

aloe life

Bringing the world to your table

EXPLORE VIBRANT FLAVOURS FROM
CULTURES AROUND THE WORLD
WITH THESE ENTICING RECIPES

Plus...

VITAMINS AND MINERALS
FOR A HEALTHIER YOU

AMAZING PRODUCTS YOU
NEED THIS SEASON

NUTRITION FROM THE HIVE

INSPIRING TRUE STORIES



FOREVER



40 YEARS FOREVER

At Forever, we care about environmental balance. Did you know that 20 aloe plants can convert the same amount of CO₂ into oxygen as one tree? With over 50 million aloe vera plants in our plantations, we are able to cleanse the earth of hundreds of millions of tons of CO₂ every year

The
Aloe Vera
Company

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supplements
for the season

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Forever's new aloe vera drinking gels



Pure, fresh, inner leaf aloe safely contained in
packaging made from 100% recyclable materials

Forever Aloe Vera Gel | code 715
Forever Aloe Berry Nectar | code 734
Forever Aloe Peaches | code 777
Please speak to a Forever Business Owner
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Special thanks to the wonderful team at Head
Office who helped make this issue possible:
Ollie and Emma for their culinary skills, Kuldip,
Kate, Vanessa and Virgyl for helping source
props and also to Kuldip, Emma and Virgyl
for hand modelling. Thanks to Sara, Spencer,
Stuart and the team at the Home Office for
their input and guidance and a huge thank
you to staff at Forever South Africa, Brazil,
Italy and Malaysia for providing such delicious
recipes. Finally, I'd like to thank my husband
Stephen for his help testing recipes and
ferrying props to and from location – I am
so appreciative of your ongoing support.

aloe life

Let's live well!

We all know that healthy eating shouldn't just be a fad that we adopt for a couple of weeks, yet somehow it still seems difficult to programme ourselves to commit to what's good. For me, I realised that part of the problem was that I had limited my understanding of nutrition to fats, carbs, protein and calorie-counting. Choosing to follow a low-calorie diet in my head made sense and to many, including myself, it was deemed a healthy diet, but when I discovered how little I understood of nutrients – as in vitamins and minerals – I gradually began to realise that a low-calorie diet was not necessarily sufficient in providing me with what my body required in order to function effectively.

You see, food shouldn't just be seen as a means for energy or for controlling your waistline, what you put in your mouth has the potential to benefit all sorts of functions in your body, including immune health, heart and brain function, bones and muscle health, mental wellbeing and more. Understanding this has completely transformed the way I approach diet, and I challenge you to ditch your calorie-counter in favour of focusing on balancing your body through the vitamins, minerals and trace minerals you need to maximise your wellbeing. I hope this issue of **Aloe Life** makes you reassess how you think about nutrition but ultimately, I hope it helps you to make the most of the upcoming season so that you can truly live every single minute well.

Kate Ellice

KATE ELLICE HODGE
Editor

LOVE ALOE LIFE?

We'd love to hear your thoughts, stories and ideas so please feel free to get in touch!

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If you'd like to find out more about Forever and its products, speak to the person who gave you this magazine or visit foreverknowledge.info or foreverliving.com.

If you are suffering from any condition or taking medication, please speak to your doctor before using any of the products featured in this magazine.

Vital supplements for the season



Seasonal transitions around this time of year can feel drastic when you've been used to relaxing summer days and leisurely lunches. The next thing you know, the climate shifts and it throws you completely off your guard.

If you have children, the new term demands lunch-making and homework, as well as the looming task of gift-shopping and preparing for seasonal celebrations. The colder weather can also leave you feeling vulnerable to unwelcome bouts of illness, especially if you neglect taking good care of yourself!

Eating a nutritious diet, taking daily exercise and setting aside time to switch off are all essential components when it comes to protecting your overall health and wellbeing. In addition, you can also benefit from adding nutritional supplements to your diet but what do you take and why? Read on to find out which vitamins, minerals and supplements can help you tackle the cold season for ultimate wellbeing through those chilly winter months.

Promote healthy digestion

You may be surprised to learn that the state of your digestive health could lead to numerous other health concerns such as extreme fatigue, a weakened immune system, skin issues and metabolism problems. That's why it's important to keep your gut in tip-top condition by doing everything you can to ensure stress, diet, and environmental and lifestyle choices don't send your gastrointestinal health into quandary. Thankfully **Forever Active Pro-B**, **Forever Aloe Vera Gel** and **Forever Calcium** could be the gut governors you've been searching for.

The intestines are full of sensitive microflora, but scientists have found that consuming friendly bacteria strains in the form of a supplement can complement your natural gut flora. Once consumed, effective supplements should have between five and ten billion colony-forming units (CFU) that survive the gastrointestinal tract so as to colonise and multiply in the correct part of your gut. These CFUs should boast a combination of strains with complementary properties, have clinically-validated health effects, and be produced and packaged with no or low moisture.

Forever Active Pro-B is at the forefront of research, offering over eight billion CFUs made up of six synergistic bacteria strains. Each strain goes through thorough testing and has been selected for its ability to bypass stomach acid for optimal delivery into the intestines. These strains naturally live in your intestines anyway and they can also be found in fermented foods such as yoghurt and certain cheeses.

Forever Active Pro-B requires no refrigeration and is suitable for vegetarians; it's also free from soy and other allergens. Every capsule has been uniquely manufactured and cryogenically frozen to preserve the potency of each strain. It has been packaged with Activ Vial Technology which ensures a specially-engineered sleeve is built into the bottle to protect the product from moisture. This exclusive technology preserves potency during the manufacturing process and throughout its shelf life.

Forever Aloe Vera Gel complements every ingredient captured inside **Forever Active Pro-B** and is an excellent choice if you are looking for additional digestive support. This fresh-tasting drinking gel contains an

incredible 99.7% pure aloe vera which means the inherent benefits of aloe are present in every sip. Aloe vera is known to be an excellent digestive aid since it supports gastrointestinal health, and our new gel's formula also boasts added vitamin C.

The final supplement you should consider if your digestive health is your top priority this season is **Forever Calcium**. Although calcium may not be the first mineral you think of when it comes to digestion, this nutrient actually plays an essential role, contributing to the normal function of digestive enzymes. As well as being high in calcium, **Forever Calcium** is also high in vitamins C, D, zinc, manganese, magnesium and copper.



