



The Wacky Cactus



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

HEALTH supplements are in the news more than ever before, or so it seems. It is clear that our long-term health is dependent on good nutrition. Today's food and lifestyle does not seem to provide this, so it makes sense to seek what we need from other sources. Just taking something when we don't feel well is not enough – we need to build (or re-build) our bodies' natural defences: our immune systems. We need to do this before we get sick, and I speak now from my own experience.

Robin
(Editor)

20% of children deficient in vitamin D

Health workers are seeing more children than ever with vitamin D deficiency, which can lead to seizures and make bones fail to grow properly.

It was thought that rickets had virtually been eliminated after the war, although children in developing countries still suffered from the bowed legs and fragile bones associated with the disorder. But the changing lifestyle of UK youngsters, with many people spending long periods indoors may be contributing to a resurgence.

Vitamin D is often called the 'sunshine vitamin' because it is made by the action of sunshine on the skin, which accounts for 90% of the body's supply. But, in northern European countries, sun exposure levels are relatively low, mothers are less likely to put their babies outdoors in prams, and girls tend to grow up with a vitamin D deficiency that persists into their pregnancies.

Pregnant and breast-feeding women, and children under four, may benefit from a daily supplement containing 10 micrograms of vitamin D, according to the Department of Health.

Dr. Colin Mitchie, a paediatrician at Ealing Hospital in West London, said many expectant mothers had low stores of vitamin D.

'We are seeing significant numbers of children with vitamin D deficiency,' he said. 'Mothers and babies are simply not getting enough of this important vitamin. Most pregnant and breast-feeding women should take a vitamin D supplement to ensure babies get the best start in life.'

'If a pregnant or breast-feeding woman is lacking in vitamin D, the baby will also have low vitamin D and calcium levels which can lead them to having seizures in the first months of life.'



Victorian children suffering from rickets.

Rosie Dodds of the National Childbirth Trust said women were not aware of how important vitamin D was to the health of their children. She said, 'Our lifestyles today mean there are fewer opportunities to make vitamin D through the skin, especially during a British winter.'

'Babies are less likely to be exposed to sun in their prams, and children spend longer indoors than ever before. However, there is evidence that vitamin D helps the immune system and allergies, and influences cancer development in later life.'

Taken from: Daily Mail, December 28, 2007, from an article by Jenny Hope.

Forever Products with vitamin D: Bee Pollen, Nature-Min, Gin-Chia, Royal Jelly, Arctic Sea Omega-3 and Forever Lite (see below).

Testimonial

For nearly three years now, I have been virtually free from illness – I certainly have not needed to take a day off work. As a supply teacher I have been going into schools, sometimes three or four different schools a week, to cover for absent teachers, often because of illness. In other words, going straight into the very environment where you are going to find infections.

I can only attribute the robustness of my immune system to the *Forever* products I take every day because previously I was often unwell – at least once a term.

Every day I drink 50 ml each of **Aloe Gel** and **Forever Freedom**. I also take the **Arctic Sea Omega-3**, **Bee Propolis**, **Bee Pollen**, and **A Beta Care**. If I do detect an infection (sore throat, stuffy nose, muzzy head, aches, etc.) I take some **Echinacea Supreme**, and the symptoms go, usually within hours.

For example, just before Christmas, I had to take my daughter to Worcester Hospital to see a consultant (she's fine, by the way). That evening it had become obvious I had picked up an infection, but being out of the house I was unable to take Echinacea. By the time I got home, I felt very rough indeed! I immediately took four Echinacea tablets, followed by a good swig of Aloe Gel. The next morning I felt a lot better, but not completely recovered, so I repeated the treatment! By lunchtime I was almost completely back to normal (I took another swig of Aloe!), and by the evening I had no trace of infection.

Empirical evidence, I know, but I find it very convincing. I am sure my immune system is working well today because of my regular intake of Aloe over the past 3 years. Now, all it needs is a little extra assistance when illness comes along and my body can deal with infection by itself. I don't know about you, but I prefer not to be taking drugs if I can help it.

Robin Hiseman.



Look Good, Feel Great!



Many of us may be feeling a little more than our ideal selves – a little too much eating, and too little exercise add the pounds and inches. *Forever's* nutritionally balanced weight management programme, **Clean 9 & Lifestyle 30**, can help you find a happier and healthier you.

The programme makes use of **Aloe Vera Gel** which contains over 75 known active ingredients including vitamins, minerals and trace elements with 19 of the 20 amino acids the body requires. There is also the **Forever Lite**

meal replacement shake to give an extra boost of vitamins, proteins and carbohydrates. **Garcinia Plus** is included, which is a natural and safe appetite suppressant. We have **Bee Pollen** which is packed with vitamins C, D, E, K, beta carotene, B complex and many other nutritional ingredients. Finally, there is the **Forever Active Probiotic** which comes in a small beadlet that is easy to swallow, is designed to promote a healthy digestive system, and helps overcome imbalances created by our food and lifestyle choices.

With good nutrition inside you, your energy level are boosted and exercise becomes easier. Don't just think about being healthier, do something about it! Remember, this programme comes with a 60-day full money-back satisfaction guarantee, as do all our outstanding health, nutrition and personal care products.

How Fish Oils Help Stave Off Dementia

Fish oil may protect against Alzheimer's by combating harmful brain plaques which lead to the disease. Research shows that an omega 3 fatty acid found in fish oil boosts production of a beneficial protein that can stop the plaques developing. Although previous studies have shown that fish oils – taken by pill or in the diet – may delay or even prevent Alzheimer's, it is the first time scientists have identified why they have such a beneficial effect.

The study, published on December 26 in the *Journal of Neuroscience*, revealed the omega 3 fatty acid DHA (docosahexaenoic acid) increases the production of LRII, a protein found at reduced levels in Alzheimer's patients.

LRII has already been shown to destroy the brain plaques which kill brain cells. Alzheimer's is the most common cause of dementia, affecting over 700,000 Britons. About 500 new cases are diagnosed every day as more people live longer.

Taken from: Daily Mail, December 27, 2007.

Product: Arctic Sea Omega-3