

ISSUE 4

aloe life

Make
your escape

SHORT ON TIME? HAVE AN
ADVENTURE OF A LIFETIME WITH
THESE WEEKEND GETAWAYS
AROUND THE WORLD.

Plus...

HOW TO CHOOSE THE RIGHT
PRODUCTS WITH THE RIGHT
INGREDIENTS

WIN A TRIP TO FOREVER'S
FACILITIES

WAYS TO TURN TRAVEL INTO
A CAREER

HOW TO MAKE A SIMPLE
SUPERGREENS MOCKTAIL



FOREVER



It's a great time to get away

Sometimes getting away is as much about the journey as it is the destination. The craving for exploration is something that's been ingrained in the heart of humankind since the beginning of time. It's also a significant part of our culture at Forever.

In this issue of Aloe Life, we'll take a close look at travel and help you prepare for that next adventure, whether it's a far-off expedition or a spa-like getaway in the comfort of your own home.

Even if you don't have time to take a long vacation, there are ways you can still get away and recharge. The main feature in this issue highlights some of our favourite locations for turning a long weekend into a true escape. Explore your possibilities from every angle, whether it's a few days packed with outdoor adventure or a relaxing, pampering retreat (P.10).

Of course, if you're travelling for any amount of time, you'll need to feel your best to make the most out of your experience. Discover ways to keep your mind and body healthy while you're on the go, so you can enjoy every moment of your journey. We've also included some much-needed airplane survival tips to stay cool, calm and relaxed on long flights, featuring some of our best travel-friendly products (P.18).

Some of you may be thinking you're too busy to travel or don't have enough vacation time saved up. If this sounds like you, we have a great article on bringing the feeling of a retreat into your own home. We talked to our resident product expert here at Forever, who shared some great advice about bringing the vacation to you when you can't get away (P.20).



P.10



P.19



P.22

The Power of Aloe

99.7%
PURE INNER
LEAF ALOE
VERA GEL



In a smaller package

Imagine slicing open an aloe leaf and consuming the gel directly from the plant. Our **Forever Aloe Vera Gel** is as close to the real thing as you can get!

The first to receive certification by the International Aloe Science Council (IASC) for purity and potency, this nutrient-rich drink is sugar and preservative free and boasts an amazing **99.7% pure** inner leaf aloe vera gel.

Now available in a 330ml bottle* so you can take aloe on the go!

*Pack of 12

Forever Aloe Vera Gel | code 715
Forever Aloe Vera Gel Mini | code 716

The
Aloe Vera
Company

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I hope this issue will inspire you to commit to seeing more of the world and broadening your perspectives. As we always say at Forever, seek adventure! Nothing refreshes your mind and fuels the imagination like getting outside of your comfort zones.



A. Armer
Executive Director of Marketing
Forever Living Products

Shine On

With SPF 30 protection from UVA and UVB rays, this water-resistant sunscreen will keep your skin protected wherever the adventure leads you.

Protect your skin with the power of aloe. Forever's Aloe Sunscreen shields your skin from the sun's harmful rays while doubling as a powerful moisturiser. This long-lasting, water-resistant sunscreen will keep your skin protected wherever the adventure leads you.

Aloe Sunscreen | code 617



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Forever is a member of the Direct Selling Association (DSA)



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Forever around the world

With properties stretching all over the world, Forever is truly a global company.

We are proud to connect millions of people to our products through a worldwide network of offices, distribution centres, manufacturing facilities and aloe plantations. Controlling every aspect of production ensures that we can provide the freshest, highest quality products to anyone, anywhere.



FOREVER

The Forever Home Office is a beautiful property in Scottsdale, Arizona and headquarters of Forever's global operations.



**FOREVER
NUTRACEUTICAL**

This 82,500 square-foot manufacturing facility in Tempe, Arizona is where Forever produces supplements and powdered nutritional products.



**ALOE VERA
OF AMERICA, INC.**

Located in Dallas, Texas, AVA is the manufacturing hub for our worldwide operation.



**FOREVER ALOE
PLANTATIONS**

We grow, harvest and process our own aloe vera at plantations in the Dominican Republic and Texas.



**FOREVER
DIRECT**

Our distribution centre in the Netherlands makes it possible for Forever to deliver products to over 160 countries.

Win a trip to tour a Forever destination

**Your golden ticket to
the heart of Forever**

Drink gel and win a trip to tour Forever's top U.S. facilities

Have you ever wished you could get an all-access pass to see how your favourite Forever products are created? We're launching a Willy Wonka-style contest that could be your golden ticket to tour the places that make Forever's global reach possible.

There might not be any chocolate rivers or Oompa-Loompa sightings, but there's plenty of magic that happens to bring our 99.7% pure inner leaf aloe vera gel to customers all over the world. One lucky aloe vera drinker will receive a grand prize golden ticket for an all-expenses trip to visit Forever's home office in Scottsdale, Arizona, Aloe Vera of America in Dallas, Texas and our aloe vera plantation in Mission, Texas.

See the entire growing, production, manufacturing and business operations for an experience you'll remember every time you open a fresh bottle of **Forever Aloe Vera Gel**.



**Drink up and
win big!**

Order your Forever Aloe Vera Gel, Forever Aloe Berry Nectar, Forever Aloe Peaches or Forever Freedom and start sharing your photos.

**You might just be the
lucky winner!**

How to enter

Share your gel photos on social media

Show the world how much you love your gel for a chance to win. Take a photo of your **Forever Aloe Vera Gel** in an iconic location somewhere in the world using the hashtag #AloeAroundTheWorld and you'll automatically be entered to win the grand prize.

This competition will run from 1st June 2019 until 15th July 2019. Further details and terms and conditions can be found at foreverliving.com.

Forever Aloe Vera Gel | code 715
Forever Aloe Vera Gel Mini | code 716

THE
ONLY
IMPOSSIBLE
journey
IS THE
ONE YOU
NEVER
begin

ANTHONY ROBBINS

Vacation on the fly

Weekend getaways around the world

Just because you only have a few days doesn't mean you can't book the trip of a lifetime.

There are plenty of great ways to go long on adventure, even when you're short on time. Sometimes a weekend or a long weekend can be just the refresher you need to break away from everyday life and immerse yourself in new experiences.

With a little planning, you can have an experience that's perfect for you. Whether you're looking for outdoor adventure, a cultural metropolitan escape or a place to unplug and unwind, we've come up with a few ideas to get your imagination going.



For an offbeat European experience

Why you should go: You can pack a lot of sightseeing and culture into a short trip to Budapest. There's a realism to the diverse architectural beauty as many of the buildings have not undergone renovation or restoration in quite some time. Hungary's rich history ensures you'll get to experience a wide range of architectural styles.

There's no shortage of hearty Hungarian dishes to keep you fuelled, from classics like traditional goulash to chicken paprikash and street foods like Langos, a deep-fried dough served

with a variety of toppings. You'll get the full European experience at an affordable price, from sightseeing to nightlife, street markets and great food.

Where to go: No trip to Budapest is complete without a trip to the Szechenyi Baths. Lounge in the hot water that's supplied by two thermal springs. Don't forget to treat yourself to a sky-high view of the city by taking a turn on the Budapest Eye.

This giant Ferris wheel is the tallest in Europe and will yield incredible views of the city and beyond.

Take a Danube River dinner cruise and enjoy a special view of the riverbanks and bridges as the sun sets and night comes alive with lights.



Visit a Forever property in Hungary

Pay a visit to Forever's Budapest office while you're in the city. This beautiful building was constructed in 1863 and serves as the headquarters for operations in Albania, Bosnia, Croatia, Kosovo, Montenegro, Serbia and Slovenia.

Just a little way out of the city, you can get an authentic feel for Hungarian village life at Forever's Hotel Kastely Szirak. The castle hotel is surrounded by beautifully manicured grounds with a backdrop of forests, rolling hills and farmland. A perfect place to unwind and feel at peace.





For the outdoor adventurer

Why you should go: When it comes to outdoor adventure, set your sights on the world's first national park. Yellowstone has all the natural drama you could ever ask for in one place. Towering, jagged mountain peaks, geysers, forests, lakes and abundant wildlife. This beloved national park is steeped in U.S. history, having been established as a national park in 1872.

In addition to the 3,468 square miles of epic scenery, Yellowstone is home to a spectacular array of wildlife. Expect to see grizzly bears, wolves and free-ranging herds of bison and elk.

Whether you prefer camping or putting your feet up by the fire in one of the many nearby lodges, there's always a new adventure right around the corner.

Where to go: You can't put a trip to Yellowstone in the books without a stop at the park's most iconic attraction, Old Faithful. You can watch this famous geyser erupt from the viewing area or stroll along boardwalks to get an up-close look at some of the 500 geysers in the park. Make a stop at the Lake Village to take in Yellowstone Lake, the highest-elevation lake in the lower 48 states.

Both Hayden Valley and Pelican Valley are ideal locations for astonishing wildlife viewing. The two vast valleys are among the best places in North America to see grizzly bears, bison, elk, wolves and other animals roaming free.