Forever also loves **Forever Gin-Chia** (high in vitamin C and calcium), **Absorbent-C** (high in vitamin C) and **Forever Fiber** (high in fibre)



Build your immunity

One of the biggest concerns that haunts most people when the temperature plummets is the fear of catching a nasty cold and being bed-bound for weeks on end. A cold tends to make an ugly appearance in life when you're run down or stressed, as this tends to put your body in a weakened position, and unluckily, they also seem to coincide with important occasions, holidays or moments that require optimal health.

Unfortunately, your immune system is fragile and demands a constant supply of nutrients to ensure it remains balanced; this is so it can properly defend your body from infectious organisms and other unwelcome substances. Ensuring you feed your body correctly can help boost, strengthen and support your immune system, and thankfully there are many foods that are rich in the vital vitamins and minerals needed to keep your immunity happy and healthy.

Citrus fruits, bell peppers, broccoli, spinach and poultry are all excellent foods to pack into your diet at times when a heightened immune system is important. Each of these items contain vitamins that are essential in helping to maintain the normal function of the immune system, most notably vitamins A, C and B6.

Vitamin A is a nifty little vitamin with many other benefits that ultimately help to ensure your body functions as it should. As well as its role in immunity, this vitamin also contributes to the maintenance of normal mucous membranes and to normal iron metabolism. Mucous membranes may sound unattractive, but these

secretion glands line vital structures in the body to protect the tissue from external factors that may cause harm. Mucous membranes can be found in the mouth, respiratory tract, nose, lungs and other organs. If vitamin A sounds like a nutrient you need in your diet, consider introducing your household to **Forever Daily** and **Forever Kids** – both these multivitamins are high in vitamin A.

Vitamin C is perhaps one of the most well-known vitamins and that's partly because it benefits so many aspects of your body. As well as contributing to the normal function of the immune system, this antioxidant also protects cells from oxidative stress. Oxidative stress occurs when there is an imbalance in the body and it struggles to neutralise harmful effects caused

by foreign bodies. Antioxidants like vitamin C can help this process to run smoothly which is another reason why it's important to up your intake when the weather turns chilly. If you're after a supplement loaded with vitamin C, **Forever Daily** and **Forever Kids** are of course excellent choices, but **Argi+** is also worth considering, especially if you participate in a lot of sport that can put further strain on your body.

The new **Forever Aloe Vera Gel** is also ideal as the formula now contains added vitamin C. This combined with its high aloe content makes **Forever Aloe Vera Gel** a powerful protector against germs as aloe also naturally benefits immune health.

Multivitamin **Forever Daily** has already been praised multiple times but that's because this daily supplement boasts all the core nutrients you need each and every day, and that includes trace minerals. Trace minerals are perhaps undervalued compared to vitamins and macro-minerals like calcium, but elements such as zinc, copper, iron and selenium should in fact form a vital part of your diet. Zinc, copper and selenium are all antioxidants, contributing to the protection of cells from oxidative stress, while iron plays

an important role in the process of cell division. All these elements contribute to the normal function of the immune system, and foods to consider include shellfish, leafy greens, red meat and brazil nuts.

One vitamin we lack particularly in during these overcast days is vitamin D. The sun is an effective natural source of this vitamin but during the autumn and winter months, vitamin D is better obtained from diet. Oily fish, egg yolk and mushrooms are all vitamin D favourites but if these foods don't tempt your family's taste buds, you may want to try **Forever Daily**, **Forever Kids** or **Argi+**. Vitamin D contributes to the normal function of the immune system, helps reduce the risk of falling associated with muscle weakness and it is needed for normal growth and development of bone in children.

Vegans need to pay particular attention to their vitamin B12 levels as this essential nutrient is found in meat, fish and dairy. As well as the normal function of the immune system, B12 contributes to normal red blood cell formation and it has a role in the process of cell division. Food believed to be high in this water-soluble vitamin may lose some of its vitamin-value when cooked at a high heat or for long periods. If you are concerned, consider a supplement substitute as well. Forever's multivitamins and **Argi+** are high in B12 but if you want something targeted, try **Forever B12 Plus**.



Forever also loves **Nature-Min** (high in macro-minerals and trace minerals) and **Forever Immublend** (high in vitamins C, D and zinc)



Mind your mental concentration

Many people find it difficult to get their brain into gear after a long summer break, prolonged heat exposure and a time of disrupted routine. Kids and teachers head back to school, office workers are forced to reacclimatise to rigid office environments and before long the monotony of a working routine can send your mind wandering.

Keeping engaged and your mind active is important for reasons that stretch beyond one's career, and

although slowing and tiredness may be a part of the ageing process, important nutrients that specifically benefit your mind are worth considering.

One nutrient you may not be familiar with is docosahexaenoic acid, also known as DHA. DHA is an omega-3 fatty acid that forms one of the core structural components of the brain; it's also present in nerve tissues and the eyes. Not many food sources

provide DHA but oily fish, seafood and algae are the major omega-3 players if you are looking to up your intake. If fish tends to be absent from your diet, it's important to ensure that you don't become deficient in DHA, as although your body will naturally produce the substance, the amount is quite minimal. **Forever Arctic Sea** contains both the fatty acids DHA and EPA (eicosapentaenoic acid). DHA contributes to the maintenance of normal brain function, as well as

vision and blood triglyceride levels. Both DHA and EPA contribute to the normal function of the heart.

B vitamins are also excellent for one's mental concentration. Thiamine (vitamin B1), niacin (vitamin B3) and folate (vitamin B9) all contribute to normal psychological function, pantothenic acid (vitamin B5) contributes to normal mental performance, and niacin, folate and pantothenic acid also contribute to the reduction of tiredness and fatigue. Next time you're feeling a tad sluggish, you'll want to reach for foods rich in B vitamins such as meat, fish and nuts. **Forever Daily** and **Forever Kids** are also high in these B vitamins.

