

Aloe Health

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



Mother's Day

EDITORIAL



It may really feel that winter is still with us, but in reality Spring is just around the corner. With that comes Mother's Day and Easter.

Finding imaginative presents at this time of year can often be a challenge, but it is a challenge that Forever can help us with.

Forever is known as the The Aloe Vera Company, and the flagship Aloe Vera Gel is a fantastic product that accounts for 50% of sales worldwide. This rich source of nutrients provides the perfect supplement to a balanced diet, as testified by millions of satisfy customers around the world. There are many reasons why people drink this wonderful Gel every day, but essentially it is that, combined with a healthy, balanced diet, it offers a route to excellent health and wellbeing.

I am often asked if we have products that can give us more energy. Well, in response I offer a selection of products in this newsletter that can do just that. Of course, Aloe Vera Gel also helps with energy levels.

Robin

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MOTHER'S DAY & EASTER GIFTS FROM FOREVER

Mothering Sunday, or Mother's Day, was traditionally a day to visit your mother church. It is now an occasion to bring gifts to your own mother, and other mother figures, such as grandmothers, stepmothers and mothers-in-law. This year it is celebrated on Sunday 15th March.

Forever has a lovely choice of potential gifts for the occasion, and for Easter too – in addition to Easter Eggs of course – which falls on Sunday 5th April.

Aroma Spa & Sonya Skincare

These are two excellent collections and ideal gifts at any time of the year. **The Aroma Spa Collection** contains Relaxation Bath Salts, Shower (or bath) Gel, and a soothing Massage Lotion. They are available separately, or together they come in a free travel bag. **The Sonya Skincare Kit** is a premium range of products that are designed to work together to achieve beautiful, healthy, radiant and soft skin. It comprises a purifying cleanser, exfoliator, toner, nourishing serum, balancing cream and deep moisturising cream.

Flawless Make-up

Forever has a new range of cosmetics – **Flawless by Sonya** – formulated with Aloe Vera to protect and moisturise, with antioxidant vitamins, herbs and marine extracts. There is a range of colours and shades designed to suit every skin tone and every mood with a rich palette for eyes, cheeks, face and lips. They are perfectly suited to all skin types, including sensitive skin.

Alpha-E Factor

This is probably the most versatile skincare product ever! It replenishes, clarifies and balances the skin to reduce dryness, and has a powerful combination of antioxidants, leaving younger-looking skin. It is also an exceptional skin nourisher and a shaving barrier for both men and women.

Avocado Face & Body Soap

This wonderful soap is made with 100% pure avocado butter to moisturise and clean with the natural, rejuvenating properties of this powerful fruit. This rich and gentle soap is the ideal way to pamper someone you love.



Aloe Blossom Tea – refreshment in a cup

Aloe Blossom Tea

A soothing and refreshing caffeine-free herbal tea, to calm and promote well-being. Naturally low in calories and delicious served warm, or with ice as a refreshing alternative.

ENERGY BOOST

At this time of year, we often feel tired and lacking energy. Maybe we have been indoors too long, or maybe it is just the lack of sunshine. Whatever the cause, we just feel that we need that extra boost to face the world, to get out and do some exercise, or simply to complete our everyday tasks.

Forever's sports nutrition range has products that will do just that for you every day.

ARGI+

Designed to keep you going all day and to deliver optimal performance, ARGI+ provides 5 grammes of L-Arginine per serving, as well as synergistic vitamins. It is a delicious and nutritious drink that rapidly tops up energy stores and is ideal for high-intensity sport.

NutraQ10

This contains essential vitamins and trace elements and is rich in the co-enzyme Q10. With vital anti-ageing agents it is ideal for

endurance sports - such as daily life! It can also be used in combination with the ARGI+.

Forever Active Boost (FAB)

This is a great-tasting energy drink with a proprietary blend of herbs and nutrients, including vitamins B6 and B12 which help reduce tiredness and fatigue. This is a quick and simple way to get an immediate burst of energy and top up energy levels. The FAB-X is a zero-calorie version with the same energy boosting properties.

