

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

World's
Biggest
Coffee
Morning



SPORT IS STILL in the news with the Paralympics under way as I write this. I have personally been inspired to improve my fitness; I have reduced my blood pressure and my resting pulse rate, and lost 21 pounds (with 2 inches off my waist) in the past twelve months through improved nutrition and exercise. I feel much better for it too. I promise you, I make good use of all the Forever products mentioned below. Many people have the MacMillan Cancer Support charity to thank for helping them cope with cancer. I doubt any of us have been untouched by this disease, either personally or through family or friends, so it is with enthusiasm I encourage everyone to support this excellent charity in any way you can.

FITNESS FOR LIFE

With sport at the forefront of everyone's mind in this year of London hosting the Olympic and Paralympic Games, we are watching inspiring, breath-taking and medal-winning athletes. Forever can play a part with those striving for excellence and performance at an elite level, as well as helping those of us who play sport for fun, fitness and to keep fit.

Nutrition is important in whatever sport you are active. Sports nutrition includes weight management, energy-release and recovery, and covers product groups such as vitamins, pre-biotics, nutritional drinks, supplements and energy drinks.

Forever has a collection of effective natural products to keep your joints and muscles in top condition, with the flagship Aloe-based drinks including Aloe Vera Gel and Forever Freedom, a great supplement range with unique products such as ARG1+, an effective energy drink, topical products such as Aloe MSM Gel and Heat Lotion, and weight management products which provide a good source of protein for those looking for supplement shakes or to maintain their weight.

Any of the Aloe Vera based drinks taken on a daily basis will assist digestion and absorption of nutrients, add vitamins, minerals and amino acids to your diet, and above all promote a healthy lifestyle. Improved digestion and absorption enables any other supplements you may take to do their job more effectively so you can gain the full benefit of taking them. Forever Freedom additionally contains glucosamine, chondroitin and MSM which are natural elements shown to maintain healthy joint function and flexibility. This makes it ideal for sports people who are naturally concerned with joint mobility, as well as older people who wish to maintain their mobility.

L-Arginine is an amino acid that can be beneficial to overall health. It is converted in our bodies to nitric oxide which helps blood vessels relax and open wide for greater blood flow. This in turn supports many important functions in our bodies, such as maintaining healthy blood pressure and overall cardiovascular health. ARG1+ provides 5 grammes of L-Arginine in each serving, plus synergistic vitamins which give the body the boost it needs to deliver optimal performance to nearly every system in your body.

Forever Active Boost (FAB) is a quick, refreshing way to stay energised and alert all day long. It gives both immediate and long-term energy with Aloe Vera, the natural ingredient guarana, and ADX technology – a proprietary blend of adaptogenic herbs and nutrients.

Muscles and joints come under particular attention for people involved in sports. The Aloe Heat Lotion and Aloe MSM Gel can play an invaluable part in both warming up before exercising and in assisting recovery afterwards, soothing joints and muscles.



Forever products to keep you Fit for Life

The nutritional shakes Forever Lite or Forever Lite Ultra are ideal for people seeking to manage their weight and for sports people looking for speedy recovery. The new Forever Lite Ultra with Aminotein does not contain whey protein, but instead uses soy protein enabling you to benefit from the latest research in this area of nutritional science.

As many professionals need to ensure they are taking not just the right supplement, but also need to ensure that they are free from any banned substances, Forever has batch-tested certain products so that athletes can feel confident in what they are putting in their own bodies.

Forever products are not just another alternative in the field of sports nutrition, but the very best choice you can make if you really care about what you put in and on your body. Your performance matters, and Forever's performance is second to none in this event!

CYCLE RIDE

Forever puts a high value on community and charity, and an example for that is Forever's support for MacMillan Cancer Support.



On Sunday 9th September a team at Forever's Head Office will be putting on their helmets and checking their chains to take part in MacRide – a 25-mile cycle in aid of MacMillan. The sponsored ride is all part of Forever's pledge to raise £100,000 for MacMillan Cancer Support. Over £50,000 has already been raised, but there is still some way to go so if you would like to sponsor the team and help them achieve their goal, please visit www.justgiving.com/foreverlivingproducts.

Coffee Morning

Alternatively, the 'World's Biggest Coffee Morning' is MacMillan Cancer Support's biggest fundraising event. In 2011, 51,000 people around the UK signed up for THE Coffee Morning, raising a record £10 million. Forever want to help MacMillan raise even more in 2012. This year, the day itself is on Friday 28th September. Forever Distributors around the country are holding coffee mornings with the profits going to MacMillan. If you would like to help, please contact your Forever Distributor (see contact details below) to find out what they are arranging, or to offer help as they may still be looking for a venue to host a coffee morning (or afternoon/evening!) around that date.

Cancer can hit anyone at any time, and the support MacMillan give is highly valued by all who receive it. Please help Forever raise as much as possible this year for MacMillan so as many people as need it can get the support they need.

Contact MacMillan

To find out more about Macmillan, for information about cancer, or how you can support the charity further, visit www.macmillan.org.uk. If you have any questions about cancer, need support or just someone to talk to, call free, Monday to Friday 9am-8pm on 0808 808 00 00.

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Product Updates



Pomesteen Power

Forever Pomesteen Power has a new look, but the same formula. This powerful antioxidant supplement helps to keep the immune system healthy. Pomesteen contains two of the most potent super fruits found in nature – pomegranates and mangosteens – plus a delicious blend of pear, raspberry, blackberry, blueberry and grapeseed extract. All for the same price but now in a funky new bottle!

Aloe Hand & Face Soap

Another great product has had a makeover! Formerly called 'Aloe Liquid Soap', it is prepared from pure Aloe Vera gel and other gentle ingredients so that this soap leaves your skin soft and hydrated. The ingredients and price remain unchanged, but the soap is now in a new-style pump bottle.

