



# The Wacky Cactus!



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

**AGING** is something that comes to us all. We can't do anything about the passing of the years, but we can make a difference to the way this affects us. Some things affect both sexes, but there are other problems that affect specifically men or women. This month we are looking primarily at women's health at menopause (although men do get a look in too!).

*Robin*  
(Editor)

## 200+ Products!

Did you realise that *Forever* has over 200 products in its range? Organically produced in environmentally-friendly conditions. With FLP, a little goes a long way, so our products are economical to use too! Just ask your Distributor for a Product Brochure. Everything is sold on our unconditional 60-day money-back guarantee.

# HRT – Is There An Alternative?

During menopause (technically, the cessation of menses for a complete year) a woman is susceptible to hot flushes and increased perspiration. These are physical conditions directly related to the hormonal changes taking place in her body.

In some women symptoms may not be due to menopause but may be existing hormonal imbalances which worsen as menopause approaches, with causes such as stress, poor diet, pollution and life changes as contributory factors. Emotional changes can also occur but may be more often than not as a result of disrupted sleep.

Automatically women are given HRT by orthodox practitioners when suffering these symptoms as the best solution to their problems, and they may also be given anti-depressants and tranquillisers alongside which are potentially addictive.

Many "menopausal" symptoms are less to do with a shortage of hormones and more to do with imbalances. Eating a healthy diet, taking natural supplements and regularly exercising can boost bone health and energy, elimi-

nate unwanted oestrogens, help to balance hormones and also blood sugar levels (which can be an underlying factor).

Drinking **Aloe Vera Gel**, which contains a broad spectrum of nutrients to back up the diet, provides support for the digestive and immune systems, promoting healthy skin. **Forever Calcium** (with vitamins A & D) promotes bone and muscle health, as well as natural sleep. **Royal Jelly** contains all the B vitamins to support the adrenal glands in times of stress, counteracting depression, aiding sleep, memory, skin health and promoting the excretion of excess hormones.

Have a look at *Forever's* complete range of dietary supplements.



## Forever Active HA

Forever Active HA is your key to becoming a well-oiled machine again!

- Helps lubricate joints and moisturise the skin
- Contains beneficial ginger and tumeric roots for the joints
- Unique form of low-molecular-weight hyaluronic acid

"Hyaluronic acid has been nicknamed the key to the fountain of youth because it has been noted that people who ingest it in their diets tend to live to ripe old ages." (www.ctds.info/hyaluronic\_acid.html#overview)

90 softgel capsules, £21-35, code 264



## Testimonials

### Cyst in digestive tract

I had a person come up to me at a stall in Dunstable. She said to me she had a large cyst on her digestive tract that was due to be operated on and had been causing her problems for a very long time (years). She was not looking forward to surgery and at the time a friend recommended the *Forever* pure **Aloe Vera Gel** drink to her to see if it worked. In a short period of time the cyst disappeared completely and her Doctor told her the operation was pointless as the cyst no longer existed.

### Parkinson's Disease

I had another lady come up to me at a stall in Stanford, Leicestershire. She said her father had had Parkinson's disease for a considerable period of time. He had been drinking the **Aloe Vera Gel** from *Forever* and his hands were more stable and less shaky than her own, and she put this down entirely to the Aloe Vera drinking gel.

*Pete Agnew*

## Prostate Cancer

In men, enlargement of the prostate gland can show itself as a frequent urge to pass water, including at night, a weak flow, and "dribbling". It can be benign, which can be helped by drug treatment, but the GP will want to rule out the possibility of prostate cancer. If your man has such symptoms, nag him to the surgery if necessary! Prostate cancer is a killer.

However, prevention is better than cure. *Forever's Pro 6* has Saw Palmetto and pygeum extract, making this one of the most powerful nutritional supplements for men's prostate health. It also contains vitamin E, selenium and lycopene, powerful antioxidants.

90 tablets, £18-89, code 263

