



# The Wacky Cactus



Happy Christmas!



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

**Christmas** will soon be here again, and there is always the dilemma of what to buy for presents. Well this year, *Forever* are making it easier for you to choose something for the men in your life: father, husband, partner, boyfriend, brother, cousin or friend. With our newly presented range “Forever4Men”, you have an incentive to choose the very best in personal care products to keep them smart **and** healthy. Men, if you are wise, you'll choose a gift for yourself too, and look good for Christmas.

*Robin*  
(Editor)



# Smart Men!

It has been found that over £880 million were spent on men's toiletries in 2006 (*TNS Grocer Magazine*) and that year on year growth in the sale of men's health products for 2006 to 2011 is predicted to be 17% (*Verdict Research, Feb. 2007*). This adds up to a whole lot of smart men! From shower gel to moisturiser, hair gel to weight management, men want to look good and be healthy.

Good quality supplements are in high demand, especially those containing selenium (essential for a healthy prostate) to counter the lack of nutrients, vitamins and minerals in our food. Magazines and websites abound with information and advice for men concerned about their health and good looks.

We at *Forever* are responding to this by launching our **Forever4Men** range. We have a new brochure designed to present those products used by men (just ask your distributor for a copy), along with a choice selection in a brand new presentation box. Superior products for superior men!



## Testimonial

### Aloe Heat Lotion

I have used the **Aloe Heat Lotion** before and always found it to be particularly effective when I have had a muscle strain. However, recently I slipped a disc in my back and been in excruciating pain. I am now on a lot of pain killers which eases the back and leg, but by far the most relief I get is from using the heat lotion. The heat and feeling of a real massage is amazing and so far in 5 weeks I have got through 5 tubes. Its effect is immediate and if you wrap up after applying the heat lotion then it lasts for quite some time. I would recommend it to anyone with any aches, muscle problems or nerve pain.



*K. Harvey, Dorset.*

## New Aloe Vera Trial Results

A new study has shown that Aloe Vera promotes the absorbance of vitamins, especially vitamin C and B12.

IRVING, Texas — Aloe vera gel and whole leaf aloe appear to enhance the absorbance and effects of other nutritional ingredients. Results from the randomized crossover trial showed the gel had the strongest results in promoting the absorbance of vitamins C and B12; it only took 1 oz. of aloe to have substantial effects in enhancing the absorption of a 500 mg dose of vitamin C and 1 mg dose of B12. The antioxidant potential was particularly high after four hours and remaining high even after 24 hours. Sridevi Devaraj said: "It's clear that consuming Aloe vera along with vitamin supplements would be beneficial, especially among populations for whom B12 deficiency is an issue, such as the elderly." The study was supported by the International Aloe Science Council and the Aloe Institute. (Posted: 27 Aug. 2007)

# Supplements Make You Healthier

An authoritative study, published in the *Nutrition Journal*, finds that the more supplements a person takes, the healthier they are.

The study, conducted by Dr Gladys Block at the University of California, showed startling health benefits and disease risk reductions the more supplements were taken, with no apparent downside.

The risk for diabetes was 73% less and the risk for coronary heart disease was 52% less in the multiple-supplement takers compared to those who didn't take any supplements.

In blood tests, none of the multiple-supplement takers had less than optimal levels of vitamin C, while 94% had optimal levels (defined as greater than 1.0mg per decilitre).

Another good indicator of health is your homocysteine level. The lower your homocysteine, the lower your risk of heart disease, strokes, Alzheimer's disease, depression, osteoporosis and pregnancy complications. Elevated homocysteine is most reliably lowered by supplementing with vitamin B2, B6, B12, folic acid, TMG and zinc.

Supplement takers also had significantly higher HDL 'good' cholesterol, lower triglycerides, a better HDL/cholesterol ratio and lower blood pressure - all reliable indicators of reduced risk for cardiovascular disease.

**There was no indication of risk of overdose or negative side-effects from taking multiple supplements.** Far from wasting their money 'making expensive urine', this study strongly suggests that popping a handful of supplements a day is likely to add years to your life and life to your years.

*Patrick Holford, E-newsletter, Nov. 2007*

