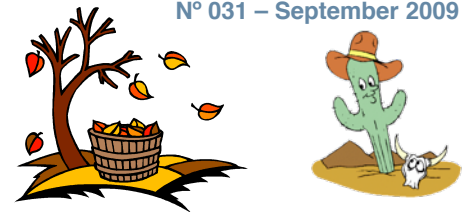


Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



KEEPING OURSELVES HEALTHY is vitally important if we want to enjoy life and prolong our 'health-span'. Our immune system is our internal protection against infection by bacteria and viruses that could harm us. It makes sense then to give our immune system as much help as possible. Maintaining good gut bacteria is one way of doing this. We can do this by good nutrition; choosing the right food to eat and using supplements where needed. Probiotics are known to help – look at all the advertisements on television – and now we have prebiotics; believed to feed probiotics. Confused? Well, maybe our article below will help. Another area of concern is dental health. It is recognised that poor dental health may well cause other ill-health conditions. Research has shown that using Aloe can help.

Good Health From Healthy Digestion

Bugs are good! Well, some of them, anyway. The newest 'food trend' is all about probiotics and prebiotics. But is this just a trend, or is there real science behind all this? What are probiotics and prebiotics?

Probiotics

Probiotics, for example, are naturally occurring live bacteria which can be taken as supplements to help replenish levels of "good" bacteria in the gut as well as prevent the growth of "unfriendly" bacteria.

Over time, the level of good bacteria in our digestive system diminishes, be it through excess use of antibiotics or years of eating too much refined food and sugar.

Specific strains of probiotic bacteria are *L. acidophilus*, *L. casei* and *B. bifidus*. Yogurts and other cultured dairy products are some of the more common probiotic-enhanced foods.

Prebiotics

Prebiotics are the food on which probiotics thrive. They are a specific type of ingredient in food that we cannot digest but which creates a hospitable environment for probiotics. The two most common are inulin and fructo-oligosaccharide. Because they don't get digested, they remain in the gut where they feed friendly bacteria.

Prebiotics are naturally found in whole grains, bananas, garlic, artichokes, onions and honey, to name a few items.

The health benefits of these prebiotics appear to be strain specific. It is claimed they promote intestinal health and increase overall immunity. Prebiotics may even help the absorption of certain minerals such as calcium and magnesium (specifically with yogurt containing vitamin D).

Optimal levels have yet to be determined for either prebiotics or probiotics. But, experts do agree that incorporating them into your daily diet should be advantageous.



Keep your digestion healthy

Supplements

Whilst it is ideal to ingest both probiotics and prebiotics directly from food, this is not always practical, and supplement sources seem to be equally beneficial.

Forever can help here with two excellent products: our *Forever Active Probiotic* (code 222) which is shelf-stable so it doesn't need refrigeration, and our *Garlic-Thyme* (code 73) to provide prebiotic, along with all the other well-known benefits of garlic.

Clean & Healthy Teeth

Bad teeth and gums are an unsuspected cause of many chronic conditions – and now there's an alternative type of toothpaste that dentists are discovering is one of the best.

Aloe vera gel is more effective than some commercially-available toothpastes, dentists have been told in a new study. And it's ideal for people with sensitive teeth and gums as it is less abrasive than standard toothpaste.

But people need to be careful about the gel they buy, warns Dilip George, co-author of the study. The best products contain the stabilised gel, from the centre of the aloe vera plant, and the manufacturing process should avoid excessive heat or filtration as this can destroy some of the active ingredients. Dr George suggests consumers should contact independent groups such as the International Aloe Science Council for advice before buying.

(Source: *General Dentistry*, 2009; 57: 238-41).

Bee Propolis

Bee propolis has proved successful against a range of dental conditions – from plaque and cavities to mouth ulcers, as well as having other health benefits.

(*Folia Med (Plodiv)*, 2001; 43: 28-30).

Toothgel

Forever Bright Toothgel is a gentle, non-fluoride formula that contains Aloe Vera and bee propolis. It nourishes, strengthens and protects teeth and gums whilst fighting plaque and whitening without bleaching agents. A great minty taste in a non-abrasive formula which contains 100% stabilised aloe vera gel.



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Aloe Vera Coating May Prolong Freshness!

Aloe vera gel is best known for its therapeutic effect on burned or irritated skin, but in the future you could be eating the gel as a healthful additive to your fruits and veggies. Researchers in Spain say they have developed a gel from the tropical plant that can be used as an edible coating to prolong the quality and safety of fresh produce. The gel, which does not

appear to affect food taste or appearance, shows promise as a safe, natural and environmentally-friendly alternative to conventional synthetic preservatives that are currently applied to produce after harvesting, the researchers say.

Although a number of edible coatings have been developed to preserve food freshness, the new coating is believed

to be the first to use Aloe vera, according to study leader Daniel Valero, Ph.D., of the University of Miguel Hernández in Alicante, Spain. His study appeared in the the American Chemical Society's *Journal of Agricultural and Food Chemistry*, the Society's peer-reviewed publication.

<http://www.sciencedaily.com/releases/2005/09/050922014835.htm>