Up the adventure with a scenic safari

Tailor your adventure to one that fits your lifestyle. Forever Resorts operates Scenic Safaris to provide travellers with a truly memorable and one-of-a-kind Yellowstone experience. Set out from Jackson, Wyoming, and explore all the wonders of Yellowstone and Grand Teton by ATV, river float, luxury van or go on foot with a trained guide.



For the bucket list traveller

Why you should go: South Africa has everything for the world traveller looking to check a major destination off the bucket list. Cities like Cape Town and Johannesburg have all the culture you can handle, from world-class resorts, fine dining, museums and captivating historical sites. The Western Cape is ideal for surfers and wine enthusiasts alike while Johannesburg boasts some of the most incredible golf courses in the world. Of course, the country is filled with stunning natural beauty, culture and wild adventure.

Check out one of South Africa's many game reserves for a chance to see the 'big five' of big game: elephants, lions, leopards, buffalo and rhinos.

Where to go: Kruger National Park is South Africa's most famous game reserve as well as the country's oldest and largest. This is the destination for those hoping to see all the big five. However, the popularity also comes with big crowds, so consider Kgalagadi Transfrontier Park, Mkuze Game Reserve or Addo Elephant National Park.

If fun on the high seas is more up your alley, the Cape Town area boasts some of the best surfing on the planet. If being under the water is your thing, there are companies in Gansbaai, Mossel Bay and Simonstown that offer cage-diving tours allowing you to get an up-close look at great white sharks.



Unwind at a Forever resort

Put yourself in the middle of it all with a trip to Forever Hotel at Centurion. This tranquil oasis is located in the middle of the bustling city life of Lyttelton, so you can enjoy the metropolitan experience with easy access to nearby nature reserves, golf courses and fine dining. If you want to pack a lot of experience into a short trip, this Forever resort will put you right where you need to be.

Discover your next trip at: <https://www.foreverresorts.com/>

A photograph of two young women with long hair, smiling and hugging each other. They are wearing patterned scarves. In the background, a large, ornate stone building with a circular window is visible, likely a cathedral or church. The image is slightly blurred, focusing on the women.

Make the most of your weekend getaway

If you can't make your trip a long one, the key to enjoyment will be making the most out of the short time you do have. Planning right can ensure you still pack in a worthwhile adventure even when you don't have the luxury of time. Here are a few ways to maximise your journey.

1 Cut down on the transportation time

If you want to spend as much time as possible at your destination, try to make your travel time as short as possible. Book non-stop flights so you don't have to waste time with a layover. Try to pick a single location with lots of attractions nearby to help ensure you don't have to travel for hours between places.

2 Give yourself an extra day

Take a little pressure off the weekend getaway by making it a long weekend. If you can get just an extra day or two off work, it will go a long way towards giving you extra time to see the sights and unwind.

3 Unplug and enjoy the quiet time

Immerse yourself in the experience as much as possible by putting away the phone and laptop. Ignoring those business calls and emails for a while will help you soak in as much of your short vacation as possible and disconnect from the real world. You'll come back feeling refreshed.

4 Pack light to stay on the move

The beauty of a shorter trip is that you can pack lighter and avoid a lot of hassle. In fact, if you're flying, you can probably fit everything you need in a carry-on bag and avoid having to stand around at the baggage claim waiting for your luggage.

5 Keep a light itinerary

When it comes to your itinerary, keep it limited to your must-see attractions. On a short trip, you'll want to leave yourself with some quality time to just wing it so you don't end up feeling stressed or pressured to make it to the next destination on time.

Enjoy your getaway!

Are you ready to make some memories? Get out there and enjoy every minute. Even a short trip can be an experience that will stay with you for decades to come.

Greens on the go

A super source of plant-based nutritional power.

Forever Supergreens contains over twenty fruits and vegetables with vitamins C, E and magnesium to help keep your body fully powered for optimal performance*.

* Vitamin C contributes to the normal function of the immune system. Vitamin E contributes to the protection of cells from oxidative stress. Magnesium contributes to normal energy-yielding metabolism, reduction of tiredness and fatigue, electrolyte balance and psychological function.

Forever Supergreens | code 621



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Sip of the Season

Give your taste buds the tropical treatment with a mocktail powered by Forever's new **Supergreens** drink mix. This delicious recipe is like a little slice of paradise in a glass. It's perfect for lounging poolside.

4 **115g**
Pineapple
Chunks

2 **230 ml**
Coconut Water

1 **120 ml**
Forever Aloe
Vera Gel

3 **1 sachet**
Forever
Supergreens



Blend ingredients together and add ice.

Optional: Drizzle **Forever Bee Honey** on a plate and dip the rim of the glass. Be sure to coat the whole rim. Then, dip the rim in a bowl of shredded coconut. Add umbrella, sip and relax.

Stay healthy on long flights

While flying is the safest way to travel, spending long hours in an enclosed cabin doesn't come without health risks. There's the threat of pathogens, jet lag and dehydration to name just a few. Luckily, there are steps you can take to ensure that your adventure isn't thrown off course before you arrive.



Rest up

Rest up before you fly.

Try to make it a priority to get a good night's sleep before you fly. Waking up sharp and well rested will help cut down on the stress associated with showing up to the airport on time, getting through security and finding a place to store your carry on luggage.

Fatigue can lead to stress and irritability that will only compound the stress of flying. If you think you'll get sleep on the airplane, you may want to think again. Small seats, loud noises and the temperature fluctuations can make it difficult to get rest. Chances are you won't get much sleep on your flight, so you'll want to be well rested going into your journey.



Disinfect

Disinfect your seating area.

Sanitiser wipes are a great first line of defence against picking up unwanted germs. Wipe down your tray, arm rests and seatbelt buckle to kill any viruses or bacteria lingering around on the surfaces people most frequently touch. Be sure to choose wipes with a high enough alcohol content to kill germs and bacteria.

Move around

Move around as much as possible.

Sitting in one place for too long can have a wide range of negative impacts, from poor circulation, to chronic body pain and even problems with your posture. During long days at the office, you still have the opportunity to get up and do a few laps around the building. However, when you're stuck on a plane for hours on end, getting exercise can be tricky. At minimum, you can do simple exercises in your seat such as moving your toes up and down while flexing your calf muscles. Even better, take some time to walk up and down the aisle when you have a chance.

Hydrate

Stay hydrated on your flight.

Long flights can not only leave you feeling dehydrated, but can leave your skin feeling drained of moisture as well. The inside cabin of most commercial airplanes has a humidity level of 10 to 20 percent. That's far lower than the 40 to 65 percent humidity found in most indoor climates. Drink plenty of water during your flight. When you reach your destination, unwind and replenish your skin's lost moisture with **Forever's Aloe Bio-Cellulose Mask**. You'll experience powerful hydration that gets in deep for a truly rejuvenating experience.

Aloe Bio-Cellulose Mask | code 616

Sanitise

Use hand sanitiser even after you wash.

Did you know the tanks used to store water on airplanes can be a breeding ground for bacteria? A recent United States Environmental Protection Agency study found that 15 percent of the samples collected from 300 planes contained coliform bacteria and two samples tested positive for E. coli. Bring some hand sanitiser with you to be sure you're killing any unwanted germs. **Forever Hand Sanitizer** is a great option because the high aloe content will leave your hands feeling soothed and soft.

Forever Hand Sanitizer | code 318

Relax

Relax and enjoy the flight.

If you get nervous about flying or have trouble relaxing in tight quarters, bring a few comfort items to help you unwind. A neck pillow, eye mask and earplugs can help close off the chatter and bring you some peace. **Forever Essential Oils At Ease** blend is a perfect travel companion to help bring you a sense of calm.

Sit back, relax and enjoy your travels.

Forever Essential Oils At Ease | code 509

Can't get away?

Bring the vacation home.

Sometimes it really feels like you need a vacation but certain circumstances just don't make it possible. If you find yourself unable to jet off when the urge strikes, the next best option is to bring the vacation to you.



We caught up with Holly Stout, Forever's Director of Product Development, to find out her advice on making it feel like you're on vacation without leaving your home.

Promote relaxation from the inside

Get into vacation mode by resetting your body with **Forever Aloe Vera Gel**.

"Think about how you can promote relaxation from the inside," Holly says. "Aloe vera gel makes everything you do after you drink it better. If you eat a healthy, balanced diet, then aloe enhances that."

Aloe is a perfect base for a 'mocktail'. Mix it with any type of juice or **Forever Pomesteen Power** for a great-tasting berry flavour with a boost of antioxidant vitamin C to protect cells from oxidative stress.

Or, try **Forever Aloe Berry Nectar** or **Forever Aloe Peaches** for a fruity and sweeter morning pick me up.

The aloe will help support digestion and added vitamin C will reduce fatigue to provide a natural energy boost.

"Your digestive system is really known as the control centre of your body," Holly says. "When you can create balance and absorb the most nutrients, it helps provide a feeling of wellbeing and sustained energy throughout your day."

