

# Aloe Health

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE

## EDITORIAL



*After an unintended Summer break, your Aloe Health newsletter has returned to keep you up-to-date with the latest in health news from Forever.*

Choosing which supplements you should take is always a problem, so Forever has put together a number of product packs to help you. The Vital 5 is designed to start you off on the right foot with a selection to provide the nutrients we need in our day-to-day lives.

Whilst we do not consume essential oils as a supplement(!), their use has been around for thousands of years. I am delighted to see that Forever has put an incredible amount of care into producing a selection of oils to match the best in the marketplace. Remember, never use essential oils undiluted. To help, Forever has produced a carrier oil, again of outstanding quality, for this very purpose.

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.

## OFF TO SCHOOL

Nutrition is essential for growing bodies and minds. However, getting our little ones to eat the right food can sometimes be a bit challenging, to say the least! Whatever their age, Forever has a supplement to help you make sure your child is getting their daily essential nutrients.

### Forever Kids

Soft chewable multivitamins that provide children with the nutrients needed each day. Fun and delicious, grape-flavoured, formulated without sugar, aspartame, artificial colours or preservatives, adults love them too!



### Fields of Greens

With today's busy lifestyles and convenient fast food, we all too often neglect fresh, green foods. Fields of Greens provides a simple solution. One glance at its ingredient list reveals a cornucopia of green foods to help fill this gap. Also high in fibre.



### Forever daily

A food supplement designed to deliver 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients. Forever Daily combines 55 perfectly balanced aloe-coated nutrients to support health and vitality each day. Take with Aloe Vera Gel for the best results.



# FOREVER'S VITAL 5



Vital 5 • Advanced Nutrition Made Simple

**Forever Living Products is proud to announce Forever Vital 5 – the solution to healthy nutrition in one simple pack. Vital 5 contains Aloe Vera Gel, Forever Daily, Forever Active Probiotic, Forever Arctic Sea and ARG1+. Together these products help to support the Nutrient Superhighway.**

### Nutrient Superhighway

The Nutrient Superhighway is the transportation of nutrients through our bodies to our cells and tissues. We take in nutrients from our food and the dietary supplements we consume; the Nutrient Superhighway ensures that these nutrients are delivered to every cell and tissue. Also, it removes the waste products our bodies normally generate – all to help keep our bodies functioning optimally. In a nutshell, nutrients move along the Nutrient Superhighway to where they are needed, and wastes are carried to be eliminated from the body.

**Forever Aloe Vera Gel** supports the digestive tract – one of the primary components of the Nutrient Superhighway, where our food and nutrients are absorbed. Aloe can help to support nutrient absorption and bioavailability as well as waste elimination.

**Forever Daily** provides essential vitamins and minerals and helps to ensure we are obtaining the

levels of these nutrients we need for optimal health. It can also help to fill in the gaps in nutrients that our diets may be missing. These nutrients are then carried along the Nutrient Superhighway to our cells and tissues to support optimal functioning.

**Forever Active Probiotic** supports the proper balance of good and bad bacteria in our bodies, to support digestion and the absorption of nutrients onto the Nutrient Superhighway.

**Forever Arctic Sea** provides a balance of the essential fatty acids that are missing in our modern diets. Omega 3 fatty acids from cold water fish help to correct the imbalance in our diets and bring us closer to the ideal 1:1 ratio of Omega 3 : Omega 6 fatty acids that helps to support the cardiovascular system and digestive tract – both essential components of the Nutrient Superhighway.

**ARG1+** provides arginine plus supportive nutrients for nitric oxide production in our bodies. Nitric oxide supports the circulatory system, which carries nutrients through our bodies to the cells and tissues and also carries waste products from normal metabolic processes to be eliminated by the body, and supports cell function.

## ESSENTIAL OILS



The human senses are incredibly powerful and greatly affect thought, mood and many other brain functions, and they work together to help support our perception of our surroundings.

Undoubtedly, one of the most powerful senses is the sense of smell. The brain's olfactory receptors, cells located in the back of the nasal cavity, are linked directly to the limbic system in the brain, which supports emotion

and memory. It's no surprise, given the power of our senses, that the therapeutic benefits of aromatherapy are widely celebrated.

Forever has selected, harvested and produced with the highest quality in mind. The mineral content of the soil, along with the climate, location and sustainability are all considered when choosing the botanicals, fruits, herbs and plants needed to create these wonderful essential oils.

