

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



FOREVER has done it again! Following the amazing success of the ARG1+ supplement launched in February, we now have Forever Active Boost (FAB), an energy drink with added Aloe Vera and vitamins. I tried it myself, and it really does exactly what it says. Be careful though, it does contain caffeine and too much could cause problems. • I often get asked 'How much do I drink and for how long?' when recommending, for example, drinking Aloe Vera Gel. Clearly it depends on why someone may want to drink the Gel, and on their own metabolism, age, and general health. But a good guide is that Forever offers a full 60-day, money-back guarantee. So try it, 3 to 4 fl ozs (90 to 120 ml) a day is a good start, for 60 days. You've nothing to lose and all to gain!

Holiday Essentials

Holidays and Summer often go together, along with more activity, and exposure to insects, the sun and other natural elements. Keeping our bodies fit and healthy is sensible if we want to enjoy the opportunities of this time of year.

Forever's **Aloe Vera** health drinks help maintain good digestion and absorption of nutrients, to add vitamins, minerals and amino acids to your diet, but above all, to promote a healthy lifestyle. Add to that the **Pomesteen Power**: a powerful antioxidant that helps to keep the immune system strong and healthy, and you have a recipe for good health.

Skin and hair need protection from the wind and sun. Aloe Vera has been used for centuries to help revitalise and protect both. Forever has a range of skin and hair products suitable for all the family, including the famous **Ever-Shield Deodorant**: effective long-lasting, non-irritating underarm protection that is free from aluminium salts, lasts for months and will not stain clothes.

Included too is the excellent **Forever Bright Toothgel** with its gentle, non-fluoride formula with Aloe Vera and Bee Propolis, to nourish, strengthen and protect teeth and gums.

Forever Reward Pack

By partnering with Countdown®, Forever has brought you savings on a range of everyday purchases in the high street and online. Each pack contains a selection of personal care products with a code to apply for your own discount card.

Get yours now to set you up for the Summer.

Weight for Summer

Each year, summer seems still a long time away, then suddenly it's here. Typically, we panic and desperately grab a 'quick fix' diet'. But the secret to successful weight loss isn't starving yourself, instead it is a case of balancing nutrition, sugars and carbohydrates.

You **can** lose weight with extreme diets, but this is not sustainable and the weight inevitably creeps back on. The key to achieving your ideal weight is to keep your blood sugar levels stable.

The Key Principles for effective weight loss are:

1. **Balance your blood sugar:** this is the key to inevitable weight loss. Mixing carbohydrates with proteins is an important way of regulating blood sugar.
2. **Eat good fats, avoid bad fats:** the right kind and amount of essential fats reduce cravings for fatty foods and tune up your metabolism.
3. **Eliminate hidden food intolerances:** water retention, bloating and puffiness are all common food intolerance symptoms, making you feel and look fatter.
4. **Supplements:** The right supplements make a difference. These help to balance blood sugar, reduce cravings and boost metabolism.
5. **Do 15 minutes exercise a day:** exercise helps stabilise your blood sugar levels and reduce your appetite.

Forever Clean 9 and Forever Nutri-Lean

Trying to work out exactly what to eat, and when can be a real problem. So, Forever has made it easy for you with the **Clean 9 Pack**, which cleanses the body of unnatural chemicals to kick-start a healthier lifestyle. Follow up with the **Nutri-Lean Pack** to aid the body's natural cleansing process while burning stored fat cells to achieve and maintain a healthy weight. It also helps you to develop good eating habits for life-long weight management and overall improved health.



Forever Nutri-Lean Weight Management Programme

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The Forever Reward Pack – Holiday essentials, and you get the Forever Reward Card too.



Get off to a FAB start with Forever energy drink

There are a number of energy drinks on the market today, so why should you choose Forever's?

Perhaps the best reason is that Forever Active Boost (FAB) gives you immediate and long-term energy, with natural ingredients: Guarana and Aloe Vera, and ADX7 technology: a proprietary blend of adaptogenic herbs and nutrients, including the important vitamins B3, B5, B6 and B12.

FAB's 'boost' is different from other energy drinks because it gives you both immediate and long-term

energy. With increases of stress loads in our everyday life, the demands for energy sources are growing. Our lifestyle can be exhausting: school runs, shopping, household chores and busy workloads. Stress now affects one in six people in the workplace.

Forever has found a solution to help pick you up when you need that energy booster to help you through the day. We all need energy from time to time and to keep us going, so why not give FAB a try to see what difference it could make to your lifestyle?

