

life in balance

Hello everyone. Life in Balance has a new website..please visit www.lifeinbalance.co.za and spread the news to your friends. Hot on my agenda is the fracking debate which is set to escalate this month and I will be attending the public participation meeting on the 11th February at the Parow Civic Centre in Cape Town. Do come along and enjoy what will be a spectacle of note. This is what happened at the last meeting I attended: <http://life-in-balance.co.za/snap-crackle-and-pop/>.

Starting the year off we have a some movie tickets and a great book give-away, some delicious recipes and advice on how to build soil health and musings on a walking adventure along the west coast.

And, in case you missed our snippet of peace, love and Rock 'n roll from the festive season, here it is:

<https://www.youtube.com/watch?v=HKdSRWhyH30>

Enjoy!

Gardening



Although the month of January isn't the most conducive to planting many seedlings due to the high temperatures and varying levels of heavy to no rain across the country, it is a good time to review one's soil situation. Just as there are many different types of plants, there are varying types of soil which need individual care and certain elements to ensure their viability in one's garden. For Example, if the pH levels in the soil are not controlled correctly, this can impact the level of growth in new plants. See how you can improve the health of your soil with a few simple guidelines.

[See our gardening tips](#)

News



A harrowing, multi award-winning documentary on the truth about fracking. South Africa's own Jolynn Minnaar recorded it all.

[See more](#)

Tasty treats





Walking in the sand

Take a leisurely hike along the bays that make up the route of the Cape West Coast Biosphere Reserve's Five Bay Trail to rejuvenate the soul and inspire imagination.

The Biosphere Reserve farms and fishing villages, lagoons, rivers, the sea, pristine flora and unique birdlife, combine to offer residents and visitors a diversity of natural, cultural, historical, recreational and spiritual experiences.

[read more](#)



Funky Furniture

The revolution of upcycling has seen some amazing furniture made from all kinds of interesting materials. Wooden crates, recycled plastic and compressed paper are just some of the materials that have been used in this phenomenon. However, prepare to be amazed by what two Danish designers used in order to make their fabulous creations. Follow the link to see what they did.

[See designs](#)



Sweet treats and more vegan delights are what we're enjoying this month in the kitchen. Enjoy our recipe for delicious turmeric tea that is like milk tart in a glass, or a breakfast sarnie that is so tasty, you won't believe it's vegan.

[See recipes](#)

Wellness



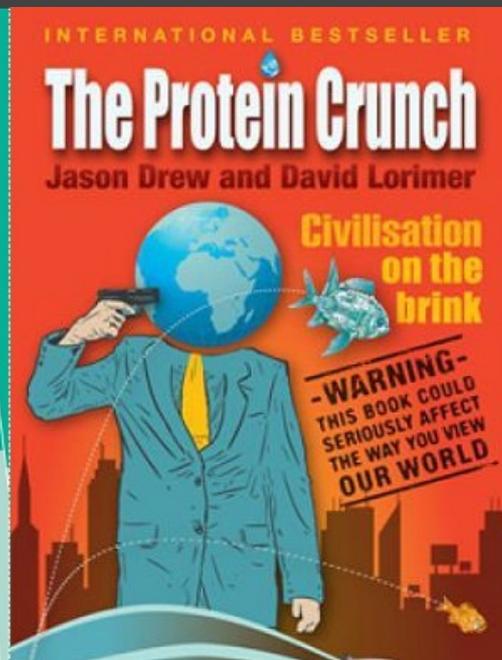
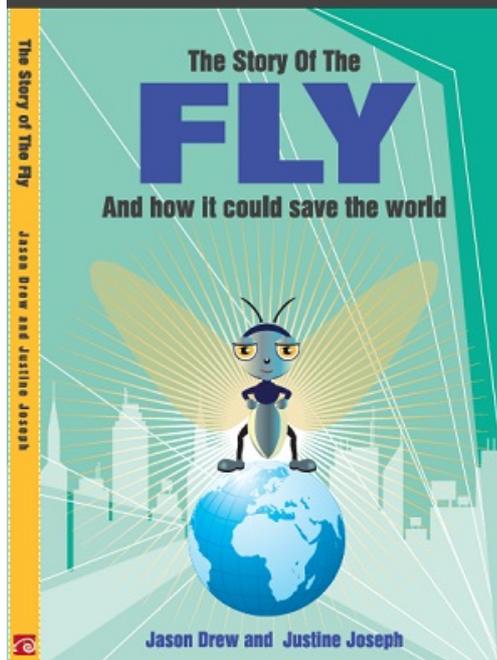
If we had a rand for every claim made by haircare companies about their amazing products that can make one's hair shine or sparkle, we'd all be millionaires. We say ignore these claims and try this incredibly simple homemade shampoo recipe that requires only two ingredients and will cost you less than R10. [Click here](#) to see what they are.

