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# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

## EDITORIAL



*With the Summer only a short while away (I hope!) we often think about the shape of our bodies, and wonder if we could trim off a few inches. Well, we*

*can. Exercise and good nutrition are essential to good health, and where shop-bought food may be lacking in some nutrients, Forever can help make up the difference with an impressive range of supplements.*

*I have just started on the Clean-9 programme myself. Not because I am over-weight, but simply because I feel 'sluggish' and know I could feel better. The one thing that doesn't come in the box is willpower – you have to provide that for yourself!*

*I'm sorry about the delay in producing this newsletter; I developed Shingles and was unable to work on it for a while. The doctor I saw recommended using Aloe Vera (as well as prescribing anti-virals and pain-killers) which is encouraging.*

*We are looking forward to some new products this Summer, and to kick-off Forever has re-formulated the ever-popular Arctic Sea supplement. I take this every day, and I wouldn't be without it.*

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Four of the best for your health!



**W**eight management is not only for people who are over-weight! Perhaps it should be called 'nutrition management' because by following the Forever Clean-9 and Nutri-Lean programme, that is what you are doing. Forever take a 'whole nutrition' approach with a programme that includes exercise and nutritionally balanced meal suggestions. That way your body isn't starved of what it needs to function, but at the same time you are working towards your ideal weight. This can include gaining weight – which is useful for recovering from illness, sports training and for elderly people who find absorbing nutrition from their food harder.

### Feel-Good Factor

When your body is at its optimum weight and fitness, you really do feel good. Many aches and pains can simply disappear because muscles and joints are functioning as they should. Losing weight might in itself be the answer, but without appropriate nutrition and sensible exercise, you may not experience all the benefits.

Your weight may be perfectly fine, but perhaps you just don't feel 'quite right'. Toxins can build up in our bodies, particularly the gut, over many years giving rise to many distressing conditions as well as your just feeling you could feel better. The Forever Clean-9 is designed to flush out your system and get it working properly again without starving you of nutrition. The Nutri-Lean carries on this process and helps you establish good nutrition habits to last a lifetime.



# GET YOUR HEALTH IN SHAPE FOR SUMMER

### Key Ingredients

There is a huge range of weight management products on the market, so why should you choose Forever's? One reason is that the ingredients Forever use give no need to worry about undesirable side-effects. For example, the Forever Lean supplement contains natural extracts from a cactus plant otherwise known as the Indian Fig, Nopal or Prickly Pear, and from white kidney beans.

You can find out more by visiting the Forever Nutri-Lean website: [www.nutri-lean.net](http://www.nutri-lean.net) where you can read success stories from people who have used the programme, and find some delicious recipes to help with your 'nutrition management'!



Clean-9 with Forever Active Probiotic (not included in the pack)

# ARCTIC-SEA SUPER OMEGA-3

**I**t is now understood that Omega-3 fatty acids in your diet contribute to maintain the normal function of a healthy heart, and that Omega-3 and Omega-9 fatty acids contribute to a healthy cholesterol level.

This new unique blend, exclusive to Forever, provides the perfect balance of Omega-3 fatty acids to better support the healthy function of the cardiovascular system, brain and eyes. The newly formulated Arctic Sea provides not only 33% more DHA per day, but creates the perfect balance of DHA and EPA, the two principal fatty acids for optimal health and wellness. Consumers, particularly the health conscious, will be excited by this Omega-3 rich supplement. Also, these are now smaller capsules so easy to swallow and with no fishy after taste!

Forever Arctic Sea® has been improved not only to increase the total amount of Omega-3's per serving, but also has significantly increased the amount of DHA per dose. DHA Omega-3 is naturally found throughout the body and is most abundant in the brain, eyes and heart. DHA ensures that the cells in the brain, retina, heart and other parts of the nervous system develop and function properly through all stages of life.

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### Interesting facts about the Omega-3:Omega-6 Balance

There is an important balance that most people do not fully understand when it comes to Omegas. Historically, nutritionally balanced diets contained a healthy ratio of Omegas as 1:1 up to 1:4 DHA:EPA. Unfortunately, many diets include unhealthy levels of Omega-6's which are traditionally derived from fried foods, vegetable oils, fake butter products, grain-fed animal fat and other modern convenience and processed foods. In addition, many diets are low in fish and Omega-3 consumption, which creates an unhealthy ratio of Omega-6: Omega-3 as high as 30:1! The key to getting back to a healthy ratio of DHA:EPA is increasing Omega-3 consumption and reducing Omega-6 intake.

(Note: As the ingredients now include lemon/lime oil, this new blend is not suitable for cats and dogs.)



Omega-3 and Omega-6 in balance