

Wacky Cactus

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

Happy
Easter!



FOREVER

I MAKE NO APOLOGY for our main article this month! Eating nutritious and healthy food ought to be easy. We are, after all, living in a technologically advanced society, and statistically we have more than enough income to feed ourselves well. But are we? The reality is far too often very different. I know I too easily succumb to more chocolate bars than I ought (especially now *Cadbury's* have brought back the *Wispa* bar!). Fast, and often unhealthy, food is just a microwave button away. But *Forever* can help us do something about that and give us the nutrition we so badly need. Also, after our very popular animal article last month, I have received a lovely testimony about the value of our **Aloe Vera Gelly**, and a beautiful picture of the fully recovered patient. Many thanks, Kate.

Healthy or ...



Shock advertisement from <http://4yourkids.org.uk/> – But does it make you think about what you eat?

We really are what we eat! Food is now as cheap as it has ever been in this country. Results from the Office for National Statistics show that the proportion of household income going on food and soft drinks now comes to just 15% (2006). That is less than half the share it took when the first Family Expenditure Survey was conducted 50 years ago.

With food so cheap, it would be easy to expect we were eating well too. But this isn't the case. It is often reported that as nutrients are depleted from the soil, so the food we buy is less nutritious. (*Farming Today, BBC-R4, April 2008*)

Our bodies crave good nutrition, so if there is not enough in the food we eat, our bodies demand we eat more of it. The problem is we

may then consume more fat, carbohydrate, salt, sugar, etc. than we need just to get what we do need. This, coupled with a less active lifestyle can spell disaster.

The Government's **Change4Life** campaign is aimed at addressing this problem by making us more aware of what we, and our children, are eating. The advertisement above may well be shock tactics, and no one is suggesting the occasional Bakewell tart is wrong, but it is important to eat a balanced diet, exercise regularly, and use supplements where needed.

Forever is at the forefront of supplying products that help us maintain a healthy diet. Our flagship product is the **Aloe Vera Gel**. It contains an abundance of vitamins and minerals, including the rare vitamin B12. Even if you currently feel fine, just 2 to 4 fluid ounces (60 – 120 ml) every day can help with a healthy lifestyle and an increased sense of wellbeing.

With our **Weight Management Programme** and products such as our **Forever Lite** and **Forever lite Ultra** to assist with healthy weight loss (or gain), a **Fast Break Energy Bar**, our **Garcinia Plus** and new **Forever Lean** to help you lose weight, talk to your Distributor now to find out how you can change your or your family's lifestyle for the better in 2009.

Or maybe you have friends and colleagues who you think could benefit from better nutrition to improve their lifestyle. If so, please put them in touch with us to see if we can help.



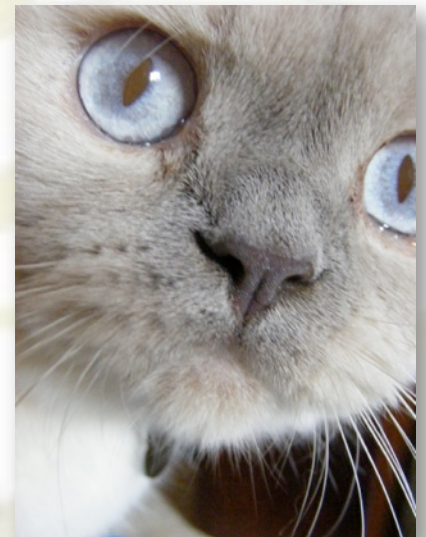
Testimony

Casper & Aloe Gelly

I came home after a day out to find my cat Casper looking very poorly. He was lying down with one eye completely shut and he wasn't purring (usually he always purrs, even while having injections at the vet's!). He also hadn't eaten anything for several hours.

I was really worried about his sight and my first thought was to call the emergency vet out (on a Sunday evening!). On closer examination I could see a nasty cut above Casper's eye; it was swollen and looked infected, but I parted the fur around it and gently smoothed on some **Aloe Vera Gelly**. During the evening I put more gelly on three or four times.

I was sure he would need to see the vet the next day, but when I got up and looked at him, he was fine. There was no sign of the injury and he was eating and purring again. I could not believe how quickly he had recovered and without some expensive antibiotic treatment from the vet!



This is a photo of Casper taken after his eye got better.

Kate Cobb



A selection from Forever's excellent weight management range

NEW BROCHURE

Our new Product Brochure is out now, complete with all our new products, and with the prices revised to reflect the lower rate of VAT. Ask for yours now!



Our **Avocado Face & Body Soap** is proving to be very popular, especially with people who find it difficult to get on with a liquid soap. I have been told, "the soap lathers so beautifully, and it leaves my skin feeling really soft and silky. The gently citrus fragrance is just lovely, and it lasts as you use the bar. I'm going to buy some of this soap as presents for my friends. Thankyou *Forever* for a lovely soap." (*Rosemary Seymer, Ledbury*).

Code: 284, Price: £4-55