Fast Break Energy Bar

The Fast Break Energy Bar is packed with vitamins and minerals. It also provides valuable protein, polyunsaturated fatty acids and satisfying dietary fibre.

Forever Bee Honey

The perfect natural source of energy, this honey is loaded with nature's goodness and includes a large number of micronutrients.



Allergy Alert!

It is now estimated that one in three people will develop an allergy during their life. An allergy is a reaction to the body's immune system to certain substances such as foods, animal fur, dust or some plants. The allergy is a response by the body's immune system and often comes out in the form of a rash, bronchitis, arthritis, fatigue, eczema, depression or a headache.

The substances that cause allergies are called allergens. Almost any substance can cause an allergy to someone but the most common allergens are grass pollen, dust and certain metals (especially nickel), some cosmetics, animal hair, insect bites and stings, common drugs (penicillin, aspirin, codeine etc.), foods, food additives and chemicals found in soap and washing powder.

Many people are allergic to mould. Moulds are microscopic living organisms that thrive where no other life can form. Moulds live throughout the house – under the sink and in the bathroom, refrigerator and any damp dark places. They are also found in the air, in the soil, on dead leaves and on other organic material. They can be destructive but also beneficial. Mould spores are carried by the wind and predominate in the summer and early autumn and in warm climates they thrive all year round. Grass cuttings,

harvesting crops or walking through tall vegetation will cause a reaction.

Allergies can basically be divided into three categories:

Environmental – things we breathe – mould, plant pollen etc.

Food – Nuts, shell fish etc. and food containing chemical additives

Skin – sensitivity to things that are put onto the skin and absorbed by the body tissues

There are many *Forever* products that may help alleviate some of the allergy symptoms: **Forever Bee Pollen**, **Forever Bee Propolis**, **Aloe Gel**, **Berry Nectar** and **Bits 'n' Peaches**. These products help build up the immune system and particularly support the body's responses to these allergies.

Bee Pollen is 'made' when the bee takes the fertilising pollen dust from the flowers of the high, dry desert in Arizona, processes it with its enzymes and carries it to the hive for food. Since it starts out with elements of plant pollen, it acts almost like a desensitiser against allergies, stimulating a positive immune response in addition to generally building up the system nutritionally. It is also gathered from the desert where there is very minimal pollution and no pesticides and it is 100% pure and natural with no preservatives, artificial colours, flavours etc, it does not stimulate allergic responses to any of these allergens. Pollen given orally has shown results in diminishing sensitivity to airborne pollens or prevents the onset of symptoms completely if the treatment begins pre-seasonally.

Many people who are allergic to bees have had great results with Forever Bee Pollen, starting with ¼ of a Pollen tablet then gradually increasing the intake. Bee Pollen has long been used to assist with allergies but many people don't think to take a Propolis at the same time for a combined effect. Not only a powerful natural antibiotic, Propolis is also an extremely effective allergy fighter.



Help for Allergy Sufferers

Aloe Drinks: Aloe Vera Gel, Berry Nectar or Bits 'n' Peaches – 3-6oz daily

Bee Pollen: Increasing slowly, start with ¼ tablet, 1-6 tablets to be taken with meals (more may be taken as this is a water soluble vitamin and passes through the system in 6-8 hours)

Absorbent-C: 2 with each meal

Lycium: 2-3 tablets daily taken before each meal

Bee Propolis: 3 tablets daily

Nature Min: 4-6 daily (2 with each meal)

A Beta-CarE: 2 capsules daily

Gin-Chia: 1-3 daily

Aloe Vera Gelly: Cool and soothing, apply to skin to reduce itching, soreness and swelling

Allergy Facts:

An estimated 18 million people in the UK suffer from allergies.

The top three countries in the world for the highest incidence of allergy are Australia, New Zealand and UK.

In Europe, the UK has the highest incidence of allergies and the lowest number of specialists to deal with them. It is estimated that by 2015 half of Europe will be suffering from allergies.

