

Aloe Health

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



EDITORIAL



I would like to wish all our readers a very happy Christmas and a New Year that is both peaceful and prosperous.

At this festive time and with all the opportunities to overindulge it may seem odd to concentrate on fitness and weight management. But our bodies are a wonderful gift and looking after them should be a pleasure. Of course we can still enjoy good food and good company, but if we know how to do that and how to stay fit at the same time, we can enjoy ourselves without worrying about how to undo the 'damage' in January!

Part of keeping healthy may well be achieved by our actually eating less! Just recently there have been reports suggesting people should be encouraged to eat smaller portions, but Dr. Mercola suggests that intermittent fasting by missing out meals could be a better solution. When faced with a large Christmas dinner, perhaps missing breakfast isn't such a bad idea.

Robin



Don't forget to check out our new Christmas aloe-inspired gift guide brochure filled with lots of ideas for all those extra special Christmas presents.

Published by Wacky Cactus Publications. © Copyright Wacky Cactus Publications. No reproduction in whole or in part without written permission. No product or service advertised and/or published and/or appearing in the Wacky Cactus newsletter is, unless expressly stated to the contrary, endorsed by and/or otherwise associated with the Wacky Cactus brand.

FIGHTING-F.I.T. AT CHRISTMAS!

This Christmas, choose for yourself and your loved ones a present that continues to give all the way through the new year and beyond! Good health and fitness is the gift that will give you the very best for your body. We each only have one body, so looking after it by consuming the best nutrients and giving it the best exercise we can will certainly extend our lifespan. But something just as important, it will extend our 'healthspan'; which can be defined as the length of time we can remain fit and active.

Weight Management

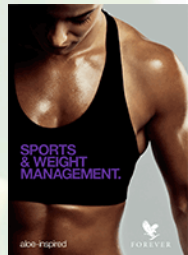
For most people weight management means losing weight, and we are regularly warned through the news media about the increasing number of people who are either overweight or clinically obese. For some it means maintaining their current weight, perhaps realising that as we get older, this doesn't come quite as easy as it used to. For others, elderly or those recovering from illness, it means increasing their weight so they are more able to cope with the demands of daily life. Whichever applies, the Forever Weight Management programme offers a real opportunity to make a long-term difference.

Sport and Fitness

It is important to realise that achieving real fitness and effective weight management also involves activity! Many people enjoy sport at different levels, but to do that you need to maintain the fuel your body needs. Good nutrition is essential but may be lacking in our daily diets. Here is where Forever can really help with a large range of high quality supplements designed to enable your body to perform at its very best.

Forever F.I.T. Programme

Forever's sports and weight management products are so versatile they can cater to the needs of every individual. This stylish brochure showcases the range of products perfectly. Whether you are a sports professional looking to supplement your diet and training regime, or are simply trying to get in shape, this brochure will show you that Forever has the nutritional support you need.



Choose the very best from Forever!

Good Health by Eating Less!

It's long been known that calorie restriction can increase the lifespan of certain animals.

More recent research suggests that intermittent fasting can provide the same health benefits as constant calorie restriction, which may be helpful for those who cannot successfully reduce their everyday calorie intake.

Mark Mattson, senior investigator for the National Institute on Aging, which is part of the US National Institutes of Health (NIH), has researched the health benefits of intermittent fasting, as well as the benefits of calorie restriction. According to Mattson, there are several theories to explain why fasting works:

"The one that we've studied a lot, and designed experiments to test, is the hypothesis that during the fasting period, cells are under a mild stress, and they respond to

the stress adaptively by enhancing their ability to cope with stress and, maybe, to resist disease...

There is considerable similarity between how cells respond to the stress of exercise and how cells respond to intermittent fasting."

"Undernutrition without malnutrition" is the only experimental approach that consistently improves survival in animals with cancer, and extends overall lifespan by about 30%."

Health Benefits

Both intermittent fasting and continuous calorie restriction have been shown to produce weight loss and improve metabolic disease risk markers. However, intermittent fasting tends to be slightly more effective for reducing insulin resistance.

Besides turning you into an efficient fat burner, intermittent

fasting can also boost your level of human growth hormone (also known as the "fitness hormone") production by as much as 1,200% for women and 2,000% for men.

Brain Benefits

Your brain can also benefit from intermittent fasting. As reported in the featured article:

"Mattson has also researched the protective benefits of fasting to neurons. If you don't eat for 10-16 hours, your body will go to its fat stores for energy, and fatty acids called ketones will be released into the bloodstream. This has been shown to protect memory and learning functionality, says Mattson, as well as slow disease processes in the brain."

Dr. Mercola, June 28, 2013 go to www.mercola.com – and search 'Intermittent fasting'



Christmas Special Offers

This year we are running a special offer in conjunction with the Forever Christmas 'aloe-inspired gift guide. This gift brochure is available exclusively from Anita and Robin (Aloe Malvern) and has fourteen pages of gift ideas designed to help you treat your family and friends with gifts of health and beauty.

