



The Wacky Cactus



FOREVER

TEAMWORK – TOGETHER EVERYONE ACHIEVES MORE!

WE ARE ALL living longer and companies are being warned that their pension scheme costs will need to rise as people need a pension for longer. BUT, doctors warn us that our young people are eating themselves to an early grave through obesity, diabetes and heart disease. It is clear, however, that what we put into our bodies profoundly affects both our lifespan and our healthspan. Good nutrition gives us all the best chance of a long and healthy life, and **Aloe Vera** is one of the best nutritional supplements around.

Robin
(Editor)



SLOW DOWN AGEING

How taking a vitamin pill a day could slow the ageing process

Daily Mail, Saturday, February 16, 2008

Many illnesses of ageing, from cancer to heart disease, are linked to deficiencies in common vitamins and minerals. Even ageing itself might be accelerated by an unhealthy diet.

But an over-reliance on fast food means not everyone is getting all the nutrients they need.

To address the problem, biochemist Bruce Ames called for men and women to take a multi-vitamin pill every day.

Dr. Ames told the American Association for Advancement of Science's conference in Boston that studies showed shortages of vitamins and minerals are linked to a host of late-life diseases.

Low magnesium intake has been linked to bowel cancer, high blood pressure, diabetes and osteoporosis, while lack of vitamin D is associated with breast, bowel and prostate cancers. Calcium deficiency has been associated with diabetes, lack of potassium to

heart disease, and low vitamin B12 intake is linked to multiple sclerosis. Lack of nutrients may also accelerate ageing itself, with Dr. Ames's own work showing that over-the-counter dietary supplements can boost both energy and memory in elderly rats.

Dr. Ames, of the Children's Hospital Oakland in California, said that it was likely our bodies make the best use of vitamins and minerals when they are scarce.

When in short supply due to poor diet, nutrients are ploughed into keeping the body going in the short-term – at the expense of a healthy old age. But he claimed decades of initiatives to improve people's diets had failed and it might be 'easier to convince them' to take vitamin supplements instead.

Writing in the *Journal Proceedings of the National Academy of Sciences*, he acknowledged that taking too many vitamins can cause illnesses. But he said that the benefits to public health far outweigh the risks.

Aloe Vera and Cancer

According to recent research Aloe Vera may help prolong survival time and stimulate the immune systems of cancer patients. Researchers writing in **Cancer Immunology and Immunotherapy** found that Aloe Vera has the ability to activate the immune system to attack cancerous cells.

Aloe Vera 'switches' on the immune system by activating macrophages (white blood cells which 'swallow' antigens), causing the release of immune-activating and anti-cancer substances such as Interferons and Interleukines. In addition Aloe Vera promotes the growth of normal (non-cancerous) cells.

The Aloe Vera gel's protective effect was confirmed in a study of 673 lung cancer patients in Okinawa, Japan, published in the **Japanese Journal of Cancer Research**. This survey looked at the connection between smoking, comparative amounts of 17 plant foods in the



diet, and the occurrence of lung cancer over a five-year period.

Aloe Vera was the only one of the plant foods that was protective against cancer. The results of plant epidemiology suggests that Aloe Vera prevents human pulmonary Carcinogenesis – Lung Cancer – stated the researchers.

Further, Aloe Vera is widely suppressive against various human cancers and appears to cause the release of tumour necrosis factor Alpha that blocks the blood supply to cancerous growths.

<http://www.aloeverabenefits.com>

Testimonials

Sore Throats

If you have a sore throat – gargle with **Aloe Vera Gel** for instant relief. If you don't gargle very well for fear of swallowing whatever it is the gargle liquid is made from, no problems – swallow the Aloe Vera anyway. I found relief lasted approximately 24 hours and only had to repeat the procedure once – unheard of for me as sore throats usually last for several days!

Sent in by Jenni Austin

Nail Conditioner

Yet another alternative use for our versatile **Aloe Lips** – use it on your nails – it conditions the nails and nail beds, giving them a rich glossy finish!

Sent in by Anna Keightley

Squeaky Doors!

Whilst on holiday in Fuerteventura, we discovered that our bedroom door was very squeaky. Not very funny when you are sharing a villa and may need to open the door during the night! We don't normally carry oil around with us, but did have a tube of **Aloe Vera Gelly**. It worked perfectly, is a lot less messy than oil, and with no marks or smell.

Our products are SO VERSATILE!!!

Sent in by Gloria McIlveen

Trouble Sleeping?

Simply massage a little **Heat Lotion** into the soles of your feet and you'll be amazed! It works with helping children to sleep too.

(I'm not sure who discovered this; I have heard it from a number of sources recently. Ed.)

February ... and it's already Hayfever Season!

The remarkably warm February weather may have been a boon for most Britons – but it got up the noses of the nation's hayfever sufferers.

Sales of hayfever remedies rocketed by 25% over the past four weeks when they would not normally begin to rise until late March.

Recent temperatures have been as much as 11C (21F) above normal – and on February 12 they hit 18C (64F).

The weather has forced scores of plants into early flower, including English hawthorn, which started blooming eight weeks ahead of schedule.

Superdrug confirmed remedy sales have risen by a quarter over the past few weeks, and Boots has seen a 24% rise – with sales of some brands nearly doubling. Boots pharmacist Sarah Cameron said: 'It's earlier than in previous years.'

Allergy UK said its helpline was registering a much higher volume of calls. Spokeswoman Muriel Simmons said: 'Over the past three years we've noticed the season starting earlier but nothing like this year. If it's this bad now then heaven help us in March.'

Met Office spokesman John Hammond said the winds were coming from the south and south-east, bringing more polluted air from industrial Europe. He added: 'There's a greater chance that this could be causing allergies to flare up. But spring is coming earlier and earlier every year.'

Jo Macfarlane, *The Mail on Sunday*, February 17, 2008

Aloe Vera, Bee Pollen and Vitamin C are all recognised as helping to relieve or even eliminate symptoms for allergy sufferers.