

# Wacky Cactus

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!



**SYMPTOM OR CAUSE** is the question medicine often has to face. If the symptom is a broken leg, then mend the leg. Other conditions are not so obvious. A lack of nutrients can stop our bodies working as they should: tiredness, aches and pains, poor digestion. Forever's Distributors are not doctors; we can only suggest you try our products. But if someone does not find a benefit, that does not mean the products don't 'work'. It simply means the product wasn't the right one for their particular situation. Symptoms can deceive, and simply addressing symptoms will, on occasion, fail. That is why we have our **60-day, full money-back guarantee**.

*Robin*

## Aroma Spa Collection

Indulge your senses with this new three-piece collection of Aromatherapy Spa products.

Enjoy the benefits of an Aromatherapy Spa experience right in the comfort of your own home with this three-piece collection of our new Aromatherapy Spa products: Relaxation Salts, Relaxation Shower Gel and Relaxation Massage Lotion.

### Relaxation Bath Salts

Soak away your cares with Relaxation Bath Salts, formulated with legendary Dead Sea Salt, lavender and other essential oils. Dead Sea Salt is excellent for soothing and rehydrating your skin. Lavender is a well-known herb in aromatherapy for its soothing properties. Just two tablespoons is all you need for a soothing, relaxing bathing experience you won't forget.

### Relaxation Shower Gel

Enjoy advanced skincare each time you shower or bathe with our fragrant Relaxation Shower



Gel. The moisturising and soothing power of Aloe Vera plus essential oils and fruit extracts – including lavender, bergamot orange and cucumber – Forever has created a shower gel you will love.

### Relaxation Massage Lotion

Forever has combined the soothing, skin-condition benefits of Aloe Vera, essential white tea, with added lavender and fruit extracts to create this emollient, non-greasy massage lotion – ideal for use after bathing with Relaxation Bath Salts or Relaxation Shower Gel. The perfect end to your stressful day. Just apply to your skin and massage your cares away.

Spa Collection: Code 285, £52.28

*(Only currently available as a collection. The individual items will be available shortly.)*

## Product Tips

### Limescale

I couldn't believe it when I saw the state of my kettle, the limescale was dreadful. I emptied the kettle and added about 1 fl oz of **MPD** and filled it with warm water, left it for 30 minutes and to my amazement the scale has completely gone. I have never seen a product that could even do anything like that.



*Sent in by Sami Bekir*

### Apple Crumble

I was making apple crumble with Bramleys from my garden, but I was out of the lemon juice which I would usually use to stop the sliced apples from turning brown whilst I continued peeling the rest. I thought I would try **Aloe Gel**, so I put 1oz in with the apples and it worked: bright, fresh-looking apple slices. I added another 1oz of Aloe Gel and used it as the liquid to cook the apples. The crumble was perfect!

*Sent in by Hazel Wilson*

### Lipstick Marks

I managed to get some lipstick on a pale silver satin evening handbag – delicate fibre, normally water marks like mad! I used the **Aloe Eye Makeup Remover** and it gently removed the stain, leaving no mark. Why not try it on any make-up or oily marks?

*Sent in by Sue Matthewman*

## Good Nutrition = Good Health = Happy Christmas!

We all need a good level of nutrition for our bodies to function at an optimum level. Poor nutrition – reduced consumption of vitamins, minerals, amino acids, etc. – depletes the store we have in our bodies. But our bodies are amazing and we can keep going for a long time on reduced nutrition. What we might notice is a gradual reduction in energy, flexibility, mobility, memory, reasoning ability – what we consider part and parcel of 'growing old'.

The really sad thing is that many of these symptoms of ageing are perhaps not as inevitable as we are conditioned to believe. Soil depletion of essential minerals, early harvesting and warehouse ripening, animals grown to maturity rapidly, artificial preservatives in food products. All these have been shown to contribute to lowered nutrition levels. As a result, the food we eat may not be delivering the nutrition we need to remain fit and healthy at every stage of our lives.

### What can we do?

Many people advocate organically-grown fruit and vegetables from our own gardens or allotments, with organically-reared animals to provide our meat, milk, etc. For the few who can – great! But for the rest of us, we need to find the missing nutrients another way.

Aloe Vera has been known for a long time to be rich in many of the essential nutrients, and the Forever Aloe is the very best you can buy. We produce over 85% of the world's

cultivated Aloe Vera, and naturally stabilise it so it gets to you in the very best possible condition. We also have an excellent range of naturally-sourced supplements, including the minerals we all need.

Christmas is celebrated when our bodies are often at a low, with colder weather, damp conditions, and our staying in to keep warm helping germs to spread. Take an [Aloe] leaf from our book, and give yourself and your loved ones the gift of good health this year.



## Aloe Presentation Pack

The perfect pre-packaged gift for everyone this Christmas. The pack includes: two Forever Aloe glasses, any one of our four Aloe drinks: Aloe Vera Gel, Aloe Berry Nectar, Bits 'n' Peaches or Forever Freedom, the information sheet written by Aloe Expert, Dr. Peter Atherton, all in the specially designed Forever Giving presentation box.

Aloe Gel: Code 90000, £20-00  
 Aloe Berry Nectar: Code 90001, £20-00  
 Bits 'n' Peaches: Code 90002, £21-61  
 Forever Freedom: Code 90003, £26-58