If you're in the mood for something warm, **Forever's Aloe Blossom Herbal Tea** is the perfect way to wind down and let the pressures of daily life drift away. The combination of aloe blossoms, cinnamon, orange peel, ginger, camomile and other spices create a perfect blend of rich flavours and aromas that can help you feel calm and more relaxed.

Enhance the experience with **Forever Bee Honey**, the perfect complement to hot tea. It's rich, naturally sweet, complex and packed with flavour.

"Honey is an all-natural, delicious sweetener," Holly says. "I like to drink my tea out of a special mug that brings back fond memories. My favourite mug is one my daughter gave me. This just elevates the feeling of wellbeing even more."

Promote deep relaxation and peace with aromatherapy

The connection between your mind and your senses is incredibly powerful. Have you ever been transported to a specific place and time by a familiar aroma? That's because our senses all work together to help create our perception of the world and one of the most powerful senses is smell.

Just as certain aromas can conjure specific memories, others can impact your mood and sense of wellbeing. That's what aromatherapy is all about. All you need to bring some peace and tranquility into your home is a few key essential oils.

Holly suggests **Forever Essential Oils Lavender** to promote a sense of peace. It should be diluted with **Forever Carrier Oil** before being applied directly to your skin.

"Mix it in your hands and breathe it in," Holly says. "Take five deep breaths, then rub it on the bottoms of your feet so your body can absorb the additional benefits. Your feet are a gateway to your body. The consistency of the skin on your feet is different so the effect on your body is enhanced and heightened."

Essential oils can also be used in a diffuser if you prefer to surround yourself with the aroma.

Whether you choose to apply the essential oils directly to your skin or use a diffuser, take advantage of the time to relax, put on some peaceful music and let your mind wander.



Give your skin a world class spa experience

In the hustle of daily life, it can be hard to find time to nourish and refresh your skin. While you slip away into the serenity of aromatherapy, take this time to also pamper your skin. You'll not only restore lost moisture, but reinvigorate your skin and regain that youthful glow.

Holly says Forever's new **Aloe Bio-Cellulose Mask** is the perfect companion for an at-home spa day.

This next-generation mask deeply replenishes skin with powerful hydration to unveil soft, supple skin that glows.

"Start by washing your face with one of our amazing cleansers, then put on the **Aloe Bio-Cellulose Mask**," Holly says. "Be mindful and aware of the sensations you are feeling. Feel that bio-cellulose as it grabs onto your skin and your skin starts to drink it in."

While the mask works to soothe and refresh your skin, Holly recommends massaging **Aloe Propolis Creme** into your hands, starting at the base of the palm. This not only elevates your spa experience, but will leave your hands feeling ultra-smooth and hydrated.



*Finding
your vacation
state of mind*

**Getting away doesn't always
have to involve a destination.
Take your mind and body on
a journey of relaxation and
self-reflection.**

"It's about finding moments of calm," Holly says. "Moments that are pleasant and evoke joy. That's what a vacation does. It puts us in a different state of mind that allows us to feel joy and disconnect from all the stresses. Be present in the moment. Celebrate your body, mind and skin with all the amazing products that feel luxurious and indulgent."

Forever Aloe Vera Gel | code 715
Forever Aloe Berry Nectar | code 734
Forever Aloe Peaches | code 777
Forever Pomesteen Power | code 262
Forever Aloe Blossom Herbal Tea | code 200
Forever Bee Honey | code 207
Forever Essential Oils Lavender | code 506
Forever Carrier Oil | code 505
Aloe Bio-Cellulose Mask | code 616
Aloe Propolis Creme | code 51

Easy. Invigorating. Super-hydrating.

Splash into the next generation of skincare with Forever's **Aloe Bio-Cellulose Mask**.

This super-hydrating formula combines the power of aloe with seagrass and a moisturising serum for a truly inventive formula that delivers nutrients deep into your skin. The result is soft, hydrated and radiant skin with a stunning glow.

To learn more visit foreverliving.com

Aloe Bio-Cellulose Mask | code 616



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FOREVER

Please speak to a Forever Business Owner if you would like to place an order.

Forever is a member of the Direct Selling Association (DSA)

Calming. Cooling. Soothing.



Look after your skin this summer with Aloe Vera Gelly. Thanks to its high aloe content, this topical gel is ideal for safely lubricating sensitive tissue and keeping you cool when you need it most.

Aloe Vera Gelly | code 61

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Wellbeing

Men's health special

It doesn't really matter what your gender is, keeping healthy is important if you want to live a long and happy life, but statistics show that, often, men are less likely to prioritise their health.

According to menshealthforum.org.uk, men will go to the doctors less than women because they don't want to take the time off work, often due to embarrassment or because they feel ashamed. According to the 2016 GP Patient Survey, just 37% of men had seen the doctor in a three-month period compared to 53% of women, but when you look closer, there are even more shocking statistics out there that need to be addressed. Results show that one in five men will die before the age of 65; men are nearly twice as likely than women to die prematurely from diabetes; and 67% are more likely to die from common cancers. Although the numbers sound scary, there are health checks you can do and lifestyle changes you can make to help keep your health in line, but next time you're feeling under the weather or notice something unusual, don't delay booking in to see your GP.

With this in mind, turn over to find out about some simple changes that you can implement into your life to improve your overall health and wellbeing.

Did you know?

If you're aged 40-74, the NHS will invite you to a free health check every five years? A few simple tests will measure how at risk you are to several serious diseases and it saves around 650 lives every year. Make sure you get checked out!

SET YOUR SIGHTS ON A SMOKE-FREE LIFE. Cigarettes contain around 400 toxic chemicals that can lead to all sorts of horrible diseases and life-threatening illnesses. If you do smoke, don't delay in accessing the help that's available to support you as you cut down and quit.

PUT DOWN THAT PINT. 31% of men compared to 16% of women drink over 14 units of alcohol in a usual week. As a result, men are more likely to be admitted to hospital for alcohol-related conditions.





Know your nutrients

Proper nutrition is often underestimated but really deserves to take centre stage in your life, alongside exercise of course! Vitamins and minerals contribute to the normal running of all kinds of bodily functions, from brain to bones and from the nervous system to cell division, and yet it's often hard to comprehend that what you eat can make a real difference to your health. Still, science cannot be disputed, and men are meant to consume even more of these nutrients daily compared to women, so it's time to take a look at your diet and get the goodness you really need! The following six vitamins and minerals are essential – are you getting your daily dose?

Vitamin D



If you're after healthy bones, you are probably likely to turn to calcium-rich foods, but actually calcium requires support from vitamin D in order to fulfil its function. Vitamin D facilitates calcium's absorption and contributes to normal blood calcium levels, as well as to the maintenance of normal bones and teeth. As well as bones, vitamin D also helps to maintain normal muscle function, so if you are looking at hitting the gym, this is an essential nutrient for you. It also plays a role in the normal function of the immune system which means it can help to keep coughs and colds at bay! Vitamin D is found in fatty fish like salmon and mackerel, and also in egg yolks, mushrooms and cod liver oil.

Magnesium



Just like how calcium depends upon vitamin D, vitamin D requires support from magnesium. A study published by *The Journal of the American Osteopathic Association* identifies that vitamin D cannot be metabolised efficiently unless an adequate amount of magnesium is also in the system. Like vitamin D, magnesium contributes to the maintenance of normal muscles and bones, but it also contributes to electrolyte balance. Electrolytes are minerals in your body with an electric charge; they are found in your blood, urine, tissues and other bodily fluids and they help to balance your body's pH and water levels. Magnesium is also essential for the running of your nervous system and for psychological function, and for normal protein synthesis. Potatoes, spinach and tomatoes are excellent sources of magnesium if you are looking to add this mineral to your diet.

Vitamin B12



Vitamin B12 is commonly found in meat, fish and dairy so vegans and vegetarians need to ensure they consume enough of this essential vitamin. This B vitamin contributes to normal red blood cell formation, essential cells that transport oxygen around the body in exchange for carbon dioxide which is then delivered to the lungs to be expelled. It also helps to combat tiredness and fatigue, as well as assisting a normal energy-yielding metabolism.

Potassium



When you think of potassium, does your mind usually picture a banana? Bananas are indeed wonderful sources of this mineral but many other fruits, including oranges and apricots, are also high in potassium. Cooked spinach and broccoli are also rich in this nutrient, as are mushrooms, potatoes, cucumbers and aubergines. Potassium is important because it contributes to the maintenance of normal blood pressure. Blood pressure is the measure of the force that your heart uses to pump blood around your body, and high blood pressure, if left untreated, can lead to heart and kidney disease. Equally, low blood pressure can cause dizzy spells and be a sign of underlying conditions such as heart failure or dehydration. If you're concerned about your blood pressure, it's definitely time to review your diet and think about upping your potassium intake!

