

# eco balance

*Lifestyle*

Living in harmony with your environment

VOLUME 11 2019

Is **FOOD** better  
**MEDICINE**  
than drugs?

MANAGING  
YOUR  
*waste*

**Finding**  
YOUR  
*Zen*  
WITH YOGA

VEGAN  
**TRAVEL**  
*tips*

**DESTRESS**  
the  
natural way

SMALL SPACE  
**GARDENING:**  
UPWARDLY MOBILE

MAKE **RECYCLING**  
*a lifestyle*



ENVIRONMENT | WELLNESS | TRAVEL | RECYCLING | FASHION | LIFESTYLE

THE ECO-CONSCIOUS MAGAZINE

## media info 2020



“We often forget that we are nature. Nature is not something separate from us. So when we say that we have lost our connection to nature, we have lost our connection to ourselves”

*Andy Goldsworthy*



# YeS... we are GREEN!

In line with **Eco Balance Lifestyle Magazine's** commitment to finding eco-friendly and sustainable solutions that will impact the environment in a positive way, we have decided to seek an innovative solution for publishing and distributing our beautiful and informative magazine.

Whilst no one can deny the pleasure one experiences when paging through a crisp new magazine, the reality is that print has become an option rather than being the primary means of consumption when it comes to media.

The current trend is shifting towards digital publications with the option to print on demand. As a result, after much discussion by our team, we have decided to publish **Eco Balance Lifestyle Magazine** online, as we believe that this will allow for a far greater reach than we would have if we went with local print distribution. We also appreciate the other benefit of going green and the advantages of hyperlinks be it a word, product or advert which our readers can interact directly to your website or social media platform. And for us the more people we reach, the more we can highlight the issues facing our planet and showcase the many innovative solutions that exist as well as the inspirational individuals that are making a difference.

However, we also recognise that there are still those (and there are a few on our team) who still love print and for those people the print on demand option is ideal.

**Eco Balance Lifestyle Magazine** will be available on the following digital platforms for purchase. Soon on Apple & Google Play

## Zinio

<https://www.zinio.com/za/ecobalance-lifestyle-m36136>

## MAGZTER

<https://www.magzter.com/ZA/Eco-Balance-Lifestyle-Magazine/EcoBalance-Lifestyle/Lifestyle/>

Request a copy to view

Collectively we can  
make a *difference*  
to our environment!



6  
issues



Launched:  
15/12/2019



A4 in Size




We have reduced our carbon footprint, a magazine for the reader who wants to live an eco-conscious balanced lifestyle!



endorsed by:

SOUTH AFRICAN NATIONAL  
BOTTLED WATER ASSOCIATION

  @ecobalancelifestyle  
[www.ecobalancelifestyle.com](http://www.ecobalancelifestyle.com)

THIS IS WHAT *they* ARE SAYING

Your first issue is WOW  
Vicis

I read through your magazine yesterday - it is fabulous!  
Interesting, informative and well laid out.  
Well Done!!!  
Avril

WOW wee I am blown away.  
Cindi

Dear Anthea, you are a machine, well done & congratulations on the launch of your inaugural issue of eco balance. You can be very proud of yourself and I'm sure you are.  
Kind regards from a confirmed reader, Derek.

Wow! It's beautiful!  
Well done!!!  
Gavin! ?

LOVED the first one - stunning!  
Ingrid

The magazine is stunning, well done and so much to read and learn.  
Sean



Your 1st issue is beautiful, chock full of interesting articles and so creatively put together.  
Mel

I've just read through Eco Balance Lifestyle  
How absolutely gorgeous!  
Your hard work has paid off and I hope this brings you an abundance of good things!  
Kayla

Congratulations Anthea!  
That is a beautifully crafted and very comprehensive - and interesting - first issue.  
Most impressive!  
With best regards,  
Charles

I received my copy of EcoBalance Lifestyle magazine and I am blown away by how fantastic this magazine actually is!!! Wow wow wow Anthea Campbell your mag is more than a hit... it is fantastic and packed with awesome ideas for not only health and lifestyle but with yummy food and fab giveaways!!! Thank you to all involved in this fantastic mag. Shanday



eb/ MUST HAVES

# EcoFINDS BAMBOO

Our Organic Bamboo Spoons are 100% natural and 100% biodegradable. Because of this we have chosen not to use any dyes or finishes in the production of these spoons. They are available in two sizes: Spoonies and Spoons which comes in a lightweight natural bag. Also included is a natural Fork cleaner - a small bamboo mat that is cleaned properly from The Bamboo Project. [www.ecobalancelifestyle.com/products](http://www.ecobalancelifestyle.com/products)

# IT'S FREE! NO COST TO YOU.



Are your products eco-friendly, green, sustainably produced or encourage living a balanced lifestyle? If so then this is a great way to showcase your products. Send your product photo and copy for inclusion in our digital magazine, website and on all our social media platforms to

[anthea@ecobalancelifestyle.com](mailto:anthea@ecobalancelifestyle.com)

eb/ DÉCOR

# EcoFINDS ALL THINGS NATURAL

A gorgeous rattan Hanging Chair to relax and chill out in on hot sunny days, handmade in Bali. Available from [EightDegreesSouth](http://EightDegreesSouth.com) on-line store.

This striking rattan Light Pendant creates a delightful ambience to any area. Handmade in Bali. Size 80cm x 35cm. Available from [EightDegreesSouth](http://EightDegreesSouth.com) on-line store.

