

# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



**At this time of year** it is especially important to look after your health. This month we have five tips from the NHS website to help you to keep healthy. Along with this, I would highly recommend making sure you have a good supply of nutrients, minerals and vitamins in your diet. Ideally, we should all eat naturally-grown, nutrient-rich food. But, back in the real world, we find we need to supplement our diets, and the best way to do this is, of course, to drink some Aloe Vera daily. I do, and from my own experience, my physical health has never been better than when I drink my daily Aloe. • Last-minute Christmas gifts or 'stocking-fillers'? Have a look at some suggestions here, or ask to see a brochure. Don't forget, VAT goes up to 20% in January!

*Robin*

# WINTER HEALTH



**It may be cold outside but winter needn't be the unhealthiest time of year for you and your family.** Here are five ways to make sure that even when your body is telling you to hibernate you can keep healthy and fit, no matter what the weather's like:

## 1. Eliminate your sleep debt

"On average we sleep six-and-a-half hours a night, much less than the seven to nine hours recommended," says Jessica Alexander, spokesperson at the Sleep Council, which aims to raise awareness of the importance of a good night's sleep to health and wellbeing. But in winter, we naturally sleep more, due to the longer nights. "It's perfectly natural to adopt hibernating habits



Stay healthy and enjoy the winter!

when the weather turns cold," says Jessica. "Use the time to catch up."

## 2. Drink more milk

You are 80% more likely to get a cold in winter so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein and vitamins A and B12. They're also an important source of calcium, which helps keep our bones strong.

## 3. Eat more fruit and vegetables

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food; but it's important to ensure that you still keep your diet healthy and include five portions of fruit and veg a day. If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead, or sweet dried fruits such as dates or raisins.

Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family.

## 4. Try new activities

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity, maybe ice-skating or taking a bracing winter walk on the beach. Regular exercise helps to control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

## 5. Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps you to boost your intake of starchy foods and fibre, which give you energy and help you to feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals. Add a few dried apricots, some raisins, a sliced banana or other fruit for extra flavour to your porridge and to help you hit the five-a-day target.

<http://www.nhs.uk/Livewell/winterhealth/Pages/Healthywinter.aspx>

## Christmas Gifts

**W**hatever you give this Christmas, you can always give the gift of good health with Forever. Here are just three gifts that will always be welcome, but maybe especially at this time of year.

### Aloe Heat Lotion

The very best heat lotion you can buy, it contains all the usual herbal warming agents, along with sesame and jojoba oils, to make it ideal to massage in for tired muscles and dry skin. It is a pH-balanced lubricating lotion designed for a soothing, relaxing massage. The deep penetrating power of Aloe Vera will help bring you fast relief from the strains of the day.



### Aloe Propolis Crème

A wonderful Aloe Vera-based moisturising lotion, enriched with bee propolis, the anti-bacterial agent bees use to keep their hives sterile. Also added are camomile and comfrey, two of nature's best known skincare herbs. Finally, the soothing formula is completed with vitamins A and E, recognised for their natural skin conditioning properties. This then makes for an excellent skin moisturiser and conditioner, perfectly suited to moisturising dry skin. Its pleasant fragrance and rich texture make it ideal to use as a massage compound for total relaxation. It can be used to benefit most skin.



### Aloe Lips

Small it may be, but this is Forever's 'Mighty Midget'! The soothing properties of Aloe Vera are ideally suited to caring for your lips, protecting them against the sun and the wind. The added jojoba oil and beeswax make probably the most effective all-season lip care product available today. As well as being the very best lip salve you can buy, it is a solid stick of Aloe Vera that you can keep with you in your pocket or handbag. It is ideal to allow you apply all the benefits of Aloe Vera. Don't leave home without one this Winter!



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## A WHITE CHRISTMAS WITH FOREVER BRIGHT TOOTHGEL

**F**orever Bright Toothgel is consistently one of Forever's top 20 best sellers and it is no wonder why when you consider the gleaming results people have experienced. Aloe Vera toothgel performs the same function as toothpaste; which is to eliminate pathogenic oral micro flora – disease-causing bacteria – in the mouth. Regular brushing with Aloe Vera toothgel gives

you naturally produced front-line support in the fight against gum disease and dental decay whilst the peppermint and spearmint flavouring leaves your mouth feeling fresh and clean.

Years of research and development in collaboration with dental experts have provided Forever with the optimum Aloe-based formula for effective cleaning. With no harsh abrasives, you won't risk

enamel erosion as with some toothpastes on the market.

The combination of stabilised Aloe Vera gel and bee propolis soothes the gums and mouth linings, and can be applied directly, even when brushing is painful. The formula is safe for the entire family to use and, as it contains no animal by-products, it is also suitable for vegetarians.

