

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



AS I WRITE THIS the sun is blazing down and temperatures are looking very promising; and do remember, *Forever* has an excellent range of skincare products, including **Aloe Sunscreen**, **Aloe Lotion** (for after-sun care), **Aloe-Jobaba Shampoo**, and the **Aloe Gels** themselves. Make sure you order yours in good time. Oh no! Here we go again. The medical profession (or is it the drug companies?) trying to get us all to take medication. It has been widely reported that statins may have unpleasant side-effects. I know of several people who have had to stop taking them. I also know of many people who keep their blood pressure under control by good nutrition and taking *Forever's Arctic Sea* omega-3 capsules. Please excuse my cynicism, but who really gains if we are all taking prescribed medication?

Everyone over 55 on Drugs? Or...

Once again blood pressure and cardiac risk are in the news. Once again we have 'medical establishment' wanting to put us all on prescription medication. This is the news as reported on the BBC:

Everyone aged 55 and over should be taking drugs to lower their blood pressure, a London-based expert says. Epidemiology expert Professor Malcolm Law said blood pressure drugs cut the risk of heart attack and stroke even for those with normal blood pressure. In an accompanying editorial, Richard McManus, from the University of Birmingham, and Jonathan Mant, from the University of Cambridge, backed Professor Law's call. They said the findings supported the idea of giving everyone over a certain age a 'polypill' – a drug that would include a statin to lower cholesterol as well as treatment for blood pressure. However, the *Stroke Association* warned the drugs could have side-effects.

Caution

Joanne Murphy, of the *Stroke Association*, said: 'High blood pressure is the single biggest risk factor for stroke and it is important that people take medication to combat this. Whilst blood pressure medication is one of the safest and most studied medications, they do have side-effects and should only be prescribed to people who are at significant risk of stroke.'

Mike Rich, of the *Blood Pressure Association*, said: 'Prevention is better than cure, but there are other proven ways to prevent high blood pressure such as healthy eating and regular exercise, which have other health benefits too.'

'There is a danger that these important lifestyle factors could be overlooked in favour of 'popping a pill'.'

Professor Alan Maryon-Davis, president of the *Faculty of Public Health*, said: 'Mass medication turns us all into patients and I don't think it's the best approach. A far healthier way is for us to reduce our risk and increase our wellbeing by consuming less salt and alcohol and taking more regular exercise.'

(<http://news.bbc.co.uk/1/hi/health/8057850.stm>)

Omega-3

As the *BMJ* (British Medical Journal) reported on 23 December 2008 relating to the use of omega-3 fish oils, '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*.

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.'



Fight heart disease with Omega-3



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

NICE (National Institute for Clinical Excellence) recommends that we take up to 1,000mg of omega-3 a day. The *Forever Arctic Sea* capsules each contain 375mg, 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.'

Oily Fish & Cancer

EATING oily fish just once a week could help men to survive prostate cancer, scientists revealed.

A study shows a diet rich in omega-3 fatty acids found in fish such as herring, salmon and mackerel could prevent development of the deadly disease.

The oils are also believed to be able to block the spread of existing tumour cells, acting as a kind of treatment.

Leaders of a study say that just one three-ounce portion of fish a week could reverse the effect of a deadly inherited gene which can cause an aggressive form of the disease.

Their findings showed that a high intake of omega-3 could reduce the risk of developing prostate cancer by almost 6 per cent. More than 35,000 men in the UK are diagnosed with the disease each year and 10,000 die from it.

Medical experts and nutritionists welcomed the study, which backed previous research and suggests the fatty acids could mean the difference between life or death.

Nutritionist Carina Norris said: 'Hardly a month goes by without scientists finding more benefits of fish oil. My advice to everyone would be to get as much of it as possible.'

'I would advise the use of supplements as hardly anyone in the UK eats enough oily fish in their diets. I am reluctant to use the expression, but I would say fish oil is the closest you can get to a superfood.'

David Pidditch, *Daily Express*, March 25, 2009

Product Tip

Another repeat I'm afraid, but this time from my own experience. Last week I was visiting some friends in Ledbury when a glass of red wine accidentally toppled over onto a light beige carpet. Panic? No! I asked Martin to go and get the bottle of **Aloe Liquid Soap** and as they watched, I rubbed the soap into the carpet with my fingers, and the wine disappeared! A quick rinse with plain water and no trace of the wine remained. Wonderful!

Robin

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SKIN PROTECTION SQUAD!

What better way to protect your skin this summer than to use *Forever's* range of 'suncare' lotions: **Aloe Sunscreen** – with SPF30, waterproof for 40 minutes, easy to apply with a pleasant fragrance. **Aloe Lotion** – a light, all-over body lotion with the healing properties of Aloe, known as 'the burns plant'. And for when the sun isn't shining, or if you need to stay out of the sun's rays, **Aloe Sunless Tanning Lotion** – a long-lasting, natural-looking self-tanning lotion that moisturises your skin at the same time with Aloe Vera. Order yours now for a healthy, sunny summer!

