

# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



Happy Valentines Day!

IT IS still warm and sunny as I write this, but with a threat of icy conditions for the start of February. Brrr! All the more reason to look after ourselves, our children and our animals. I'm forced to make a similar comment as last month when once again a shortage of nutrients, this time vitamin D, is being seen as a likely cause of a serious health problem for babies and children, which is why it is important to make sure everyone gets all the nutrients they need for good health. • With St. Valentine's Day just around the corner, have a look at the wonderful gifts Forever can offer for your loved one. The new Sonya Haircare range (available soon) is just an example. Or you could just treat yourself!

## Healthy Children

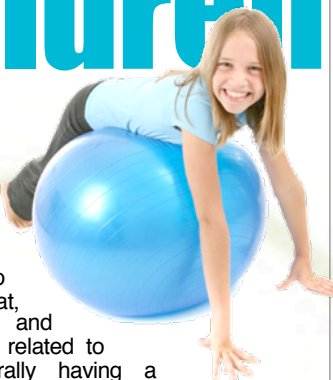
**C**hildren and young people are still developing their immune systems. It is vital they receive all the nutrients they need: one of the reasons why breast feeding is considered so important for babies. But as children get older, good supplements can help make up for any deficiencies in their diet as getting children to eat a balanced diet can often be a problem.

### Aloe Vera Gel

Across the board, Forever's flagship product can help add much needed vitamins, minerals and amino acids to your child's diet. Containing over 200 different compounds, it can help maintain a healthy digestive system and healthy energy level (with no 'sugar boost'!)

### Forever Kids

It is a common problem trying to get children to eat enough fruit and vegetables. Children really do often prefer meat, bread and pasta, and apparently this is related to vegetables generally having a stronger flavour. Forever's solution is the Forever Kids supplement. Animal-shaped chewable multi-vitamins that provide children with the vital vitamins, minerals and phyto-nutrients they may lack.



They come flavoured with orange and grape, and are formulated without sugar, aspartame, artificial colours or preservatives so you can look after your growing youngsters from the inside as well as the outside.



## & Animals

**T**he animals we keep are important to us, both for work and as pets. Vets' bills can be a huge expense, whether it is for a race-horse or a guinea-pig. Just as with people, Aloe Vera Gel can play an important part in maintaining our animals' health and well-being.

### How much?

Quite clearly, the amount of gel, or any of the supplements for that matter, that it is appropriate for you to give to an animal depends on its size. But there is no need to guess because your Forever Distributor can quickly find out for you, for example, just how much gel or bee pollen your pet dog, cat or pony needs.

### Freedom for Animals

Animals often suffer from similar conditions to humans, and joint problems are common as our animals live extended lives. Forever Freedom is specially formulated with glucosamine, chondroitin and MSM – natural elements that have been

shown to help maintain healthy joint function and flexibility in both humans and animals. Indeed, it is certified by the Jockey Club for use with competing horses at all levels.

### Supplements

Again, animals can suffer from nutrient deficiencies and many of Forever's huge range of supplements have a place in providing essential nutrients for our animal friends.



Forever Aloe Vera Gel: great for children and animals



## NEW SONYA HAIRCARE

**T**his exclusive new haircare range combines Aloe Vera with royal jelly to nourish hair and scalp, smooth the hair shaft and to help repair damaged hair. These luxurious ingredients feed your hair with antioxidants, vitamins and minerals to revitalise and strengthen. These products are free from parabens, propylene glycol, SLS, or SLES. They are also safe for colour-treated hair. For best results, alternate between the Sonya Hydrate Shampoo and Conditioner and the Sonya Volume Shampoo and Conditioner.

### Sonya Hydrate Shampoo

This moisture enriched shampoo has a unique ultra hydrating formula which will leave your hair silky smooth with increased body and shine. The combination of Aloe Vera and royal jelly helps regulate dry hair's natural moisture balance, leaving it noticeably cleaner, shinier, healthier and easier to manage. This shampoo is safe for colour treated hair, and you will love the pleasant scent.

### Sonya Hydrate Conditioner

The perfect follow-on to Sonya Hydrate Shampoo, this ultra-moisturising conditioner moisturises, de-tangles and softens dry, brittle hair, increasing manageability and leaving hair with a luminous shine. Sonya Hydrate Conditioner has an exclusive formula to help the hair shaft retain moisture. It helps to nourish the scalp, control frizz and leaves your hair soft, shiny and super-easy to manage. This luxurious hydrating conditioner also includes hydrolysed wheat protein, macadamia seed oil and jojoba seed oil.



### Sonya Volume Shampoo

The perfect pick-me-up for fine, limp, lifeless hair. Our exclusive formula give your hair full volume and shine. It leaves you with lush, thicker-looking hair and promotes healthy, shiny hair without the added build-up. This shampoo is safe for colour-treated hair.

### Sonya Volume Conditioner

A perfect follow-on to Sonya Volume Shampoo. This unique formulation boosts volume, and thickness and increases lift, while leaving the hair with superb softness, manageability and glossy shine. Sonya Volume Conditioner helps repair damaged hair, while leaving your hair full of body and volume. This also contains panthenol and macadamia seed oil to add shine, moisturise the scalp and reduce split ends.