Folate and vitamin B12, also known as cobalamin, often work together, and if you are deficient in B12, it's likely that you're also deficient in folate, as B12 is required to convert folate into its active form. If you're a bit confused about the difference between folate and folic acid, you may be relieved to learn that they are both forms of vitamin B9. Natural folate is found in foods like spinach, beans and dairy, while folic acid is simply a synthetic form of the vitamin that's added to supplements and foods like flour and cereal. Folate and folic acid have the same basic molecular structure, they both function the same in the body and they both offer the same health benefits. In foods, folate

needs to be enzymatically converted in the intestines to be absorbed and provide benefits. However, folate is not particularly stable and there is a large loss in vitamin value during food processing or supplement manufacturing. For this reason, Forever has chosen to use folic acid, a more stable and more absorbable form of folate. For a supplement that combines both vitamin B12 and vitamin B9, choose **Forever B12 Plus** or **Argi+**.



Forever also loves **Forever NutraQ10** (high in vitamin B12 and folic acid)

Flaunt glowing skin



Oily skin peppered with blemishes is something everyone hopes to ditch along with other awkward teenage memories, but unfortunately for many, spots continue to pop up long into adulthood. Thankfully it is possible to take a proactive approach to skin health, and by understanding what can impact your complexion, you can make conscious choices that lead to the glowing, healthy-looking skin you desire.

Beautiful skin certainly starts from within so if you want to look good on the outside, you need to think about what you're putting in your mouth that could affect the inside. There are several skin-loving nutrients that your skin will thank you for including biotin (vitamin B7 or vitamin H), niacin (vitamin B3), copper, zinc and vitamins A and C.

Biotin can be found in dairy, veg and nuts; avocados and whole grain cereals are packed with niacin;

seafood, organ meats and legumes are natural sources of copper; poultry, shellfish and mushrooms contain zinc, and leafy greens and dairy are great for vitamins A and C. **Forever Daily** is of course the winning supplement when it comes to delivering these much-needed vitamins and **Forever Kids** is also high in most of these (except copper).

The great thing is, it's not just your skin that will benefit, your nails, hair and teeth will also benefit from some of the nutrients. Niacin and vitamin A contribute to the maintenance of normal skin, biotin and zinc contribute to the maintenance of normal skin and hair, and zinc also contributes to the maintenance of normal nails. Copper contributes to normal hair and skin pigmentation so if you're after hair and skin that looks bright, vibrant and healthy, you'll love copper.

When it comes to the role of vitamin C and the skin, this nutrient is more

interested in the skin's function; vitamin C contributes to normal collagen formation for the normal function of skin and teeth. Collagen is an amino acid protein which occurs naturally in the body to give structure and tone to connective tissues, but collagen can deplete with age which means sagging skin and an aged complexion. That's why vitamin C and marine collagen supplements like **Firming Complex** are perfect for those who wish to sport a youthful-looking appearance.

Aloe is also an amazing ingredient when it comes to skin, hair and nails. Not only is aloe soothing on sensitive and irritated skin, it has also been revered for centuries for carrying properties that lead to a beautiful complexion. As a highly-absorbent nutrient, aloe that's consumed orally can work fast from the inside and incredibly, the new **Forever Aloe Vera Gel** is as close to the natural inner leaf as you can get!

Embrace your everyday hero

This autumn and winter your overall wellbeing should take top priority as ill health will only hinder everything else in life you hold dear. Eating a varied diet full of nutritious fruits, vegetables and pulses is by far the best solution, but if you feel like meal-planning and preparation is impossible around work, appointments, family and other priorities, it can be difficult to remember to eat well (or at all!).

If convenience food features highly on your menu, it's worth considering introducing some of the supplements already mentioned to your diet. If you're new to supplements and unsure about what to take to ensure the best balance, you'll be pleased to hear that Forever has made it easy by combining the core supplements you need into one easy-to-follow programme.

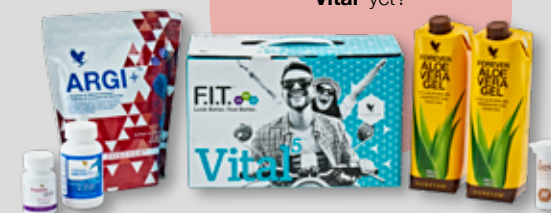
Forever's **Vital⁵** offers supplemented support for body and mind by combining five amazing Forever products that work together in synergy. In a handy pack containing a month's supply, and a flexible supplement schedule that works around a busy lifestyle, you can rest assured that your body won't miss out on any essential vitamins and minerals if you follow what **Vital⁵** has to offer.

Every **Vital⁵** pack contains **Forever Aloe Vera Gel**, **Forever Active Pro-B**, **Forever Arctic Sea**, **Argi+** and **Forever Daily**. These products have been cleverly formulated to deliver high quality nutrients to supplement your nourishment and to help you look better and feel better. Together these products target every area considered essential for the season, including digestive

and cardiovascular health, immune function, mental and nervous system support and your hair, skin and nails.

Vital⁵ really is your everyday hero, helping you through the next few months in the knowledge that your health is in safe hands. If you want to add additional supplements into your routine over and above **Vital⁵** then you absolutely can, but if not, **Vital⁵** offers an excellent platform that you can use to build upon throughout autumn, winter and beyond.

Have you tried **Vital⁵** yet?



Featured products:
Vital⁵ | code 456
Forever Active Pro-B | code 610
Forever Aloe Vera Gel | code 715
Forever Arctic Sea | code 376
Argi+ | code 473
Forever Daily | code 439

Forever Kids | code 354
Forever Calcium | code 206
Forever B12 Plus | code 188
Firming Complex | code 556
Forever Gin-Chia | code 47
Absorbent-C | code 48
Forever Fiber | code 464

Forever Immublend | code 355
Nature-Min | code 37
Forever NutraQ10 | code 312
 To purchase featured products, contact your Forever Business Owner today or visit foreverliving.com

Shake of the season

spiced
pumpkin
protein

240 ml
almond milk

2 tbsp.
Forever
Bee Honey

1 scoop
vanilla Forever
Lite Ultra

1/2 tbsp.
turmeric

2 tbsp.
oats

60 g
pumpkin purée

1/2 tbsp.
cinnamon

1 tsp.
pumpkin
spice

1 banana

Featured products:
Forever Lite Ultra |
code 470 (vanilla), 471 (chocolate)
Forever Bee Honey | code 207
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Add a
handful
of ice
and blitz



Move Forever

Thanks to powerful turmeric and NEM®

Forever Move combines two powerful and patented ingredients: natural eggshell membrane (NEM) and curcumin turmeric (Biocurc), a prized Asian root popular with people who lead active lives. These burnt-orange softgels are perfect for people who lead busy and active lifestyles, sport and fitness enthusiasts, maturing adults and those who work strenuous jobs.




