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# Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



## EDITORIAL

# FULL-FAT FOR GOOD HEALTH



*Medical advice about what we should or should not eat constantly seems to shift. Good health is usually associated with good nutrition – if we can work out what that is!*

*Fortunately, Forever is around to help us with Aloe Vera and a range of supplements to provide for some of the short comings of our diet. I certainly wouldn't be without my daily glass of Aloe Vera.*

*Weight management is something we all need to consider; Forever has a new redesigned programme to help with that, along with sports and fitness training. Also, the two F.I.T. packs offer a 10% discount compared with buying the contents separately. There will be more on this in later newsletters.*

*With Christmas approaching, do remember that Forever products make excellent presents to share with people you love and care about. What better than to share the gift of good health with your family and friends?*



*Don't forget to check out our new Christmas aloe-inspired gift guide brochure filled with lots of ideas for all those extra special Christmas presents.*

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**F**or many years we have been warned of the dangers of full-fat dairy products. But Dr. Mercola points to recent research that casts doubt on this assumed wisdom:

### Reduce Health Problems

Most mainstream dietary advice recommends low-fat or non-fat dairy. But a growing number of experts argue that it is far healthier to eat and drink whole dairy products, with all the fat left in.

Conventional thinking is that saturated fat is bad for your heart. This idea has been thoroughly refuted as false. It is a mistaken interpretation of the science. In a 2010 analysis, scientists said:

*"...There is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of coronary heart disease or cardiovascular disease."*

More recently, research presented at the European Association for the Study of Diabetes (EASD) in Vienna, Austria, found that eating full-fat dairy products such as whole milk, cream, cheese, and butter, reduces your risk of developing diabetes.

### Lower Risk of Diabetes

The study included nearly 27,000 people between the ages of 45-74 who were followed for 14 years.

As reported in *The Daily Telegraph*, those who ate eight portions of full-fat dairy products a day cut their risk of diabetes by nearly 25 percent, compared to those who ate fewer portions.

Also, consuming 30 ml of cream or 180 ml of high-fat yoghurt daily reduced the risk of diabetes by 15 percent and 20 percent respectively, compared to those who ate none. According to lead author Dr. Ulrika Ericson of the Lund University Diabetes Center in Malmö, Sweden:

*"The decreased risk at high intakes of high-fat dairy products, but not of low-fat dairy products, indicate that dairy fat ... explains observed protective associations between dairy intake and type 2 diabetes..."*

*Our findings suggest, that in contrast to animal fats in general, fats specific to dairy products may have a role in prevention of type 2 diabetes."*



*Of course our milk is good for you!*

In 2010, a study published in the *Annals of Internal Medicine* proposed that it is the palmitoleic acid which occurs naturally in full-fat dairy products, that protects against insulin resistance and diabetes. People who consumed full-fat dairy had higher levels of trans-palmitoleate in their blood, and this translated to a two-thirds lower risk of developing type 2 diabetes compared to people with lower levels.

### Full-Fat Dairy Is Good for You

Besides lowering your risk for diabetes, previous studies have also shown that consuming full-fat dairy may help reduce your risk of:

- **Cancer:** A type of fat found naturally in cow's milk significantly lowers the risk of cancer.
- **Obesity:** Women who ate at least one serving of full-fat dairy a day gained 30 percent less weight over a nine-year period than women who ate only low-fat (or no) dairy products.
- **Heart Disease:** People who ate the most full-fat dairy were least likely to die from cardiovascular disease, according to a 16-year study of Australian adults.

### Butter Is Better

More and more people are starting to realise the fallacy of the low-fat myth. As noted by NPR, in 1992, 44 percent of household cooks surveyed reported being "concerned about the amount of cholesterol in their food." Today, that number has dropped down to 27 percent.

*(29 September 2014, Mercola Health News)*

# FOREVER F.I.T. PROGRAMME

**N**utrition plays a huge part in sports performance and weight management. Forever's products are designed to provide your body with the fuel it needs to reach its full potential.

Combining premium quality products with easy-to-follow information and guidance, the F.I.T. programme will help you to push your body to the limit.

### C9 – Cleanse

Look better and feel great in just nine days with this expertly-devised cleansing programme. Designed to kick-start the programme, cleanse your body and based around Forever's bestselling Aloe Vera Gel drink, this nutritionally-balanced programme will allow you to see real results in just nine days.

### F.I.T. 1 – Good Habits For Life

This 30-day regime allows you to continue towards your weight management goals, in a sustainable, healthy way. Maintain and build on the progress you made with the C9 and change your habits for the long-term.

### F.I.T. 2 – Maximum Impact

Now you've achieved your weight loss goals, it is time to push your body to the max and achieve those optimum results.

### VITAL 5 – Advanced Nutrition

Forever's Vital5 pack incorporates five specially-selected products that work in synergy to promote ultimate vitality, every day. Integrate these five essential supplements into your daily routine to maintain that feeling of optimal wellbeing.