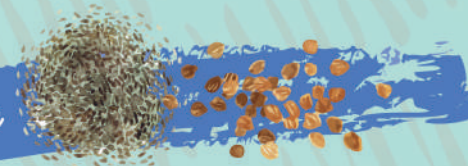
Iodine



Iodine is often forgotten about, but this essential element is important for the maintenance of normal skin and for normal cognitive function. Cognitive function refers to someone's ability to process information in order to acquire knowledge needed for everyday tasks, and it's especially essential to maintain this function as you age. Iodine also assists thyroid hormones and normal thyroid

function; these hormones help to regulate the body's metabolic rate, as well as various other functions including digestion, muscle control and your mood. Seafood and fish such as cod and tuna are usually high in iodine, as are dairy products and foods made from grains.

Zinc



Zinc may be a chemical element you remember from the periodic table back during your school days, but this important metal can also provide you with great health benefits and it's found in various foods. Meat, shellfish, legumes, nuts and seeds, dairy, eggs and wholegrains all contain sources of zinc. Zinc contributes to a normal carbohydrate metabolism and normal macronutrient metabolism. It is also essential for normal fertility and reproduction, and specifically in maintaining normal testosterone levels in the blood.

SUPPLEMENT YOUR DIET

If you're concerned that your diet doesn't provide you with the vitamins and minerals you need and you're not willing to make changes to your usual eating habits, you may want to consider introducing food supplements that can be taken as drinks alongside your everyday menu. **Argi+** is a berry-flavoured sports drink that combines L-arginine with a combination of vitamins and minerals. This delicious drink is perfect during exercise or simply if you need a pick-me-up in the afternoon, and since it's high in vitamin D and B12, you know it's going to give you a whole load of extra goodness. If you fancy something a little creamier, try **Forever Lite Ultra**. This soy protein powder is available in chocolate or vanilla and can be mixed with your favourite milk and even fruit to make a yummy shake or smoothie. **Forever Lite Ultra** makes a tasty snack, dessert or post-workout treat and it's high in potassium, magnesium, iodine and zinc.



Purify your gut

The state of your gut may not necessarily be top of your health agenda, but did you know that putting up with poor digestive health can directly impact your immune system, mental health and other areas of wellbeing? Sure, if you enjoy a diet that's laced in rich, spicy and occasionally fatty foods, you may expect your digestive system to be a little bit miffed, but digestive issues should never be accepted or ignored – it's time to deal with your gut head on!

Digestion is a process where the body breaks food down into other substances so that it can be absorbed into the bloodstream or distributed around the body. There are certain nutrients and substances that can assist with digestion, such as fibre, chloride, calcium, friendly bacteria and aloe, but there are also some practical lifestyle changes that you can make to assist with this essential bodily function.

The NHS recommends adults undertake 150 minutes of physical activity per week. This will have tremendous

benefits on your overall health, including for your heart, blood pressure and waist line, but it could also help with digestion. A sedentary lifestyle can lead to constipation while exercise helps food to move through your digestive system. The NHS also recommends that you drink around six to eight glasses of water a day; this liquid encourages the passage of waste through your digestive system. If you don't drink enough water, the fibre in your lower intestine can't do its job and this can also eventually lead to constipation.

Upping your exercise and water intake is all very well and good, but if you're still delving into your greasy hot wings and tabasco-saturated pizza, your digestive health may still find itself in a quandary. You don't necessarily have to go through a complete diet overhaul but making a few small changes that improve your daily nutrition will certainly help balance out your gut. Fibrous foods like wholemeal bread, brown rice and pasta, pulses, legumes and fruit and vegetables are all excellent choices when it comes to digestion. You should aim to eat at least 30g of fibre a day since fibre helps to bulk up and soften stools so that they can move along the digestive tract. If you still need a fibre boost, **Forever Fiber** – a powdered fibre supplement that you mix with water – provides you with 5g of fibre!



Tomatoes, lettuce, celery and olives are all sources of chloride; chloride contributes to normal digestion by production of hydrochloric acid in the stomach, while sardines, lentils, yoghurt and cheese are great for adding calcium to your diet – calcium contributes to the normal function of digestive enzymes. Yoghurt and cheese are also great places to look for that friendly bacteria we mentioned earlier. Friendly bacteria already exist in the depths of your large intestine and this is sometimes referred to as your micro-biome. The micro-biome works to support your immune and digestive system in many ways, including by producing enzymes, vitamins and hormones, and enhancing the absorption of certain minerals. It's important to encourage these natural, friendly bacteria by eating fermented foods that add to the troops, but if you want to try a supplement, try **Forever Active Pro-B**. This powerful supplement

is made up of eight billion colony-forming units and six bacteria strains that have been cryogenically frozen to preserve natural potency. Each strain has also been chosen for its ability to bypass stomach acid so that it can colonise the correct part of your gut.

Each of these lifestyle changes is bound to transform your digestion, but there's one more thing that you should seriously consider integrating into your daily routine: aloe vera. Drinking aloe vera may sound a bit bizarre but the gel from this purifying plant is full of goodness that works as a digestive aid to help support gastrointestinal health and the immune system. **Forever Aloe Vera Gel** is the purest aloe drinking gel on the market at 99.7% pure inner leaf aloe. It's fresh, free from preservatives and additives, and it's high in vitamin C. If you feel like trying something a little fruitier, Forever Living also offers a peach

flavoured gel and a cranberry-apple flavour. **Forever Aloe Peaches** and **Forever Aloe Berry Nectar** contain a high percentage of pure aloe and vitamin C, as well as natural fruit flavours to deliver that refreshing and fruity taste. Find out more about the impressive cleansing properties of Forever's aloe vera on pages 47-51 of this magazine.

Forever Aloe Vera Gel | code 715
Forever Aloe Peaches | code 777
Forever Aloe Berry Nectar | code 734
Forever Fiber | code 464
Forever Active Pro-B | code 610



Find time for fitness

Futsal

The term 'futsal' derives from Spanish and Portuguese and is often translated as 'indoor football' or 'lounge football'. The sport has actually been around since the 1930s and teams consist of five players, one of whom plays in goal. Futsal is a fast-paced sport that's played indoors on a hard court with a smaller, harder ball. The game is also a lot shorter than traditional football at around 40 minutes. Playing futsal is a great cardiovascular workout and a high intensity exercise that will burn calories and improve your overall fitness. It's also great for stamina, muscle tone and elasticity, and for strengthening bones.

Rowing

Rowing may not sound that unusual but it's certainly not something that immediately springs to mind when thinking up team sports. The good thing about rowing is that it offers an excellent upper body workout and targets many major muscles including arms, legs, back, abdomen and buttocks. This aerobic exercise is also great for resistance training to condition muscles and improve flexibility. There are various types of rowing out there, such as fixed seat and sliding seat, different sized boats and different approaches depending on what type of water you're on, but if you want to join a team that races, it's likely your team will consist of up to nine people. Being a part of a rowing team is great for improving your team building skills as all rowers need to communicate and work in harmony.



Unicycle hockey

If you can get hold of a unicycle and practise pedalling until you can successfully balance on the bike, you'll love unicycle hockey! There are currently eleven registered teams in the UK and the sport continues to grow in popularity, particularly as it relies on balance which means you need to develop strong core muscles. There's also a whole lot of pedalling to contend with which means you'll get a worthwhile cardiovascular workout during every game. Unicycle hockey teams each have five players and there is no official goalie, so everyone is responsible for keeping the opponent's ball out of goal. You do this by using an ice hockey stick, but no unruly contact is allowed!

Ultimate frisbee

You may associate frisbee with your childhood or perhaps your local dog walker, but ultimate frisbee is in a whole league of its own! Played on a large field or football pitch, two teams of seven will launch themselves to try and retrieve the flying disc in this non-contact, intense sport. Goals are scored when the disc is retrieved by a player standing in the 'endzone' of the pitch, but players are not allowed to run whilst in possession of the frisbee. Stamina, agility, speed and impressive throwing abilities are all important attributes associated with an ultimate player, and the sport is on a par with high-intensity interval training which means you'll burn loads of calories and increase your resting metabolic rate.

If you're not into the gym but you're itching to get off the sofa and get fit, team sports might be the solution for you. Team sports are great for developing team building skills that may be useful in the workplace, as well as for building new friendships, but beyond the camaraderie, such exercise can also build muscle and lead to improved cardio health.

Your local rugby, football and basketball team shouldn't be hard to come by, but there are also loads of lesser-known sports out there that may be more up your street. So, why don't you add some excitement to your summer by trying something a little more unusual and looking up your local team for one of the following sports?!

Nuts about protein?

Fitness fanatics' favourite food group should not be dismissed as a fad, because protein actually does play a major role in your body, and one that's especially important during exercise. Protein contributes to the growth in and maintenance of muscle mass, and also in the maintenance of normal bones. That's why it's often favoured after a workout to help with repair and recovery.

The recommended daily allowance of protein is 46g for women and 56g for men, and just 25g of **Forever Lite Ultra** – Forever's soy protein powder – provides you with an impressive 24g of protein when mixed with skimmed milk! You can make up the rest of your allowance with all sorts of delicious foods including eggs, chicken, oats, Greek yoghurt, broccoli, tuna and quinoa. If you are looking for something a little sweeter, try this delicious almond and peanut butter protein slice. Each slice contains **Forever Lite Ultra** and only 186 calories (approx.).

