

life in balance

inspiring a sustainable culture

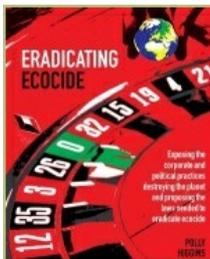
August 2012

Connect with nature



Melissa Baird met this show-stopper, a Hyacinth Macaw, on her travels in Brazil. **More-**

Eradicating Ecocide Book review



This award winning investigation into the corporate and political practices and policies that are destroying the planet. Written by Polly Higgins and published in 2010, this excellent book focuses on the role of law in protecting the environment. **More-**

Goat's milk baby body care - win one of three hampers



We mentioned the wonderful goat's milk soaps by Soaps from Chardine before, but Zene Kaye has just launched her baby range! All natural, gently soothing and nourishing, for even the most sensitive skin, to leave baby's

August has been a month of extremes; in the weather, politics, finances and the environment. Amidst the chaos it is easy to forget the many wonderful people out there who are actively making a difference and innovating extraordinary and useful methods and products that enable us to make better choices and ask more probing questions. With that in mind, enjoy the round up of news and interesting articles in this month's newsletter and enter the give-aways. We have made some readers very happy announcing the fact that they have won a wonderful treat.

The Rainbow Warrior visits South African shores



Greenpeace's ship came to Cape Town and the powerful team of activists announced some remarkable campaign plans, one of which you and I can easily participate in: a campaign for renewable energy development in South Africa. Please join the **call** and encourage others to do the same. **More-**

Saving face: discovering the ugly in your make-up bag

Women in the Victorian era used to drip highly toxic belladonna drops in their eyes to dilate the pupils; apparently it made men at the time racy. A dangerous pursuit, yet it seems not much has changed. Yanna Erasmus unpacks her make-up bag and discovers that nothing but ugly remains. **More-**



ethical living magazine

Available at CNA, Exclusive Books and SPAR



For consumers who care

Unnerving developments in the GM Movement in SA

In 1996, the South African Constitution granted South Africans the rights to physical well being and sufficient food. In 2012, the government is still attempting to secure those rights. According to some, genetically modified organisms are the solution to the food crisis. But at what cost? **More-**



Natural principles: basic, organic gardening tips



With a basic understanding of what it means to be an organic gardener and some useful knowledge on the matter, you, too, can move away from poisoning your land and food and

skin soft and silky. Three lucky readers can each win a hamper of a baby liquid soap, baby bar soap, milk bath and lotion. **More-**

The Shift: Inspiring Sustainable Design seeks entrants



A local organisation called The Shift is encouraging young South Africans to engage with real social, environmental and ecological issues by submitting a design proposal for products, systems and services in response to the brief, Small Change; World of Difference **More-**

Changing your life one breath at a time



Through his Art of Living Foundation, His Holiness Sri Sri Ravi Shankar has taught more than 25 million people across 140 countries a powerful breathing practice, combined with profound and life-altering wisdom. **More-**

Responsible pet care



What does it mean to be a responsible consumer? Our pets have no say; they are reliant on our informed choice. The responsibility is ours to be conscious of the decisions we make for their well being. **More-**



move towards a more harmonious interaction with your plants and the ground in which they live. **More-**

Coal-roasted mussels with garlic butter & wild herbs

Mussels are not only a great option for a protein boost, they are one of the Southern African Sustainable Sea Food (Sassi) green listed species, and delicious to boot. This mouth-watering recipe is courtesy of Fresh Living Magazine, which is filled with practical, modern, affordable recipes. **More-**



Chilled white tomato soup



This lovely gazpacho is perfect for the warm spring and summer days ahead. Courtesy of Oryx Desert Salt, arguably one of the purest salts available locally. In fact, has just been announced as the official salt of the South African Culinary Team (ranked 10th in the world) for this year's IKA Culinary Olympics. **More-**

Win a body care hamper

Green tea is naturally rich in anti-oxidants that protect the body from free radicals, making it full of beauty benefits, helping to protect against accelerated ageing, exposure to pollution, smoking and too much sun. The Wellness Body range is infused with green tea to pamper and protect. **More-**



The beauty of forgotten wood

Cape Town-based designer, Max Basler, has created a collection of flash drives made from a variety of re-purposed woods. Antique and rare wood destined for the dump has been given new life as beautifully-designed memory sticks that emphasise quality workmanship and ergonomic usability. **More-**



Platbos African Tree Essences



Each of the African Tree Essences contains its own specific set of qualities. In addition, all of the essences help to anchor the light body - the higher Self - within the physical body. By aligning with our higher Selves, we are better able to access our life purpose. **More-**

The two-wheel revolution



Matthew Koehorst used to drive a cherry red 1969 Mini Panel Van that he loved dearly. Two years ago he sold it. Matthew shares his journey from frustrated car owner to someone who works less, plays more and even smiles while commuting. His story may just inspire you to dust off the bicycle in your garage. **More-**

July newsletter winners

Tea hamper: Priscilla Jacobs | Nadiema Omar | Michelle Preen | Lara Bonetto | Tracy Kent

Tip Top Nails: Lesley Ann Florence | Nicola King | Faieza Timol | Gail Blacker | Adele Pelteret | Yolande Nortje Smith | Ingrid Van Eck | Dahlene Peplouw | Lindiwe Farlane

Thought for the month

Today... we know that all living beings who strive to maintain life and who long to be spared pain - all living beings on our earth are our neighbours. *Albert Schweitzer - Nobel Peace Prize (1953); Philosopher, Physician and Humanitarian (1875 - 1965)*

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