

# Wacky Cactus



NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

**HAPPY CHRISTMAS, EVERYONE.** 'Tis the season to be... well, partying, cleaning up and hoping you stay fit enough to enjoy yourself too! If you do need to manage your weight (or know someone else who does?) then have a serious look at Forever's Diet Plan. • There always seems to be more cleaning to be done during the Winter, and Forever's cleaning products are both effective and economical to use. I would really be lost without them. • Keeping yourself healthy can be a challenge at this time of year. For me, I take the Forever Propolis Tablets along with the Aloe Vera Gel: an excellent combination to keep me fighting fit. • Remember, everything from Forever is sold with a full 60-day money-back guarantee should you fail to be satisfied in any way.

*Robin*

# Little Black Dress & Dinner Jacket Diet Plan



**T**he trouble with the Festive Season is that there is a temptation to over-indulge when it comes to eating, and under-indulge when it comes to exercise! Forever's Clean 9 and Nutri-Lean nutritional cleansing programmes are designed to help you out.

### Clean 9

The Forever Clean 9 is an easy-to-follow 9 day programme designed to kick-start your weight loss plan, putting you on the right path to controlling your health. Once you have seen how easy it is to achieve success with Clean 9, you will be ready to move on to Forever Nutri-Lean which is specifically designed to help you manage your weight for the rest of your life.

### Nutri-Lean

This second stage is designed to help you achieve a comprehensive knowledge of how to live your life free from yo-yo dieting, unhealthy eating and other nutritional or fitness misconceptions. This programme follows on from the Clean 9 and is a lifestyle change that will help you on your way to achieving a realistic balance for a lifetime of healthy living.

### Let's Party!

Being your ideal weight, eating a nutritionally balanced diet and being naturally healthy add up to a great lifestyle – a good reason to party! Look good and feel good? With Forever's weight management programmes, you can. Get yourself in shape for 2012 by trying the Clean 9 and Nutri-Lean programmes.



Forever Clean 9 puts you on the path to a cleaner, healthier, happier you.

# FOREVER CLEANING

**W**hen it comes to cleaning, Forever has some excellent products that are both effective and environmentally friendly. What a combination!

### Aloe Bath Gelée

The Forever Aloe Bath [and shower] Gelée is gently moisturising and is a wonderfully refreshing way to start the day, or a relaxing way to ease away the effects of a stressful day. It is rich in pure Aloe Vera, has a clean, fresh and invigorating fragrance, and has a gentle formula to leave your skin feeling unbelievably soft and smooth.



### Aloe Liquid Soap

This is a luxurious, naturally moisturising, cleansing soap with a mild formula, perfect for the entire family. It is gently enough to use on the face, ideal for shaving, and kind to sensitive skin. It is great to use all-over, and especially suitable for use after swimming, including for the hair. Great for children.



### Avocado Face & Body Soap

Made with 100% pure avocado butter to moisturise and clean with the natural, rejuvenating properties of this powerful fruit.. Avocado is a rich source of vitamins A, B, D and E, and contains anti-oxidants to help combat free radicals.



### MPD2X

A biodegradable, all-purpose detergent concentrate that lifts grime, cuts through grease and removes stains. Environmentally friendly, non-abrasive and phosphorus free with a gentle formula that is kind to hands and clothes.



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# NATURAL IMMUNE SUPPORT FROM THE BEEHIVE

**W**hen we think of bees, honey and pollen are foremost in our thoughts. Another important substance, propolis, is a sticky resin collected by bees. Honeybees collect and metabolise the propolis, using it as a sealant for small gaps within the hive. It is so effective, the interior of the beehive is said to be safer than most operating rooms.

As a food, propolis has a 5,000-year old history. The Assyrians and the Greeks used propolis to help maintain

good health. Fortified with royal jelly, Forever Bee Propolis is an excellent way to help support the body's natural defences.

Forever Bee Propolis is 100% natural with no added preservatives or artificial colours. It is also an excellent natural food form, providing a wide array of useful elements loaded with nutrients such as vitamins, minerals, enzymes, amino acids, and a rich supply of other elements in trace amounts.