12 SLICES **V** **GF**

- 70g coconut oil
- 80g smooth, unsalted peanut or almond butter
- 125ml unsweetened almond/rice/soy/hemp milk
- 220g vanilla **Forever Lite Ultra**
- 40g almond flour
- 2 tbsp chocolate chips
- 3 tbsp almonds, coarsely chopped



In a medium bowl, mix the coconut oil with the peanut butter and milk and microwave in 30-second intervals until melted. Stir the mixture in between each blast. Whisk the melted mixture then add the **Forever Lite Ultra** and flour; combine the ingredients until they form a crumbly dough. Line a baking dish (8"x8") with grease-proof paper and fill it with the dough. Press the dough into the tray until it's flat and then set aside.

Next, in a small pan and over a low-medium heat, toast the almonds until they are light brown. This should only take 5 minutes, but the almonds could burn easily so stir frequently and keep an eye on them. Remove from heat once cooked.

To complete the dish, pour the chocolate chips and 1 tbsp. of coconut oil in a small bowl and microwave for 30 seconds until melted – be careful not to burn it! Pour the chocolate evenly over the dough and leave for a few minutes before sprinkling with the toasted almonds. Pop the baking tray in the fridge for one hour before removing and cutting into slices.

These slices are the perfect treat after a workout and any leftovers can be refrigerated in an airtight container for up to 1 week.

Original recipe from ifoodreal.com

Forever Lite Ultra | code 470 (vanilla) / code 471 (chocolate)



Boost your immunity...

7am

Start the day with Forever Aloe Vera Gel

Forever Aloe Vera Gel promotes healthy digestion. Starting your day with a serving of gel will help make everything you do after more beneficial!



8am

Juice your fruit and veggies

Juicing uncooked veggies allows you to extract more immune-boosting nutrients. Spinach, broccoli, citrus and kiwi are great choices thanks to the high vitamin content. Vitamin C helps maintain a normal immune system and its antioxidant properties protect cells against oxidative stress. If you don't have time to juice, make sure you're getting at least two servings of fruit and three servings of vegetables every day.



10am

Power your digestion with good bacteria

A daily supplement like **Forever Active Pro-B** will keep your digestive system happy with six strains of healthy bacteria. **Forever Active Pro-B** works in the intestine and your gut and supplies good bacteria. Take one each day with water.



Forever Aloe Vera Gel | code 715

Forever Active Pro-B | code 610

Forever ImmuBlend | code 355

Forever Daily | code 439

F15 | Available in a variety of flavours and levels. Please speak to a Forever Business Owner for options.

am to pm

9pm

Get plenty of rest and sleep

Studies show that a lack of sleep can have a detrimental impact on your immune system and increase your odds of getting sick. Getting a full eight hours of sleep will also help you recharge so you don't run out of steam before the next day's workout. Rest up!



6pm

Exercise for at least 40 minutes

Try to work in at least 40 minutes of exercise every day to keep your body in good health. A jog around the neighborhood or any other type of moderate physical activity is an important part of keeping your immune system healthy. Try **F15** for workout tips. You'll look and feel better, too.



3pm

Fill nutritional gaps with supplements

Supplements like **Forever ImmuBlend** and **Forever Daily** will help you fill nutritional gaps thanks to a cocktail of nutrients, while vitamins A, C, D, B6, B12, folate, iron, zinc, copper and selenium help with the normal function of the immune system. When the daily grind is on, it's not always feasible to get your daily value of vitamins and minerals from food alone. Supplements are a fast and easy way to make sure your body has the immune-boosting nutrients it needs.



12pm

Eat a balanced diet

Eat balanced meals with fresh vegetables. Fresh garlic is a great immune booster due to a high concentration of a compound called allicin, which has been shown to promote the disease-fighting ability of white blood cells. Having a few almonds with your lunch is a great way to pack in some vitamin E and healthy fats.



Nourish yourself

Forever Active Pro-B blends six strains of friendly bacteria, selected and engineered for their ability to reach the intended destination of the large intestine.

Forever Active Pro-B | code 610



The
Aloe Vera
Company

FOREVERLIVING.COM



Please speak to a Forever Business Owner if you would like to place an order

Forever is a member of the Direct Selling Association (DSA)

Wellbeing

The incredible benefits of travel

Taking time to vacation and travel abroad every year can actually help you live longer.

Does the thought of travelling abroad fuel your imagination or fill you with a sense of excitement? It turns out travelling can do a lot more for you than just injecting some much-needed fun and relaxation into your life.

Taking advantage of those vacation days you have piling up can refresh your mind, your body and even help you live longer.

Research suggests that travelling to new places will improve almost every facet of your life. You're likely to return to work more productive and creative. Your stress level and anxiety lower significantly and you may even have a better chance at nailing down that promotion. Let's take a closer look at the ways travel can help take you to a better place both physically and emotionally.

Travel is great for your heart and not just in the figurative sense.

According to a joint study by the Global Commission on Ageing and the U.S. Travel Association, women who vacation at least twice a year have a significantly lower risk of heart attack or coronary-related death. The same was true for men. Men who don't take at least one vacation a year are 30 percent more likely to die from heart disease.

This makes sense when you consider the proven stress-relieving benefits of travel. Studies show that people who travel feel happier, more rested and less anxious for weeks after their trip has ended.



Travelling promotes physical activity

While vacation may feel relaxing, most people are ramping up their fitness more than they realise. According to U.S. News and World Report, tourists who visit Europe walk as many as 10 miles a day while sightseeing. There are plenty of other ways to stay fit on vacation. Consider taking a tour of your destination via bicycle or getting out of the city for a hike or other outdoor adventure.

Travel boosts happiness and lowers the risk of depression.

It may come as no surprise that people are generally happier and more relaxed when they are travelling. However, researchers with Cornell University found the travel euphoria actually begins even before you board your flight. It turns out even the act of planning a trip and the anticipation of an upcoming journey can lead to a direct increase in someone's happiness.

There's more than just a short-term contentment associated with travelling abroad. People who vacation at least twice a year are less likely to suffer from long-term depression and chronic stress, according to a study published by Marshfield Clinic.

Travelling makes you smarter and more creative.

Columbia Business School professor Adam Galinski has authored several studies on the link between creativity and travel. He suggests immersing yourself in the local culture when travelling abroad because it enhances your cognitive flexibility, which in turn expands your creative prowess. But the intelligence-boosting benefits go beyond creativity.

Galinsky's study showed that people who travel more and interact more closely with other cultures are more likely to be a catalyst for innovation and show greater flexibility and depth of thought.

Travelling toughens your mental resolve.

Facing challenges in an unfamiliar environment offers a great lesson in adaptability. When you're outside of your comfort zone, routine difficulties can feel overwhelming. For instance, suffering an unexpected illness near home is no big deal. You know where the nearest clinic is, how to get there and likely have plenty of people you can call to help you out. That's not the case in a foreign country.

Maybe you'll end up getting lost, losing your wallet or your hotel turns out to be a dump. Don't let any of these potential pitfalls scare you. The fact is, the more challenges you face, the easier it becomes to overcome difficulties that arise in a strange place – or when you're back at home.

Where will you end up?

Now's the perfect time to start thinking about where your next adventure will take you. After all, the sooner you start planning, the happier you will be. By immersing yourself in other cultures and exploring the world, you'll gain a valuable new perspective, meet new people and improve your health and happiness.

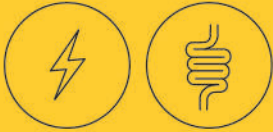


Aloe

has tremendous
benefits for your health...

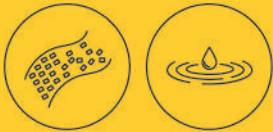
inside

Aloe supports digestive health, promotes a healthy immune system and supports overall wellbeing.



and out

Aloe moisturises, conditions and soothes the skin.



The
Aloe Vera
Company



Products for a radiant you

When the sun shines and nature blooms around you, everything looks more beautiful. You too deserve to look and feel good this summer and thankfully, Forever has several impressive products that all contain a high percentage of aloe to make you feel radiant from the inside out and the outside in.

Enjoy radiance from the inside out

The age-old saying, 'beauty starts from within' may be figurative, but outer beauty can directly reflect what you're putting into your body. If you choose to eat a diet that's rich in vitamins and minerals, you choose fresh veg and wholegrains over junk food, and water over fizzy drinks or alcohol, your complexion will naturally radiate the goodness of your food choices. This is great news to those of us who enjoy a healthier menu, but if you struggle to avoid convenience food, you may need a little extra help. And that's why we love **Forever Aloe Vera Gel**.

This mighty juice contains 99.7% pure aloe which means it's also packed with all of aloe's natural goodness, and one of the many things that aloe is good for is skin health. Our aloe also has the added bonus of being high in vitamin C and vitamin C contributes to normal collagen formation; collagen is what makes your skin look soft and supple. So, if you want beautiful looking skin, oh and also hair and nails, you'll want to drink a daily shot of aloe vera.



