

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



A SUMMER HOLIDAY is supposed to be a relaxing or exciting time. Or both! Last month we talked about looking after our skin in the sunshine, so this month we are concentrating on our insides. All too often, our digestion can add extra journeys or even completely change our itinerary! An excellent form of 'health insurance' must be to try to keep our bodies healthy so we can actually enjoy that hard-earned break. Drinking Aloe Vera Gel or Aloe Berry Nectar and taking probiotics makes excellent sense. • Did you know that bottled water is now considered the second most popular soft drink? Well, Forever's is probably the very best you can drink, tastes nice and is ideal to have by your side in hot weather.

Enjoy your holiday: Aloe & Probiotics

When we are planning a holiday, thinking about our digestion is probably not top of our agenda, but 'holiday tummy' can seriously disrupt even the best laid plans. But some simple 'insurance' – Forever Active Probiotic accompanied by Aloe Vera Gel – can reduce the chance of our itinerary being overruled by our intestinal health!

A healthy digestion system is vital for our bodies to reach optimum nutrition. Seventy percent of immune health depends on our gut function. Our digestive tract needs a healthy balance between good and bad bacteria in order to function at its best. Modern lifestyles, poor food choices, stress, antibiotics and environmental issues can cause this balance to become disrupted. Forever Active Probiotic is packed with good bacteria to help you maintain a healthy system, and to support your immune system.

The gut wall contains a thick coating of bacteria protecting it and allowing undigested food, toxins and parasites to pass through our digestion system to be safely eliminated. When this good bacteria becomes weak, the gut wall is open to invasion. The friendly bacteria in our probiotic acts as a balancing agent for unfriendly gut bacteria.

Forever Active Probiotic has a unique formulation and coating which allows it to work primarily in the colon where it assists with the process of food digestion. This means it will help improve the body's absorption of vital nutrients, giving higher energy levels and a strengthened immune system. Forever Active Probiotic works hand-in-hand with Aloe Vera Gel which acts as a prebiotic to provide the perfect environment for the probiotic to function. For best results, take one Forever Active Probiotic daily on an empty stomach, along with your daily Aloe Vera Gel.

Forever Active Probiotic is the only shelf-stable, six-strain probiotic on the market today which does not require refrigeration – so they are great to take away with you. Begin to take them around two to three weeks before travelling to help build up the good bacteria for extra protection, and to help prevent 'holiday tum'.



Forever Active Probiotic – give your tummy a holiday every day!

So whether your goal is to promote a healthy digestive system or to enhance nutrient absorption and immune function, add Forever Probiotic to your daily supplement programme.

ALOE WITH ADDED CRANBERRIES

Aloe Berry Nectar is continually one of the top five best-selling Forever products and there are no surprises why. Not only does it provide all the health benefits of our stabilised, 100% pure Aloe Vera, but it has the added extras of a sweet blend of apple and cranberry juice – high in antioxidant vitamins C and A, with potassium and pectin to aid in cleansing the digestive system.

It is generally recognised how beneficial cranberries can be to help to maintain a healthy urinary tract. Cranberries also contain pycnogenol, an important antioxidant nutrient which is especially powerful in relation to the skin because it helps to maintain collagen and to reduce histamine releases.

These are just some of the benefits of cranberries:

- Loaded with antioxidants
- Improve blood flow
- Phytochemicals that benefit body tissue structures
- Aid digestion

Improved digestion has a direct effect on skin health and clarity. Poor digestion causes a build-up of toxins in our digestive system that will eventually be distributed throughout our body through the bloodstream. The toxins can then show direct effects on our skin.

Aloe Berry Nectar is also a favourite choice out of Forever's selection of drinks as it appeals to those with a sweeter palate! It's nice to know that the addition of cranberries and apples not only provides a delicious tasting drink, but also increases the health-giving benefits of this great drink.



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Cheddar Natural Spring Water by Forever

Forever brings to the UK marketplace Forever Cheddar Natural Spring Water. This water is extracted from a spring at the source within an intricate cave network beneath the hills of Cheddar, Somerset.

Forever's Water is crystal clear, with a neutral pH and a refreshing natural taste, with no chlorine after-taste which you can get with tap water, or any sulphur taste which occurs with some bottled waters. The neutral pH of Forever's Water is also an ideal complement to both the function of the epithelial cells lining the digestive system and the forming of skin.

Sourced deep in the caves under the Mendip hills, it is naturally filtered through Soil Association certified organic land and enriched by the rocks through which it travels. No chemicals or fertilisers are used in the process.

Mineral Content

Your body requires the intake of minerals in order to remain healthy. Forever's Water is a source of natural minerals in colloidal solution for increased absorption. It contains one of the highest mineral contents of all UK waters at 403 mg/litre.

Two litres of Forever's Water can provide 33% of your daily requirement of calcium. It also contains many other essential minerals needed within our daily allowance. Importantly, water is the most effective natural remover of toxic substances from our bodies.

You can also purchase a Forever water bottle holder/lanyard, ideal for carrying your water if you don't want to take a bag when you are out and about, walking the dog or riding your bike.

