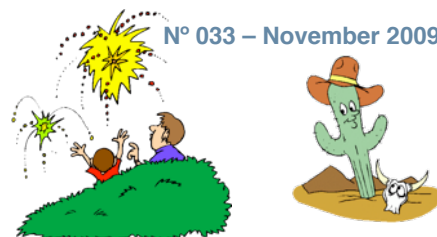


# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

With November 5th and colder weather now upon us, please take care. But if you are unfortunate enough to suffer an accident, remember that Aloe Vera is also known as the 'burns plant', and with good reason. **Aloe Gelly** really is excellent at calming irritated skin and helps reduce scar formation. I remember from several years ago being told that apples do not contain the minerals and nutrients they did 50 years ago. The report said we needed to eat at least six apples to get the same nutritional value of one apple from the 1950's. This is just one reason I take **Nature-Min** every day along with **Aloe Vera Gel**. Forever have launched their Christmas campaign with **Forever Giving** – an on-line catalogue and some special gift sets. Have a look on-line or ask your Forever contact to find out more.

## The Great Mineral Heist



Moira and Cameron Thomson demonstrate their growing prowess (photo courtesy of Murdoch Ferguson)

**F**or years there has been anecdotal evidence that the mineral content of our food is declining. Is it true, and does it matter? On 1st October 2009, the BBC broadcast 'The Great Mineral Heist' on Radio 4 in which this issue was examined.

The UK Government produces composition of food tables that started in the 1930's. According to Dr Anne-Marie Mayer, researcher in Food Security and Health, there has been a 'systematic decline in a lot of the different minerals; in fact all the minerals except for phosphorous. In vegetables we found that calcium had gone down 20 per cent and magnesium 35 per cent; rather substantial reductions. In fruits there were also reductions in magnesium, but also iron, copper and potassium.'

She goes on to explain that, 'these minerals are incredibly important for our bodies. They are all essential, and intakes of magnesium, zinc and copper have actually gone down in the last 20 years. A sizeable proportion of the population are not actually consuming adequate amounts of these nutrients.'

The mineral loss evident from Dr Meyer's review has been backed up by a similar analysis of the United States government data, and by studies of growing crops. Dr Martin Broadley (Nottingham University) cites experiments that compare old and modern varieties of crops. 'All of these tend to suggest that the higher-yielding modern varieties that have been bred for increased carbohydrate and water content tend to have lower mineral content than the older lower-yielding varieties.'

1000 ft above sea level in the mountains of Perthshire, Moira and Cameron Thomson have

taken on the challenge of reviving apparently exhausted soil, and they seem to be doing something right. There are apple trees, raspberry canes and beanpoles all groaning with produce.

Their secret, they say, is rock dust. 'We came here in 1996 and there was nothing here when we came. It was quite poor grazing land. We brought in new soil which is a mixture of compost and rock dust, and we made terraces filled up with this material. Then the worms come up from the soil beneath to mix it all together.' They are convinced that the rock dust is replacing the lost minerals from the soil, resulting in quite dramatic results, as the picture above shows.

Further controlled scientific testing is needed, but the results so far seem to indicate that some nutritionists' suspicions are correct. We can't all grow our own produce using mineral-enriched soil, but maybe we ought to be adding to our diets with good quality mineral supplements.

<http://www.bbc.co.uk/programmes/b00mn2nk#synopsis>

## MIGHTY MINERALS

**F**orever has a range of products that could help supplement the mineral content of your diet.

These include **Aloe Vera Gel** which contains an abundance of vitamins and minerals. It is difficult to catalogue all the benefits people have reported from drinking the gel, but it certainly has had a positive influence on the health and lifestyle of many.

In addition, we have **Forever Calcium**, **Nature-Min** (a blend of minerals, including calcium, magnesium, iron, copper and zinc) and **Forever Kids** (a children's chewable multi-vitamin to provide basic vitamins and minerals). Why not add some of these to supplement your diet?

## ... for Radiant Skin

Sometimes we forget that our skin is actually the largest organ of our body. It provides many functions, but we really only think about how important it is when our skin is unhealthy or provides us with a new problem.

The best solution is to take care of your skin **before** it shows any signs of stress. With the many actions of Aloe Vera, including antibacterial benefits, taking it internally helps clear our metabolism from the inside out; the only way to resolve a problem! We can do this by drinking one of *Forever's* Aloe Vera drinks every day.

The next step in helping our skin while we balance internally is topical application. All *Forever* skin products have Aloe Vera as their first ingredient, indicating the largest content is Aloe Vera. *Forever* has grown to provide a wide array of Aloe-based products because of their successful use with their Aloe Vera drinks. Some of their Aloe Vera skin products are enhanced with specific herbs, oils and additional moisturisers to further protect, promote and retain radiant skin health.

In the *Forever's* Skin Care section – for extra skin protection or for dealing with irritated skin or other minor skin conditions, many people find the **Aloe Propolis** skin cream combination particularly effective due to the antiseptic properties of bee propolis combined with the health benefits of Aloe Vera.

Another favourite are *Forever's* **Aloe Lotion** and **Aloe Moisturising Lotion**, both with Jojoba, Vitamin E, Collagen and Elastin, for softening and protecting skin, especially red hands, rough feet or – pregnant tummies!



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