

# Wacky Cactus

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!



ONE OF THE first products from which I really saw benefit was the **Forever Freedom Aloe Vera Drink**. I have arthritis in my left hip due to a cycling accident in 2001. Long-term treatment from an osteopath, plus prescribed pain-killers and anti-inflammatories, and I was still on the list for hip surgery. After six weeks of drinking the Freedom Gel, I found I had lost most of the pain in my hip. An x-ray later confirmed I no longer needed surgery. If you are in pain from arthritis or stiff joints, I recommend you try our fantastic products.

*Robin*

## Freedom from Arthritis

One in five of the adult population in the UK live with arthritis, and arthritis affects people of all ages. There are 12,000 children in the UK with arthritis and approximately 27,000 people living with arthritis are under the age of 25. One in five GP visits involves the symptoms of arthritis, such as joint pain, stiffness, fatigue and impaired mobility.

Arthritis Care's OA Nation report found that 81 per cent of the people surveyed are in constant pain or are limited in their scope to perform everyday tasks.

At the moment, there is no cure for arthritis (except gout). However, there are many ways of treating the symptoms of arthritis. There is also much you can do to protect your joints and keep mobile with drugs, therapies and self-management techniques.

(Source: [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk))

### Rheumatoid Arthritis

Rheumatoid arthritis is caused by auto antibodies which are produced by our own immune system. These anti-bodies attack the synovial lining of the joints and cause destruction of the synovial membrane and cartilage. This results in inflammation which is characterised by pain, swelling, heat and redness.

Acutely inflamed swollen joints caused by rheumatoid arthritis or trauma respond very well to ingestion of Aloe Vera Gel, as well as topical application of Aloe Vera Gelly on the affected joints.

Aloe Vera contains anti-inflammatory agents such as Bradykininase, salicylates, natural steroids called phyto-steroids and vitamins A,B,C and E which act as powerful anti-oxidants. They act by mopping up high speed super oxides produced during the process of inflammation. Aloe Vera is also high in mineral content; these are needed for enzyme reactions in the joint and allow the joint to heal quicker.

### Osteoarthritis

Osteoarthritis and long standing rheumatoid arthritis eventually result in deformation of the joint and loss of function. Marked improvements can be made with Aloe Vera if taken on a regular basis.



Forever's superior Aloe Vera Gel contains only the highest quality Aloe Vera. The **Forever Freedom** drink also contains added Glucosamine, Chondroitin and MSM.



Aloe Vera can relieve sore and inflamed joints

Aloe Vera containing large amounts of glucosamine is required for cartilage formation. The anti-inflammatory effects of Aloe Vera relieve sore and inflamed joints. The lignin content in Aloe Vera allows for deep penetration through the skin. Orthodox medicines can help but have their own side effects. Aloe Vera has no side effects. (Source: [www.natural-living.co.uk](http://www.natural-living.co.uk))

Forever has a plain Aloe Vera Gelly, an Aloe MSM Gel, and an Aloe Heat Lotion; all suitable for use to help relieve arthritis symptoms.



## Testimonies

### Absorbent C and the contraceptive pill

Since I've been on the contraceptive pill I have suffered with skin problems, (spots and eczema). I also get a bit anaemic.

I recently started taking our product **Absorbent C** for a cold and my skin cleared up; the spots and the eczema.

It turns out the contraceptive pill effects the excretion of vitamin C. I find it amazing that you are not told this by your GP.

I think I'll continue to take it now.

Feel free to pass this on to any girls who may be interested.

*Charlotte*



### Shiny Hair!

I've admired my Cypriot friend's hair for quite a while, it always has a lustrous sheen to it. I was amazed when she told me that she attributes its appearance to **Aloe Moisturising Lotion!** She applies just a very small amount of Aloe Moisturising Lotion to dry hair – after first rubbing it on the palms of her hands. She smoothes it all over the length of her hair and finds that it helps to condition her hair, keeps it under control and adds a lovely healthy sheen to it.

*Christine Lewis*



### Refreshing Drink

We have found this a really refreshing drink – great for drivers as it is like a non-alcoholic Pimms!

Just make a pot of the **Aloe Blossom Tea**, chill and then pour a measure into a glass and top up with lemonade, ice and fruit if you like. I keep some in the fridge and when I get home from work it is a really refreshing pick-me-up.

*Karen Creek*



With Christmas fast approaching, remember that our luxury range of skincare products make excellent presents. Our **Sonya Skincare Collection**, launched earlier this year, is a result of breakthrough anti-ageing technology using superior ingredients including Aloe Vera, fruit extracts, white tea and super-hydrating moisturisers.

These products are designed to work together synergistically to

achieve beautiful, healthy, radiant, soft skin that feels like satin to the touch.

This premium skincare range has been designed to protect from the signs of ageing with its easy five-step daily routine that suits all skin types and ages.

(See pages 22 and 23 of the Product Brochure.)

