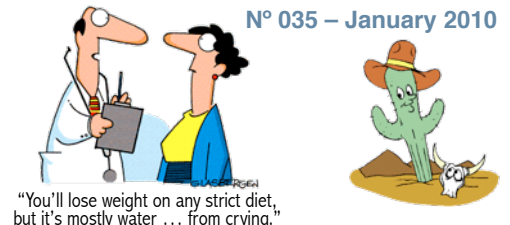


Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



"You'll lose weight on any strict diet, but it's mostly water ... from crying."

A NEW YEAR, and a new resolve to live a healthier lifestyle. I wonder just how many people join fitness or sports clubs in January, with good intentions of taking regular exercise, but somehow 'life' just gets in the way? A year's subscription for two or three sessions can work out rather expensive! Maybe Forever's new **Nutri-Lean Programme** could provide the incentive to take the exercise as well. Good nutrition is essential, especially if you are looking to control your weight. With a 60-day money-back guarantee, what have you got to lose? Some weight, perhaps?

Forever Nutri-Lean Programme - for a healthier you



step process that combines a 9-day nutritional cleansing plan (**Clean 9**) followed by a long-term weight loss plan (**Forever Nutri-Lean**). With the philosophy of good nutrition, the programme has been designed to take the guesswork out of a lifetime of healthy eating and diet control. **The Forever Nutri-Lean Programme** will help you understand how to live your life free of yo-yo dieting, unhealthy eating and other nutritional and fitness misconceptions.

Included are these great products

- **Aloe Vera Gel** – balancing and nutritious for healthy digestion and energy.
- **Forever Lite Ultra** – with high quality protein scientifically formulated to help maintain a healthy diet.
- **Forever Garcinia Plus** – Garcinia has been shown to reduce the body's conversion of carbohydrates into fats, and aids natural metabolism.
- **Forever Bee Pollen** – a boost to energy, stamina, and 'feel good'.
- **Forever Active Probiotic** – good gut bacteria promoting a healthy digestive system, enhanced nutrient absorption and immune function.
- **Forever Lean** – provides two revolutionary ingredients that can help reduce the body's absorption of calories from fat and carbohydrates. The first is a unique, fat-absorbing fibre derived from the cactus plant known as Indian fig, nopal or prickly pear. The other unique ingredient in Forever Lean is a protein specially derived from white kidney beans. This protein works by slowing the body's absorption of sugar in the small intestine. Together these two revolutionary new ingredients can help you succeed in your quest to reach your ideal weight.



It is important to remember that you should also incorporate a healthy diet and regular exercise into your overall weight control regimen in order to achieve and maintain your weight goal.

The **Forever Nutri-Lean Programme** will continue to aid in your body's natural cleansing process, while burning your stored fat cells, and teaching you how to achieve and maintain your designed weight.

Remaining committed to completing this programme will help you develop good habits for lifelong weight management and overall improved health.

Enjoy all the benefits of Forever Freedom combined with the exotic flavour of Pomegranate, in a new, convenient, easy-to-carry pouch. Forever Freedom2Go offers the great health benefits of our patented, stabilised aloe vera gel, plus Glucosamine, Chondroitin and MSM, and the sweet taste of antioxidant-rich Pomegranate juice.

Glucosamine and Chondroitin are two naturally occurring elements that are believed to help maintain healthy joint function and

mobility. MSM is a primary source of bio-available sulphur that the body needs to maintain healthy connective tissues and joint function.

Add to these ingredients the antioxidant-rich properties of sweet-tasting Pomegranate juice and you have a delicious, winning combination! Each daily serving is contained in a neat, easy-to-carry pouch, allowing you to pick it up, tear it open, and drink in the tasty benefits of Forever Freedom2Go!



5 Diet Mistakes!

Even if you know a thing or two about nutrition, you could still be making one of these common mistakes.

Not drinking enough

70 per cent of us in the UK are considered chronically dehydrated. Even mild dehydration can reduce your mental and physical performance by ten per cent, affecting your ability to concentrate, making exercise feel difficult. It will make you feel tired and lethargic, could trigger a headache and even cause constipation. Drinking enough water can help you lose weight. A glass before a meal will help fill your stomach and so you eat less food.

Ditching dairy

Dairy produce can be high in fat, especially saturated fat, so many people cut it out when trying to watch their weight. But milk, cheese and yogurt are a great source of calcium, which strengthens your bones, and while it's possible to get this vital mineral from other foods, if you cut out dairy altogether it can be hard to meet your daily calcium requirement of 700 mg. Choose a variety of low-fat dairy foods and have 2-3 portions each day. A small chunk of cheese, one 5 fl oz yogurt and 1/2 pint of milk will provide your daily calcium target. Avoid 'fat-free' yogurt where the fat is often just replaced with sugar!

Saving yourself for dinner

Going to a nice restaurant for dinner is one of life's great pleasures, but the fear of overeating and 'blowing' your diet can really spoil a good night out. A common mistake is to 'save yourself' by eating less during the day, so you can then indulge later on. But, no matter how much 'willpower' you think you have, by mealtime, your resolve will be at rock-bottom and you'll eat anything and everything put in front of you. Instead, burn a few more calories by being extra active during the day and the chances are you'll enjoy your meal more, too.

Cutting out carbs

Ditching potatoes, pasta and bread is one of the most common weight-loss strategies. But carbohydrates actually provide fewer calories per gram than fat, protein or alcohol and should make up approximately half of our daily calorie intake. They are also your body's main source of energy, providing essential fuel for brain function, exercise and basic day-to-day life. The problem is not that carbohydrates are bad, it's just that we tend to eat too much of them.

Labelling foods as 'bad'

Once you think about a food being 'bad' you're heading for the 'naughty-but-nice' syndrome and a lifetime of see-saw dieting and guilt. Our relationship with food often stems from our childhood and the attitude our parents had towards body weight, eating and exercise. Banning 'naughty' foods is something we often learn in our youth or when 'on a diet', thinking we're doing the right thing. But this negative attitude does little for our relationship with food and takes us further away from our desired weight and health goals. Remember: 'There's no such thing as a bad food, just a bad diet — it's the balance that counts'.

Sarah Russell, Woman's Weekly, Nov. 2009

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