



# The Wacky Cactus



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

I AM OFTEN asked which of our supplements I would consider essential to good health. The answer is amazingly simple – ALOE VERA! Often considered the Father of Modern Medicine, Hippocrates called aloe “the potted physician” for its amazing healing properties. He widely recommended its use both topically (applied where needed) and internally as a drink to treat illness and maintain good health. We know it has been used for over 5,000 years, which is testimony to its value.

*Robin*  
(Editor)

## For better health ..... THINK DRINK



**A**loe Vera Gel contains an abundance of vitamins and minerals including the rare vitamin B12 – one of only two vegetable sources available. This makes Aloe Vera Gel a vital supplement for vegetarians and vegans. Folic acid, recommended by the Department of Health for all women planning a pregnancy, is also found naturally in the Gel. In all, it provides seven essential amino acids which are directly linked to cell growth and which cannot be manufactured within the body.

In fact, there are so many nutrients in this liquid food that it is difficult to catalogue all the benefits that have been reported. One thing is certain – Aloe Vera Gel has had a profoundly positive influence on the health and lifestyle of many. This is in part due to the adaptogenic nature of the Gel – different bodies draw different benefits according to their need for nutritional supplementation. Amongst those conditions which are most frequently mentioned by satisfied Customers are disorders of the digestive system such as irritable bowel syndrome (IBS) and diverticulitis. Others report improvements to skin complaints like psoriasis and eczema. Still others relate the positive effects they have experienced on arthritis or asthma. So varied are the reported benefits it is no surprise that the plant has attracted the nickname ‘The

*Drink just 2 to 4 fl oz of aloe every day to make a difference to YOUR health*

Miracle Plant’. Even those who have no particular ailment at present report that it promotes a good, healthy lifestyle and an increased sense of wellbeing.

Taken daily, it is one of the best nutritional supplements available and Forever is proud to lead the way in bringing these benefits to people around the world.

For about **£1 a day**, what better way is there to maintain good health? That’s less than the price of a cup of coffee. Talk to your Distributor now! Already drinking it? Then tell all your friends.

## Aloe Vera: tackling mouth ulcers

Aloe vera is an effective treatment for a skin disorder and could be used to treat mouth ulcers, researchers say.

Affecting more than 1 in 100 people, persistent mouth ulcers due to lichen planus can give rise to cancerous changes within the ulcer, and so need to be monitored by a doctor.

Previously the condition has been hard to treat, but a study in the British Journal of Dermatology confirms anecdotal reports that aloe vera gel could help to soothe symptoms.

A team of Thai dermatologists examined 54 patients, half of whom were treated with a topically applied aloe vera gel while the other half received a placebo.

A total of 81 per cent of the patients treated with aloe vera had a good response after eight weeks of treatment, while only 4 per cent of placebo patients had a similar response.

Where improvement did occur, it was on a significantly greater scale in those treated with aloe vera. Burning pain completely disappeared in a third of the aloe vera patients, compared with only 4 per cent of the placebo group. No serious side-effects were found in either group, and the researchers believe that aloe vera could not only be used to treat oral lichen planus, but also common mouth ulcers.

Aloe vera is known to have anti-inflammatory, antibacterial, antiviral and anti-fungal properties and has been used to treat various skin conditions such as cuts, burns and eczema.

Nina Goad, of the British Association of Dermatologists, said: “Aloe vera has proven anti-inflammatory and wound-healing properties. This is an interesting development for the treatment of mouth ulcers.”

*David Rose, The Times, 18 Dec. 2007*

## Forever Bright Toothgel



Formulated for the entire family to use. Natural peppermint and spearmint flavourings leave your mouth feeling fresh and clean. The combination of stabilised Aloe Vera gel and Bee Propolis in our **Forever Bright Toothgel** soothes gums and mouth linings, and can be applied directly to ulcers when brushing is too painful.

Code 028, £4-96 130g.

## Stain? ... What Stain?



Aloe is also a fantastic cleaner. As well as cleaning (and whitening) teeth, we use the cleansing properties of aloe in our **Liquid Soap** and **Multi-Purpose Detergent (MPD)**.

Kind to your skin, your home, and the environment. What more could you ask from a cleaning product? But is it effective? Well, read on...

“A couple of days ago I was at a neighbour’s house for drinks. Having shown off his brand new white rugs it was almost inevitable that someone would spill red wine onto one of them, and it wasn’t long before this happened. As soon as it did, I raced back to my house to get my MPD spray; when I returned they were furiously, but unsuccessfully, trying to scrub the red wine out of the rug. I sprayed some MPD onto the affected areas and as quick as a flash all the scrubbing suddenly started to work! Within seconds there was no trace of the red wine and everyone looked at the MPD spray as if it was magic. Needless to say that everyone there decided to buy some MPD for themselves!”

*Steve Shrubsole*

## Aloe Vera Gelly for burns

For thousands of years, people have used Aloe Vera to support the healing process in burns – from mild sunburn to more serious burns. Aloe has been shown to help speed up the healing process of burns and stimulate healthy new skin growth. It can also help soothe the pain, swelling, infection and blisters.

Aloe Vera Gelly is the topical, soothing and cool stabilised clear Aloe Vera gel from our Forever range, which can be easily spread onto the affected area without touching or rubbing and is available in an economical tube.