FOREVER

Forever Move | code 551
Please speak to a Forever Business Owner
if you would like to place an order.

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

A close-up photograph of a metal tray filled with fresh aloe vera leaves. A hand wearing a bright blue nitrile glove is shown peeling one of the leaves, revealing the clear, gelatinous inner pulp. The background is slightly blurred, focusing attention on the peeling process.

Aloe you can trust

Forever only uses high quality inner leaf aloe gel that's packed with nutrients and beneficial properties.

A vibrant autumn-themed background featuring several pumpkins in shades of orange and red, scattered with fallen leaves. The scene is softly lit, creating a warm and inviting atmosphere.

Embrace a healthful harvest

Most modern supermarkets today have opted to give in to an 'I-want-it-now' attitude, and thanks to improved globalisation, getting hold of exotic fruits and veg at any time of the year is fairly easy. Despite the convenience, eating imported veg or food out of season isn't always as palate-pleasing as you may think. Read on to find out why autumn produce should be the only vegetation on your shopping list this season...



*Nature knows
our needs*

Our clever little world doesn't just choose its seasonal crops randomly, the earth provides us with produce that's packed with the nutrients our bodies require for that period. Have you ever wondered why satsumas and oranges dominate the aisles in winter? Citrus fruits are high in vitamin C which is needed to keep our immune systems in check, especially since the streets are rife with flu in the winter!

If you really think about it, the whole point of eating food is for fuel and nutrients. Of course, food brings far more joy to many over and above these basic survival requirements, but ultimately, eating for nutrients is what keeps our bodies ticking over. Fruits and veg in season carry a higher nutritional value than the other varieties on the shelves. Once something has been picked, some of its vitamin and mineral content will start to decline but at least with seasonal veg, you can assume it's not long been harvested and therefore you're guaranteed a fresher, tastier and nutrient-rich product.

Seasonal fruits and veg will be left to ripen before they are picked and sold at market. Fully ripe crops offer a naturally-enhanced flavour and if they're to be sold straight away, there is no need to subject them to alien climates. A crop that has been picked early and selected for future seasons will be stored in chilled, oxygen-free conditions; this affects both the flavour and nutrient content. Once it's ready to hit the store, the crop may be transported to a room with a warm climate until it ripens enough to look acceptable to sell.

Not only do you risk purchasing tasteless veg that's already several months old when you eat out of season, your wallet may also suffer the consequences. Fruits and veg that are in season tend to be locally sourced and from a large harvest, and this means they can be sold at a more affordable rate. Who knew that choosing to eat economically could benefit your bank balance, the environment AND your body?!



*Forever loves
cabbage*

All sorts of healthful vegetation have stemmed from this vitamin-infused brassica. Cauliflower, kale, Brussel sprouts and broccoli are all related to the cabbage, and each of these fabulous greens are great autumn additions to any meal. Cabbages offer an excellent source of calcium, iron, magnesium, phosphorus, potassium, folate and vitamins C, K, B1 and B6.

But what about imported crops that have technically been picked in season and delivered to our country? While these fruits and vegetables may be seasonal, they may have also been subjected to unsavoury pesticides, herbicides and fungicides. Agricultural laws differ from country to country and chemicals that are banned here may be freely sprayed on your lunch somewhere else without legal consequence. It is also hard to monitor hygiene practice, soil quality and pollution levels when vegetation












arrives in from across the globe. If you are concerned, try to do some research before committing to your purchase, or simply make sure you thoroughly wash foods before adding them to the dinner plate. If you really are desperate to eat something that grows out of season, try buying it in season and freezing a batch to enjoy later in the year.

*Forever loves
turnips*

Turnips graced the English countryside long before the potato, and although this was originally associated with peasant food, the turnip is a root vegetable that's bursting with nutrients fit for a king. Vitamins K, A, C, E, B-vitamins and folate can be found in turnips, as well as multiple minerals, fibre and protein.



MORE DELICIOUS AUTUMNAL PRODUCE

 APPLES	 PEARS	 CELERY	 ONIONS	 GREEN BEANS	 BITTER MELON
 BEETROOT	 SWEET POTATO	 LEEKS	 SPINACH	 GINGER	 GRAPES
 CRANBERRIES	 BLACKBERRIES	 PARSNIPS	 CARROTS	 SALSIFY	 FENNEL



*Another kind of
harvest*

*Aloe you can
trust*

Forever loves squash

Like the cabbage, you can thank the squash for many delicious varieties: butternut, delicata, acorn and pumpkin are all a part of the squash family! The vibrant orange and yellow flesh certainly conjures up visuals of crisp autumnal scenes, and the wholesome, sweet flavour offers you something that feels far more substantial than other veg. Vitamins A, C, E and B-vitamins can be found embedded in the flesh of this squash assortment.



The aloe vera plant may not fall into the fruit or veg category, but it is a succulent that needs to be harvested at the right time for consumers to profit from the nutritional value and numerous benefits found deep inside the leaves. Aloe vera gel can be transformed into a healthy beverage, including tea and fruit juice, and such drinks make a welcome addition to any balanced diet. Aloe is also an absorbent, which is why it's effective when used in skincare and as a coating for nutritional supplements.

But it's not just any old aloe vera that provides nutrients. Forever believes that Aloe Barbadensis Miller is the most powerful variety, which is why its plantations in the Dominican Republic and Texas offer a home to over 50 million of this particular plant. These two locations provide the shrubs with the perfect climate, one that enables them to thrive and flourish so that the leaves become plump, mature, and full of goodness all year round.

Once mature, the lower leaves will be ready for harvest and Forever's aloe is hand-picked and hand-filleted to ensure the maximum amount of pure inner leaf gel is retrieved from each leaf.



Forever loves mushrooms

Mushrooms can technically be grown indoors all year round, but wild mushrooms usually pop up from the ground in the autumn. While wild mushrooms should be approached with caution (many are poisonous or hallucinogenic), correctly sourced mushrooms are excellent when added to cuisine, offering you a source of fibre, protein, folate, iron, zinc, vitamin D, B-vitamins and selenium.

