

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



BEES DO IT! Keep themselves healthy, that is. Despite problems with the varroa mite and 'colony collapse', bees really do know how to look after the health of their hives. Resin from trees is not easy for bees to collect, but they do, and they use it to make propolis. People have known about the health benefits that propolis can have for us for a long time, but its effect on bees' health was oddly un-researched. Until now, that is. I'm really sorry to mention this, but Christmas is on the horizon! Our products do make lovely Christmas gifts, as well as being excellent to use all year round. Have a look at our suggestions here. Our **Aloe Liquid Soap** and **MPD** really are excellent and effective cleaning products. I even carried out the 'Red Wine Test' myself a while ago using the soap; and it worked, I'm delighted to say.

Simon

Propolis Protects Bees in their Hives

Honeybees sterilise their hives with resin, and in doing so, they give the whole colony a form of "social immunity", which lessens the need for each individual bee to have a strong immune system. This resin is known to kill a range of pathogens, but this is the first time that bees themselves have been shown to utilise its properties. The team published details of their discovery in the journal *Evolution*.

Honeybees in the wild nest in tree cavities and they line the entire nest interior with a thin layer of resins that they mix with wax. This mixture is known as **propolis**.

They also use propolis to smooth surfaces in the hive, close holes or cracks in the nest, reduce the size of the entrances to keep out intruders, and to embalm intruders that they've killed in the hive that are too big to remove.

A number of studies have shown that propolis has a range of properties, but mostly in relation to human health. For example, numerous publications cite its effectiveness against viruses and bacteria.

That is how Mike Simone, a PhD student from the University of Minnesota in St Paul, US, and his supervisor Professor Marla Spivak became interested.

Spivak and her colleagues had tested the effectiveness of honeybee propolis. They then progressed to see how it impacted bee pathogens. "This led us to wonder what other things propolis might be doing for the bees," said Simone.

Colonies tested

In experiments funded by the US National Science Foundation, Simone's team painted the inside walls of hives with an extract of propolis. They created colonies of honeybees and housed either in hives enriched with resin, or hives without the resin layer - to act as a control.

After one week of exposure they collected bees that had been born in each colony. Genetic tests on these 7-day-old bees showed that those growing in the resin-rich colonies had less active immune systems.



Keeping the hive healthy

"The resins likely inhibited bacterial growth. Therefore the bees did not have to activate their immune systems as much," said Simone. Using resins to help sterilise the colony can be thought of as a type of "social immunity" said the researchers. "Honeybees can use wax, which they produce themselves, to do all the things that they use resin for in the nest. So it is interesting to think about why they might go and collect resins," said Simone. "Especially since resins, being sticky, are hard to manipulate and take a lot of energy for individual bees to gather in very small quantities."

Matt Walker, BBC Earth News:
http://news.bbc.co.uk/1/hi/earth/hive/earth_news/newsid_8152000/8152574.stm

Forever Bee Products

Forever has **Bee Propolis** available as a tablet, as are **Bee Pollen** and **Royal Jelly**.

Also, Propolis is included in a number of other products, including the **Forever Bright Toothgel** and the **Aloe Propolis Crème**.

Ask for a brochure or for more information about our products from the beehive.



Christmas!

Thinking about presents?

October is upon us, and it is time to start thinking about all those Christmas presents you need to buy! Have you considered just how suitable so many of our products are? Here are just a few suggestions.

Aloe Moisturising Lotion

Rich in texture and lightly fragranced to keep the skin feeling smooth, soft and supple. 'Like putting silk on your skin' (R. Seymer). No lanolin. (Code 63)



Aloe Heat Lotion

Luxury massage lotion providing blissful relief from everyday stress and strains. Excellent warming lotion, ideal for maintaining healthy joints and muscles, especially good for sports people. (Code 64)



Aloe Propolis Crème

A rich, creamy blend of aloe vera, bee propolis, chamomile and comfrey, that does more than moisturise and condition your skin. Soothes irritated skin and leaves a protective barrier making it ideal for dry skin. NB Suitable for people prone to Eczema and Psoriasis (Code 51)



Gentleman's Pride Aftershave Balm

Alcohol-free blend of lubricants and moisturisers to soothe and pamper skin at any time, but particularly effective after shaving. Clean, subtle fragrance and provides excellent daily protection. Also contains HA to keep the skin looking younger. (Code 70)



Aloe Bath Gelée

Gentle, moisturising bath and shower gel, rich in pure Aloe Vera. Fresh, clean and invigorating fragrance, with a gentle formula to leave the skin feeling unbelievable soft and smooth. (Code 14)



Make a Christmas Basket

Put a selection together in a wicker basket with some appropriate extras. Then add some decorations for your very own personalised gift.



ALOE CLEANS!

Aloe is also a fantastic cleaner. As well as cleaning teeth, we use the cleansing properties of aloe in our **Liquid Soap** and **Multi-Purpose Detergent (MPD)**.

Kind to your skin, your home, and the environment. What more could you ask from a cleaning product? But is it effective? Well, read on...

"A couple of days ago I was at a neighbour's house for drinks. Having shown off his brand new white rugs it was almost inevitable that

someone would spill red wine onto one of them, and it wasn't long before this happened. As soon as it did, I raced back to my house to get my MPD spray; when I returned they were furiously, but unsuccessfully, trying to scrub the red wine out of the rug. I sprayed some MPD onto the affected areas and as quick as a flash all the scrubbing suddenly started to work! Within seconds there was no trace of the red wine and everyone looked at the MPD spray as if it was magic. Needless to say that everyone there decided to buy some MPD for themselves!"

Steve Shrubsole