Wild Olive Root bowl is a masterpiece by local artist Rodney Band. From a log sourced from reclaimed wood to a hand-turned sculptural bowl - each finished piece is a unique artwork and centrepiece of a home. For more details visit [www.rodneiband.co.za](http://www.rodneiband.co.za)

Feel the luxury and comfort from this well crafted rattan Lazy Chair which is perfect for any patio. Handmade in Bali. Available from [EightDegreesSouth](http://EightDegreesSouth.com) on-line store.

In addition to your pouffe, you can also enjoy ching TV or stores or

all photographs supplied

eb/ DÉCOR

# EcoFINDS ALL THINGS HANDMADE

Photos: Pynbos dish towel, Protea table cloth and Protea cushion. Visit their on-line store for more items to choose from.

eb/ WE LOVE

# EcoFINDS ACTIVE WEAR

Body Active Wear, form meets function. Bamboo based for adults are cleverly designed, skin healthy, eco-friendly and wonderfully soft. Body fits seamlessly into your lifestyle. Affordable luxury, every day.

The Racerback Sports Bra is a basic must have for any active wardrobe. Intended to provide medium, every day support it's perfect for gym work, yoga, pilates and active weekends. The racerback shape, wide straps and under bust ribbing delivers the ultimate comfort while the round neckline provides extra coverage. Available with a black or silver over silk for an understated fashion statement under tops. Medium support, four way stretch, removable padding, breathable and moisture wicking.

Women's Racerback Active Tank balances form and function to keep you looking good while you workout. Made in Body's performance Active fabric and crafted using a unique blend of organically grown bamboo, it's exceptionally soft to the touch. The relaxed fit features a racer back shape and a generous arm opening to give free range of movement. The simple yet ribbing side seam detail enhances the silhouette for a streamlined look. Loose comfortable fit, breathable and moisture wicking, anti-bacterial (no odour).

Full Length Active Tights. The pair of active tights have you covered with a specialised athletic knit fabric that is ultra soft and breathable. Look slim and trim thanks to a flattering contour seam detail inside and outside the leg. The high-rise, wide waistband lays flat against your skin for comfort perfect for yoga, pilates, gym and active. High rise, moderate compression, hidden pocket at waist, contour support, coverage and comfort, fit from 5'6" to 5'11".

Hidden pocket at waist

All available from Body [www.bodywear.co.za](http://www.bodywear.co.za)

We will focus on food & drink, travel, fashion, decor, gardening, beauty, wellness, health, beauty, packaging, recycling, transport, energy, tech, restaurants, market-places, travel, petcare baby & child, reads

We simply love Some Mind Thing Macrame's DIY plant hanger sets. This is an ideal gift idea. Visit their on-line store which sells handmade macrame products and accessories for you and your home.

all photographs supplied





**A guardian of the night**

Thanks Murray's personal experience with Owl has been built to the contrary though and given her a very different view. When she that night, her mother had asked her to find their family dog outside and she recalls the moment that she felt going out to the dark. She found a hissing sound coming from above the water tower of this small farm and looked up to find a Black Owl sitting on the. She immediately ran to her and has remained as an Angel with her best shaped face.

**A bond and a book**

Danielle believed that Owl was there to look after her and now, along with her husband, has the privilege of looking after them. Danielle believes in her strong bond with Owls and calls of the country's most important owl rescue centres. My Owl Country - available on Amazon Kindle & the organization's website. A fascinating, comprehensive and regional educational facility, Owl Rescue Centre is dedicated to the protection of the Owl population of South Africa. Efforts are aimed at increasing the risk factors through research - Owl Conservation Project.



An advertisement for 'Luxuriously Soft Bamboo Babywear'. It features a woman and a young child in a light blue outfit. The text reads: 'FASHION BABY LUXURIOUSLY SOFT Bamboo BABYWEAR. Body Baby range offers your baby clothing that is extraordinarily soft, eco-friendly &amp; ethical. Free of toxins, hypoallergenic, anti-odour, anti-bacterial, super breathable and moisture-wicking &amp; thermo regulating 95% viscose made from bamboo\*, 5% elastane \* viscose made from organically grown bamboo'. There is also a small image of a book titled 'My Owl Country'.

Have your advert / message hyperlinked to your homepage / product

How important is it to communicate your brand to this growing & vitally important market?  
Changing habits & living an eco balanced lifestyle!!

Is your brand making a difference?  
Be part of this exciting NEW consumer magazine by showcasing your products with your advertising and editorial message!

Rates and features on request

Contact **Anthea Campbell**  
publisher / editor / sales  
[anthea@ecobalancelifestyle.com](mailto:anthea@ecobalancelifestyle.com)

Contact **Kerry-Ann Scrase**  
features editor  
[kerry@ecobalancelifestyle.com](mailto:kerry@ecobalancelifestyle.com)

An advertisement for a recipe titled 'Pasta &amp; Curry Chicken'. It shows a bowl of spaghetti with meatballs and a chicken breast. The text includes 'CONSERVATION COOKING', 'RECIPES', 'PASTA &amp; CURRY CHICKEN', 'INGREDIENTS', and 'INSTRUCTIONS'. There is also a small image of a book titled 'My Owl Country'.

An advertisement for 'WHAT'S IN OUR next issue?'. It features a woman holding a tablet displaying a recipe. The text reads: 'Let us whet your appetite!' and 'LOOKING AHEAD'. Below this, there are several yellow banners with topics: 'Pilates for the soul', 'Coping with Load Shedding', 'Plan a trip to France', 'Understanding Cannabis and Hemp', 'Packaging - good or bad?', 'Beauty and Health', 'Are teabags environmentally friendly?', and 'Bees importance to the environment'.