

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



HEY, I'M BACK! Sorry I have been away so long, but I return with wonderful news. For anyone following me on Facebook, you will know exactly what has happened, but here is a very brief summary. Depression is a crippling illness, but with little to show for it physically. It is also a very long journey – in my case around 20 years. I have been fighting it since well before I joined Forever. Good nutrition, and for me that includes drinking Aloe Vera, is important for good mental health, but sometimes there can still be a vital part missing. All I can say is that the ARG1+ has provided, for me, that vital missing part, and for that I will be eternally grateful. I am now well on the road to recovery. My plea is that if you know anyone suffering from depression, be gentle with them. When they say they can't do something, they are probably telling you the truth! Be supportive, please.



ARG1+ Promotes Good Health!

L-Arginine really is the amino acid to get very excited about! The Nobel Prize in Physiology or Medicine for 1998 was jointly awarded to Robert F. Furchgott, Louis J. Ignarro and Ferid Murad for their discoveries concerning "nitric oxide as a signalling molecule in the cardiovascular system". (<http://nobelprize.org>)

OK, so I didn't notice that either! And even if I had, I'm not sure that in 1998 it would have really grabbed my attention. But what does it mean, and why is it so important?

L-Arginine and Nitric Oxide

Very simply, L-Arginine is an amino acid, a 'building block' of our bodies. All its functions are not yet known, although it was first isolated in 1886. The excitement is about its ability to convert into nitric oxide which naturally helps

blood vessels to relax and open wide, which in turn permits greater blood flow.

This is important because a restricted blood flow has many negative effects, including on blood pressure, overall cardiovascular health, the healing process, and the function of many vital organs, including the brain.

'Semi-Essential'

L-Arginine is described as 'a semi-essential amino acid because even though the body normally makes enough of it, supplementation is sometimes needed.' We should be absorbing it through our normal food intake, but it has been suggested that our modern diets with processed food and intensive farming methods mean that we can be deficient in L-Arginine.

Athletes and body-builders have quickly taken on board the potential benefits of this as a supplement, and very promising results have been reported. However, excessive consumption of L-Arginine, as with any supplement, can lead to health problems, so it is important not to exceed the stated recommended daily intake.

(<http://www.mayoclinic.com> & <http://www.nlm.nih.gov>)

ARG1+

Forever's new product, ARG1+, provides the daily recommended intake of L-Arginine, supported by a range of other supplements that work with the L-Arginine. These include pomegranate, well-known for its strong antioxidant properties, red wine extract to help maintain healthy cholesterol levels, and grape skin for the cardiovascular and immune systems.

ARG1+ also contains fruit juices which provide nutrients, essential fatty acids, berries that help neutralise free radicals and support healthy ageing, and other ingredients which support healthy joint function.

With Forever's full 60-day money-back guarantee, you can happily try ARG1+ to find out if it will benefit your health.



ARG1+ – This is what the excitement is all about!

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NEW! – ALOE SUNSCREEN SPRAY

Forever already has one excellent sunscreen product, Aloe Sunscreen, so why introduce another similar item? The answer is because it provides not only the very best in sunscreen products to help protect skin from excessive sun exposure, along with Aloe Vera Gel and other natural ingredients to help soothe, condition and smooth the skin, but it is now in a convenient spray-on formula.

Spray-on

This handy spray-on formula glides onto skin evenly, and helps you protect those hard-to-reach areas. It is great for

quick, easy application when you are on the go. Just as with the Aloe Sunscreen, it has the added benefit of being water resistant so your whole family can enjoy splashing and swimming without worry. Perfect if you and the family enjoy an active lifestyle.

Skin Damage

Sensible exposure to the sun is essential if we are to avoid the potential damage that can be caused by excessive sunbathing. We need the sun's rays to stimulate healing processes, even, oddly, when it comes to our bodies

fighting some cancers! We also use the sun to help produce vitamin D, an essential vitamin, especially for the formation of strong bones. Sadly, we are actually seeing the return of rickets, a disorder caused by the lack of vitamin D, maybe as a direct result of excessive sun-avoidance.

So, do get out there and enjoy the sun when it does appear (it does, even in this country, honest!). But please be sensible: limit your exposure (especially for young children and babies) and use a good quality sunscreen preparation, such as either of Forever's Aloe Sunscreens.

