



The Wacky Cactus



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

I think we had better forget about Summer this year! I had planned to produce a newsletter for August, but I was flooded, and by the time I had got my house dried out, furniture and carpets dealt with, computer system up and running, etc., August seems to have elapsed. My apologies, and I hope you all fared better in your experiences of the rather extreme weather. Perhaps we all need a boost, so have a look at our article about supplements. Let's hope September is more gentle on us!

Robin
(Editor)

Supplements – do we need them?

A well-balanced diet is essential for good health. Healthy nutrition requires an appropriate amount of macronutrients, such as carbohydrates, fats and proteins as well as the essential nutrients including vitamins and minerals.

Many people who maintain they have a good diet and exercise regularly, question whether there is a need for them to take additional vitamins and minerals. This presupposes they are eating a balanced diet using quality foods that contain adequate nutrients that can be absorbed.

“Optimum nutrition means giving yourself the best possible diet and supplements for a sharp mind, good mood and super-healthy body.”

Patrick Holford

The Malnutrition Advisory Group estimates that around two 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.

For a variety of reasons many people are not reaching the Recommended Daily Allowances for specific nutrients. This may be due to soil depletion, changing lifestyles impacting food choices, dependence on convenience foods, stress, infection, food processing, food storage, anti-nutrients or man-made chemicals. Many people could benefit from taking multivitamins and minerals, essential fatty acids such as Omega-3 and a probiotic to back up any shortfalls in their diet and ensure digestive and immune function is optimal.

It is worth taking vitamin C separately (**Absorbent C**) because there is not



A few of Forever's extensive range of dietary supplements

enough in a multivitamin and, as with other antioxidant nutrients, it will help to slow down the ageing process, protect the brain and help prevent disease.

The B complex vitamins are vital for mental health and are present in all the beehive products. Vitamins B12 and folic acid (**B12 Plus with Folic Acid**) together with vitamin B6 are vital for a healthy nervous system.

A lack of B6 could potentially lead to depression. A lack of zinc is also implicated in mental health problems and is one of the most common mineral deficiencies. **Bee Pollen** contains high levels of zinc and B6.

Calcium and magnesium (in **Forever Calcium**) are nature's natural tranquillisers and the essential fats such as Omega-3 fish oils (in **Arctic-Sea Super Omega-3**) are intimately involved in brain function, boosting mood, IQ and memory.

Finally, Ginkgo Biloba (in **Ginkgo Plus**) is a herb that has been used for thousands of years to enhance memory, improve blood flow to the brain and ease depression.

Sue McGarrigle, Naturopath & Nutritional Therapist

Testimonial

Damaged Hip

In 2001, I hit some black-ice and came off my bicycle in Upton. The damage I did was to fracture the top of my femur where it entered my hip joint. This caused an arthritic spur to form on the joint, with reduced movement and quite a lot of pain. I was prescribed strong pain-killers and had treatment from an osteopath. The pain-killers didn't work that well, and the osteopath could only give me relief for a few days following his treatment.

I started on the *Forever Freedom* drink when I joined FLP, and it was about 6 weeks later when I got to the bottom of the stairs one morning and realised I was no longer in pain! Now, I occasionally use the *MSM Gel* and *Heat Lotion*, but I no longer use the pain-killers.

Robin Hiseman

Did you know?

Shaving

Conventional foams and creams often contain detergents that contribute to draining the lipids from the skin. Lipids keep the skin looking and feeling healthy by holding the cells together enabling the skin to retain moisture.

Our **Aloe Liquid Soap** is perfect for your daily shave. Then, every few days, mix it with the **Aloe Scrub** and massage into the beard area to cleanse, exfoliate and moisturise.

Our **Aftershave Balm** doubles as a skin conditioner, to soothe and replenish the skin after shaving or exposure to the elements. The alcohol-free formula also includes rosemary and camomile to soothe the skin.



Forever Lite Nutritional Diet

We have products to help with both weight loss and weight gain – we can help you achieve and maintain your ideal weight. (Ask your distributor about our **Clean 9** and **Lifestyle 30** programmes that take the guesswork out of a lifetime of healthy eating and controlling your diet.)

- Use for healthy weight gain or weight loss
- Two drinks (with milk) provide 100% RDA of vitamins and minerals
- Provides the perfect balance of protein and carbohydrates
- Healthy pick-me-up – combine with fruit juice, fruit or milk
- No added preservatives
- Approximately 21 servings per can

525g, Vanilla flavour code 19, Chocolate flavour code 21, £16-66