

Super heroes and hot cross buns

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life in balance

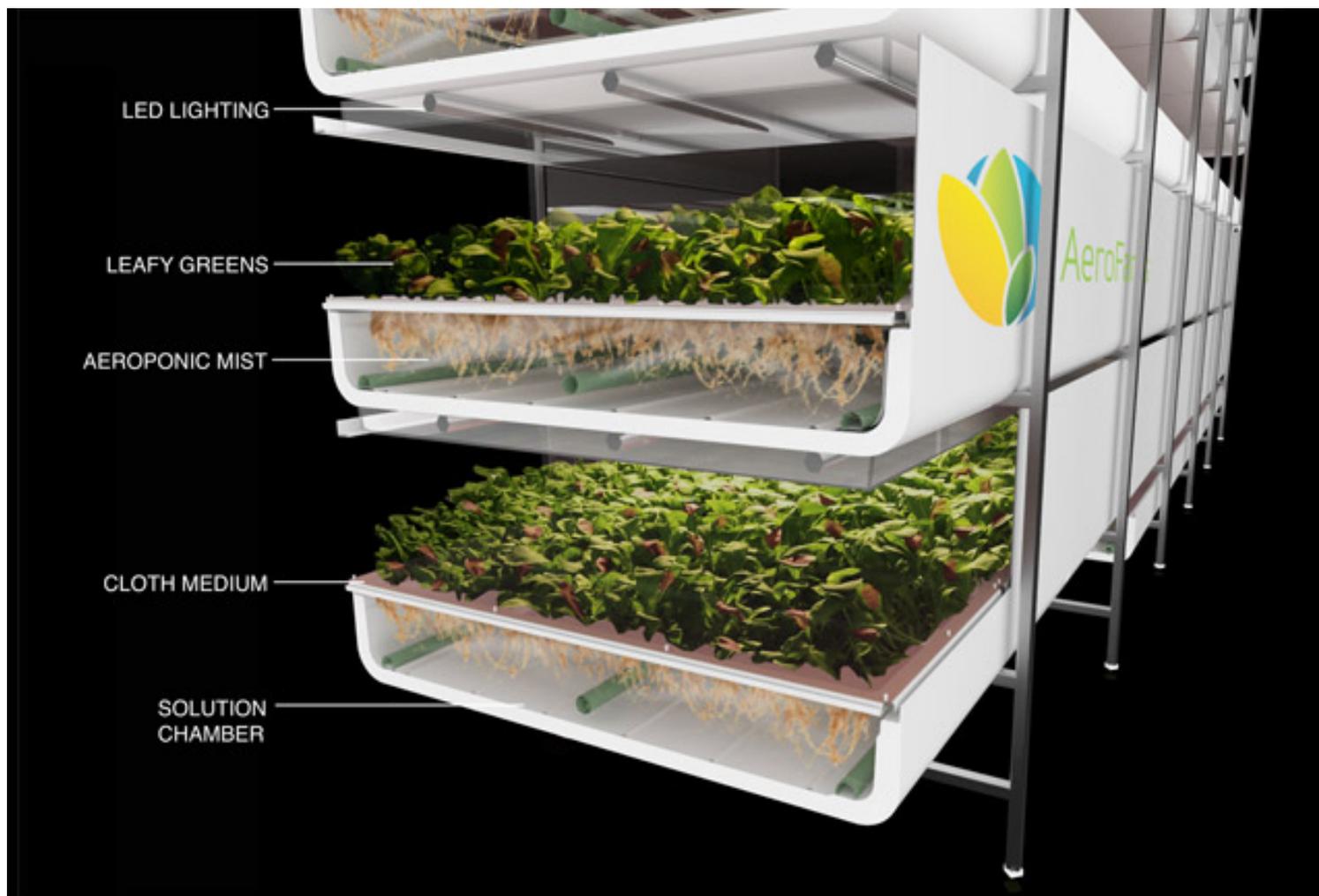
It is officially autumn and as the leaves have begun to fall from the trees in other parts of the country, in Cape Town we are still enjoying some gorgeous weather. Our beautiful country has a climate that is unrivaled in terms of its gentle season changes and its unique biodiversity and it has also been recently recognised as the most sustainable tourism destination in the world, honouring a kaleidoscope of different people taking great care of their environment and people who work in the industry. I am always on the look out for amazing game changers and you will meet two in this issue - Joe the gardener, whose story will be told in our *Wonderment* section and our marine super hero, Lewis Pugh, who has completed his "Five swims for One reason" campaign for Marine Protected Areas. .

