

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



SO, A HEALTHY LIFESTYLE really is good for you! That shouldn't really come as a surprise, but it is nice when scientific research confirms it for us. I have printed Patrick Holford's article below so you can all get to read it. Many of our illnesses can be linked to lifestyle choices. But, we can choose to live healthily and the opportunities to do just that are becoming easier and easier. I've just bought myself a 'cross trainer' to boost my fitness. **SPORTS PROFESSIONALS:** In the September newsletter, we mentioned **ARGI+** and the certificates that Forever has to confirm it is free of any banned substances. Forever now has certificates and tested batches of the **Aloe Vera Gel** and **Forever Freedom**. Due to the current restricted volume of the tested product, orders from these batches can only be made for professional sports people who are subject to banned substance testing.

BE PREPARED FOR CHRISTMAS



This year, Forever has launched the Christmas Campaign a month earlier to give you more time to look at what is on offer so you can make the very best choices of presents for your family and friends. Giving the Gift of Good Health is one way of really showing you care about someone.

Forever has created twelve limited edition gift sets to ensure there is something special for everyone this Christmas. Each gift set comes with a free luxury gift box and with a discount to make it even easier to buy the gifts you want to give.

- ☛ **Hand Care Gift Set.** Aloe Moisturising Lotion with Avocado Face & Body Soap.
- ☛ **Shower Time Gift Set.** Relaxation Shower Gel with a luxurious 'scrunchie'.

- ☛ **FAB Pack.** Six delicious cans of Forever Active Boost in a unique FAB cool bag.
- ☛ **Wash Time Gift Set.** Aloe Liquid Soap with Aloe Bath Gelée (for bath or shower) to feel fresh and revitalised.
- ☛ **Drinks Booster Pack.** Three Freedom2Go, three ALoe2Go and three FAB. What better way of trying these wonderful drinks?
- ☛ **Bath Time Gift Set.** Forever Aloe Scrub, Aloe Bath Gel and a 'scrunchie'. Brilliant for use in a shower too.
- ☛ **Hair Care Gift Set.** Help someone look their best with Aloe-Jobba Shampoo, Conditioning Rinse and Forever Aloe Pro-Set. Ideal for soft, shiny, healthy and manageable hair.
- ☛ **Shaving Set.** Forever Alpha-E Factor to reduce dryness and give the best shave ever, with Gentlemen's Pride aftershave balm.
- ☛ **Sports Gift Set.** Aloe Heat Lotion, Aloe MSM Gel, Arctic Sea and a Freedom2Go. Get active and get those joints moving!
- ☛ **Ski Gift Set.** Aloe MSM Gel, Aloe Heat Lotion, Aloe Sunscreen and Aloe Lips.
- ☛ **Mature Gift Set.** Aloe MSM Gel, Arctic Sea and Freedom2Go to look after more senior friends and family.
- ☛ **Men's Fragrance Set.** Perfect for the busy, well-groomed man: easy-to-apply Aloe Lotion complemented by the 25th Edition Cologne for a fresh, masculine scent.

Gift Packaging

To make up your own personalised gift set, simply choose from Forever's range of Gift Boxes and Forever Tissue Paper specially designed to complement the boxes. For that personal message, include a Forever Gift Tag.

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Get set for Christmas with Forever – ask for a Christmas Brochure

Lifestyle Better Than Drugs For Diabetes

Researchers from the US National Institutes of Health say living a healthy lifestyle can substantially cut the risk of developing diabetes by as much as 80%. The lifestyle factors analysed were physical activity, healthy diet, body weight, alcohol consumption and smoking. In the study, published in the 'Annals of Internal Medicine', scientists analysed 114,996 men and 92,483 women of 50 to 71 years old, none of whom had diabetes, cancer or heart disease at the start of the research. For each

lifestyle factor there was a significant reduction in risk of developing diabetes. Findings showed that having a normal weight by itself reduced the risk of developing diabetes by between 60% and 70%. A healthy diet lowered the odds by about 15% while not smoking decreased the chance by about 20%. The healthier the lifestyle factors an individual had, the lower the risk of developing diabetes, said researchers, noting that the overall risk reduction reached 80% in those enjoying the most healthy lifestyle factors.

The scandal with diabetes is that we already know the solution, and it's not drugs – it's a low-GL diet, plus exercise and certain supplements. Eating a low-GL diet doesn't just prevent diabetes, it reverses it. You can find detailed information and a complete strategy for making the change to a longer, healthier life in my new book 'Say No to Diabetes'. Patrick Holford.

To find out more, go to Patrick's website, which you can find at: www.patrickholford.com

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Say
**No to
Diabetes**

10 HEALTHY WAYS
TO PREVENT OR
REVERSE DIABETES