

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

WHETHER WE TAKE a gentle walk, cycle to work, or go swimming, exercise is essential and it is important that we do it. Conditions such as heart disease, diabetes, joint problems and depression can all benefit from regular moderate exercise, so why don't most of us do enough? Exercise is known to boost energy levels and the feeling of well-being too, but if you feel tired and down, motivating yourself to actually take exercise is a real problem. Good nutrition also boosts energy levels and improves how you feel, so drinking **Aloe Vera Gel** daily, taking the **ARGI+**, or even reaching for a can of **FAB** could give you the boost you need to get you out there and taking some real exercise. It works for me, so why not try it for yourself?




ARE YOU FIT FOR LIFE...?

Exercise is something we all need, and Forever has a range of products to help us in our quest to be fit. Good nutrition is essential to provide the building blocks for our bodies so we can fully benefit from physical exercise.

Good Nutrition

Aloe Vera Gel provides over 75 nutrients, including vitamins, minerals and amino acids. In particular, it provides vitamin B12 (one of only two known vegetable sources available), folic acid and seven essential amino acids that cannot be manufactured within our bodies.

L-Arginine, a semi-essential amino acid, is important for good cardio-vascular health, and the Forever **ARGI+** provides 5 grammes per serving complete with added vitamins to work synergistically with the L-Arginine. This is particularly beneficial to take before exercise to give your body the boost it needs and to keep going all day long.

Forever Lite and **Forever Lite Ultra** are a super-tasting, highly nutritious powder mixes containing a balance of vitamins, minerals, proteins and carbohydrates used to prepare a milk-shake meal replacement. Two of these a day will ensure you receive your RDA of vitamins, however busy a life you lead.

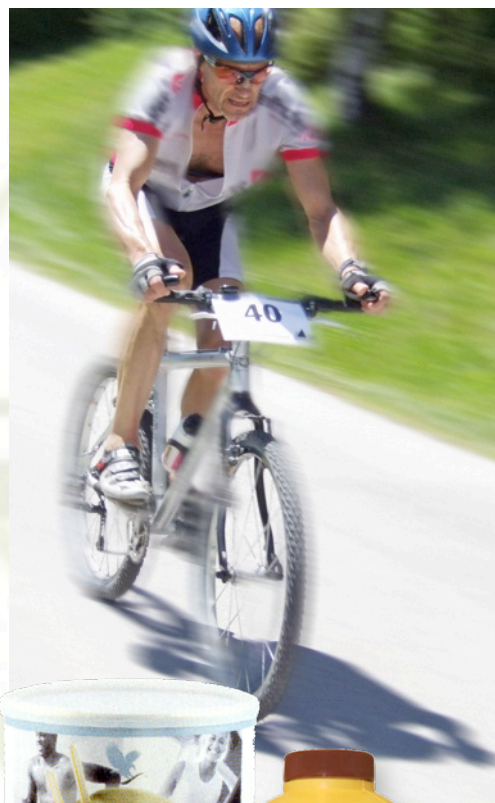
Energy

For that extra boost of energy, especially useful before exercising, **Forever Bee Pollen** tablets provide a wide spectrum of essential nutrients. The nutrients in bee pollen are readily digestible and are easily absorbed. They provide stamina and energy, and help to maintain good health.

Finally, for a healthier energy boost drink, to give both immediate and long-term energy, try **FAB** (Forever Active Boost). With guarana, Aloe Vera and ADX7 technology – a proprietary blend of adaptogenic herbs and nutrients – give yourself the extra boost you need.



And I thought he was holding YOUR lead!



The very best to help you get in shape, give you lasting energy, and help you get fit for life.

When we start (or even re-start) exercising, our joints and muscles soon tell us all about it. Aches and strains are the sign, usually, that our bodies are growing to adapt to movement and physical stress. Generally this is a good sign, but we do need to maintain healthy joint function and flexibility.

Freedom

Forever Freedom has combined the most complete range of nutrients essential for the maintenance of healthy joint function and mobility. This drink not only helps with the signs of joint ageing and maintain the structure and health of cartilage which is important for sporting activities.

The **Aloe MSM Gel** is the perfect accompaniment to the other products which soothe joints and muscles. MSM is a naturally occurring source of organic sulphur, a key component of connective tissues and joints. It is a clear, non-staining gel that can be applied to the skin overlying the joint or muscle and massaged in for soothing relief.

Warming-up

A good heat lotion can make all the difference when warming-up before exercise; cold muscles are far more prone to strains and stresses. Forever's **Aloe Heat Lotion** is the very best because Aloe Vera has the ability to transport the warming herbal agents right through the skin to where they are needed, and not leave them to burn you on the surface of your skin.

After Effects

The **Aloe Heat Lotion** is also particularly effective after exercise, or if you do feel the strain. Applied to the affected area it brings soothing relief. It goes onto the skin feeling cool, and then gently, but very effectively, heats up to help relax and soothe away the stress. Bliss! Ideal following a relaxing bath or shower to massage into the affected areas.



To help with mobility for your joints and muscles

SKINCARE IN THE SUNSHINE

Taking care in the sun is essential if you don't want to suffer damage that could result in long-term skin problems. A good quality sunscreen product will protect your skin, and Forever has two such products. **Aloe Sunscreen Lotion** which is both water-resistant and moisturising, and can be used as an after-sun lotion too. **Aloe Sunscreen Spray** is an economical, effective and convenient sun protection spray that is also water-resistant. **Aloe Moisturising Lotion** is excellent to apply after exposure to the sun. It contains collagen and elastin to keep skin soft and supple, maintaining the skin's pH balance and restoring lost moisture.



Published by Wacky Cactus Publications. © Copyright Wacky Cactus Publications. No reproduction in whole or in part without written permission. No product or service advertised and/or published and/or appearing in the Wacky Cactus newsletter is, unless expressly stated to the contrary, endorsed by and/or otherwise associated with the Wacky Cactus brand.