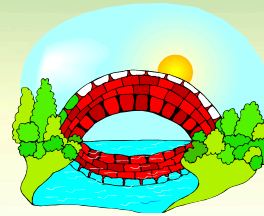


# Wacky Cactus



NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

**IT IS IMPORTANT TO MAKE WISE INVESTMENTS.** When we think about that, we are usually thinking about money. But I think the best investment any of us can make is in our own health. Life expectancy is rising faster than previously recorded, with the number of people exceeding 100 years predicted to soar. People have said to me they wouldn't want to live that long, while what they really meant was they wouldn't want to live that long if it meant suffering ill-health and being unable to enjoy old age. That is why my investment is in my health so I can look forward to old age. I look after my body by drinking Aloe Vera and taking high-quality supplements (Forever, of course!), I look after my skin by using Aloe-based soap, shampoo and moisturiser, and I use Aloe Vera Gelly to soothe and calm irritated skin.

# GOOD HEALTH FOR ALL

**G**ood health begins with good nutrition. 'We are what we eat.' How often do you hear that? We cannot be anything else! And yet, illness is too often treated as if we are unwell simply because we lack some prescribed medication.

As Patrick Holford, the world renowned nutritionist, often points out, no one has ever become ill through the lack of a particular medicine; you don't develop diabetes because you didn't inject insulin, or develop heart disease because you didn't take statins!

No, our health suffers due to infection, injury or lack of the nutrients we need to keep our bodies healthy. Drugs can help us recover from the effects of infection or injury, and can be very effective. But if we can maintain healthy bodies, then we will often recover sooner, and without as much drug intervention.

### We are what we eat

Sadly, it is now being accepted that the food we buy may not contain all the essential nutrients we actually need for our bodies to be fit and healthy. Furthermore, the demands of our modern society can make supplying these nutrients through food quite difficult. We need to look elsewhere and seek out good quality dietary supplements. For example, Aloe Vera is an amazing plant. It actually contains at least 75 of the minerals, vitamins and other nutrients that our bodies need. By consuming a reasonable quantity of Aloe Vera every day we are going some way to restoring the correct balance of nutrients in our diets. The B vitamins are now recognised as being essential for good mental health, especially as we get older, so adding these to our diets seems very sensible.

### All-age health

Our bodies are remarkably good at making do with poor nutrition, but as time goes by, then things can start to go wrong; a bit like putting the wrong petrol in a car. The answer is to make sure we have the right nutrients whatever age we are. Babies and children are growing and need the right 'building blocks'. Adults need fewer fats, for example, but



still need nutrients to maintain their bodies. Elderly people often lose their appetites, but it is essential to keep up nutrient intake even when eating less. Good health doesn't just happen; and if we don't pay attention to what we eat, good health really won't happen.

### Protection

Good nutrition protects us from the inside, but sometimes we also need protection on the outside. Aloe Vera is brilliant for that as well. Applied to the skin, Aloe Vera Gelly can soothe and calm irritated skin. It is particularly effective in a sunscreen and to apply after exposure to the sun.

Make the best choices for you and your family: Forever Aloe Vera really can help maintain a healthy lifestyle, both inside and out.



Start your day with Forever Aloe Vera Gel

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# Forever clean; you and your home

**A**loe Vera contains 'soapy substances' called saponins. These can be used to cleanse naturally without the harsh effects of soaps or detergents. They are also readily biodegradable, which makes them environmentally friendly. Forever has a range of cleaning products that are good for you and good for our environment.

The **MPD (Multi-purpose Detergent)** really does clean everything from dishes and clothes

to floors, windows and cars. **Aloe Liquid Soap** is an excellent cleanser, gentle enough for a newborn baby, but strong enough to shift oil and grass stains. **Aloe-Jojoba Shampoo**, with its mild, long-lasting formulation, will keep both your hair and scalp clean and healthy. **Forever Bright Toothgel** is simply the best you can buy: a gentle, non-fluoride formula containing Aloe Vera and bee propolis to help keep teeth and gums healthy. **Avocado Face & Body Soap** is made with 100% pure avocado butter to moisturise and clean, leaving your skin fresh and clear.

