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Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



EDITORIAL



I would like to wish all our readers a very happy Christmas and a New Year that is both peaceful and prosperous.

At this festive time and with all the opportunities to overindulge it may seem odd to concentrate on fitness and weight management. But our bodies are a wonderful gift and looking after them should be a pleasure. Of course we can still enjoy good food and good company, but if we know how to do that and how to stay fit at the same time, we can enjoy ourselves without worrying about how to undo the 'damage' in January!

Part of keeping healthy may well be achieved by our actually eating less! Just recently there have been reports suggesting people should be encouraged to eat smaller portions, but Dr. Mervola suggests that intermittent fasting by missing out meals could be a better solution. When faced with a large Christmas dinner, perhaps missing breakfast isn't such a bad idea.



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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FIGHTING-F.I.T. AT CHRISTMAS!

This Christmas, choose for yourself and your loved ones a present that continues to give all the way through the new year and beyond! Good health and fitness is the gift that will give you the very best for your body. We each only have one body, so looking after it by consuming the best nutrients and giving it the best exercise we can will certainly extend our lifespan. But something just as important, it will extend our 'healthspan'; which can be defined as the length of time we can remain fit and active.

Weight Management

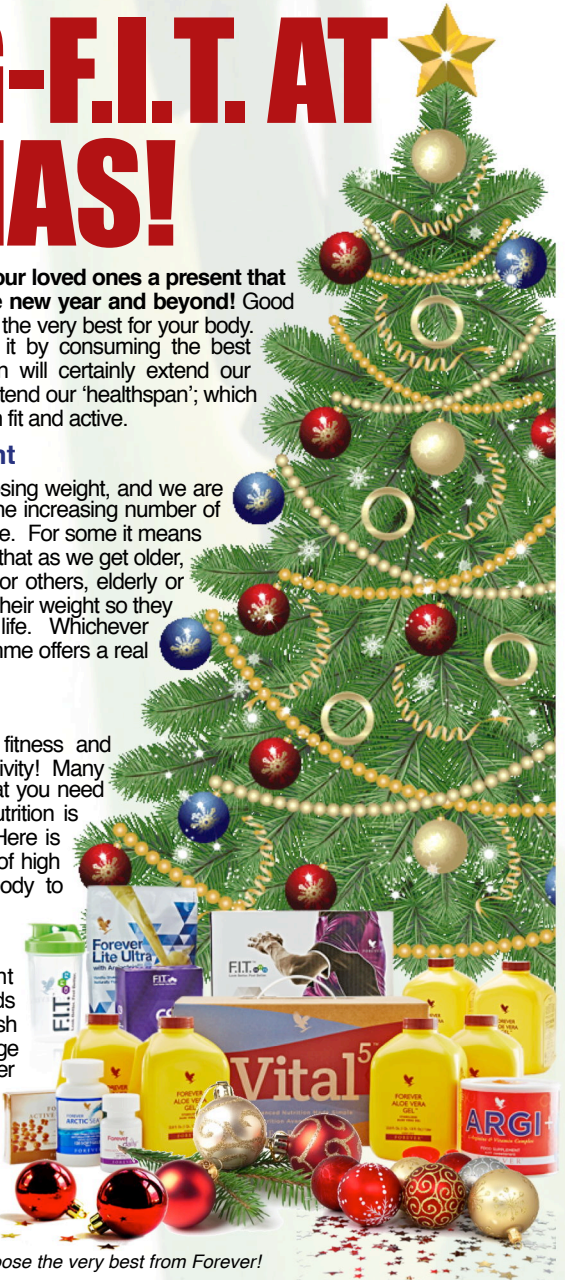
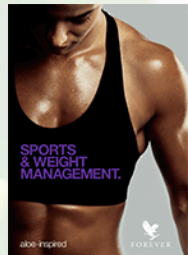
For most people weight management means losing weight, and we are regularly warned through the news media about the increasing number of people who are either overweight or clinically obese. For some it means maintaining their current weight, perhaps realising that as we get older, this doesn't come quite as easy as it used to. For others, elderly or those recovering from illness, it means increasing their weight so they are more able to cope with the demands of daily life. Whichever applies, the Forever Weight Management programme offers a real opportunity to make a long-term difference.

Sport and Fitness

It is important to realise that achieving real fitness and effective weight management also involves activity! Many people enjoy sport at different levels, but to do that you need to maintain the fuel your body needs. Good nutrition is essential but may be lacking in our daily diets. Here is where Forever can really help with a large range of high quality supplements designed to enable your body to perform at its very best.

Forever F.I.T. Programme

Forever's sports and weight management products are so versatile they can cater to the needs of every individual. This stylish brochure showcases the range of products perfectly. Whether you are a sports professional looking to supplement your diet and training regime, or are simply trying to get in shape, this brochure will show you that Forever has the nutritional support you need.



Choose the very best from Forever!

Good Health by Eating Less!

It's long been known that calorie restriction can increase the lifespan of certain animals.

More recent research suggests that intermittent fasting can provide the same health benefits as constant calorie restriction, which may be helpful for those who cannot successfully reduce their everyday calorie intake.

Mark Mattson, senior investigator for the National Institute on Aging, which is part of the US National Institutes of Health (NIH), has researched the health benefits of intermittent fasting, as well as the benefits of calorie restriction. According to Mattson, there are several theories to explain why fasting works:

"The one that we've studied a lot, and designed experiments to test, is the hypothesis that during the fasting period, cells are under a mild stress, and they respond to

the stress adaptively by enhancing their ability to cope with stress and, maybe, to resist disease...

There is considerable similarity between how cells respond to the stress of exercise and how cells respond to intermittent fasting."

"Undernutrition without malnutrition" is the only experimental approach that consistently improves survival in animals with cancer, and extends overall lifespan by about 30%."

Health Benefits

Both intermittent fasting and continuous calorie restriction have been shown to produce weight loss and improve metabolic disease risk markers. However, intermittent fasting tends to be slightly more effective for reducing insulin resistance.

Besides turning you into an efficient fat burner, intermittent

fasting can also boost your level of human growth hormone (also known as the "fitness hormone") production by as much as 1,200% for women and 2,000% for men.

Brain Benefits

Your brain can also benefit from intermittent fasting. As reported in the featured article:

"Mattson has also researched the protective benefits of fasting to neurons. If you don't eat for 10-16 hours, your body will go to its fat stores for energy, and fatty acids called ketones will be released into the bloodstream. This has been shown to protect memory and learning functionality, says Mattson, as well as slow disease processes in the brain."

By Dr. Mervola, June 28, 2013
go to www.mervola.com – and search 'Intermittent fasting'