Thankfully, Forever's two aloe plantations offer environments that result in aloe plants that are in season all year round. The Dominican Republic has beautifully-balanced soil, the perfect temperature and just the right amount of rainfall to ensure high quality aloe, and on average Forever harvests 85 tons of aloe a day.

Owning the soil in which the plants are grown offers a huge advantage when it comes to harvesting. Forever controls every stage of the process and this means controlling the quality of such processes. Forever believes

in meeting quality standards that exceed expectations, which is one of the reasons that the company has been awarded the International Aloe Science Council's (IASC) seal of approval for its aloe. Every plant has been hand planted and as it grows the aloe is lovingly nurtured to ensure great care is taken over each leaf. Goats, sheep and cattle roam the fields for weed control and natural fertiliser, the aloe leaves are washed thoroughly before passing through stringent quality checks, and any harmful bacteria is prevented thanks to the new processing method.



Forever is the number one grower, manufacturer and distributor of aloe vera products in the world.



Have you seen our new aloe gel tripacks? If you drink aloe daily, you'll love stocking up on these handy packs. **Forever Aloe Vera Gel** boasts 99.7% pure aloe but if you fancy something a little fruitier, try **Forever Aloe Berry Nectar** or **Forever Aloe Peaches**. Which gel is your fav?

The aloe is processed within a few hours of being harvested to ensure all its inherent benefits remain potent, and this means every aloe harvest that eventually ends up in your products is of the highest quality.

Forever has been manufacturing aloe vera products since 1978. For four decades, local farmers have tended the plantations, and without their hard work and dedication, our aloe-inspired product line would not be possible.

Forever Aloe Vera Gel remains Forever's flagship product and the purity captured within this drink is beyond impressive. With a sugar-free formula that boasts 99.7% pure aloe vera, no added preservatives, vitamin C, and packaging made from recyclable materials, **Forever Aloe Vera Gel** is THE aloe gel drink your fridge should never be without. This more natural and fresher-tasting aloe is an ideal digestive aid, plus it can also benefit skin health and support immune function.



*Forever loves
swiss chard*

Dubbed a nutritional powerhouse and 'superfood' by some health food lovers, Swiss chard is indeed far more powerful than it looks. These leafy greens offer vitamin K, A and C, as well as magnesium, potassium, iron and fibre. Swiss chard has a slightly stronger flavour than spinach and is ideal in an early autumn salad.

Featured products:
Forever Aloe Vera Gel | code 715
Forever Aloe Berry Nectar | code 734
Forever Aloe Peaches | code 777
Forever Aloe Vera Gel Tripack | code 7153
Forever Aloe Berry Nectar Tripack | code 7343
Forever Aloe Peaches Tripack | code 7773
Forever Aloe Mixed Gel Tripack | code 7333
To purchase featured products,
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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. They do not require refrigeration, but to ensure maximum benefits the capsules are stored in unique packaging that controls moisture and protects the goodness captured in each supplement. The formula is also free from allergens and suitable for vegetarians.



FOREVER

Forever Active Pro-B | code 610
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www.foreverliving.com

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

Pure gold



Not all honey is made equal and **Forever Bee Honey** remains one of our most popular products thanks to a pure taste that captures nutrition direct from the hive. This delicious sweetener is naturally nutritious and perfect for replacing processed sugar in your diet. Consider it a gift from our bees to you!



Forever Bee Honey | code 207
Please speak to a Forever Business Owner
if you would like to place an order.

www.foreverliving.com

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

Flavours of Forever

Throughout every culture in the world, food is the great unifier. It's a uniquely human bond that's created when you gather around a full spread surrounded by your friends, family and community. Exploring food is a great way to experience the vibrancy and diversity of cultures from around the globe. The colours, flavours, aromas and presentation can transport your taste buds to the dynamic landscape of Brazil or the vibrant culture of South Africa.

We asked Forever family members from four countries to share some of their favourite recipes. Each is steeped in tradition and history, representing the electrifying flavours that have brought families and communities together for generations. Now you can join our worldwide community at your own dinner table.



Brazil

COCONUT FISH

SERVES 4 | 200°C | 15 MINUTES

Pre-heat your oven for 10 minutes. Sprinkle all fillets with lemon, salt and white pepper. Slice tomatoes and onions into small cubes and set aside onion. Mix olive oil in with the tomatoes. Using baking paper or aluminium foil, make a parcel for each fillet and spoon the tomato mixture equally between each parcel. Soak the fish in coconut milk before placing on top of the tomatoes and garnish with onions and roughly cut coriander. Close up the parcel and place all four parcels on a baking tray. Cook for 15 minutes or until fish flesh turns white. Serve with mashed potatoes and seasonal veg.

400ml coconut milk
4 medium fillets of fish
(sole or Merluza hake)
4 tomatoes
2 onions
Handful of fresh
coriander
2 lemons
White pepper
Salt
1 tbsp. olive oil
Baking paper or
aluminium foil

SERVES 4 | 190°C | 2 HOURS

In a blender, add the yoghurt, Forever Bee Honey, Forever Aloe Berry Nectar gel, pomegranate juice, lemon juice, salt, olive oil, parsley, chilli powder and red pepper. Blend until a smooth paste-like consistency is achieved (heat through to thicken if necessary and leave to cool). Rub the chicken all over and under the skin with the paste and place the juiced lemon inside the chicken. Leave to marinate for two hours (or overnight) in the refrigerator and season with salt if required. Place the marinated chicken in a roasting pan and pour over excess marinade. Cook for 2 hours until juices run clear and serve with seasonal vegetables and boiled potatoes.

