

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

EDITORIAL

Welcome to 2013, and our new-look newsletter: a new title block and a new layout. I must confess it does relate to my getting a new computer; my previous one was a 9-year-old G4 iMac, and working on the newsletter took a long time. It 'died' in early

November, which coincided with my going into hospital for an urgent hernia operation. Now I am up to speed with a repair and a new iMac!

However, over a month recovering from the surgery left me far less fit than I had been before. Family concerns didn't help, but I boosted my intake of Aloe Vera (and Forever Freedom) along with other supplements, and now I am back exercising on my cross-trainer, swimming and using my weights to get my fitness back. I'm feeling more relaxed too. Forever's products are an important part of my daily nutrition. How about yours?



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Forever Aloe Vera Gel – the very best for you every day

Hands up everyone who over-indulged over the festive season! So many delicious temptations: mince pies, buffet nibbles, roast turkey, mulled wine ... and what about the left-overs?

Forever has a wonderful weight management programme: Forever Nutri-Lean. A key ingredient in this pack is the Forever Lean; a revolutionary supplement containing two natural ingredients: a fibre from the prickly pear and a protein derived from white kidney beans. Together they can help you succeed in your quest to reach your ideal weight.

As Forever Lean contains all natural ingredients, you do not need to worry about any undesirable side-effects that may be experienced from using synthetic weight-loss supplements.

You can, of course, use the Forever Lean by itself, or you can follow the Forever Nutri-Lean

programme to enable you to achieve your ideal weight. As with any weight management programme, a certain amount of will-power is also needed, but can't be included in the box! However, it does come with our standard 60-day money-back satisfaction guarantee. What do you have to lose except some weight?



Happy & Healthy

With Christmas and the New Year celebrations out of the way, if the television advertisements are anything to go by, many people are conscious of a need to lose weight and/or get themselves fitter.

Being healthy isn't just good for us in a general sense; being fit and healthy can help us to feel happier too. Wishful thinking? No! 'Exercise decreases the stress hormones such as cortisol and increases endorphins. Endorphins are the body's natural feel good chemicals, and when they are released through exercise, your mood is boosted naturally. As well as endorphins, exercise also releases adrenaline, serotonin, and dopamine. These chemicals work together to make you feel good.

Endorphins are defined as hormone-like substances that are produced in the brain and function as the body's natural painkillers. During exercise, these endorphins are released, and this can produce feelings of euphoria and a general state of wellbeing. The endorphins produced can be so powerful that they actually mask pain. Physically active people recover from mild depression more quickly and physical activity is strongly correlated with good mental health as people age.'

(http://www.naturaltherapypages.co.uk/article/Exercise_Endorphins)

Fuel for life

Just as using the right fuel is important to get the best out of your car, then it is just as important to give your body the right 'fuel'. 'We are what we eat' (or variations on the same idea) is literally true. For example, your skin is usually completely replaced every 28 days! It is essential to consume the right balance and quality of nutrients for us to look good and function well.

For thousands of years, Aloe Vera has been known to maintain health, either consumed or applied to the skin. It contains over 75 different natural nutrients, providing a rich supplement to healthy nutrition. Drinking Aloe Vera Gel on a daily basis assists the digestion and absorption of nutrients, adds vitamins, minerals and amino acids to your diet, but above all promotes a good, healthy lifestyle.

Forever has four healthy varieties of fresh, stabilised aloe vera gel in the form of drinks: Aloe Vera Gel, Aloe



Forever Aloe Vera and dietary supplements – give your body a holiday every day!

Berry Nectar, Aloe Bits 'n' Peaches, and Forever Freedom.

Vitamins and supplements

Many people ask why they may need to take vitamins or minerals in dosages sometimes exceeding the recommended daily allowances? Among the reasons are depleted soil, low-nutrient crops, food processing and the use of pesticides and herbicides on our crops. Others include stress, special circumstances like pregnancy, and that we use nutrients for therapy, not just to avoid deficiency.

When choosing a dietary supplement, it is important to choose as high quality as possible in order to gain the maximum benefit. Forever's supplement range is made from the finest quality ingredients, grown and collected from the best sources and produced with the most advanced technology. Each product retains its original nutritional value to encourage good health and wellbeing.

FOREVER LEAN

For more info, goto:
www.forever-nutri-lean.com