Protect your skin

Summer rule number one is: sort out your sun protection. Most people now know that poorly-applied sunscreen (or total lack of) can lead to all sorts of terrible skin problems, yet many still neglect to apply protective creams when their skin is at risk. When sunscreen is applied to the skin, it creates a barrier so that harmful UV rays take longer to absorb into the skin. There are two types of ultraviolet rays: UVA and UVB. UVA are the rays that cause premature ageing while UVB rays are the rays that cause the skin to burn, so really you want to be using a broad-spectrum sunscreen – a cream that combats both UVA and UVB rays. It's also important to consider the 'sun protection factor'. According to The American Academy of Dermatology, a cream that's labelled as SPF 30 will block 97% of the sun's UVB rays.

Aloe Sunscreen offers everything you've been searching for, plus added aloe provides soothing and moisturising properties your skin will love. This SPF 30 broad spectrum sunscreen is also water resistant for up to 80 minutes, which means it's perfect for the whole family.



Unleash luscious locks

It's easy to take hair for granted because we forget that its job description extends beyond looking pretty on top of our heads. For example, did you know that your hair also helps you to regulate body temperature and protect you from UV rays? This means your do takes a lot of flak in the summer months, and if it's not properly protected, it's at risk of getting dry, brittle and damaged by sun, sea and chlorine. Once hair has been damaged, it's very difficult to rescue without treating it to a severe haircut, and that's why it's important to adopt preventative measures that delay the dreaded chop.

Wearing a hat will protect your skin as well as your scalp and it's a hassle-free solution if you're concerned about exposing your hair to the sun. You can also try conditioning more and avoiding straightening or curling your hair as high heat will only aggravate the problem, and you could try spritzing **Aloe First** on wet hair each morning. The formula of this unique spray combines 80% pure aloe vera with bee propolis and other plant extracts to help soothe and protect skin and hair from sun and chlorine.



Embrace your glow

You've been sat on the beach all day and you're quite impressed with your sun-kissed glow, but then you notice the dreaded peel! There's nothing worse than a patchy tan but if you don't deliver your skin with adequate aftercare, your all over complexion is going to suffer. Hopefully by now you've got your sun protection sorted but if you do find yourself a little red come sundown, a decent after-sun is absolutely essential.

You've just spent the day cooking your skin and it's crying out for moisture and some general TLC, so why not try soothing it with **Aloe Vera Gelly**? This lubricating gel calms irritation and boasts a high aloe content at 84% to moisturise and condition skin – perfect!

Freshen your face

Nothing screams radiance like a glowing complexion, but the real secret behind beautiful skin is to adopt a skincare routine and to make nutritional choices that create balance. The surface of your skin is covered by a very fine, slightly acidic film called the acid mantle. This film operates as a barrier to protect your skin from bacteria, viruses and contaminants but unfortunately it is easily thrown off balance. While detrimental environmental exposure can't easily be avoided, you can control what cleansers, exfoliators and moisturisers come in contact with your skin. Products containing harsh chemicals and fragrances can throw your skin's pH off track (it should be a pH of 5.5), so if you are eating a balanced, healthy diet, your problematic skin could be due to your skincare products.

Forever's **Sonya Daily Skincare** has been specifically designed for combination skin that constantly appears to fluctuate between oily and dry. The collection contains four products containing ingredients that work together to balance skin. Skin loves aloe because its pH is also 5.5 and each of the four Sonya products contain around 40%* of aloe combined with other natural botanicals that have been chosen to control oil without stripping the skin.



Love your legs

Whether you wax, exfoliate or use a good old-fashioned razor, your freshly-shaven legs will be crying out for moisture. Regular hair removal tends to up its game in the summer months and this can put your legs at risk of developing dry skin conditions, rashes or razor burn, so that's why it's even more important to use a rich moisturiser that's going to protect and soothe your skin. **Aloe Propolis Creme** boasts 74% pure aloe as well as bee propolis and camomile to help maintain healthy skin. This silky cream will leave your legs so super soft, you'll want to get them out even on the chillier summer days.



Forever Aloe Vera Gel | code 715
Aloe First | code 40
Aloe Vera Gelly | code 61
Aloe Sunscreen | code 617
Sonya Daily Skincare | code 609
Aloe Propolis Creme | code 51
Aloe Lotion | code 62
Aloe Moisturizing Lotion | code 63
Aloe Activator | code 612
Aloe Bio-Cellulose Mask | code 616

*Refreshing Gel Cleanser (39%), Illuminating Gel (43%), Refining Gel Mask (42%), Soothing Gel Moisturizer (38%)

Say hello to soft hands

It's easy to neglect your hands in the summer months when it feels like you're constantly applying sun lotion but it's important to treat your hands with the respect they deserve rather than as an afterthought. To prevent dryness, you should really be applying a lotion every time you wash your hands throughout the day, and you want to choose one that's fairly light so that it absorbs quickly. **Aloe Lotion** is packed with nourishing ingredients and natural oils like jojoba and apricot kernel oil to lock in moisture and create a lightweight barrier on the skin. This lotion also has a high dose of aloe at 66% and contains collagen and elastin which is essential for ageing skin. You certainly won't be able to blame your hands for giving away your age if you use **Aloe Lotion**.



Work your body

If you're not into sun bathing and you're not applying sunscreen and after-sun every day, you may forget to moisturise your body, but you should actually make special effort as your skin is still at risk of dryness and premature ageing. Naturally more skin is likely to be exposed to the elements in the summer months, but that ocean breeze, BBQ smoke and general pollution will continue to aggravate your skin's acid mantle well beyond sun down. Thankfully, **Aloe Moisturizing Lotion** can help skin to maintain its natural pH by acting as a barrier that counteracts the effects of environmental damage. This soft and silky lotion contains similar ingredients but it's a little bit thicker than **Aloe Lotion**, which is why it's perfect for use all over the body.

Refresh your pores

At the end of a long day, your skin may have been exposed to sweat, pollution, various lotions, makeup and bacteria, and quite frankly that's not a pretty picture! Although you may not immediately see the effects of these on your skin, if ignored, your complexion will begin to show signs of ageing, acne, dryness or other unwelcome conditions, and that's why it's important to give your skin a thorough cleanse morning and evening. After cleansing, refresh your pores by treating them with **Aloe Activator**. This unique liquid moisturiser is packed with 98.9% pure aloe vera which means you'll be giving your skin A-star treatment. **Aloe Activator** will cleanse (to pick up any missed debris) and soothe your complexion to leave skin beautifully conditioned and ready for anything, and if you want to end your day with another aloe-infused luxury, bathe your pores in the goodness encased within the fibres of the **Aloe Bio-Cellulose Mask**.

Aloe Bio-Cellulose Mask is a premium face mask unlike any other on the market. Its superfine, fabric bio-cellulose fibres protect a powerful cocktail of aloe and seagrass that have been selected to deliver incredible hydration, and since it's environmentally-friendly, you can simply toss it on the compost heap after use. Each mask has been designed to fit seamlessly to the contours of your face to deeply replenish pores and help fight the signs of ageing.



The key to choosing products with the right ingredients

Ingredients matter when it comes to the products you put in and on your body. As consumers, it's important to educate ourselves and be more conscious of what is in the skincare, supplements, food and drinks we put in our bodies.

In the last several years, we have all become more aware of the need to pay more attention to ingredients, not only to ensure we are getting the maximum benefit, but to also safeguard our health.

All natural vs. naturally-derived

There is a difference between natural and naturally-derived ingredients and just because something is listed as all natural, doesn't necessarily make it superior. In fact, naturally-derived ingredients can have some very distinct advantages when it comes to potency, stability and performance.

So, what's the difference?

Natural: When ingredients are listed as natural, it's because they are used as close to their natural form as possible and do not undergo any type of processing that would fundamentally alter the product. That doesn't mean natural ingredients do not go through any type of processing. They can be minimally processed with no artificial ingredients or colouring.

Naturally-derived: Ingredients listed as naturally-derived are pulled from natural sources using scientific methods to extract a key ingredient in its most potent form. One example would be pulling fatty acids from a coconut for use in skincare products. Naturally-derived ingredients can also be modified to change or create new molecular structures that increase the performance of a product.

Are all-natural products always the best choice?

There's no question that nature provides us with an incredible bounty of ingredients. In fact, natural ingredients have always played an important role in the production of food supplements, skincare products and medicine to name just a few.

However, there's a common assumption that all-natural is always better. The U.S. Department of Health and Human Services looked into the reasons behind the perception that natural is always better, healthier and safer.

Researchers found that people's preference for natural products is based on a wide array of ideas, including the perception that nature is pure and inherently superior to anything a human could create. These biases towards all-natural ingredients influence the decisions people make about the food they eat, products they buy and their health.