Give Aways

Books:

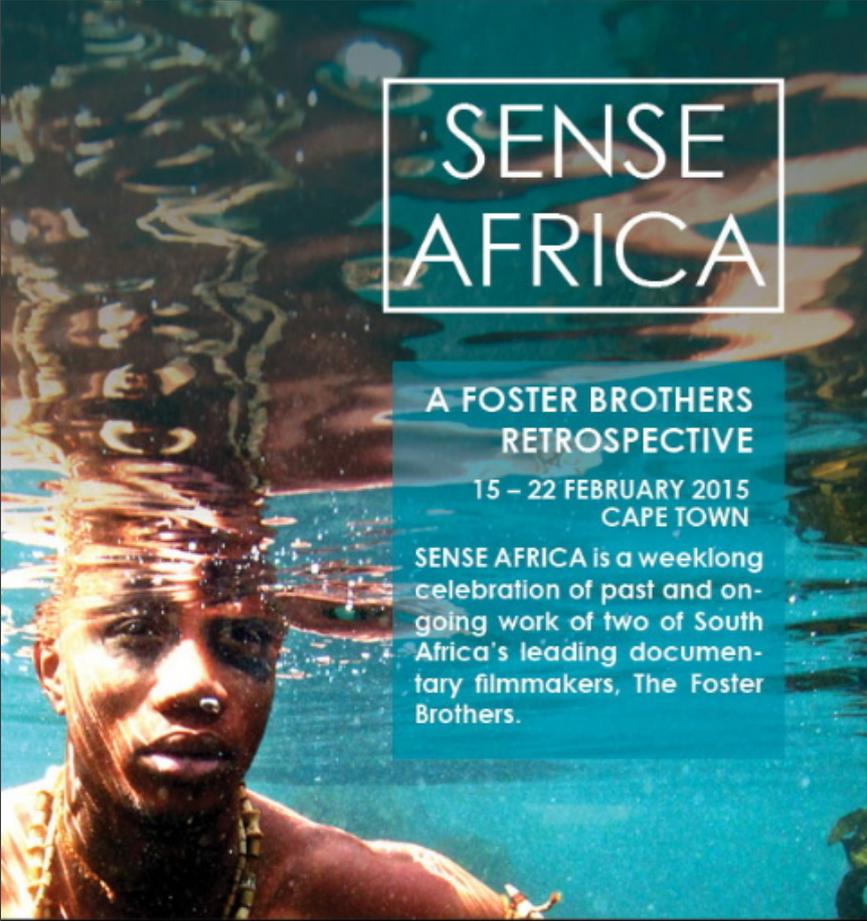
Ten lucky new subscribers will receive copies of Jason Drew's *The Protein Crunch* and *Stay of the Fly* and how it can save the world. This game changing environmental capitalist has a lot to say about new ways of doing things that not only can make money - but do a whole lot towards improving food production that won't see species dying off as a result. Winner of numerous awards for his brilliant initiatives Jason is an entrepreneur and a leader in the new wave of 'good' business leaders to watch and a social change agent of note.

Please send an email to melissa@lifeinbalance.co.za with the email header: Book give-away. The entries close on the 21st February 2015 and the prizes are awarded via a lucky draw mechanism



Win tickets to Sense Africa film festival

Celebrating the Films of The Foster Brothers
15 - 22 February 2015



SENSE AFRICA

**A FOSTER BROTHERS
RETROSPECTIVE**

**15 - 22 FEBRUARY 2015
CAPE TOWN**

SENSE AFRICA is a weeklong celebration of past and on-going work of two of South Africa's leading documentary filmmakers, The Foster Brothers.

**FOR THE FULL PROGRAMME OF EVENTS & SCREENINGS:
www.exploringconsciousness.org.za
www.whileyouweresleeping-sa.com**

We have two tickets to give away for the opening event, each of the films screened during the week and the closing event. Email melissa@lifeinbalance.co.za with the title of the film you wish to win tickets for and note only one entry per reader.

[Read more on the festival](#)