

Simon Hancock www.foreversecure.co.uk +44 (0) 23 9282 3011

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

EDITORIAL

LOOK BETTER · FEEL BETTER



According to much of our news media, our National Health Service and hospitals are about to collapse!

In reality our hospitals are amongst the best in the world and yet they are still struggling to cope with the demands being put upon them. We have a rising population with an increasing proportion of elderly people. So what can we do about that?

Keeping ourselves fit and healthy, and encouraging our family and friends to do the same, will mean that we would all be less likely to need the services of the NHS.

If you are healthy, you not only feel good, but you often look good too, whatever your age or physical ability!

For myself, I always include Aloe Vera in my daily diet. It contains over 200 different compounds; a rich source of nutrients to provide the perfect supplement to a balanced diet. I have found that it really does promote a healthy lifestyle and helps my wellbeing.

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LOOK BETTER. FEEL BETTER.
Whatever your goal, achieve it.

Fuel your fitness and manage your weight. Nutrition 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.

Life is for living!

Forever's sports and weight management products are so versatile that they can cater to the needs of every individual. Whether you are a sports professional looking to supplement your diet and training régime or are simply trying to get in shape, Forever has the nutritional support you need.

Whatever your goal, you can achieve it with the help of Forever's F.I.T. Programme.



Forever's new sports fitness and weight management programme.

You can shed those unwanted pounds and get your body in shape. You can build strength and definition, sculpting your body to create a smooth, toned physique. Yes, it does require self-discipline and determination: those don't come in the box! But the rewards can be life-changing.

NHS ARE WE FIT FOR OUR NHS?

Nutrition is essential for the health of our immune system, and our immune system is essential if we are to remain as healthy as possible. But what is our immune system?

The immune system

We are surrounded by millions of bacteria, viruses and other microbes (germs) that can enter our bodies and cause harm. The immune system is the body's defence against these disease-causing microbes.

The immune system is made up of defences such as skin and the acidic juice produced by your stomach. But it also has some highly specialised defences which give you immunity against (resistance to) particular microbes.

These defences are special white blood cells called lymphocytes. Other types of white blood cells play an important part in defending your body against infection.

How does it work?

The first line of defence is your body's skin and mucous membranes. If pathogens manage to get through these barriers, they encounter special white blood cells present in your bloodstream. These white blood cells travel in the bloodstream and react to different types of infection caused by bacteria, viruses or other pathogens.

Some cells engulf bacteria and destroy them with special chemicals. Others work by swallowing up foreign particles in the body and by helping to intensify inflammation (swelling).

Inflammation is part of your body's immune response. Damage releases chemicals into the blood. These chemicals make blood vessels leaky, helping specialised white blood cells get to where they are needed. They also attract other white cells to the site of the injury, which helps to protect against a bacterial infection developing.

Nutrition

Clearly, our bodies cannot make all the chemicals we need to produce healthy skin, membranes and blood cells we need without the raw ingredients to do that.

We are often told that 'we are what we eat' and it really is the case that we need to consume the right nutrition for our bodies to have a healthy immune system. We need a whole range of nutrients and micro-nutrients: vitamins, minerals, amino-acids, etc.

that we would normally get from a properly balanced diet. Sadly, too much of the food we eat fails to provide us with those nutrients. This has three outcomes.

Firstly, we are designed to keep eating until we have consumed all the nutrients we need. Brilliant! But, if the food we are eating doesn't have the nutrients in it, we still have the urge to eat more and more, but fail to get the correct nutrition. The inevitable outcome is that we put on weight as our bodies process all this extra food.

Secondly, if we cannot get the nutrition we need for a healthy immune system, we will suffer from a poor skin (the first defence), poor digestion (the second defence) and directly from attacks by bacteria, viruses and other pathogens. Our bodies are wonderfully made, and can survive a long time with poor nutrition, but eventually our systems start to fail.

Thirdly, we become reliant on medical intervention – our doctors and National Health Service – to try to put right what is failing in our bodies. It is the opinion of many that poor nutrition is at the heart of the problem of increasing demands on the NHS.

What can we do about it?

The answer should be clear by now! We can make a difference by seeking to improve the quality of the nutrition we consume. Processed food is a poor substitute for freshly prepared meals. 'Fast food' may be convenient, but ... Is organic better? Maybe, but unprocessed is a good first step.

Supplements have also been shown to help where it is not possible to get all the nutrients we need from our food. But again, these supplements need to be good quality to give you real benefits.

Ref: <http://www.patient.co.uk/health/the-immune-system>

