

Wacky Cactus

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

HAPPY ST. VALENTINE'S DAY! The symbol of love is often a heart. But are you looking after yours? Statins are known to show a small benefit in preventing heart disease, but they also carry some unpleasant side-effects. Startling evidence published in December shows the humble mackerel can do rather better! But on the subject of Valentine's Day, what better way to show your love for someone than to give them something from our excellent range of life-improving products. And you don't need to restrict yourself to this one day either. Make every day the day you show you really care about them. Also, with the recession biting, do you know of someone who might like an opportunity to earn some extra income? Have a look at the article at the foot of the page to find out more.



FOREVER

Robin

Fish Oils Do Save Lives: BMJ Report



Fight heart disease with Omega-3

The BMJ (British Medical Journal) reported on 23 December 2008 that 'Death from cardiac causes was evaluated in 11 studies involving 32,519 patients and showed a significant 20% decrease in events.' 2008;337:a2931 BMJ.

This is a summary report that looked at the findings from a number of recent studies, compiled by six respected medical scientists.

Forever's own Dr. Peter Atherton said, 'the basic finding was that they found that there was a significant reduction in deaths from cardiovascular disease in people taking a decent amount of fish oil. In fact the reduction percentage was about 20 per cent, which is quite significant.'

He goes on to say, with respect to the two different kinds of fatty acids (EPA and DHA) found in fish oil, 'EPA is the one that particularly helps with blood flow and therefore reduces the risk of heart attack or stroke. This has an antithrombotic effect: it reduces blood clotting. It has a preventative effect on hardening of the arteries, and it is also thought that it can improve the balance between good cholesterol and the bad cholesterol.'

'DHA is important in improving brain function and mood disorders such as depression, and it is known to curb aggression. It also supports eye health, and if taken by pregnant or nursing mothers it can improve the intelligence of the baby.'

'Also it is the important one for the health of the skin, nails and hair, and finally it is involved in the prevention of the development of allergies such as hay fever, sinus infections, asthma, etc.' Forever voicemail, 13 January 2009

It is clear that these fish oils are pretty important. They are also naturally anti-inflammatory, so taking them on a regular basis is something we should all be doing.

NICE (National Institute for Clinical Excellence) recommends that we take up to 1,000 mg a day. The Forever Arctic Sea capsules each contain 375 mg, so Peter Atherton says, 'I am now of the opinion that three a day ... is as much as anyone needs to take on a regular basis for prevention.'

Forever's Arctic Sea capsules contain only the very best oil from mackerel caught in the Arctic Ocean



Product Code: 039
£21.30 for 60 capsules

Product Tips

Brittle Eyelashes?

Try putting a little Alpha E Factor on your eyelashes. It leaves them feeling incredibly soft, helps to prevent brittle eyelashes and they look great next morning.

Sent in by Dodie Piddock



Blocked Sinuses?

Apply a small amount of Aloe Heat Lotion to sinus areas at night time to give rapid relief from sinusitis and related headaches.

Sent in by Kate Halliday

Sore Lips?

With the current cold and windy weather, I find applying a little Aloe Propolis Crème onto my lips not only keeps them soft, but creates a barrier against the cold elements of winter!! [It works well with the Aloe Lips too. Ed.]

Sent in by Catharine Hinton

Forever Lite

An alternative to drinking Forever Lite with water or skimmed milk is to stir it into a portion of low or no fat natural yoghurt. Top with seeds and blueberries for an extra health kick.

Sent in by Julie Lewis

Shaving Legs?

Using Aloe Liquid Soap to shave legs is better than shaving foam and leaves your legs feeling silky smooth. [Of course, we men already know just how good it is for shaving! Ed.]

Sent in by Lesley Havis



Splinter!

I had a splinter in my finger that had gone quite deep and I didn't really want to start stabbing with a needle. So, I covered it in Aloe Lips and applied a plaster. Two hours later I took off the plaster and was amazed to find that the splinter had not only been drawn near to the surface but just lifted out!

Sent in by Louise Kingston



Forever is going from strength to strength and the demand for our products is growing. That means we are looking for people across the country to join us who already know something about the products and who are looking to earn some extra income.

We have opportunities for part-time agents working from home, so if you, or someone you know, has a few hours a week available and would like some extra income, then please contact the person whose details are below, or who gave you this newsletter, and arrange a

CREDIT CRUNCH!

JOB UNCERTAINTY? • CASH-FLOW PROBLEMS?

time to discuss what is involved and whether it would be right for you.

Especially in these uncertain economic conditions, now could be the right time for YOU to make a difference to YOUR future.

How would an extra £200 - £500 per month change your life?