South Africa

CHARGRILLED CHICKEN
IN A CHILLI MARINADE

1 large chicken
3 tbsp. thick, plain
low-fat yoghurt
1 tbsp. Forever Bee Honey
1 tbsp. Forever Aloe
Berry Nectar
250ml pomegranate juice
1 lemon (juiced and
set aside)
Pinch of salt
2 tbsp. olive oil
Handful of fresh parsley
1 tsp. chilli powder
1 red bell pepper (sliced)

Featured products:
Forever Aloe Berry
Nectar | code 734
Forever Bee Honey
code 207
To purchase featured
products, contact your
Forever Business Owner
today or visit
foreverliving.com



SERVES 4-6 | 200°C | 30 MINUTES

Sprinkle the aubergine slices with salt and leave to stand for 30 minutes before rinsing off the salt. This will help to reduce bitterness. Preheat oven and fill a large frying pan with half an inch of oil and a knob of butter; heat over a medium heat until it's simmering. Working in batches, fry the aubergine, turning them for about 5 minutes until they have browned on both sides. Transfer the fried aubergine to a paper towel-lined tray and pat dry. Repeat with remaining aubergine, topping up oil as needed.

Cook the chopped tomatoes in a saucepan over a medium heat. Add the garlic and chopped basil and simmer for 10 minutes, stirring occasionally. Don't allow it to boil for more than 15 seconds at a time as the flavour will escape.

In a baking dish, spread a layer of sauce to base and arrange the first layer of aubergine. Top with a thin layer of tomato sauce, followed by shredded mozzarella and oregano leaves. Continue layering the aubergine, sauce, cheese and herbs to fill the dish but do not add oregano to the top layer. Bake for about 20 minutes until the dish is bubbling and brown on top. Let it stand for 10 minutes to reabsorb juices then sprinkle with oregano; serve with seasonal salad and garlic bread.

Extra virgin olive oil

3-4 aubergines,
sliced ¼ inch thick

Sea salt

360ml tomato sauce (passata
or chopped tomatoes)

340g shredded fresh
mozzarella

Torn fresh oregano leaves
(about 4 sprigs)

Garlic and basil (to taste)

Butter

Italy

MELANZANE ALLA PARMIGIANA



Malaysia

NASI KERABU

SERVES 3-4 | 30 MINUTES

1. Wash and drain the rice before soaking in butterfly pea flower water for 10 minutes (if using). Add in kaffir lime leaves and lemongrass and cook the rice as usual. If you are using blue colouring, sprinkle a few drops in the water.

2. Combine chillies and shallots in a blender then place mixture in a saucepan. Add the lemongrass and pour in the coconut milk, bringing it to a slow boil. Simmer gently, stirring constantly for 10 minutes or until oil separates. If you are using canned coconut, the oil will not separate; in this instance, cook until it thickens.

3. Mix all raw ingredients in a large bowl for sharing.

4. Fry the mackerel in a pan and then remove the skin and bone, setting aside the flesh. Dry-fry the grated coconut in a wok or pan until light brown. Pound shallot and ginger in pestle and mortar and add in the coconut, seasoning and flaked mackerel. Pound and

4. FLAKED FISH

1 mackerel
25g grated coconut
1 tsp. salt
1 tsp. sugar
4 shallots
1cm peeled ginger
¼ tsp. white pepper

1. RICE

200g rice

8 butterfly pea flowers
(soaked in hot water)
or a few drops of blue
food colouring

2 kaffir lime leaves
1 stalk of lemongrass,
bruised

2. COCONUT SAUCE

3 dried chillies (soaked)
4 shallots (peeled)
300ml coconut milk
1 stalk of lemongrass

mix well (if you do not have a pestle and mortar, use a blender).

Once everything is ready, arrange the rice, flaked fish, sauce and salad onto a plate and serve with crackers and a boiled egg.

3. SALAD

Shredded cabbage
leaves
Bean sprouts
Long beans
Vietnamese mint
Shredded kaffir
lime leaves
Chopped ginger
Chopped onion
Crushed cashew nuts



Nutrition from the hive

It's fair to say that not everyone is a fan of the humble honeybee. Fear of getting stung or mistaking bees for wasps are common reasons why the bee can make a grown man run a mile, but bees actually deserve to be celebrated, their work encouraged, and their lives protected.

Bees have a very intentional job here on earth: to pollinate trees and shrubs. Pollination leads to reproduction and mature crops that produce fruit and seeds, and this means plenty of trees and flowers for food, oxygen and nutrients.

While bees are busy bringing balance to our ecosystems, they are also working to make their own unique substances to feed the colony. These substances are packed with nutritional value and the benefits can be enjoyed by us as well as the bees.

FOREVER BRINGS THE POWER OF THE HIVE TO YOU

There are four notable substances found within the hive: honey (winter fuel), propolis (building glue), royal jelly (nutrient-rich food for the queen) and pollen (an enzyme packed with daily nutrition). The benefits of these substances have been revered for centuries and even the ancient Egyptians used honey and propolis for medicines and healing techniques.

HONEY

Honey is one of mankind's oldest food sources, providing natural energy and goodness to bees and humans alike. This golden elixir is made from the nectar retrieved by bees from flowers, which is why there are so many different types of honey available – the flavour, colour and consistency depends upon the type of flower the nectar has been retrieved from. The darker the shade, the richer it is believed to be in bioactive plant compounds (that's a good thing). If you regularly find yourself reaching for refined sugar, you should definitely consider replacing it with a bottle of **Forever Bee Honey**.

Forever Bee Honey is made in the Spanish mountains from wild flowers, and since it's a valuable food source to bees in times when food may be scarce (winter), our keepers always ensure plenty is left for them to feed on. **Forever Bee Honey** is 100% pure and superior in taste with a floral aroma that leaves behind a subtle fruity finish. This has been captured in an easy-pour bottle that's perfect for porridge, sauces, marinades, herbal tea, cake and for eating by the spoon!



BEEES ARE SUPER PRODUCTIVE

Honeybees produce three to four times MORE honey than is needed to feed the hive for the winter. As nature's little bonus, we can collect honey without harming the colonies.

3

reasons bees
love propolis

- 1 Protects against pathogens
- 2 Antibacterial
- 3 Antiviral



BEEES PLAY A VITAL ROLE
IN POLLINATING 30% OF
CROPS AND 90% OF
WILD PLANTS

(Natural Resource Defense Council)

3

reasons bees
love honey

- 1 Naturally nutritious
- 2 Energy source
- 3 Rich in bioactive plant compounds



PROPOLIS

Propolis is perhaps the lesser known of the bee substances, but one that's essential to the safety and wellbeing of the colony. The word 'propolis' originates from ancient Greek and can be interpreted as 'defence of the city'. This sticky compound is essentially sap combined with beeswax and other residues, used by bees to protect and build their hives. Its glue-like consistency coats and seals the hive to protect it against pathogens.