In reality, more consumers today are finding that using an all-natural product will require them to sacrifice something, whether it's performance, fragrance, texture or overall product experience. While nature does give us powerful botanicals, vitamins and minerals, it is also the source of bacteria, mould and other harmful substances.

Scientific advancements allow us to harness the very best of nature while using the best of technology to create powerful products without compromise.





When it comes to skincare, Infinite by Forever Firming Serum combines pure inner leaf aloe vera gel with one of skin science's most amazing breakthroughs.

Natural aloe vera soothes and nourishes the skin while scientifically tested trifluracetyl tripeptide-2 works to mimic the natural processes of skin to improve skin elasticity and combat skin-damaging proteins. The result is an anti-ageing serum that increases the appearance of firmness and reduces the appearance of fine lines and wrinkles.

Forever's award-winning Firming Serum is scientifically enhanced so that aloe achieves its optimal benefits to soothe and smooth skin while increasing firmness and reducing the appearance of uneven skin.

The performance of food supplements is also boosted by advancements in science.

Forever Active Pro-B is made using six strains of clinically-studied friendly bacteria, including FloraActive™, a range of beneficial strains developed by Copenhagen University Hospital.

Using advanced cryo protection technology, friendly bacteria is taken to a deep state of dormancy to protect the bacteria from being activated until it reaches the digestive tract. This ensures more bacteria is released where it has the greatest benefit. After cryo protection, Forever Active Pro-B is packaged using Activ-Vial™ technology, which includes an engineered sleeve built into the wall of the bottle to control moisture absorption and protect the supplements throughout the shelf life.

Infinite by Forever Firming Serum | code 555 Forever Active Pro-B | code 610

The best of science and nature

The prevailing school of thought is that the best products come from leveraging science and nature. Today's technology allows Forever to take the best of what nature has to offer and make it even more effective and powerful through scientific advancements.

WHEN IT COMES TO THE PRODUCTS YOU CHOOSE TO PUT IN AND ON YOUR BODY, GIVE YOURSELF THE BEST RESULTS POSSIBLE BY KNOWING WHEN AND HOW TO CHOOSE INGREDIENTS THAT LEVERAGE SCIENCE AND NATURE.

The purity of aloe



Most people know what aloe vera is and many of us even have a little pot plant on the kitchen window ledge just in case we need to get to its soothing inner leaf gel in a cooking emergency, but what many people don't realise is that not every aloe plant carries the same beneficial properties.

Out of the 400 or so species, it's the Aloe Barbadensis Miller variety that carries the properties most beneficial to humans, and it is the pure inner leaf gel of this plant that houses the nutrients many of us desire.

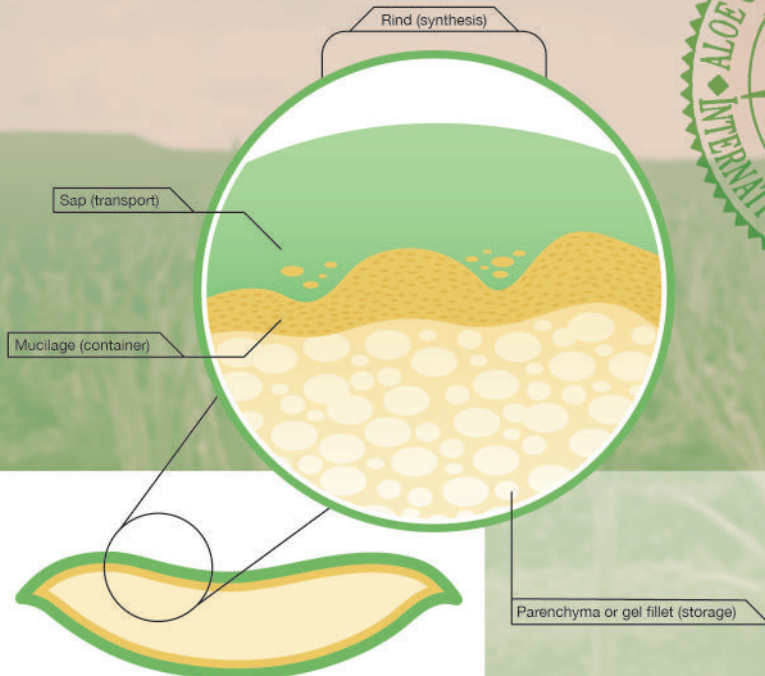
WHY DOES PURITY MATTER?

It's likely that you already have a rough idea of why people love this succulent, especially since it's colloquially referred to as the 'burn plant' or 'miracle plant', but aloe is also believed to benefit your skin, hair and nails, your digestive health, and it can support immunity. That said, it's not as simple as rubbing the leaf over your skin – that would actually be quite prickly and uncomfortable – it's about extracting the right part of the plant and in many cases, mixing this magical element with other ingredients that elevate its power to deliver effective results.

The structure of an aloe leaf is made up of rind, sap, mucilage and parenchyma gel. The rind is a waxy outer layer that acts as protection and just inside the rind is a fluid called sap, this is pretty bitter in taste. Below the sap is mucilage containing acemannan – acemannan carries beneficial properties relating to immune health – and this layer is usually filleted to reveal inner gel known as the parenchyma, a clear, gel-like substance. Scientists have identified more than 75 active nutrients in the gel and these compounds work synergistically to provide soothing and therapeutic benefits. These

compounds include amino acids, enzymes, saponins, minerals, vitamins and fatty acids, and it is this inner leaf gel that's responsible for aloe's glowing reputation.

High quality aloe products will contain pure inner leaf gel but be warned that many aloe products on the market do not contain pure inner leaf but a mix of sap and various other less favourable parts of the leaf. If you are ever unsure about the integrity of a product containing aloe, check that the packaging displays the International Aloe Science Council's (IASC) seal of approval. IASC only approve aloe products that meet its stringent standards for quantity and quality. Despite the lack of quality stamp, many companies still choose to compromise the aloe recipe since removing the unpleasant parts of aloe and extracting just the innermost gel is a time-consuming and costly process. Unfortunately, poor quality aloe also means poor health benefits and the product is less likely to work in the way you hope. Thankfully, Forever Living has mastered and patented extracting the inner leaf gel to ensure its products contain the purest and highest quality aloe possible in today's market.



A PURE HARVEST

Another reason why you can confidently choose Forever's aloe, is because Forever controls the entire aloe process. We own the physical ground where the aloe grows, the factory where it's processed, the laboratories that create incredible formulas and the warehouses that house the finished products. In fact, Forever Living is the largest grower, manufacturer and distributor of aloe in the world!

Our aloe plantations are split across Texas and the Dominican Republic to provide the plants with the perfect climate for growth. In total, 6,500 acres of Aloe Barbadensis Miller hug the soil and once mature, the outer leaves are carefully handpicked to check the condition and to ensure the younger leaves are not damaged. Farming our own aloe means we can nurture each and every plant and we can also keep an eye on what fertilisers are used; currently, goats, sheep and cattle roam the fields to help with weed control and to provide natural fertiliser.

Once picked, the nutrient-rich leaves are transported to an onsite facility to be washed and hand filleted. Local farmers are skilled at removing the outer-most part of the leaf to ensure only the pure inner leaf gel remains, and it is this part of the aloe that continues on the rest of the journey. Minutes after filleting, the gel is stabilised in a process that's unique to Forever Living; this guarantees that the aloe gel remains as pure and as potent as possible.





Forever Aloe Vera Gel | code 715
 Forever Aloe Berry Nectar | code 734
 Forever Aloe Peaches | code 777



PURE PROCESSING

Every aloe leaf is processed within six hours of its harvest to minimise deterioration. All raw materials are thoroughly tested to make sure there are no traces of microbes, fungus or heavy metals, and these raw materials are tested again before they go through the manufacturing process, and several times after the final product is made. Once the aloe arrives at our manufacturing hub, Aloe Vera of America in Dallas, Texas, a team of highly skilled chemists and microbiologists test every single batch of gel again to ensure it's free from impurities. These tests ensure that the right specifications are met for pH, viscosity and taste. As a company, we perform over 1.4 million quality tests per year to assure customers that our aloe remains the purest and highest quality aloe available on the market.

PURE PRODUCTS

Aloe Vera of America is a state-of-the-art facility that's home to the latest in manufacturing technology, product labs, and product research and development. Once the gel reaches this facility, scientists add other unique ingredients, botanicals and natural oils to create the incredible products that occupy Forever's wide product range, including personal care products, skincare and aloe-based drinks. Forever prides itself on producing products that boast a high percentage of aloe alongside other ingredients; while other brands would just add aloe as an additional ingredient, Forever always starts with pure, inner leaf aloe.

