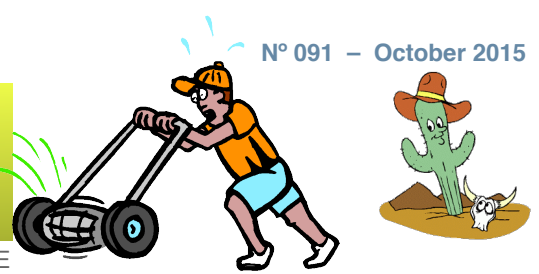


Aloe Health

NATURAL HEALTH FROM THE ALOE AND THE BEEHIVE



EDITORIAL



Summer may not have been all we would have liked, but the end of September and start of October are giving us excellent weather to tidy the garden.

Forever's products are particularly useful for the gardener – protecting and soothing skin that inevitably finds brambles, rose thorns and other nice attacking plants! We have a selection of products for you to consider as useful 'tools' in the garden.

Looking good isn't always a question of vanity. When we remember we really are what we eat, then making sure we consume the right nutrients is reflected in how we look.

Robin

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FEEL GOOD & LOOK GREAT



FOREVER GARDENING

At this time of year, the garden tools beckon! You can be well-prepared with a selection of excellent products.

Aloe First Spray and **Aloe Vera Gelly** both soothe and moisturise irritated skin. Aloe First is ideal for children and the most sensitive skins. **Aloe Propolis Crème**, as well as soothing irritated skin, can also be used as an effective barrier cream to protect your skin in the garden.

Aloe Heat Lotion is an excellent massage lotion if you have overdone it in the garden. Applied to the affected areas it brings soothing relief, going on cool it then gently heats up to help relax and soothe away the stress. The **MSM Gel** works well with the Heat Lotion to further soothe the joints and muscles. Essential tools for the garden!



When you feel healthy, you usually look good too. Even the modern use of the term 'looking fit' has migrated to meaning seeing someone as attractive, but is clearly based on appearance relating to someone's physical health. Possibly, the opposite can be even more true; if you feel unhealthy, you may not look good, and you probably won't think that you look good. So, good grooming starts with a healthy lifestyle – for everyone: men and women, young and old.

Healthy Skin

Keeping our skin clean, but not stripping out the natural oils, is the basis of healthy skin. Forever **Aloe Hand & Face Soap** does just that. Its creamy, moisturising formula gently, but effectively, cleans leaving skin smooth and fresh. It is economical to use, and suitable for all the family. It is ideal to use when shaving, gentle enough to use on your face and kind to sensitive skin.

Alongside the Hand & Face Soap, there is also the **Hand Sanitiser** containing Aloe (of course!) and honey. It is ideal for whenever you can't easily wash your hands and unlike most other hand sanitisers, it is moisturising for the skin.

Our skin is sensitive to the detergents we use to wash our clothes and bed linen. Unexplained irritation or rashes, particularly with children, may sometimes be as a result of sensitivity to a washing detergent. With that in mind, Forever's **Aloe MPD** is a multi-purpose detergent that is both non-allergenic and a powerful cleanser.

Aloe vera has been used for thousands of years to moisturise skin; Cleopatra is reputed to have used it as part of her beauty régime. Forever has some excellent moisturisers. **Aloe Lotion** is a soothing moisturiser particularly suitable for the whole body and ideal to use after exposure to the sun. The **Aloe Moisturising Lotion** is richer in texture making it excellent for face, hands and feet.



Aloe Propolis Crème contains bee propolis, chamomile and comfrey along with Aloe Vera, making it a rich moisturiser that can also soothe irritated skin.

For men, there is the **Gentlemen's Pride** after-shave balm. It is an alcohol-free balm that will soothe and moisturise irritated skin at any time, but particularly after shaving. It has a clean, subtle fragrance and provides excellent daily protection.