It's naturally antiseptic, antifungal, antibacterial, antiviral and antimicrobial so bees can carry on with their lives without worrying about interfering external factors!

Propolis is naturally rich in amino acids, vitamins, minerals and trace elements but its nutritional value can vary greatly depending on the environment and flowers the bees have access to. The bee propolis used to create **Forever Bee Propolis** supplements has been responsibly harvested for years to ensure the health of the colony and a product of the purest quality.



ROYAL JELLY

Royal jelly is a protein-rich, milky substance that worker bees secrete from glands in their head. All baby bees (larvae) are fed royal jelly during the first few days of their life but when they are old enough to be identified as a worker (female bees) or drone (male bees), they will cease eating the precious substance. Larvae that has been identified as a potential queen bee will be encased in a special 'queen cup' where it will spend its days floating in, and consuming royal jelly. Once an adult, the chosen queen bee will live exclusively on royal jelly as the food is believed to help with ovary development so that she can lay countless eggs. Royal jelly consists of proteins, simple sugars, fatty acids, trace elements and vitamins B5 and B6. There is normally only one queen per colony and she'll grow up to become the largest bee in the hive. She has the ability to use her stinger multiple times and she'll out-live all the other bees by several years. Her job is to lay thousands of eggs (daily) and all other bees in the hive will do everything they can to protect her.

The royal jelly used to create **Forever Royal Jelly** supplements is collected using a meticulous method that's been perfected over decades. To collect royal jelly, Forever creates imitation 'queen cups' in a small colony of young bees; these bees will then instinctively fill the cups with royal jelly. The process requires close attention and precise timekeeping, and on average it will take around a thousand three-day-old filled cups to create just 1lb of royal jelly.

POLLEN

Whilst the queen munches through her royal jelly, worker and drone bees snack on fermented pollen, colloquially referred to as 'beebread'. Worker bees may be busy collecting pollen to pollinate other flowers, but the pollen is also converted into a little ball of nutrition on the way. The bees mix the pollen with enzymes and rich nectar, returning to the colony with this superfood to share with the rest of the hive. The nutritional value of bee pollen differs greatly depending on which plants provided the pollen, but it always consists of varying levels of protein, amino acids, enzymes and B-complex vitamins. Pollen provides these busy bees with everything they need to survive, which is why you may have heard it referred to as 'ambrosia' (the name given to the food of gods in Greek mythology).

The pollen used by Forever is sourced using a patented pollen trap that does not destroy the colony. **Forever Bee Pollen** supplements are completely free from preservatives and artificial flavours – so why don't you harness the power of one of nature's most complete foods? It's as close to the hive as you can get!

PROTECTING BEE POPULATIONS THROUGH RESPONSIBLE HARVESTING

Fears of a diminishing honeybee population is a very real concern, and in 2017 and 2018 several species of bee were added to the endangered list. This is particularly worrying since the existence of bees directly correlates to the survival of our world! That's why Forever only extracts the nutrients within the hive using colony-friendly methods that allow the bees to thrive.

The history behind Forever's bee products can be traced back to a remarkable man called Charles Robson. Robson's ancestors originated from Germany, but they had been bee-keepers since the sixteenth century. In 1958 Robson took over the family business, starting with just 600 colonies, and by 1978 he owned and controlled 10,000!

Sadly, that same year, 75% of his colonies were destroyed by agricultural pesticides. Pesticides, along with parasites, are believed to play a major role in the worrying decline of honeybees, which is why Charles Robson decided to move his colonies to Arizona.

Robson was innovative in his thinking and knew of the nutritious benefits captured within the hive, which is why he dedicated his life to developing supplements that attained such properties. Forever has been sourcing bee products from Robson since the 1980s and continues to honour his legacy by producing nutritionally-rich bee products. Of course, Forever has grown a lot since those early days and today sources honey from desert regions in the United States and Spain while continuing to maintain the highest standards of quality and responsibility to the hive, just as Charles Robson would have wanted.

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Featured products:
Forever Bee Honey | code 207
Forever Bee Propolis | code 27
Forever Bee Pollen | code 26
Forever Royal Jelly | code 36
 To purchase featured products,
 contact your Forever Business Owner
 today or visit foreverliving.com

Brush up on NUTRITION

WATER TO HUMANS IS
LIKE OIL TO A CAR – IT
HELPS EVERYTHING
WORK PROPERLY

A BALANCED DIET
CONSISTS OF PROTEIN,
CARBOHYDRATES AND FAT



VEGANS MAY BE
DEFICIENT IN

B12

**NUTRIENT DEFICIENCIES CAN CAUSE DNA DAMAGE, MAKE YOU
AGE FASTER, AND CONTRIBUTE TO CHRONIC DISEASE**

FRUITS THAT TURN BROWN QUICKLY
AFTER BEING EXPOSED TO OXYGEN ARE
LOW IN ANTIOXIDANTS.
CHOOSE FRUITS LIKE
**MANGO, BERRIES AND
LEMONS** INSTEAD



VITAMINS AND
MINERALS =
MICRONUTRIENTS.
THEY ARE PRESENT
IN FOOD IN TINY
QUANTITIES

OXIDATIVE STRESS CAN
CAUSE AGEING BUT FOODS
CONTAINING **ANTIOXIDANTS**
LIKE **COPPER, MANGANESE,
SELENIUM, ZINC AND
VITAMINS B2, C AND E**
ALL CONTRIBUTE TO THE
PROTECTION OF CELLS
FROM OXIDATIVE STRESS

**16% OF WOMEN ARE
DEFICIENT IN IRON** & **10% OF MEN AND WOMEN ARE
DEFICIENT IN VITAMINS D AND B6**

**WE'VE KNOWN FOR MORE THAN 3,500 YEARS THAT FOODS CONTAINING VITAMINS
AND MINERALS (NUTRIENTS) ARE ESSENTIAL FOR HEALTH AND WELLBEING**



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IT'S NOT JUST
A SHORT-TERM
DIET. IT'S A LONG-
TERM LIFESTYLE
CHANGE.



Autumn escapes

Let your stress melt away by embracing one of these seasonal getaways...

