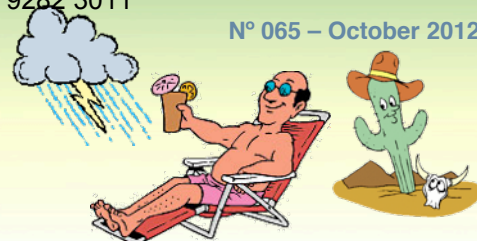


Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

NOT SO LONG AGO we were basking in glorious warm sunshine, but now we have strong winds, rain and floods. No wonder we talk about the weather in this country! Sunshine not only feels good, but it does us good too. Lack of sunlight can cause SAD (Seasonal Affective Disorder) which is a form of depression, among other things. Without the sun there would be no life at all on Earth. After years of being warned of the dangers of exposing our skin to the sun, further research is giving cause to think again. Sunburn does us no good, but sensible sun exposure is actually essential to our wellbeing. We can care for our skin by moisturising and nourishing it, use the sun when we can, and look forward to next Summer!



Robin

There Goes the Sun!

With days getting shorter and the weather getting cooler, wetter and windier, it is important our immune systems are well-supported by good nutrition to take us through the winter. It is known that the nutrients contained in Aloe Vera – vitamins, minerals and amino acids – are of benefit to our health, and many people also regularly supplement their diets with vitamin C and vitamin B12 for their recognised benefits. But what about the often neglected vitamin D?

Vitamin D

Shorter days means less sunshine, and at our latitude our atmosphere blocks most of the valuable UV light that our skin uses to convert cholesterol into vitamin D. To make vitamin D you need sunlight that contains UVB rays which can be blocked by cloud and fewer and fewer of them reach the ground the further north you go. (It's the UVA rays that age you the most, and having enough vitamin A in your skin protects you from this.) In the USA, research has found that certain disorders such as multiple sclerosis and colon cancer become much more common the further you move North from the sunbelt in the Southern States.

In the UK, Liverpool, for example, is 53 degrees north, where you can make very little vitamin D for up to six months of the year. According to a study by Dr Elina Hyppönen (UCL Institute of Child Health, Great Ormond Street Hospital), Scottish people were twice as likely to be vitamin D deficient as those south of the border. Even in Boston, USA – 42 degrees north – you won't be able to make vitamin D from sunlight for the four months from November to February, and Boston is just south of Marseilles in the South of France!

During the summer in the UK you only really get enough UVB rays between about 10am and 2pm to make vitamin D. Just exposing your hands, face and arms during that time gives you about 200 - 400 IU, which isn't nearly enough for the levels now being recommended. Robert Heaney (Professor of Medicine at Creighton University, Omaha) is calling for an "immediate improvement



"Let the right sun in" – research by Dr Elina Hyppönen

in vitamin D status of the general population". He calculates that to get most of the population up to a reasonably healthy level would require a daily supplement for everyone of 2,000 IU (ten times the RDA) on top of whatever they are getting already from diet and sunlight.

Health Problems

Lack of vitamin D is now being recognised as causing many health problems (Dr Elina Hyppönen's research is readily available on the internet) apart from rickets, which is sadly starting to become prevalent again as more people heed skincare advice to avoid the sun.

(Taken from an article by Jerome Burne and Patrick Holford, 2011)

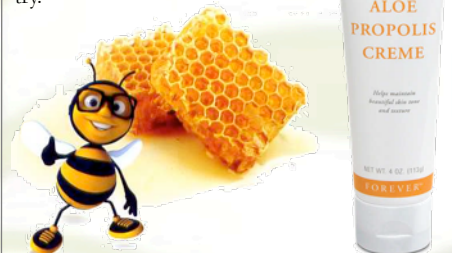
Forever does not produce a specific vitamin D supplement [yet!], however, most pharmacists, supermarkets and natural health outlets stock it as a supplement, which could be well worth considering, especially during this less-sunny part of the year.

Care For Your Skin

A favourite with many of Forever's customers is the **Aloe Propolis Crème**. It is a rich, creamy blend of Aloe Vera, bee propolis, chamomile and comfrey. As the weather cools, our skin has to cope with rain and drying wind, and the Aloe Propolis Crème is excellent for moisturising and conditioning in these conditions. Not only does it moisturise and condition your skin, but it will soothe irritated skin and leave a protective barrier making it ideal for dry skin conditions.

Bee propolis is produced by bees using the sap from trees and other plants, which they process it so they can use it to keep the hive sterile. The human use of propolis has a 5,000-year history. The Ancient Egyptians, Assyrians, Greeks and Romans used it to help maintain good health. For centuries, beekeepers assumed that bees sealed the beehive with propolis simply to protect the colony from the elements, such as rain and cold winter drafts. However, 20th century research has led scientists to realise that propolis has many other properties that makes it effective in protecting the bee colony.

By combining bee propolis with Aloe Vera, Forever has harnessed the properties of both these ingredients to produce a truly effective moisturising and soothing skin cream. Not only does it work well, but it smells nice too! Excellent reasons to give it a try.



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Hold On To Your Suntan!

Looking around it is easy to spot people who have spent time in the sun, either at home (if they got their timing right!) or abroad, by their glowing suntan. But the trouble is, without help, suntans fade far too quickly to a pale memory when the weather turns dull and cool.

Sunbeds can help, but they can work out expensive (either to buy or to use at a health spa) and there are health concerns over too frequent or too long an exposure.

An alternative is to use an artificial tanning product. There are many lotions, creams and sprays on the market, but I highly recommend Forever's **Aloe Sunless Tanning Lotion**. I use it myself to prolong my suntan (gained in Sunny South Worcestershire!) and few people notice the difference, even when I tell them what I am doing. It is easy to apply, and provides a natural-looking, streak-free, even tan, moisturises the

skin on application, has no unpleasant smell and doesn't rub off onto clothing. I actually blend it 50:50 with the Aloe Lotion to give a lighter colour, and I find the blended lotion smooths in quicker. I am also sure my skin has improved since I have been using it; I don't really want to look older than I am!

Do remember to thoroughly wash the palms of your hands after applying, as sun-tanned palms tend to spoil the effect! I find the Forever **Aloe Hand and Face Soap** with a natural bristle nail brush is really good for this, and I then re-apply the lotion to the backs of my hands using cotton wool to give a natural appearance. My secret's out! But I like to share the benefits I get from Forever's wide range of products.



Real or Sunless – Can you tell?