

September has been a particularly busy month for the calendar of all things natural and wonderful, not only did we celebrate two separate weeks that were dedicated to the preservation of our trees as well as a national cleaning up initiative, but an international day of peace and world rhino day took place as well. In keeping with the latter, Life in Balance has given a special focus to rhinos this month and with that being said, our focus is on the positive and wellbeing of these remarkable creatures.

The Life in Balance team

Gardening



Things on strings

Who says you can't have your own hanging gardens of Babylon? These string gardens are ideal in the absence of outdoor space. Simply follow the link for a quick tutorial or DIY string gardens.

[Quick tutorial](#)



Bright Ideas



Are your fluffy loved ones' fluffy coats bothered by pesky inhabitants that don't seem to want to vacate? Vondis pet specialists have developed an all natural remedy to help rid your furry companions of fleas and unwanted visitors. As anyone who has fallen victim to flea bites will concur, these tiny itchy bites will give the most powerful mosquito a run for its money. Click to see the recipe that will help rid your pet of these pesky parasites.

[View more](#)

Moments of Wonder



This little rhino named Gertjie is part of a heart warming story. After his mother was tragically killed by poachers, he was taken into the diligent care of rangers at the Hoedspruit Endangered Species Centre. He now spends his days taking long walks, enjoying mud baths, and slowly learning how to integrate back into the wild.

[See a short clip of this phenomenal creature](#)

Feature



The future of energy in South Africa is a cause of never ending concern for the people in power, as well as ordinary citizens trying to keep their lights on. Recently the proverbial frying pan has been replaced by an enormous contract bearing fire by the name of Russia, as president Zuma has given Vladimir Putin and his band of merry men license to nuke-killer plant building in South Africa.

[Read more](#)

Wellness



Irritable skin? Constantly catching colds? Before going to the doctor, take a look at these four powerful antibiotics that do not require any prescription and do not come with many of the unwanted side effects that are par for the course when taking over the counter medicine. Prepare to be amazed, as some may already be in your kitchen.

[Antibiotics without prescription](#)



Tasty treats



If you are someone that suffers from "hanger" (anger as a result of being hungry) between meals, this delicious granola recipe which includes manuka honey, (see wellness tips for more) is a great way to keep the hanger pangs at bay during the long stretch between lunch and dinner.

Granola is low GI and therefore releases energy more slowly, keeping you fuller for longer.

[See more](#)

Fading Footsteps



Going off the beaten track, this month we took a look at two of the more secret, lesser known game reserves situated in the Southern Cape and the North Coast of Kwa-Zulu Natal.

Although their landscape differs greatly from rugged coastlines to humid, lush, green bush-they are both places of sanctuary to our increasingly endangered rhino.

[Read More](#)

Game Changer



Never has there been a time in history where the coined phrase "waste not, want not" has been more applicable. The amount of food that goes to waste by the tonne is staggering. On the other hand, one man's trash is being turned into treasure by South African based company, Food-to-Waste; which is taking unwanted organic waste and turning it into something remarkable

[See how they do it](#)



[Give-away](#)



Win one of four eco roll on deodorants It will keeps you feeling and smelling fresh all day and is an effective natural solution to body odour. It is also ideal for persons who suffer from skin irritations from conventional deodorants and antiperspirants.

Thought for the month:

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.--

Marcel Proust

