

life in balance

inspiring a sustainable culture

September 2012

Connect with nature



The delight on this elephant's face was palpable. It's all about the elephants at Camp Jabulani. **More-**

Baobab Oil - win one of five hampers



Baobab Oil by Eco Products is rich and nourishing, soothes and softens skin, encourages cell regeneration and improves elasticity. Enter to win one of five hampers worth R520 each. **More-**

Sustain our Africa conference discount



SoA - Sustain our Africa - Summit is Africa's sustainability summit focused on inspiration and tools for change, and Life in Balance readers can attend for 25% less than the normal delegate price. **More-**

Garbology: Our Dirty Love Affair with Trash - book review



How many garbage bags do you fill each

The government's decision to allow fracking for gas in the Karoo has led to further civil protest against the unsustainable quest for finite energy resources; there has been an avalanche in Nepal and violent strikes worldwide against unfair labour practices. These are just some of the events that have made September an extraordinary month for news, views and natural chaos. The good news, though, is the remaining frogs on Table Mountain have been singing a glorious chorus in response to the late wet weather, some dolphins have escaped the Taiji hunt in Japan and there are signs that activism can shift policy in the recent halt on oil drilling in the Arctic seas. Despite what the mainstream media will tell us, let us not forget the maverick change agents out there who are all doing their bit to contribute to a better world.

Amazing trees: uncovering the Acacia



September is arbour month and trees were planted around the world. Yet hundreds of thousands of hectares of rain forest are felled daily for products that end up as packaging or paper products to mop, clean and swab. The overall impact on the lungs of the world is a moot point. Or is it? **More-**

Don't cry over spilled milk

Since the first food pyramid, milk has been hailed as one of the most natural, nutritious foods there is. But have you ever stopped to think how natural drinking another mammal's milk really is? And is it as good for us as it is made out to be, even before hormones and antibiotics are thrown into the mix? **More-**



ethical living magazine

Available at CNA, Exclusive Books and SPAR



For consumers who care

O' My Goodness! - product review

Oh my goodness, was I pleased to receive a yummy snack pack of the most scrumptiously made snacks I have ever had the pleasure of tasting. Made from raw ingredients and bursting with life they positively put the spring back in my step. There's also a delicious range of savoury snacks. **More-**



Zesty, fresh fish and potato salad



This fantastic, summery, fresh fish and potato salad goes down

week? Watch a show like Hoarders and the answer is probably, "As many as necessary!" But pause for a moment and consider how many bags it would take to turn your home from the clean and tidy sanctuary it is into a reality TV horror story. **More-**

The fracking debate rages on



Protesters from all creeds and classes united outside parliament in Cape Town last Saturday to protest the exploration for shale gas in the sensitive Karoo region after the moratorium on fracking was lifted. **More-**

Don't call me baby



Our complicated inter-personal relationships and human propensity to ignore blatant warnings make for a challenge in an age requiring resilient adaptation. **More-**

OwnGrown: urban food gardens made easy



Cape Town-based OwnGrown has launched in South Africa offering you an easier way to establish your own organic homegrown food gardens, from herb boxes to large, productive, modular food systems in urban environments. **More-**



a treat. The recipe, courtesy of Pick n Pay, is quick to make and a perfect addition to your warm weather menu. But do opt for sustainably harvested fish from the SASSI approved list, such as gurnard, line caught santer or panga. **More-**



When water defies the laws of nature



The volume of water on Earth today is the same as when dinosaurs roamed free, and has been recycled an infinite number of times by Earth's ecosystems, which act as a filter. It is true to say that the water we drink today went through a dinosaur's kidney 65 million years ago. **More-**

Hiking Panama's tallest peak at night

"After a terrifying 15 minute drive up a tortuous and winding road the driver dropped me at the trailhead, pointed through his windscreen, and muttered, "Vulcan Baru", with a bemused expression." Matthew Koehorts hikes Panama's tallest peak, at night, in winter, and lives to share his story. **More-**



Win a hamper of citrus zing for your skin



As we say goodbye to winter and a warm 'hello' to summer it is an ideal time to treat your skin with a nourishing body care range. The Wellness Warehouse is giving away products from their bath and body citrus range that will elevate you after a long day and leave your skin radiant. **More-**



August newsletter winners

Wellness giveaway: Hilary Strutt
Soaps from Chardine: Sandra de Villiers | Jenny Marchand | Pauline Naidoo

Thought for the month

Your imagination is your preview of life's coming attractions.
 ~ Albert Einstein

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