



# The Wacky Cactus



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

**Summer** is here. As I write this, it has started raining again. Someone wrote to Terry Wogan commenting just how long these winter days are this year! I have noticed many more people than usual for this time of year suffering from coughs and sneezes.

We at Forever have long known about the benefits of **Echinacea**, and now the scientific community have at last endorsed our belief. My advice is to keep some in stock, you never know when you might need to fight off an infection.

*Robin*  
(Editor)

## Echinacea – 'can prevent a cold'

**T**aking the herbal remedy echinacea can more than halve the risk of catching a common cold, US researchers say.

They found it decreased the odds of developing a cold by 58% and the duration of colds by a day-and-a-half.

Experts believe echinacea, a collection of nine related plant species indigenous to North America, may work by boosting the body's immune system.

### Reduced by 86%

Researchers, led by Dr Craig Coleman from the University of Connecticut School of Pharmacy, combined the results of 14 different studies on Echinacea's anti-cold properties.

**"Echinacea may reduce the duration of illness and decreases the severity of cough, headache, and nasal congestion"**

*Professor Ron Cutler of the University of East London*

In one of the 14 studies the researchers reviewed, echinacea was taken alongside vitamin C. This combination reduced cold incidence by 86%.

"Echinacea may reduce the duration of illness and decreases the severity of cough, headache, and nasal congestion."

Professor Ron Cutler of the University of East London also said that people with impaired immune function might benefit from taking echinacea during the winter months to prevent colds and 'flu, but that healthy people did not require long-term preventative use.



*The flower, stem and root of echinacea can all be used in products*

Professor Ronald Eccles, director of the Common Cold Centre at the University of Cardiff, said the work was "a significant step in our battle against the common cold".

"Harnessing the power of our own immune system to fight common infections with herbal medicines such as echinacea is now given more validity with this interesting scientific evaluation of past clinical trials," he added.

<http://news.bbc.co.uk/1/hi/6231190.stm?lspan>

Forever stocks superior quality **Echinacea** and **Vitamin C**, along with a complete range of nutritional supplements.

The Malnutrition Advisory Group estimates that around 2 million people in the UK may be suffering from malnutrition. That's not to say from a lack of food specifically, but a lack of nutrients.

## Testimonial

### Athlete's foot

I personally get athlete's foot sometimes, particularly when I have been in the gym. In the past I have tried *Germolene*, *TCP*, *Witch Hazel*; none of which helped at all. It even crossed my mind whether I could live without my little toe as it was so irritating and was keeping me awake at night.

I tried the pure **Aloe Vera Gelly** on the toes before going to sleep after washing the area first. The next evening I took my sock off to show my wife how bad it was. Having removed the sock I thought I must have the wrong foot as the skin was perfect, but then realised both my feet were perfect within 24 hours from using the **Aloe Vera Gel**. Since then I have had the same success (in 24 to 48 hours) with a number of my customers!

*Peter Agnew*

### Did you know?

## Diabetes

Hormone Research reported that Aloe Vera reduced the blood sugar levels in diabetics. 5 patients with adult (non-insulin-dependent) diabetes were given 1/2 teaspoon of **Aloe Vera gel** daily for up to 14 weeks. Blood sugar levels were reduced in all patients by an average of 45% with no change in their total weight.

These sort of results achieved time and time again using **Aloe Vera** are as a result of its work with 'the inner doctor', our immune system. Aloe Vera boosts the immune system, replenishing the nutrients the human body needs as required.

**Aloe Vera** provides many different benefits because of the number of nutrients that it contains. The many health benefits of Aloe Vera come from a synergy between the different nutrients, rather than as a consequence of one 'magic' ingredient.

## Omega-3 for you and me



One vital set of nutrients required for a healthy body are the fatty acids. Research and studies conducted over the past ten years have established that Inuit and Japanese fisherman have a far lower incidence of heart disease and other ailments including diabetes, high blood pressure and many cancers common in western countries. What makes this so surprising is that many Inuit people also enjoy a diet with the highest animal fat content found anywhere in the world.

- Omega-3 fatty acids play a part in reducing heart disease.
- Omega-3 and Omega-9 fatty acids have a beneficial effect on cholesterol levels.

- May help arthritis, blood pressure, learning difficulties and skin disorders.

"Many parents already give their children Omega-3 following reports – supported by a Daily Mail trial – that it can greatly improve concentration, learning power and behaviour.

"There is mounting evidence that many children do not get a properly-balanced mixed diet and certainly do not eat enough oily fish, which is the best source of Omega-3."

Quoted from:

<http://www.dailymail.co.uk/pages/live/articles/news/news.html>