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## Our World - The Everyday Evolution

### Health

and wellness isn't just an idea anymore, it has become a movement connected to a new way of life where the everyday person takes responsibility for his or her own life. Read this article, explore a new paradigm, look under a rock and win a prize.

It is a

wonderment to consider that from a small laptop operating from the north of JHB, it is possible to broadcast information to the furthest reaches of our planet. One would think that with such a remarkable tool, a little respect & responsibility would be required. Despite the seemingly infinite pages of startling information accessible on the web, the Internet is plagued with stupefying games, gambling sites and porn. Furthermore, it is used to create a myriad of distractions that hide away the greyness and purposelessness that has subtly infiltrated millions of lives. Even worse, the "dark side of the internet" along with it's cousins the play-station and satellite television are robbing our children of a childhood composed of falling out of trees, riding bicycles, star gazing and of course that wondrous substance called mud.

### Fevertree

was created out of a love for the outdoors and our plant kingdom. As our journey has taken us deeper into the world of medicinal plants, it has been a natural progression that the topic of health would become important to us. Health is a multifaceted topic, general health, bodily health, mental health, spiritual health, planetary health and so on. In the recent past, the global theme has been sickness. Western society has focused its narrow outlook on how to control sickness in the most profitable way. The paradigm is however changing; health and wellness isn't just an idea anymore, it has become a movement connected to a lifestyle. As this new way of life takes root within bits and pieces of our global society, changes are becoming apparent. Millions of people are moving away from traditional allopathic medicine towards complementary medicine. Better yet, people are beginning to question the wisdom of our medical doctors whose advice has gone unquestioned for so long. The critical issue of sustainable energy is now also filtering down to the lives of the everyday man. Throughout the world there are subcultures of people creating alternative energy sources, such as bio-diesel within their own homes. The power of health and energy is transferring from the hands of giant corporates into the hands of the man in the street. Taking responsibility for one's own life is becoming far more accessible and pressing. As big as this may sound, becoming part of this new movement is a simple task. All that is required are some small steps.

### Take some

everyday evolutionary steps:

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Explore

the natural world around you, there are a thousands of interactions happening all the time, even within your common pot plant

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Explore

the wonder of breath. As you are reading this take note, of what percentage of your lungs are you using? How does it feel to use even 5% more, now what about 10%?

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Maintain

your health proactively - remember that unless fruit and vegetables are grown organically, they don't offer all the nutrition that you require, so source good products that supplement your nutrition

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Enlist

your five senses in becoming aware of changes in your world around you, does the air smell different? Does it look more or less clear? How has the temperature changed? What about the noise levels? What has this got to do with me?

In spite

of my previous criticism of the Internet, there are some rocks well worth uncovering on the World Wide Web, here are a few:

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Take a step into the world of quantum physics on [www.whatthebleep.com](http://www.whatthebleep.com) (we recommend downloading the user

friendly study guide)

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Become self sustainable and unearth [www.journeytoforever.org/](http://www.journeytoforever.org/)

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Change your paradigms about HIV  
and visit [www.empow.co.za](http://www.empow.co.za)

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Get excited about South African  
plant life on [www.plantzafrica.com](http://www.plantzafrica.com)

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Bring wellness into your  
business with [www.therapyatwork.co.za](http://www.therapyatwork.co.za)

If you  
know of any other worthwhile websites, please write in and let us know so that  
we can share them with the rest of our readers.

If it is  
true that you only get one shot at this life, then we at Fevertree would like to  
ensure that what we are broadcasting makes a positive contribution to its  
readers and subscribers (not to mention the planet). In fact, while we love you  
to read our articles and purchase our products, we would be very excited if you finished reading this article, ditched  
your computer for the day and went to look at the life living under the rocks  
in your garden (that's of course unless your garden is situated under a cell  
phone tower). Write to us here and tell us about what you discovered and the  
first three entries will receive a health promoting prize. Join Fevertree  
in its quest from your own spot on the planet, and shine from afar.

Article  
inspired  
by Brian Swimme's superb book *The Hidden Heart Of The Cosmos: Humanity & The  
New Story*. 1996 (ISBN 1-57075-281-8)