As Easter is fast upon us we have a yummy, super healthy hot cross bun recipe to share and some other amazing things to read to keep you entertained.

Love and peace from The Life in Balance team.

THIS MONTH'S PICKS

GAME CHANGER



Last issue featured how simple it is to grow vegetables and other plants in small spaces working with hydroponic gardening. This month, we found a company that has taken this concept to a whole new level. AeroFarm, a dynamic company in the United States has converted an old warehouse into a giant aeroponic farm for growing crops which could

change the entire system of farming as well as the issue of food security as a whole.

[Read more on this fantastic initiative.](#)



PRODUCTS

For those of you that don't know, FairTrade fortnight is happening over the next two weeks (30th March- 12th April). This campaign encourages customers to choose FairTrade products because they are making such a difference in farming practises and tick the check box about



TRAVEL

With globalisation and technology making it possible to travel just about anywhere, we took a look at a rather interesting place that has been shrouded in a fair amount of mystery: Iceland. Contrary to popular culture, Iceland is not the coldest place on earth, but is in fact a diverse landscape of mountains, active volcanoes and voluminous glaciers as well. [Click to read](#) more about this fascinating destination.

being a 'good product'; namely no environmental damage and the labour used to create the product has been remunerated in a manner that is honest and fair.

[See more on FairTrade fortnight.](#)



NEWS

World water day, held annually on the 22nd of March (annually since 1993) focuses on all the important issues that make up 'water security'. Sao Paulo, the biggest city in Brazil, and one of the biggest cities in the world with a population of more than 20 million people saw many of its inhabitants protest about the lack of clean water in their city and we



RECIPES

Celebrate this Easter with this mouth watering recipe for vegan hot cross buns. With no additives or preservatives, these tasty treats are great to munch on at any time of the day. We recommend lightly toasting them and adding some yummy nut butter as a topping.



INSPIRATION

have many lessons to learn from this event about the social chaos that unfolds when a vital resource is suddenly not available anymore. [Click to read more.](#)



WONDERMENT

Into every life, a little magic must fall. The magic this month comes from the inspirational story of Joe the gardener. A man with a plan, Joe aims to bring goodness and inspire learning through the wonder of gardening. [See how](#) this man is making a difference and what inspires him to do so.

GIVE AWAY

No-one can escape a clean up but the range of products on the supermarket shelves that have been created for this purpose totally forgot the fact they work with water and impact water; every sink full and toilet flush. This is why we prefer products that are water friendly. If you have never tried a 'green' cleaning product now is your chance as we have

Although we paid special attention to this formidable man last month, he deserves another feature as Lewis Pugh continues to rock, breaking records and grabbing the attention of the Russian decision makers in his quest to have Marine Protected Areas declared. Why on earth would one man take on such a superhuman task? [Click to see](#) what Pugh has to say.

some to give-away.

Woolworths' recently launched WLAB washing detergents & laundry liquids that have been scientifically formulated for improved performance and are phosphate free. So you can now be a clean power house but be gentle on nature. Woolworths and The Watershed Project are giving two lucky winners the chance to win a WLAB hamper worth R200 each.

email melissa@lifeinbalance.co.za with the headline Watershed and you could be a lucky winner. Only one entry per email please and note the winner is chosen via a lucky draw. Entries close on the 25th April 2015.

www.thewatershedproject.co.za @WatershedSA – Twitter link, @TheWatershedProject – FB handle

Thought for the month:

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

– **Albert Einstein**

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