Healthy Hair

Our hair has to cope with the drying effects of wind and the sun, as well as collecting dust from our environment. **Aloe-Jojoba Shampoo** and **Conditioning Rinse** can help you create soft, shiny and manageable hair. It is a mild, long-lasting formulation, suitable for all hair types, that keeps scalp and hair looking clean and healthy.

Makeup

The **Sonya Skincare Collection** uses superior ingredients – aloe vera, jojoba, white tea and mimosa bark extracts for example – designed to work together synergistically to achieve beautiful, healthy, radiant and soft skin. Forever's makeup range is formulated with aloe vera to protect and moisturise whilst providing colours to suit every skin tone and mood with a rich palette of shades for eyes, cheeks, face and lips. Perfectly suited for all skin types, particularly sensitive skin.

Healthy Inside

Healthy skin needs the right nutrients as the cells grow. Good health on the outside starts with good health on the inside. Drinking **Aloe Vera Gel** every day assists digestion and the absorption of nutrients, adds vitamins, minerals and amino acids to your diet, but above all, promotes a good, healthy lifestyle. We are what we eat, so make sure you look and feel your best by giving your body the nutrients it needs.

How To Shorten Your Lifespan!

Condensed from an article by Dr. Mercola, 'Foods and Other Lifestyle Factors That Will Shorten Your Lifespan', January 14, 2015.

A recent article in 'The Week' reviews seven things that will make you sick or lead to premature death according to science. Included in this list is smoking pot, being a pop star, playing football, and staying in an unhappy marriage.

More important, are the following four dietary and lifestyle factors – only three of which made it into the featured story:

- Excessive sugar consumption
- Artificial sweeteners
- Trans fats
- Vitamin D deficiency

Sugar Reduces Your Lifespan

A diet high in sugar (which includes processed fructose and grains) can cause a host of health problems that can take years off your life, including obesity, diabetes, and heart disease.

Processed foods are the primary culprit. Added sugars hide in 74% of processed foods under more than 60 different names, so you may not even be aware of just how much sugar you're eating on a daily basis.

As a standard recommendation, keep your total sugar consumption below 25 grams per day. If possible, unrefined sugars are preferable as they are processed better by our bodies.

Artificial Sweeteners Take a Toll on Your Health

Many people mistakenly opt for artificial sweeteners to keep their sugar consumption in check, not realising just how harmful this trade-off may be. Contrary to industry claims, research over the last 30 years has shown that artificial sweeteners stimulate appetite and increase cravings for carbohydrates.

Research also shows that artificial sweeteners such as aspartame actually worsen insulin sensitivity to a greater degree than sugar!

Artificial sweeteners were also found to induce glucose intolerance in otherwise healthy people. Glucose intolerance plays a role in obesity because the excess sugar in your blood ends up being stored in your fat cells.

Besides this, artificial sweeteners also promote other health problems associated with excessive sugar consumption, including cardiovascular disease, stroke and Alzheimer's disease.

While poor diet is a major driver of Alzheimer's in general, the key mechanism of harm here appears to be methanol toxicity – a much-ignored problem associated with aspartame in particular.

Trans Fats – For Heart Disease

For decades, saturated fats were said to cause heart disease. Responding to such health concerns, the food industry replaced saturated fats with trans fats, giving rise to a whole new market of low-fat (but high-sugar!) foods. Trans fats are also a major contributor to insulin resistance.

Trans fats, found in partially hydrogenated vegetable oils, are thought to act as pro-oxidants, contributing to oxidative stress that causes cellular damage, and many researchers agree that there is *no* threshold at which trans fats are safe. Dr. Fred Kummerow, author of *Cholesterol Is Not the Culprit*, has researched fats for eight decades, and he was the first researcher to note that trans fats clogs your arteries and promotes heart disease. Moreover, trans fats prevent the synthesis of prostacyclin, which is necessary to keep your blood flowing. When your arteries cannot produce prostacyclin, blood clots form, and you may succumb to sudden death. Trans fats has also been linked to dementia.

