

A warm welcome to summer to all our readers. This month has been particularly eye opening in the marine world as Lewis Pugh swam the seven seas to highlight just how dire the situation is for unprotected coastlines that have been over-fished and polluted by human detritus. On a positive note for South Africa, the national beach clean ups were a tremendous success and national marine week saw thousands of participants actively cleaning up and learning how to take better care of their sea shores. In this newsletter we honour the extraordinary work of the Dyer Island Conservation Trust who are leading the conservation and research of the Marine Big 5 in Gansbaai, Western Cape. We also have incredible footage of the earth live from NASA and a great white shark being rescued in the nick of time. For those budding gardeners we explore how longer days and more sunlight can benefit the garden. Holiday season is nearly upon us so in the product section we showcase an amazing tent that makes its own light and some delicious summer smoothie recipes. Our intrepid traveller sent a wonderful round up of destinations promoting green consciousness and we review an amazing toothpaste that is good enough to eat (you can win one of three tubes in the lucky draw). Enjoy soaking up the sun, and browsing through this month's articles.

Love and light,
The Life in Balance team

Gardening



Make hay while the sun shines! Summer is the perfect time to [grow your own food](#), and plant a vast array of crop seeds as the extensive hours of sunlight are conducive to healthy, bountiful plants.

[See what you can plant this month](#)



Bright ideas



Harnessing the power of the sun is what this month's products are all about. Take a look at a fabulous invention by an English DJ who was tired of losing his way in a sea of tents at festivals, as well as some sparkly home and garden lights that need no batteries.

[See more products](#)

Moments of Wonder



Although the Great White shark has been demonised by popular culture, these majestic creatures in fact prefer to stay away from humans. Rampant over-fishing have placed these apex predators on the list of critically endangered creatures. This shark however made it onto the lucky list as it was detangled from fishing line that was slowly killing it. Footage courtesy of the Dyer Island Conservation Trust.

[View clip](#)

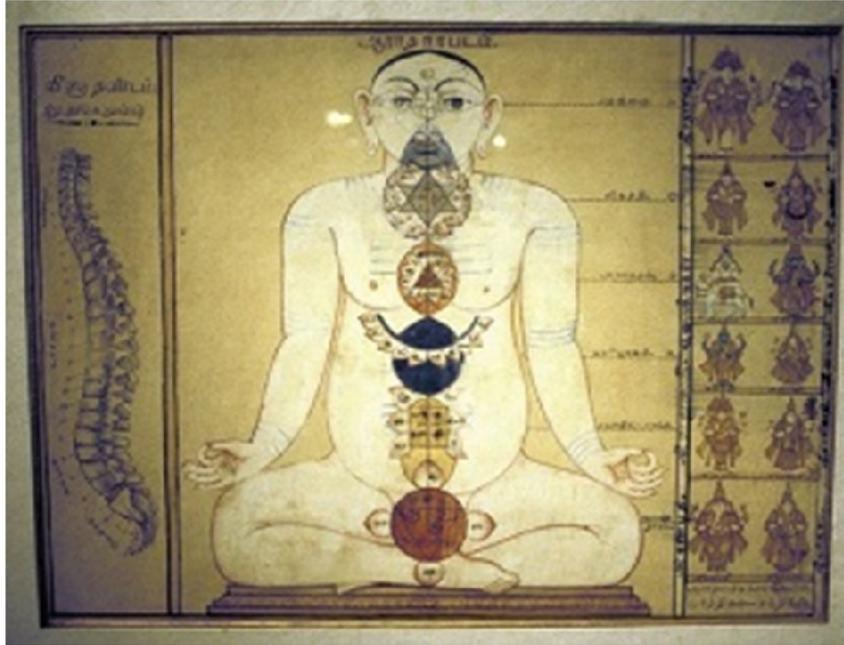
Smooth operator



With the arrival of summer comes the four s's: sun, sea, sand, and smoothies! Even if you do not live by the sea, the latter can be enjoyed by everyone. Take a look at some delicious, healthy smoothie recipes that will make you feel fantastic.

[See recipes](#)

Wellness



If you have ever wondered about your chi (energy), what it means to be balanced and having your mind and body connected as one, then we recommend going for an acupuncture massage. An acupuncture massage is the best of both a Swedish massage and traditional acupuncture treatment and you will learn a lot about the condition of your internal organs.

[Read more](#)



Label fables



The labelling business in South Africa is a tricky one, namely it is effectively a free for all. Various brand owners can put just about anything on their product as the system is very poorly regulated. Fortunately, there are those fighting the good fight as a new consumer driven initiative named TOPIC is aiming to have products tested to prove that what is in the box is exactly what they say is in the box.

[Read more](#)

Bridging the green gap



Ethical travel is a trend that has grown in popularity in recent years, and two young women are aiming to bridge the gap between learning and doing, adventure and information and intention and its effect. Follow their journey long the raw, beautiful garden route of South Africa, and see what unique treasures they discovered.

[Read more](#)

Game changer



Two hours west of Cape Town, Dynamic marine conservationists from the Dyer Island Conservation Trust are making huge waves in Gansbaai. They are teaching children about endangered marine species, cleaning up beaches and building the most spectacular sea bird and African penguin rehabilitation center that will open in February 2015.

[Read more](#)

For the Dyer Island Conservation Trust Website, [click here](#).



[Give-away](#)



Win one of three full sized tubes of Olgani Herbal Refreshing Toothpaste. Please send an email to melissa@lifeinbalance.co.za with the email header: Olgani give-away. The entries close on the 21st November and the prize is awarded via a lucky draw mechanism

CONGRATULATIONS TO THE WINNER OF OUR PURE BEGINNINGS LUCKY DRAW:

Ann Fraser
Lee Butcher
Timothy Burdett
Eleanor Van Rooyen

Thought for the month:

"No act of kindness, no matter how small, is ever wasted." - Aesop

