



# The Wacky Cactus



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

**SPRING** is here! Well, it actually felt like Summer for a few days over Easter. Enough to remind us about Summer Holidays, oh and hay fever, sunburn and all the other pleasures of the season! Despite being told it will age our skin, most of us like to sunbathe and show off our sun tans. Some people prefer to screen their skin and 'pretend' with a tanning lotion. At FLP we have both products, as well as help with sunburn! We also have things to help with allergies, including hay fever.

*Robin*  
(Editor)

# Hay Fever?

**D**oes Spring signal the start of the hay fever season for you? Or are you unfortunate enough to suffer with other allergic reactions all year round, such as asthma, eczema, dermatitis, itchy eyes, nasal congestion or catarrh?

The symptoms are miserable, but the good news is that there are a number of nutrients that you can eat or supplement to reduce the severity of ongoing symptoms. They can even calm a reaction when you have an 'attack'. What's more, it's also possible to reduce your allergic potential so you're less likely to have these symptoms in the first place.

**A – is for Aloe Vera**, so good because it is a natural antihistamine. Aloe Vera gel contains magnesium lactate which effectively does the job of preventing the body from releasing too much histamine. Also, Aloe Vera doesn't cause the common side-effect of drowsiness seen with many con-

ventional antihistamine drugs.

**B – is for Bee Pollen**; nature's finest all-round supplement known to the ancient gods as 'Ambrosia'. Especially good for hay fever sufferers, Bee Pollen taken about six weeks before the expected onset of symptoms can reduce the effect, and in some cases stop it completely.

**C – is for Vitamin C**. FLP's delayed-release Vitamin C formula **Absorbent-C** is the perfect partner to Bee Pollen and Aloe Vera gel, because Vitamin C, with its ubiquitous rôle as a prophylactic, is also capable of modifying the allergic response.



## Testimonial

My personal experience of the 'Wacky Cactus' is that at the age of 52, I have had two strokes, one which left me slightly deaf and the other one paralysed me down the right-hand side, stretching my sciatic nerve on the left of my body. This resulted in my having to be in a wheelchair. Having regained the use of my right side, about five years ago I started to suffer with pain in my knees, hips and fingers – yes, the diagnosis was the onset of arthritis. In January 2007 I started taking FLP **Aloe Vera Gel**, then changed to **Forever Freedom**. I also take **Arctic Sea Omega-3**. During my periods of inactivity due to the pain, and also my constant sitting in a wheelchair, I had put on over 2 stone in weight; my only form of exercise was swimming.

I have, in the last three months, started using FLP products and I have lost one stone in a month (less stress on my joints) and have much more use in my stiff-jointed fingers. I no longer have to wear special arthritis gloves and I am in much less pain from my knees and hips.

Therefore, I would recommend FLP products to anyone who suffers from arthritis and trust this testimonial is of use to you.

*Trish Hollis*

# Here Comes The Sun!



Whatever the colour of our skin, or whether we are young or old(er!), *Forever's* Aloe Vera-based sun products will nourish and protect our skin.

- ☉ **Aloe Sunscreen:** SPF 30, water-resistant 40 mins. Insect repellent.
- ☉ **Aloe Lotion:** Soothing as an 'after-sun' lotion.
- ☉ **Aloe Vera Gelly:** Excellent treatment for sunburn.
- ☉ **Sunless Tanning Lotion:** Non-streak, pleasant smell, doesn't rub off onto clothes



### 2 week countdown:

- Clean 9 Pack** - lose unwanted pounds & look fab on the beach! Nutritional cleansing programme
- Bee Pollen & Gin-Chia** - these supplements taken pre-season can help prevent hay fever & allergies. Bee Pollen is great for energy too!
- A-Beta-CarE** - essential to protect against the damaging effects of excessive ultra-violet radiation & helps to prolong tan

### few days before:

- Aloe Sunless Tanning Lotion** - go on - cheat! And look great from day one on the beach! Don't forget you'll still need plenty of Aloe Sunscreen
- Aloe Scrub** - exfoliate your skin for tip-top condition & use before Sunless Tan for a flawless finish

### don't leave home without:

- Aloe Sunscreen** - 2-in-1 - SPF30 water-resistant suntan & after-sun lotion. You'll need 2 tubes per adult, 1 tube per child, per week, for top-to-toe cover
- Aloe First** - soothing spray for prickly heat, burnt or irritated skin - ideal for kids (easy application)
- Forever Active Probiotic** - avoid holiday tum! No refrigeration needed. Beadlets in easy-to-carry packs
- Aloe Gelly** - cooling & super-soothing on skin after bites, stings, burns, cuts etc. Countless benefits for your skin
- Aloe Lips** - once you've tried our Lip Balm, you'll never be without it!
- Aloe Lotion** - multi-purpose moisturiser for face, hands & body - minimises packing

