

Inspiring your path to wonder and balance

[View this email in your browser](#)



### Water give-away and wonder to inspire you

After a baking hot summer we can look forward to autumn and cooler weather. Keep hydrated through the change in seasons and to help you do this we have a case of Evo water cartons to give away so you can ditch those plastic bottles. Have you ever wondered what nature says? Find out how you can tune in. You will meet a young hero taking his climbing ambitions to the peaks of social development and an initiative helping vulnerable children access water and sanitation to improve their opportunity to learn. In the garden you can grow your own herbs and discover a route to wellness that works wonders for a tired soul. Wishing you all a happy month and remember how wonderful it is to be kind.

## This Month's Picks



One lucky reader will win...

### A case of Evo water cartons

It is World Water day on the 22nd March and we celebrate the wonder of water by offering one lucky reader a case of Evo water. Evo water is packaged in Pure-Pak cartons offering you a healthier alternative to water in plastic bottles. I have been drinking it and it is pure delight. Read about its ideal mineral qualities [Read more here](#)

[Enter here](#) Note entries close on the 22nd April 2022



If one really gets into the perspective of a different species,

### VIDEOS

#### How to hear what nature is saying

Anna Breyleinbach is well known for her work as an animal communicator who is able to translate the messages from key species as humans grapple with understanding their interconnection with all living things. Watch this fascinating introduction and open your ears to what nature has to say.

[Watch here](#)



### GAME CHANGER

#### Climbing the peaks and helping youngsters do the same

Meet Monde Sitole who has a big dream: to climb the highest peaks on each continent and wants to assist other young South Africans discover how to reach for their dreams too.

[Read more](#)



### NEED TO KNOW

Thousands of years ago – Hippocrates, the ancient Greek physician considered to be the 'father' of medicine is noted to have said "Let food be thy medicine and medicine be thy food". Take note as 'fast food' is not quite the food to feed your body or nourish your health. This article explores what high salt and sugar intake does to your body.

[Read more](#)



### GARDENING - HERBS THAT MAKE A SPLASH

For g'n lovers the garnish is what makes the tippie even more palatable. [Find out](#) how to grow pineapple sage, borage and pelargoniums and how to make your next G+T quite special.



### VIDEOS

#### Water – wiser

SA faces a water crises and you can be more resilient by learning techniques to capture and store your water. Watch this fascinating video that shows you how to create your own clean water system based on ancient techniques. [Watch here](#)



### GIVE AWAY

#### Last month's winner

Marlene Barnes won the CBD give-away. She shared her delight with us: "Oh my word. I just can't believe my good fortune. I am ecstatically happy with this amazing news. THANK YOU, THANK YOU, THANK YOU. So exciting."



### NEED TO KNOW

#### Waste pickers are not the answer to managing plastic pollution.

Just because it says it is recyclable does not mean it will be. How do the big plastic polluters hide behind the informal economy of waste pickers? Find out here.

[Read here](#)



**GAME CHANGER**

According to the South African Human Rights Commission (SAHRC), more than 3000 schools across the country still use pit latrines (open pit toilets). Breadline Africa is doing its job to help and this year alone has constructed 69 modern pour flush toilets in 48 pre-schools. Their goal is to construct another 40 within the upcoming year. [This is their story.](#)



**WELLNESS**

**Choose Self-Care and Take a (Short Pause)**

Let's clear up one common misconception, self-care is not synonymous with self-indulgence or being selfish. Self-care is a conscious decision to take actions that promote your own physical, mental, and emotional health. When we choose self-care we protect ourselves from burn-out and enable ourselves to be the most authentic version of ourselves. [Read more](#)



**PODCAST**

Listen to the podcast "For Water For Life" and hear Ubomba-Jeswa speak about where our water comes from. She talks about how the journey of water is more than about turning on a tap. We learn how it is being polluted, how it is being cleaned and how the quality of water affect lives, health and livelihoods.

Life in Balance offers other great podcasts to listen to [here](#)



What is amazing to consider is how we are made up of water. Dehydration can lead to foggy minds and ill health. By taking conscious time-out and being still for a few minutes each day you can think about yourself as the ebb and flow of water and keep cool thoughts to balance the stresses of each day.

[unsubscribe from this list](#) [update subscription preferences](#)