What we have done is to select popular combinations of products and offer you an early Christmas present of a 10% discount on the normal retail price. Not content with that we are also offering a free gift bag with orders over £20; a larger bag if your order is over £40.

For example, you can choose a Defining Lip Pencil with a Delicious Lipstick reduced by over £3. (Please ask for a Sonya makeup brochure so you can choose your colours.) Or perhaps the Aloe Refreshing Toner with the Aloe Nourishing Serum or Aloe Deep Moisturising Cream at £6 off.

Remember, these offers are not available online through our website, so you must contact Anita or Robin directly to take advantage of this special offer. Also, these offers are only available for orders placed before Christmas and only while stocks last. In particular the gift bags which have been created specially for this festive season.



Ageing – Is It Simply Mind Over Matter?

Research actually shows that how you think about it can make a big difference in how gracefully you age. As it turns out, holding on to negative stereotypes about ageing may have a significant impact on your quality of life, preventing you from living to full capacity as you age.

In one study, psychological intervention designed to strengthen positive age stereotypes actually resulted in increased mobility and strength. As reported by the New York Times:

“Over and over, they’ve found that those who hold more positive age stereotypes behave differently as they age from those with more negative stereotypes, even when the groups are similar in other ways, including health status...”

“Older people with more positive views of ageing do better on memory tests. They have better handwriting. They can walk faster. They’re more likely to recover fully from severe disability. Those with more positive self-perceptions of ageing actually live longer, by an average of 7½ years.”

The study in question, published in Psychological Science, investigated ways to uplift people’s views on ageing, and then looked at how this new mindset affected their physical strength.

Proving the mind-body connection yet again, the results showed that taking a more positive view actually led to stronger physical functioning, even without added exercise.

One hundred seniors living in New Haven, Connecticut participated in the study. The average age was 81. Once a week for one month, some of the participants were exposed to what the researchers refer to as an “implicit association” exercise, while others engaged in an “explicit association” exercise.

Implicit association exercise:

For about 15 minutes, words such as “creative,” “spry,” and “fit” were flashed on a computer screen in combination with words like “old” and “senior.”

The words were flashed so quickly that they couldn’t be consciously read—a technique used in subliminal programming. Lead researcher Dr. Becca Levy refers to it as “perception without awareness.”

Explicit association exercise:

Those engaging in the explicit exercise were asked to write brief essays about older people engaging in some type of activity.

Follow-up tests revealed that the implicit (subliminal) intervention had a significant impact, strengthening positive age stereotypes and self-perceptions of age over a longer term.

At one week, and again three weeks after the final association exercise, the participants were asked to perform a variety of physical tasks, such

as repeatedly standing up and sitting down, walking across a room, and holding challenging poses to test for balance. As reported in the featured article:

“The group exposed to implicit positive messages showed significant improvement in physical function, compared to their status before the experiment began. Those who participated in the explicit intervention and wrote essays showed no improvement.”

In fact, the people who underwent four brief exposures to implicit positive messages showed greater physical improvement than a group of a similar age, enrolled in a different study, that actually exercised for six months.

The implicit approach may have more impact than explicitly positive messages, Dr. Levy said, because it thwarts resistance. “People have encountered negative stereotypes for so long, in media and marketing and everyday

conversations, that they build up ways to hold onto them,” she said. “Implicit interventions can bypass that.”

Dr. Mercola, November 14, 2014
go to www.mercola.com – and search “Aging Well”



11 Basic Guidelines for General Health and Longevity

Leading a common sense, healthy lifestyle is your best bet to produce a healthy body and mind, and increase your longevity. The following guidelines form the basic tenets of optimal health and healthy weight—foundational strategies that will not change, regardless of what marvels modern science comes up with next.

- 1 Eat a healthy diet
- 2 Replace sweetened drinks (whether they’re sweetened with artificial sweeteners, sugar, or HFCS) with plenty of pure, clean water
- 3 Avoid all genetically engineered foods. There are nine primary GE food crops, but their derivatives are in over 70 percent of supermarket foods, particularly processed foods.
 - Soy
 - Corn
 - Canola Oil
 - Cottonseed
 - Hawaiian papaya
 - Alfalfa
 - Sugar from sugar beets
 - Some varieties of zucchini
 - Crookneck squash
- 4 Optimize your gut flora with fermented foods
- 5 Consume healthy fats, like butter, eggs, avocados, coconut oil, olive oil, and nuts
- 6 Eat plenty of raw food
- 7 Exercise regularly
- 8 Get an appropriate amount of sunlight to optimize your vitamin D levels
- 9 Limit toxin exposure
- 10 Get plenty of sleep
- 11 Manage your stress

Remember, it is up to YOU to take control of your health, and do what is right for you, to live a healthier, longer, drug- and disease-free life.

For More Natural Health Tips, Visit www.Mercola.com