

Wacky Cactus



NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

SNOW? WELL MAYBE. By the time you get this newsletter, the un-seasonal warmth of Christmas may be over and we could be under six feet of snow! But whatever the weather, I couldn't help but notice the number of news reports during December that focussed on poor nutrition as being a significant contributory factor in the development of some very serious conditions. Poor health doesn't just happen, there has to be a cause, and poor nutrition is now being highlighted. As far as I am concerned, good nutrition is simply a sensible form of health insurance – i.e. I am taking a sensible step towards a healthy lifestyle. Of course, I could just pay towards medical treatment instead ... ?

Good Health needs Good Nutrition

Now we are well into Winter, our health is under constant threat from many different challenges. It is being recognised more and more that if we are to live healthy lives, we need to make sure we are getting the right nutrients in our diets every day. Why not set yourself a New Year's Resolution to make sure you get your 'five a day'?

Forever recommends that in order to meet optimum nutrition, and along with our daily Aloe Vera Gel, we should all have these 'famous five' supplements. They cover all the essential nutritional components our bodies need in order function at their best.

1. Forever Bee Pollen

This incredible multi-vitamin, multi-mineral supplement contains over 96 different nutrients to boost energy and stamina, and assist in maintaining healthy circulatory, digestive, immune and nervous systems. This supplement is easily absorbed by the body and improves the efficiency of the immune system.



2. Arctic Sea

These soft-gel capsules contain omega-3 and omega-8, plus oleric acid for all your essential fatty acids to help reduce cholesterol levels and to help maintain a healthy heart and skin. Arctic Sea can also support concentration and learning.



3. A-Beta-Care

Vitamins A, E and selenium are powerful antioxidant nutrients that are vital in the fight against free radicals. This perfect blend is great for maintaining healthy skin, hair and eyesight. The body converts beta-carotene to vitamin A as and when needed so there is no risk of a toxic vitamin A overdose.



4. Absorbent-C

Vitamin C and bioflavonoids help your body maintain healthy connective tissue, skin, joints and respiratory functions. Vitamin C is also vital to your body's absorption of iron. Absorbent-C bonds vitamin C with oat bran for a more gradual absorption.



5. Nature-Min

This will provide your daily supply of minerals which are important for digestion, renewing body tissue and calming the nervous system. Minerals also play a vital rôle in activating genes and hormones, carrying oxygen around the body and maintaining healthy bones.



The very best supplement you can have: Forever Aloe Vera Gel

WINTER SKIN

Winter cold can actually be very drying for our skin despite the rain and snow. Cold, frosty mornings can look beautiful, but dry, chapped skin soon reduces the appeal! Forever have a wonderful range of skin moisturisers to see you through the Winter months.

Aloe Moisturising Lotion

This is the 'classic' Aloe Vera based moisturiser, excellent for all skin types, rich in texture and lightly fragranced to provide all-over moisturisation for face, hands and body. Does not contain lanolin.



Aloe Lotion

Lighter than the Aloe Moisturising Lotion, Aloe Lotion soothes minor skin conditions and is an excellent all-over body lotion after a bath or shower.



Aloe Propolis Crème

A rich, creamy blend of Aloe Vera, bee propolis, chamomile and comfrey that does more than just moisturise and condition your skin. It soothes irritated skin and leaves a protective barrier making it ideal for dry skin.



R3 Skin Defence Crème

Retain, restore and renew a healthy vibrant glow to the skin with a combination of Aloe Vera gel, soluble collagen, HA and AHAs. It helps maintain healthy skin colour, texture and feel, as well as targeting 'crow's feet'.



Relaxation Massage Lotion

Stabilised aloe vera, which is renowned for its soothing, moisturising properties, with added lavender and white tea. Lavender is the perfect aid to help you relax, while white tea infuses the lotion with an invigorating, fresh scent. Essential oils from the aromatic blossom of the bergamot orange fruit, along with cucumber extract, round out this highly emollient lotion.



Aloe Nourishing Serum

Contains Aloe Vera, white tea extracts, mimosa bark extracts and antioxidants to provide protection from free radical damage. Preserves and replenishes the skin's moisture to combat the signs of ageing. Use morning and night on the face and neck.



FREEDOM FOCUS

Forever Freedom, with a breakthrough formula, has combined the most complete range of nutrients on the market today, essential for the maintenance of healthy joint function and mobility. This tremendous combination drink maintains healthy joints and flexibility. Forever has married the rich nutrients of stabilised aloe vera gel with glucosamine sulphate, chondroitin sulphate, methylsulphonylmethane (MSM), ascorbic acid (vitamin C) and tocopherol (vitamin E). Glucosamine sulphate and chondroitin sulphate are two natural substances that help maintain the structure and health of cartilage, keeping this natural 'shock absorber' well hydrated and the lubricating fluid within the joint at the necessary viscosity to allow one surface to glide freely over the other. As the body ages it loses its ability to produce healthy cartilage which makes it susceptible to wear and tear, especially in women, making this form of supplementation hugely beneficial.



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