

Wacky Cactus

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!



IF YOU have overdone it a little over the festive season then you may have already made it a New Year's resolution to lose the extra few pounds that have magically appeared when you weren't looking. Don't spend your money paying for a gym membership which you may only use a few times before your life gets too busy to go. Try our risk free weight loss programme which comes with our unique money back guarantee. This month, our government has launched the **Change4Life** campaign and you may have already seen the television advertisements. Good nutrition is essential for a healthy lifestyle, and Forever's products may just help someone you know. Why not recommend they try something from our extensive range?

Change4Life Health Drive



The government has launched a healthy living campaign in a bid to stem rising obesity rates in England. It includes television adverts warning too much body fat leads to cancer, type 2 diabetes and heart disease.

Ministers warned that, if left alone, obese and overweight people would cost the taxpayer in England £50bn by 2050. The three-year initiative follows a Foresight report, published last year, which warned the government must act to stop Britain "sleepwalking" into a crisis.

"Many people see fat as a vanity issue rather than a health issue and they need to see it as a health issue."

Chief Medical Officer Sir Liam Donaldson

The report, which was the largest UK study into obesity, backed by the government and compiled by 250 experts, said excess weight had become the norm in our "obesogenic" society. By 2050 90% of today's children will be overweight or obese, it predicted.

Public health minister Dawn Primarolo said: "The message at the heart of the Change4Life campaign is that there are very serious health consequences associated with allowing dangerous amounts of fat to build up in our bodies."

She added that the extent of the obesity problem demands an "ambitious and innovative" approach that has not been tried before

Tam Fry, of the National Obesity Forum, said the enthusiasm behind the campaign was welcome.

However, he said he had reservations about whether there would be enough funding in place to match the might of industry.

"This is the last chance the government have got to make something work – if it doesn't work then there's nothing else one can do."

He said he was concerned the food and advertising industry was using partnership with government as a way of fending off the threat of legislation.

"In the end I think legislation will be required if we're going to nail the problem of obesity."

<http://news.bbc.co.uk/1/hi/health/7791820.stm>



Aloe Vera can give you the nutrition you need.

With excellent timing, Forever have just launched *Forever Lean*. This provides two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates. Together these two revolutionary new ingredients can help you succeed in your quest to reach your ideal weight by helping to block the absorption of some of the fat and carbohydrate calories you ingest. It is also important to incorporate a healthy diet and regular exercise into your overall weight control regimen in order to achieve and maintain your weight goal.



Testimonies

Weight Management Programme

After having started the **Clean 9** and **Lifestyle 30**, it has been much easier for me to control my diet throughout the day. I have lost 20 pounds and feel much more energetic. What I like most about the program is the exercise that is recommended, since sports are an essential part of my life. My sister and I, as well as our family, have all enjoyed the wonderful benefits of aloe vera and all of the Forever products.

Maritza Portilla, New York

I want to thank Forever for their great nutritional and weight loss products. These products have changed me for the better, both physically and emotionally. After five months of following the **Clean 9** and **Lifestyle 30**, I have lost 40 pounds and it is easy to control my desire to eat. I feel great, and I can now do physical activity that I could not do before. I cannot believe the freedom that I experience without that extra weight!

My goal is to lose 10 more pounds in the next two months. This is a slow process, but you get results. The first few days (of Clean 9), I suffered a little because of the discipline that you need to have with this program; however, with time my bad eating habits changed. I want to invite everyone who wants to lose weight slowly, but surely, to try this program. They will feel great in every sense of the word. This program does not put you on a diet, but instead teaches you how to eat well and change your eating habits.

This program is a great opportunity to live and eat better!

Pedro Portillo, Irving, TX

I had many doubts when I first received the **Clean 9** and **Lifestyle 30** packs. I had tried many other weight loss programs before, yet had not obtained the results I was expecting. Having used both of Forever's programs, I have now lost over 23 pounds, and I am very thankful to Forever for helping me improve my health a great deal.

Gloria Moo, Arkansas



Forever's superior **Aloe Vera Gel** contains only the highest quality Aloe Vera. It contains an abundance of vitamins and minerals, including the rare vitamin B12. One thing is certain – Aloe Vera Gel has had a profoundly positive influence on the health and lifestyle of many people.

Natural beauty starts with clean, healthy skin. And clean, healthy skin starts with nature. Forever is a leader in finding and perfecting natural sources for softer, smoother, beautiful skin. We've just perfected another – avocado. Made with 100% pure avocado butter, **Avocado Face & Body Soap** loves your skin, moisturising as it cleans with the natural, rejuvenating properties of this powerful fruit. Avocado offers relief for almost every skin type, gently cleansing oily skin with no irritation to keep pores clear and healthy. For dry, sensitive skin, it soothes quickly and penetrates to nourish and moisturise. And because it is both a moisturiser and a cleanser, Avocado Face and Body Soap continues working after you bathe. The fresh citrus scent is a gentle reminder that it's helping to keep your skin soft, supple and healthy all day long.



Code: 284, Price: £4-55