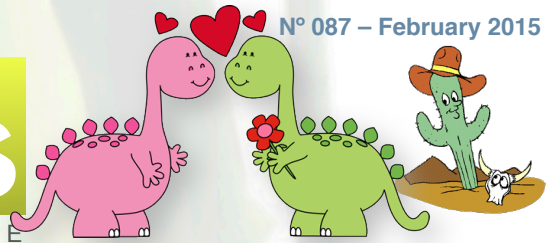


Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



EDITORIAL



It is still mild and sunny as I write this, but with a threat of icy conditions for the start of February. Brrr!

All the more reason to look after ourselves, our children and our animals.

At this time of year we are often told that a shortage of vitamin D is recognised as a cause of health problems, and that is due to a lack of sunshine. Well, it is impossible to do anything about the level of sunshine in this country during the Winter, which is why it is important to make sure everyone gets all the nutrition they need for good health.

There is still a lot of debate about how much vitamin D we should take as a supplement, but its importance is not in doubt. Personally, I have been taking 25µg (microgrammes) daily for over a year, and I have seen the benefits to my nails, for example. Sorry, Forever does not [yet] produce a specific high-dose vitamin D supplement.

With St. Valentine's Day just around the corner, have a look at the wonderful gifts Forever can offer for your loved one. The Flawless by Sonya range of makeup and skincare is an example of what Forever has to offer. Just ask for a brochure. You could always just treat yourself if you don't receive the gift you were hoping for!

Robin



Flawless by Sonya

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Healthy Children

Children and young people are still developing their immune systems. It is vital they receive all the nutrients they need: one of the reasons why breast feeding is considered so important for babies. But as children get older, good supplements can help make up for any deficiencies in their diet as getting children to eat a balanced diet can often be a problem.

Aloe Vera Gel

Across the board, Forever's flagship product can help add much needed vitamins, minerals and amino acids to your child's diet. Containing over 200 different compounds, it can help maintain a healthy digestive system and healthy energy level (with no 'sugar boost').



Forever Kids

It is a common problem trying to get children to eat enough fruit and vegetables. Children really do often prefer meat, bread and pasta, and apparently this is related to vegetables generally having a stronger flavour. Forever's solution is the Forever Kids supplement. Animal-shaped chewable multi-vitamins that provide children with the vital vitamins, minerals and phyto-nutrients they may lack.



They come flavoured with orange and grape, and are formulated without sugar, aspartame, artificial colours or preservatives so you can look after your growing youngsters from the inside as well as the outside.



Forever Aloe Vera Gel: great for children and animals

& Animals

The animals we keep are important to us, both for work and as pets. **Vets' bills can be a huge expense, whether it is for a race-horse or a guinea-pig.** Just as with people, Aloe Vera Gel can play an important part in maintaining our animals' health and well-being.

How much?

Quite clearly, the amount of gel, or any of the supplements for that matter, that it is appropriate for you to give to an animal depends on its size. But there is no need to guess because your Forever Distributor can quickly find out for you, for example, just how much gel or bee pollen your pet dog, cat or pony needs.

Freedom for Animals

Animals often suffer from similar conditions to humans, and joint problems are common as our animals live extended lives. Forever Freedom is specially formulated with glucosamine, chondroitin and MSM – natural elements that have been shown to help maintain healthy joint function and flexibility in both humans and animals. Indeed, it is certified by the Jockey Club for use with competing horses at all levels.

Supplements

Again, animals can suffer from nutrient deficiencies and many of Forever's huge range of supplements have a place in providing essential nutrients for our animal friends.

Vitamin D in the spotlight – from Dr. Mercola

According to the findings from a 2010 study that didn't get any widespread attention, vitamin D is a highly effective way to avoid influenza.

Children taking low doses of Vitamin D3 were shown to be 42% less likely to come down with the 'flu. The randomised, double blind, placebo-controlled study included 430 children aged 6-15, who were followed between December 2008 and March 2009. Eighteen of the children taking vitamin D contracted influenza Type A, compared to 31 children in the placebo group.

Considering the fact that influenza was reduced by 42 percent at a dose of just 30µg a day, it is possible that even better results might be

obtained with higher dosages – depending on just how deficient you are to begin with, of course.

Further Study

A further study published in November 2011 in the *British Journal of Nutrition* found that the higher your blood level of vitamin D, the lower your risk of catching 'flu or respiratory infections in general. But the levels you need to achieve to confer protection are much higher than diet alone can typically provide. So supplement at least 125µg a day, as well as eating oily fish, butter and eggs – and expose your skin to sunshine where you can (although, of course, that's probably unlikely right now in the midst of a UK winter!).

