

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

EDITORIAL



September already, and I had only just got used to the warmth and sun of Summer! I hope you have had a good year; it is a

whole 11 months since my last newsletter. With some serious personal situations, including needing total hip replacement surgery, I have been out of action since October last year.

But the Forever business has been storming forwards with changes to the product line-up and turn-over up some 70%. People are realising the wonderful value of the Forever range of natural health and nutrition products.

There is a new product brochure out too – please ask us for a printed copy or instructions as to how to download as a pdf.



All your favourites are still in there, in a new user-friendly format.

Simon

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No Longer Available

We have to say 'goodbye' to two products from the range, due, I believe, to low world-wide sales: the **Echinacea Supreme** and **Sunless Tanning Lotion**. However, to help you out, I have done some research and found suitable replacement products.

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NEW PRODUCTS FROM FOREVER



Two completely new products, and something customers have been asking for a long time now to my knowledge: a travel pack the travel pack has been designed with the airport rules about what you can take on board in mind, including the transparent bag itself.

Aloe Shave

A luxurious foaming gel turns the ordinary, daily chore of shaving into a pampering experience. Multiple moisturisers leave your skin feeling smooth, moisturised and refreshed. Disodium cocoamphodiacetate, which is derived from the fatty acids of coconut oil, will condition your skin while our invigorating aloe leaves your skin feeling cool and revitalised. Great for both men and women. (150ml £15-08)

Forever Travel Kit

Take Forever with you wherever you go and experience your new favourite personal care products in convenient travel sizes. The Forever Travel Kit

includes:

- Aloe Moisturising Lotion (50ml)
- Aloe Bath Gelée (50ml)
- Forever Bright Toothgel (30g)
- Aloe-Jobba Shampoo (50ml)
- Aloe-Jobba Conditioner (50ml)

(£18-60)

Joost

Boost the flavour of your favourite Forever drink or gel with a simple squeeze of Joost. Two naturally flavoured fruit blends transform your drinks into a whole new dimension of delicious. Joost is high in vitamins B6, B12, folic acid and vitamin C, all which help contribute to a healthy immune system, the reduction of tiredness and fatigue and to normal psychological function (e.g. mental concentration). These fruit-infused drops are therefore perfect for people who lead a busy lifestyle. Joost can also be added to tea, water and fruit juice and it's available in two flavours: Pineapple Coconut Ginger and Blueberry Acai Lemon. (60ml = 30 servings, £9-88)

A.Vogel Echinaforce™ Forte

This is an excellent replacement, and from my own experience it is nearly as effective as the Forever product. Be careful, it comes in two strengths; make sure you ask for the 'Forte' as they both have similar packaging.

Palmers Natural Bronze Body Lotion

Again, this is a very acceptable substitute, but without any Aloe Vera in it. A good solution is to mix it 50/50 with the Forever Aloe Lotion. It blends well and gives you both products at once. Do remember, a sunless tanning lotion usually does not have any sun protection factor.

Both these products are available in the high street from Boots and other pharmacies, and apothecary shops.



Microbeads

Microbeads are used in a wide variety of bath and beauty products, commonly being found in soap, toothpaste and scrubs. They come in different shapes and colours, and also offer exfoliation. Microbeads are made from plastic (commonly polyethylene) and are not biodegradable. Eventually, they find their way into streams, rivers and the ocean. Animals in these waters are unable to digest the microbeads. Studies have shown that marine life such as mussels and tiny crustaceans ingest the microbeads which remain in their digestive track or migrate to other body tissue. Likewise, humans who eat the seafood are unable to digest microbeads.

Natural Alternative

Exfoliation is the process of removing dead skin cells and it is key to healthy, soft and glowing skin. Exfoliation can be done physically by using an abrasive material on the skin, or chemically with substances such as glycolic acid. There are lots of scrubby exfoliation options for bath and beauty products with one of

the most popular type of exfoliant being jojoba beads, which are produced from jojoba oil. Jojoba beads are commonly mistaken for plastic microbeads; whilst the two products look and feel very much alike, they are vastly different.

Jojoba Beads

Jojoba oil is a liquid wax derived from the jojoba shrub. The wax is processed to a solid wax, which is referred to as a jojoba ester.

These jojoba esters are jojoba beads. Spherical in shape, jojoba beads are biodegradable and come in a wide variety of colours and shapes. Jojoba beads make a great choice for a wide variety of bath and beauty products because the edges of the beads are smooth. This smooth shape avoids microscopic tears to the surface of the skin. The combination of gentle exfoliation and fun colours make them a great choice for scrubs, soaps and other products.



Jojoba nuts

Microscopic Tears

Other natural products used include fragments of apricot kernels, nut shells, eggshells and fine rock particles. None of these will harm the environment, but their use will cause microscopic damage, tears, to our skin, which can cause redness, soreness or even allow bacteria to infect the skin surface.

Forever Products

I am sure it comes as no surprise to learn that Forever does not use, and never has, plastic microbeads. The **Aloe Scrub** (above) and other exfoliating products use jojoba beads, whilst the **Forever Bright Toothgel**, **Aloe Hand & Face Soap** and **Avocado Face & Body Soap** all rely on the natural and effective cleansing action of the saponins in aloe.



Microbeads are used in many cosmetic and personal care products.



Forever products DO NOT contain plastic microbeads



Hip on the mend!

Back in 2000 I came off my pushbike when I hit black ice in Upton and badly damaged my left hip. Since then I have managed the pain largely by using the Forever products and with the help of my physiotherapist friend, Peter Jones. The mobility continued to reduce and the pain to increase. I had been referred for hip surgery about three years ago, but for several reasons I couldn't go ahead then. Last year I was finally able to have the surgery.

I asked the consultant about the supplements I was taking, and he was delighted with my taking both the **Aloe Vera Gel** and **ARGI+**, telling me that in his native country he would prescribe Aloe Vera for all his patients. He knew about L-Arginine and said it could only be beneficial. I took the **Aloe-2-Go** and **ARGI+** sachets into hospital where the nursing staff were very happy

to allow me to have them, and even provided scissors and a glass for me to use.

My recovery has been very impressive. My socket had to be replaced too due to the damage, but I am now back to almost normal movement and virtually no pain from the hip. I have needed to work hard at the exercises to counter years of reduced activity, and the **Nutra Q10** has really helped with my energy levels for that. Thankyou, Forever!



Looking for something?



Do you know someone who needs balance and a flexible lifestyle? Would a regular part-time or full-time income make a difference to their quality of life?

If they are honest, ethical and hard-working, then we would like to hear from them. Thousands of people have already joined Forever and made a difference to their lives. There is room for more!

Contact us now (see below)

