

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



SPRING is in the air (although it is still a bit chilly outside!). I have heard too that 'flu and other viruses are still threatening us. Keeping ourselves healthy gives our bodies the best chance of fighting off any infections, and with that in mind, we have an article and offer from an Holistic Health Therapist based in Birmingham. 'Holistic' health means (as I am sure many of you know) considering the health of our whole bodies rather than simply treating symptoms. • Looking after our appearance is something most of us take for granted, but for some people this can be a very serious business. Rosacea is just one of many conditions that can cause disfigurement of the face. Often, makeup is the best way of concealing this, and I am proud to know that Forever have such a wonderful range of suitable products.

Simon

Rosacea – can we help?

Rosacea (pronounced "roh-ZAY-sha") is a chronic and potentially life-disruptive disorder mainly affecting facial skin. It may begin at any age after 30 as redness on the cheeks, nose, chin or forehead that may come and go.

It is more frequently diagnosed in women, but more severe symptoms tend to be seen in men, and is believed to affect up to 5% of the population in the UK (NHS figures).

While there is no cure for rosacea and the cause is unknown, medical therapy is available to control or reverse its signs and symptoms. Individuals who suspect they may have rosacea are urged to see their doctor or a dermatologist for diagnosis and appropriate treatment.

Self-confidence

One of its major effects is on the self-confidence of sufferers, who may feel disfigured and that going about in public may attract unwanted attention. While medical therapy may help the physical aspects of rosacea, makeup can help to immediately improve the look of your skin and so boost your self-confidence. This is where Forever's products may be of great value. Here are some tips to help you look and feel your best.

- ★ Before applying makeup, gently cleanse and moisturise your face. Treat your skin gently, never rubbing or pulling as this may cause irritation. Brushes may be best, since even the oil and bacteria on your fingers can irritate your skin.
- ★ Keep it simple; the more ingredients and products you use on your skin, the more likely it is that an ingredient will irritate it. Try to use multi-function products that also contain a sunscreen.



- ★ Choose oil-free foundation and concealer. Foundation should match your natural skin tone as close as possible, while concealer should be just one shade lighter than your natural skin tone.

- ★ Mineral makeup is often a good choice for skin with rosacea, as it usually doesn't contain potentially irritating ingredients.

- ★ Eyes are sensitive to begin with, and with rosacea it's especially important to treat the eye-area skin gently. Select products designed for sensitive eyes, and allergy-tested, fragrance-free formulae may be ideal.

- ★ Lips will look best in neutral shades close to your natural lip colour. Avoid red shades that may exacerbate the look of redness in your skin.

Sun Protection

Daily sun protection is a must for anyone with rosacea. Sun exposure was named a top trigger for rosacea flare-ups by 81 percent of patients in a National Rosacea Society survey, and is also linked to the visible blood vessels (telangiectasia) and severe redness often associated with rosacea. Apply sunscreen daily year-round, whether it's sunny or cloudy — the incidental exposure you get walking to your car or running

errands can be just as damaging to skin over time as a day at the beach.

For Men

Shaving may pose a unique challenge for men with rosacea. Here's what you can do to help get a closer shave without irritating skin.

- ★ Men with rosacea may prefer an electric razor to avoid the irritation of a razor blade.
- ★ Avoid any creams or lotions that burn or sting your skin.
- ★ Use a post-shave balm and/or moisturiser to help soothe the skin.

Forever

Forever has an excellent range of skincare products that sufferers may find useful. All products are prepared to high standards and are suitable for sensitive and delicate skin. Aloe is a wonderful moisturiser and we have a number of lotions available.

The cosmetics are formulated with Aloe Vera to protect and moisturise, including suitable concealers. Ask too about the new Aloe Mineral Makeup and Kabuki Brush.

The Aloe Sunscreen offers year-round moisturising and protection. Aloe Liquid soap cleans gently and is excellent for shaving. Finally, the Gentlemen's Pride aftershave balm helps to soothe skin after shaving.

<http://www.rosacea.org>

Holistic Health

My name is Stuart Morris and I am an holistic therapist in Birmingham. In my practice I use a whole range of holistic therapies, including nutrition.

I first used Forever Aloe Vera nearly 20 years ago after having finished radiotherapy. I was told about Aloe Vera by someone who said it would help with my energy levels, which is exactly what it did. When you have no energy to start with, even the slightest improvement makes a real difference, and I experienced this as I began to include Aloe in my recovery protocol. I have used it ever since, along with other products from Forever, for my patients with exceptional results. However, it is important they are combined in the right way.

So just how do we choose what is right for us, and which products blend well to give us the best results? One of the therapies I practice is called 'touch for health' which uses the connection between mind and body as a biofeedback mechanism. This can be used effectively with any of the Forever products either alone or in combination. What you do is 'ask' the intuitive part of your system what it knows about what is right or wrong for you. It will always tell you the truth. When this simple technique, involving muscle testing, is applied, you can work out the best combination, and the benefits will amaze you.

If you would like to experience this for yourself then please contact me. You should bring along any products that you may already be using to a therapy session with me. I will add 30 minutes free of charge into our therapy session to teach you how to do this and to test you against the products you are using. I will test you using the 'touch for health' system and then show you how to apply this simple but very effective technique in your life. It is the synergy of the products at the right time for each individual that ultimately makes all the difference to how effective they are, and using this simple technique will enhance any of the results that you have had so far by up to 100%.

Time and time again I have been amazed at the results I have seen when we ask that part of ourselves that really knows what is best for us. You can easily access this intuitive part of your system when you know how.

For more information please contact the person who gave you this newsletter.

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Forever Bee Pollen



Enjoy a Healthier Lifestyle this Summer! Boost your energy and stamina to make the most of fun in the sun. Feel free to enjoy the outdoors during the summer months when the pollen count is high. Try our fantastic multi-vitamin and multi-mineral supplement that promotes healthy circulatory, digestive, immune and nervous systems. You've got nothing to lose and a lot to gain with our 60 day money back guarantee. Join millions of delighted customers who enjoy the benefits of Forever Bee Pollen.