

# Aloe Health

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

## EDITORIAL



*After the Winter comes ... well, Spring seems a little delayed this year! But, don't worry, holidays and Summer will arrive, even if you choose to go abroad to find them.*

*I hope you are well-used to hearing about the necessity of vitamin D, but have you considered vitamin K2? No? Well, neither had I until recent research attracted my attention.*

*Apparently, the Rotterdam Study found that those who consumed the greatest amounts of K2 had the lowest risk of cardiovascular disease, cardiovascular calcification, and the lowest chance of dying from cardiovascular disease. K2 also appears to be important for blood flow to your brain.*

*Foods high in K2 include raw dairy products such as hard and soft cheeses, butter, and kefir, as well as fermented vegetables like sauerkraut. Worth knowing.*

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## ALOE SKINCARE

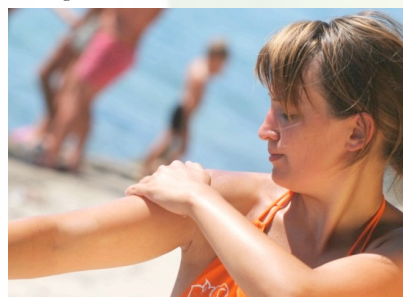
All seasons bring their own challenges for our skin, whether cold and wet or hot and dry. Our skin needs sunshine in order to produce Vitamin-D (converted by ultra-violet rays from cholesterol). But too much sun, too quickly, can damage our skin. Gradually increasing our exposure as the weather warms and the sunlight strengthens allows our skin to build its own protection. A good sunscreen protects vulnerable and light skins from over-exposure. A good moisturiser prevents skin from drying out and can restore moisture lost during sun exposure.

### Aloe Sunscreen

Forever's Aloe Sunscreen has an SPF of 30, and is a silky smooth waterproof formula that retains its SPF for 40 minutes in water, making it excellent for active children and adults enjoying the sea, lake, river or paddling pool. It soothes and protects against excessive sun exposure and the effects of the wind, and also makes an excellent aftersun lotion.

### Aloe Sunscreen Spray

Protection at the push of a button! All the benefits of the Aloe Sunscreen, plus speedy application (and re-application) making it excellent for use with children.



# Holidays With Aloe

When we're off on holiday, it is just as important as at any other time of the year to take the very best supplement, Aloe Vera, with you. Holidays bring many challenges to our wellbeing: travelling stress, adapting to different time zones, different foods, different hygiene conditions, and different bugs!

But what about carrying and storing your favourite aloe drink? The bottles, practical though they are for most purposes, are bulky and, once opened, need to be kept cool, which is difficult in many holiday situations.

### Aloe2Go & Freedom2Go

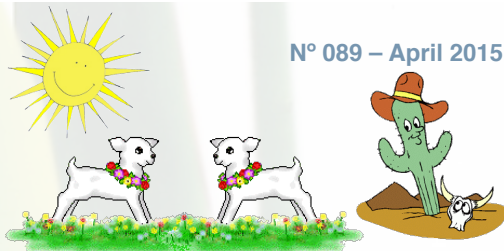
Forever has come up with a clever solution. Pouches of Aloe Vera, with added nutrients, each containing a daily drink to supply your needs. They need no refrigeration, are easy to pack, and take the guesswork out of knowing how much to drink when you may not have your measuring glass with you. The single serving foil pouches make these ready to drink anytime, anywhere; ideal when travelling, working, or out on the go!

**Forever Aloe2Go** is Aloe Vera Gel blended with Pomesteen Power, a powerful antioxidant supplement that helps to keep your immune system strong and healthy. **Pomesteen Power** contains two of the most potent fruits found in nature – pomegranates and mangosteens – plus a delicious mix of pear, raspberry, blackberry, blueberry and grapeseed extract.

**Forever Freedom2Go** has all the exceptional benefits of Forever Freedom combined with the exotic flavour of pomegranate. The healthy benefits of Aloe Vera Gel, plus glucosamine, chondroitin and MSM, and the sweet taste of antioxidant-rich pomegranate juice combine to make a refreshing drink packed with the supplements you need to maintain healthy joint function.

### Forever Active Boost

A quick, refreshing way to stay energised and alert all day long so you really can get the most out of your holiday! FAB contains Aloe Vera Gel, with guarana and ADX7 technology – a blend of adaptogenic herbs and nutrients.



Aloe2Go and Freedom2Go – bursting with the best, ready to go with you wherever you go.

## Have you tried these yet?



Photo: Julia Hallowell

## EyeLuminate your eyes!

Add a splash of playful colour to your lashes in a instant with Flawless by Sonya EyeLuminate Mascara/Eye Pencil Duos, available in blue, green and purple. They are infused with aloe so that the nourishing formula in the EyeLuminate Mascara and matching Eye Pencil combo keeps your lashes soft and conditioned while adding smudge-free volume and definition that won't clump or break. Its unique built-in, light-up wand gives you a flawless application every time, in any light.