



# The Wacky Cactus!



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

We have been set the challenge of helping FLP achieve a 3-fold increase in sales this year. We do have the very best quality health, nutrition and personal care products – all we need to do is tell people about them. Whether you are a customer (and a big thankyou for your support) or a distributor, we all know the fantastic health benefits offered by our products. Can you think of any reason why you should not share these benefits with your family and friends?

## Health Matters!

### I COULD NEVER STRAY FAR FROM THE TOILET



*Lorraine discovered aloe vera helped her*

LORRAINE Marlow, 38, an office manager from Winchester, suffered from IBS for seven years. She says...

"It started when I picked up a nasty bout of food poisoning. After that, I started to get awful bloating – I'd look five months pregnant and I'd get terrible wind.

"I'd also get diarrhoea and stomach pains with sudden urges to go to the loo. Sometimes I was too scared to go out in case I was caught short. My social life became virtually non-existent – even going to the gym was a problem.

"My doctor gave me tablets that relax the stomach muscles. But they only helped a bit. Then I read up about irritable bowel syndrome (IBS) and gave up wheat and gluten, which I heard can aggravate the condition. Things improved slightly but I was still far from healthy.

"Then my cousin suggested aloe vera juice. Now I don't get diarrhoea all the time and my stomach isn't bloated. I'm almost back to normal."

LORRAINE takes Aloe Vera Gel from *Forever Living Products*

#### QUICK FACTS: IRRITABLE BOWEL SYNDROME

THE symptoms of IBS include diarrhoea, constipation, abdominal pain, bloating and wind. Many sufferers also claim they lack energy and have problems sleeping. It's hard to pinpoint exactly what causes IBS. Some people notice they develop problems after a bout of food poisoning or gastroenteritis. Stress and diet can also make IBS symptoms worse. Up to a third of people experience IBS symptoms from time to time, with slightly more women affected than men.

HOW DO YOU TREAT IT? KEEP a record of any foods you suspect may trigger problems – wheat, dairy, onions, nuts and caffeine are common culprits – then cut them out. Find a relaxation method to beat stress and try herbal remedies, such as aloe vera juice and peppermint oil capsules.

MORE HELP? THE Digestive Disorders Foundation on 020 7486 0341, or go to [www.digestivedisorders.org.uk](http://www.digestivedisorders.org.uk)

(Original article published by *Reader's Digest*, and supplied by Carl Munson.)



### Echinacea Supreme

- Can help support the immune function – take at the onset of colds and 'flu.
- Can help with the effects of candida and thrush.
- Contains goldenseal and grapeseed extract for maximum benefits.
- Take before, during and after a hospital stay to strengthen and protect the natural immune system.

60 tablets, £15.00, code 214

### Testimonial

My Partner, Ron, was diagnosed with Multiple Sclerosis in 2000.

He has had constant pain in his torso, numbness in his legs and feet, chronic fatigue, and could not walk for more than 5 minutes at a snails pace. All this has left him feeling severely depressed.

He had never known a moment free from any of these symptoms since he was diagnosed.

He could take no medication (apart from anti-depressants) as there is none available and his consultant confirmed once again in December 2006 there is nothing that can be done to alleviate the condition.

After much persuasion from myself, and seeing the improvement in my mother's Arthritis and IBS, he decided to give Aloe Vera Gel a try.

Ron is the biggest sceptic on the planet; however, he took the daily dose of Gel diligently. Then he came and sat by me on Monday 15th January 2007 and said, "This is the first time in 6 years I can honestly say I have no pain, and I can feel my legs". He was ecstatic!! He said he felt like he could run a marathon.

Words cannot describe the change in his mood and general state of mind. The benefits of this aptly named 'Miracle Plant' are truly amazing. The fundamental lesson learned ... you really never know until you try.

Ron, of course, is now Aloe's biggest fan and tells everyone he meets about the benefits.

*Suzanne Leyden.*



Dr. Peter Atherton's new book on Aloe Vera, £1.99 from your Distributor. Code 6102.