend our money is the first point of action.

Melissa Baird

Editorial Director | melissa@lifeinbalance.co.za

The SOA Summit - fascinating, terrifying, exciting

The inaugural Sustain Our Africa Summit, Festival and Expo took place in and around the Victoria and Albert Waterfront last week, bringing together a diverse range of people engaging with the toughest questions about the sustainability of our species, ecosystems and the planet as a whole. **More-**



Water hungry electricity: the high cost of coal



While millions of South Africans have limited access to clean drinking water, Eskom uses around 10,000 litres per second - the amount a single individual requires for one year - and continues its pursuit of water-intensive coal fired nuclear plants, despite that we are a water-stressed nation. **More-**

Save the Flamingos

Kamfers Dam near Kimberley is the largest of only four areas in Africa where Lesser Flamingos have bred. This vital wetland is home to up to 60,000 birds (50% of the Southern African population) which are now under severe threat from untreated sewerage in the water and a proposed development. **More-**



Win gourmet oils from Wellness Warehouse



Sesame oil adds subtle flavour to Asian dishes while the stable quality of coconut oil makes it ideal for a high temperature cooking. Flaxseed is a fabulous health additive on its own or added to a smoothie. No kitchen should be without a selection of quality, cold-pressed oils - and



There are more cell phone subscriptions in South African than there are people. Few of them are recycled, yet they're not ending up in landfills either. So where are they? Recycled phones are used in everything from dental fillings to saxophones, so it may be time to get rid of the old phone lying around your home. **More-**

Water Financial: investing that makes a difference



Chris Loker, founder of Water Financial, is channeling investment capital into projects make a positive difference in the world. This short video explains where your money goes. **More-**

The fight for economic justice continues



NewERA recently released a public update on the court case against South Africa's major banks, along with audio files. **More-**

September Winners *****

Wellness Citrus Zing for skin:
Ria Blatherwick

Baobab oil: Renee Leeuwner | Felicia Calvert | Rowayda Esau | Alkie Dobie Tebogo Nthekang

you can win some! **More-**



Freeing your spirit in Nature's Valley

Just outside of Plettenburg Bay, nestled in indigenous forests and surrounded by beauty, you'll find Khoinana, home to Wild Spirit Backpackers and Lodge, which has provided a magical haven to travelers from around the world for 68 years. Matthew Koehorst shares his experiences and news of future events. **More-**



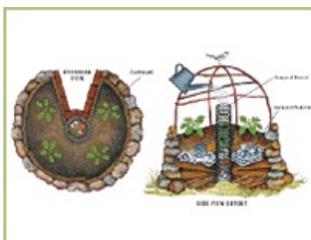
Spicy Crumbed Hake Goujons



The grown up version of fish fingers, these crumbed hake goujons are made with fresh, SASSI approved hake and lightly crushed corn flakes and take just 20 minutes to bake. Serve them with lemon wedges and tartare sauce and both kids and grown ups will be asking for seconds. **More-**



The key(hole) to gardening success



Drought has always been a bane on agriculture, and if current patterns are anything to go by, you would be considered crazy if you began planning ahead in your own home garden. Enter the Key Hole Planter. Build your own Key Hole Planter and increase drought resilience in your home garden. **More-**

Thought for the month

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.
-Life's Little Instruction Book

Like us on Facebook

Follow us on twitter

Join Our Mailing List!



Try it FREE today.