Forever's iconic aloe vera drinking gels are treated like royalty by Forever and after four decades of refining the formula, the gel used for **Forever Aloe Vera Gel**, **Forever Aloe Peaches** and **Forever Aloe Berry Nectar** is now aseptically processed. This means the pure inner leaf gel is flash-heated to lock in benefits and to prevent harmful bacteria, whilst ensuring the final product tastes fresh and remains as nutritious as possible. **Forever Aloe Vera Gel** is almost as pure as drinking aloe directly from the leaf at 99.7% pure, and **Forever Aloe Berry Nectar** and **Forever Aloe Peaches** follow close behind at 90.7% and 84.3%. These percentages really are impressive, but it just keeps getting better and better: each flavour also contains vitamin C, is free from preservatives and additives, and is housed in recyclable packaging that's vacuum sealed to keep all the pure goodness inside.

Meet the small but mighty Forever Aloe Vera Gel Mini

Good things really do come in small packages, especially when it comes to the incredible benefits of **Forever Aloe Vera Gel** – now available in 330ml bottles. All the goodness of our 99.7% pure inner leaf aloe vera gel ready for you to enjoy at home or on the go.

Just like the bigger bottle, our 330ml size is aseptically packaged with no added preservatives. **Forever Aloe Vera Gel** is high in vitamin C, promotes healthy digestion, supports the immune system, and it's great for skin health.

Forever Aloe Vera Gel is the first of its kind to receive the International Aloe Science Council (IASC) certification for purity and potency. Forever's aloe is hand-harvested from our own plantations, hand-filleted and processed within hours of harvest to ensure you experience aloe as nature intended.

The 330ml **Forever Aloe Vera Gel** mini is packaged in 100% recyclable material with six layers of protection to keep the gel fresher longer. The packaging offers all the features of its larger counterpart but is perfect for taking with you on any adventure. The new aloe vera gel minis can be purchased in a pack of 12.

Now, you have another option to drink your daily **Forever Aloe Vera Gel**. We've packed a lot of nutrition into every bottle. It's pure, portable and filled with all the powerful benefits of aloe. Try the new 330ml **Forever Aloe Vera Gel** and drink to your daily nutrition!



Forever Aloe Vera Gel Mini | code 716



Living the work and travel dream

If you dream of a life that lets you earn a living while seeing the world, don't tuck it away in that place in your mind where all the other 'somedays' are kept.

Whether you are looking to pack in an adventure for a few months, or want to spend longer abroad, the first step is abandoning the notion of 'someday' and taking steps to realise your dream. Once you start taking concrete action, the path to your new life will feel more rewarding and a lot closer than you could imagine. Here are a few jobs that could take you all over the world.

Become a travel blogger

Do you have a knack for writing, photography and social media? Travel bloggers explore the world, writing guides and providing recommendations for other travellers. Build your social following and readership and you can build yourself a solid income.

Teach another language overseas

There's always a high demand for people to teach a foreign language overseas. Teaching in a foreign country can be a very fulfilling experience. Not only will you help people learn and understand another language, but you'll have the opportunity to immerse yourself in another culture and grow as a person.

While English is the most dominant language when it comes to international commerce, there's a need for people who speak other languages as well.

Open up the world through consulting

Companies all over the world hire consultants from nearly every industry when a specialised skillset is needed. People in the consulting field are often jet-setting to far flung destinations to collaborate on projects. Internationally, businesses spend hundreds of billions to hire consultants to provide an outside perspective and unbiased advice based on their expertise.

If you have a very specific know-how in almost any arena, there's a company or individual out there needing your advice. Some of the most common types of consultants include business, management, labour and information technology. If your expertise is in demand and you've got the travel bug, maybe it's time for you to look into consulting opportunities.

Become a Forever Business Owner

With worldwide distribution and uncapped earning potential, becoming a Forever Business Owner can put you on the path towards independence.

With a four-decade history of manufacturing the finest aloe vera products on the planet, Forever can help you launch your own retail business.

With operations in 160 countries, you can build a Forever business almost anywhere in the world. If this sounds like an opportunity for you, get in touch with a Forever Business Owner in your area to set up a meeting.



Oliver's story



Oliver Lepki has an interesting relationship with time. As a successful Forever Business Owner for ten years, he's free to do what he wants, when he wants. There's no clock to punch, no 5pm bell to signal the end of the workday. The minutes and seconds go by and Oliver can remain blissfully unaware of where they stand.

When he dreams, he does so on a grand scale. And when Oliver decided he wanted to see the world, it wasn't going to be in bits and pieces over the course of a lifetime. He decided to spend six months on a whirlwind jaunt of continent hopping. He wasn't in it alone. His wife Olivera and two sons would be joining him.

For most people, the idea of leaving real life behind for half the year would seem like sheer fantasy. After all, how many people have the kind of job that would let them set off to see the world while dust gathers on the desk. Oliver however, doesn't have a normal job.

Oliver was going to make the most of the free time his Forever business afforded him. He realised that every moment that flies by is gone and never coming back. He didn't want to be someone who tucks away their grand plans and big idea in the corner of their mind, always thinking of someday.





The clocks always caught his eye

Throughout the Lepkis' journey, Oliver's eye was always drawn to the clocks he'd see around the world. He photographed the most interesting clocks and when he returned, put them together in a video. Each clock included a quote that captured his relationship with time, such as "The time you enjoy is not time wasted."

Oliver wasn't satisfied working a nine-to-five, squeezing in those fleeting moments of pleasure during short vacations over a lifetime. He found an opportunity that fit his dreams and allowed him not only to earn a living, but also to take his family along for the ride of a lifetime.

“
THE TIME YOU
ENJOY IS NOT
TIME WASTED.
”

Embracing a global network to realise a dream

Forever not only afforded Oliver and his family time, but a global network that would give him natural checkpoints along the way. When he needed, he could connect to his business. The timing was perfect for his sons too. At the ages of 8 and 10, Oliver knew he could pull them out of school for a few months without any detrimental impacts.

Oliver, Olivera and the boys planned a trip that would span five continents and take them through every time zone on the planet. They set off on their adventure in February of 2017.

Their first stop was Forever's global headquarters in Arizona, where Oliver toured the home office and attended team events.

Then, it was off to Hawaii where the islands felt like paradise and the weather, and water, was just perfect. The family decided to extend their stay and soak in a few extra days of relaxation. Why not? They had all the time in the world and it was just the beginning of the journey. Oliver set aside some time to work from his laptop when he had internet access, keeping tabs on orders and following up with his team.

The adventure took them next to Australia, then Thailand, Morocco, Portugal, Spain and southern France. They travelled by air, sea, rail and road for an enriching and life-changing experience. The family jetted off to Cairo next and a few months into the journey arrived in Dubai to attend Forever's Global Rally. There, they connected with Forever friends, executives and other Forever Business Owners from all over the world.

Tossing the itinerary and the timeline

The freedom Oliver found through Forever also allowed him the luxury of spontaneity. His journey around the world was going so well at the six-month mark, the family decided to extend the trip to spend more time in Serbia, Bosnia, Austria, Germany, Slovenia and Rome.

The last part of the journey took the Lepkis through Scandinavia. Eventually, the family touched back down at home in Toronto. His boys were back in school and Oliver became more focused than ever on his Forever business to help others realise they can have the same freedom and experiences.



Heard around the world

Everywhere we look, aloe fans are showing their love for our products! Forever is featured all over the world in the news, magazines and by influential bloggers and celebrities. Here are just a few places Forever has been featured and what people are saying.

Tom Holland (Spiderman)

"Drinking healthy with my @ninjakitchen and #argi#trainharderrecoverfaster"



Kira Kosonen in Scandinavia (Influencer)

"I really need my basic #morning #routine to start the day"



Holly Stout (Forever's Director of Product Development)

#purebeautyawards! Smoothing Exfoliator received Highly Commended skincare product.



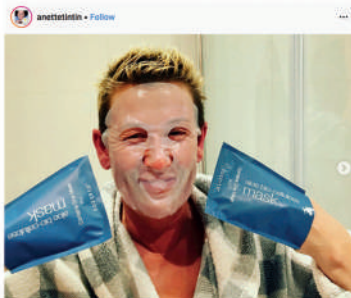
Carla Catushica (Fortaleza, Brazil)

"HEALTH should be a PRIORITY in our lives: 'Better to PREVENT than REMEDY.'"



Anette Svanstrand (Sweden)

"This facemask is unique, there's no equal on the market to take care of your hands"



Tebogo Williams (South Africa)

"@thealoeboys are very welcoming and kind hearted YOU ROCK!!!"



#TheAloeVeraCompany

Get involved in the conversation!

Your Daily Best

Advanced delivery of essential nutrients.

This powerful daily multivitamin delivers 100% of the recommended daily allowance (RDA) of essential vitamins and bio-available minerals and nutrients. **Forever Daily** combines perfectly balanced aloe-coated nutrients including vitamins A, C, D and B12, iron, calcium and zinc. Take with the **Forever Aloe Vera Gel** for best results.

Be your best every day by giving your body ideal nutrition.

Forever Daily | code 439



The Aloe Vera Company

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OPPORTUNITY FOR EVERYONE. EVERYWHERE.

Turn your love of Forever products into a business opportunity that could take you around the world. The Forever opportunity empowers you to change your life by helping others look better and feel better.

Talk to the person who gave you this magazine to find out how to become a Forever Business Owner.

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