

Wacky Cactus

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!



ALOE changes lives! One of the most rewarding things about this business is hearing just how Forever's products make a difference. ME can be a debilitating condition, and is often mis-diagnosed. There is little treatment available on the NHS other than to rest and anti-depressants. We have many stories of people making marvellous recoveries from their symptoms (sadly, ME cannot yet be cured). This month we bring you Clare Cotton-May's story. If you know someone with ME, maybe Aloe could help them too?

M.E. – Aloe Gave Me My Health Back

I thought I was pretty invincible in terms of what my body could take. I was in my late 20s and I worked hard and played hard. I had successfully moved my way up the BBC ladder and was producing and directing fashion and interiors programmes. What I didn't see was how constant 12-hour days had taken their toll on my health.

I remember viewing the rushes of a fashion shoot I had just directed for an edit the next day. I could not keep my eyes open. I went home and collapsed and slept for the next two months. I was barely able to walk up a flight of stairs, I couldn't concentrate long enough to read a whole newspaper or even contemplate driving my car. I was diagnosed with chronic fatigue syndrome or ME. I was frightened – I didn't understand what was happening to my body and neither did the doctors, or so it seemed. Over the next six years I tried everything recommended from traditional medicine like anti-depressants (never, ever again – they are horrible things that I would always suggest people avoid, they only help short-term and coming off them is a miserable experience), to homeopathic remedies and medical herbs, none of which worked long-term.

A good friend of mine, who was a producer on the Clothes Show, asked me if I had tried Aloe Vera. I say friend because when I tasted what she gave me in a yellow bottle I thought she was trying to poison me not make me better. I couldn't have been more wrong. I owe my good health to the contents of that bottle.



Clare Cotton-May and her husband Adam, now enjoying her life free from ME symptoms.

The products that gave me back my health after struggling with ME for six years were:

- **Aloe Vera Gel** – 4 fl oz a day building up to 8 fl oz
- **Bee Propolis** – 2 tablets 3 times a day (to help rebuild the immune system)
- **Bee Pollen** – 2 tablets 3 times a day (for a natural energy boost and further nutrition).

Now, I would add the **Pomesteen Power** for its antioxidant properties and the **Arctic-Sea Super Omega-3** to help every cell in the body to reinforce itself.

I have not had an ME relapse for three years now and I would absolutely put this down to persevering with Aloe Vera. I did not see results immediately – it can take time – but the long-term effect has been to keep me healthy, as well as transforming my skin, nail strength and sleeping patterns.

Last year I climbed Kilimanjaro with my husband Adam – something I could never have contemplated a few short years ago. The products introduced me to a business which introduced me to my husband – now that's life changing!

Autism

Our daughter is now 3½ and has been diagnosed as being on the autism spectrum – her main issue is a lack of speech, but she also has issues interacting with people and learning some new skills.

There are numerous interventions which help, and every child responds to different ones. However a very popular intervention is fish oil/olive oil.

We started our child on the Forever **Arctic-Sea** tablets (splitting them open and mixing their contents into food); one capsule per day.

She has a 50 piece large fairytale puzzle and up until now she showed no understanding of its purpose; simply breaking all the pieces up and putting the contents back into the box when presented with a finished puzzle with two pieces left to fit.

It was quite extraordinary that after just two days (two capsules) on the Arctic-Sea, Sophie was completing 20 pieces of this puzzle if we removed the pieces from the completed puzzle for her, and after a week she did the whole puzzle effortlessly in about 2 minutes.

She now has visible improvements in her mental alertness, she is showing interest in new things, improved concentration and acquiring new skills, but the effect of the Arctic-Sea on her doing this puzzle was really quite incredible.

Words cannot say how highly I recommend this product for anyone with an autistic diagnosis.

Peter Agnew



Weight Loss

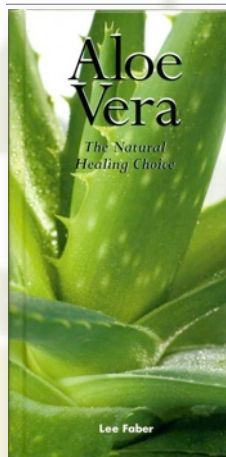
One of my customers, Mary, and her husband have both been taking the **Garcinia Plus** (alongside drinking Aloe Vera Gel) to help them lose weight. In just over a couple of months, Mary has lost about a stone, and in a month her husband has lost three pounds. They are both delighted and highly recommend the product.

Robin Hiseman

Top Product Tip

At the height of the hayfever season, whatever remedies you may be taking - dry itchy eyes inundated with pollen can be soothed by smoothing a thin film of **Aloe Lips** on the eye lids and eyelashes above and below and at the entrance to the nose before leaving the house and before going to bed at night. This acts as a barrier to pollen and anti-inflammatory and moisturiser for nightmare itchy eyes. I've started doing this and so far have had no itchy eye symptoms this season – wonderful!

Amanda Carrara



Book Review Aloe Vera The Natural Healing Choice

by Lee Faber

There are many books about Aloe Vera, but this is an excellent choice if you want to introduce yourself to the wonders of this amazing plant. It is also very good if you want to improve your knowledge with useful information and even a collection of recipes using Aloe! Forever is not mentioned by name, but reference is made to products that we supply.

Lee Faber is an American who became a British citizen, having been in the UK since 1981. She has lived and worked in New York, Florida and London, and now resides in Wiltshire. During her career she has been involved in both book editing and writing with an emphasis on health, food and cookery. She has specialised in Americanising/Anglicising books on a variety of subjects for both US and UK publishers.

The book is published by Abbeyle Press, and is £6.99. (You may find it in some discount bookshops at £1.99.)