While trans fats consumption has decreased by about one-third recently, many people are still getting far too much trans fats in their diet. As a general rule, to avoid trans fats, you need to avoid foods containing or cooked in partially hydrogenated vegetable oil.

Unfortunately, instead of reverting to healthy saturated fats like coconut oil, lard, and butter, trans fats are being replaced with other un-saturated vegetable oils that produce toxic cyclic aldehydes when heated. Research now shows that these byproducts appear to be so harmful they may even make trans fats look benign in comparison, and we may not realise the results of this switch until a decade or two down the line.

Dangers of Low Vitamin D Levels

Last but not least, optimising your vitamin D levels can go a long way toward preventing disease and living a longer, healthier life.

Researchers have pointed out that increasing levels of vitamin D3 among the general population could prevent chronic diseases that claim nearly one million lives throughout the world each year. Compelling evidence actually suggests optimising your vitamin D can reduce your risk of death from *any* cause. Some of the key benefits include protection against:

- **Cardiovascular disease.** Vitamin D is very important for reducing hypertension, atherosclerotic heart disease, heart attack, and stroke. Vitamin D deficiency can increase your risk of heart attack by 50 percent.
- **Autoimmune diseases.** Vitamin D is a potent immune modulator, making it very important for the prevention of autoimmune diseases, like multiple sclerosis (MS) and inflammatory bowel disease.
- **Lung disease.** In those who are deficient, vitamin D supplementation may reduce flare-ups of chronic obstructive pulmonary disease (COPD) symptoms by more than 40 percent.
- **Infections, including influenza.** Vitamin D also fights infections, including colds and the flu, as it regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses.
- **DNA repair and metabolic processes.** Recent studies showed that healthy volunteers taking 50µg of vitamin D per day

for a few months showed an increase in the responsiveness of 291 different genes that control up to 80 different metabolic processes.

- **Cancer.** Vitamin D has a number of specific anticancer effects, including the promotion of cancer cell death, known as apoptosis, and the inhibition of angiogenesis (the growth of blood vessels that feed a tumour). There are well over 800 references in the medical literature showing vitamin D's effectiveness against cancer.

Sun Exposure Is best for Vitamin D

Sensible sun exposure appears to be the best way to optimise your vitamin D levels.

If your circumstances don't allow you to access the sun, then taking a vitamin D supplement is certainly advisable. In this case, be sure to take vitamin D3 – not synthetic D2 – and take vitamin K2 and magnesium in conjunction with it, as both are essential for its optimal function. Vitamin D is fat soluble, so taking some form of healthy fat with it will also help optimise absorption.

There are a number of important reasons for these recommendations. For starters, the biological role of vitamin K2 is to help move calcium into the proper areas in your body, and without sufficient amounts, calcium will build up in areas such as your arteries and soft tissues. This can cause calcification that can lead to hardening of your arteries – a side effect previously thought to be caused by vitamin D toxicity. We now know that inappropriate calcification is actually due to lack of K2 rather than too much vitamin D.

Magnesium is also important, both for the proper function of calcium, and for the activity of vitamin D, as it converts vitamin D into its active form. Magnesium also activates enzyme activity that helps your body use the vitamin D. In fact, all enzymes that metabolise vitamin D require magnesium to work. As with vitamin D and K2, magnesium deficiency is very common, and if you're lacking in magnesium and take supplemental calcium, you may exacerbate the situation. Dietary sources of magnesium include sea vegetables, such as kelp, dulse, and nori. Vegetables can also be a good source.

The Reward is a Longer and Healthier Life

The good news here is that avoiding refined sugar/processed fructose, trans fats, and artificial sweeteners is actually rather easy. By trading processed foods for real food – food that is whole (unprocessed, or minimally processed) and ideally organic and/or locally grown, you will automatically eliminate all three – plus a number of other hazardous ingredients, including cyclic aldehydes, acrylamide, and genetically engineered ingredients. Buying organic will also help you avoid harmful pesticides. Another piece of good news is that, according to Dr. Kummerow, your body will eliminate trans fats in about a month.