NEW YORK, UNITED STATES

adironackballoonfest.org

New York may be known as the city that never sleeps, but autumn (or fall) gives a whole new dimension to this iconic city. Central Park is of course awash with shades of crimson and auburn, but the streets also offer a hub of activity, welcoming festivals throughout September and October such as Cider Week, Oktoberfest, and the Adirondack Balloon Festival. Early October also signifies the start of the ice-skating season outside Rockefeller Center, so visitors and locals can pretend they're in a RomCom as they embrace the activity at one of the world's most famous locations.



TREEHOUSE SPA, SOUTHWEST FRANCE

chateaux-dans-les-arbres.com

Take glamping to a whole new level of luxury by choosing to stay in a rustic wooden treetop castle in Dordogne. These unique floating cabins are at the heart of nature, surrounded by stunning views and peaceful woodland that can be enjoyed while you bask in your own sunken jacuzzi. Many of the cabins also include a private sauna, and local amenities include prehistoric sites, caves, castles, medieval towns and access to an on-site heated swimming pool.



MARRAKECH, MOROCCO

muchmorocco.com/locations/marrakech

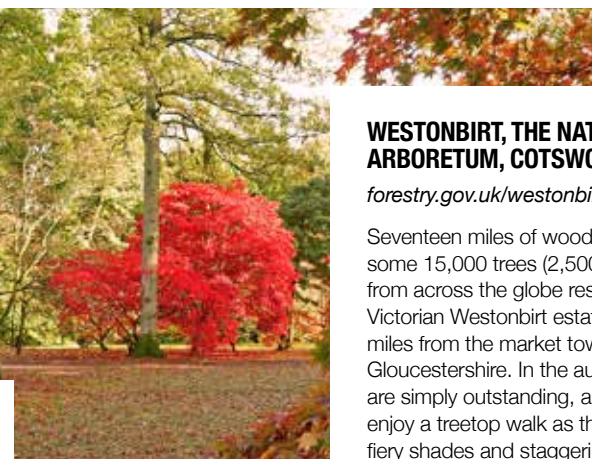
If you're already mourning the fast-fading summer warmth, Morocco could be the answer you've been searching for. With a daytime temperature that rarely dips below 20°, Marrakech treats sun-seekers to the remaining rays whilst they enjoy golden beaches, exotic markets, stunning gardens, scenic walks and cosy nights. Evenings can feel pretty chilly so make sure you have a light jacket to hand, but it's worth it to experience the deliciously-spiced tagines and quirky street performances offered by this beautiful city of history and culture.



AURORA NIGHT AT THE KIELDER OBSERVATORY, NORTHUMBERLAND

visitkielder.com

If you thought you had to travel to Scandinavia or Iceland to witness the magic of the Northern Lights, think again – Europe's largest dark sky park is right on your doorstep! The Kielder Observatory in Northumberland offers unspoilt and breath-taking views of the galaxy, and several star-gazing nights are held throughout the year to spectators and budding astronomers who wish to stare, awe-struck, into space. The observatory is situated in Kielder Water and Forest Park which boasts spectacular views and landscape, and aurora nights are held throughout the autumn months. Spots fill up fast so make sure you book your place in plenty of time.



WESTONBIRT, THE NATIONAL ARBORETUM, COTSWOLDS

forestry.gov.uk/westonbirt

Seventeen miles of woodland with some 15,000 trees (2,500 species) from across the globe reside on the Victorian Westonbirt estate, just three miles from the market town of Tetbury, Gloucestershire. In the autumn the sights are simply outstanding, and visitors can enjoy a treetop walk as they marvel at fiery shades and staggering beauty. This incredible arboretum will impress adults and children alike, and there are even dog-friendly zones your pup will love to explore. Its Cotswolds location is also scattered with picturesque B&Bs offering the quintessential British break you need.



Don't forget to pack the **Forever Travel Kit** (code 524) in your overnight bag before you go!

Amazing products for the season

The gift giving season is right around the corner and whether you're giving yourself the much-deserved gift of wonderfully radiant skin or shopping for someone else, we've compiled some of our Forever favourites to help get you started.

APPROACH AGEING FROM THE INSIDE OUT

Infinite by Forever Advanced Skincare System can rescue your skin by restoring moisture balance, stimulating healthy collagen levels and minimising the appearance of fine lines and wrinkles. If you fancy yourself an early Christmas present, or someone you know has a mature complexion, give the gift of younger-looking skin by treating them to nourishing skincare that targets the signs of ageing.

CLEAN SKIN WITHOUT THE TIGHTNESS

Do you ever get that tight feeling after washing your face? The culprit could be your current cleanser stripping away moisture. Now you can say goodbye to that irritating tight skin for good thanks to **Infinite by Forever Hydrating Cleanser**. This mild, milky cleanser uses natural ingredients and anti-ageing properties to fight against tightness whilst rehydrating skin and breaking down dirt and debris.



FOCUS ON FIRMING

Infinite by Forever Firming Complex is Forever's first beauty supplement, specially formulated to assist beauty from within. Featuring a powerful proprietary blend of French melon concentrate, phytoceramides, marine collagen and vitamin C, **Firming Complex** equips your skin with what it needs to fight off the signs of ageing. This formula nourishes and hydrates skin while increasing bounce and reducing the appearance of facial wrinkles.



MEN will love



TAKE AIM AT AGEING

After cleansing, it's important to add moisture back in by choosing a rich moisturiser or serum. Serums are perfect for seeping deep into pores so that the formula can get to work hydrating skin from the inside out. Forever's **Infinite by Forever Firming Serum** combines hydrating properties with a three-amino acid peptide that mimics the natural process of skin to increase the appearance of firmness. This clinically-proven serum ultimately increases firmness, minimises the appearance of fine lines and wrinkles and leaves skin feeling smooth.

RESTORE LOST MOISTURE

For the final step of your skincare regime, choose **Infinite by Forever's Restoring Crème**. This rich cream contains over fifteen skin conditioners, aloe, powerful antioxidants, vitamin B3 and essential oils to replenish, rejuvenate and reduce the appearance of ageing. **Restoring Crème** seals in all the skincare benefits previously applied whilst reinforcing the skin's natural barrier to leave behind a smooth, moisturised and even complexion.



Featured products:
Infinite by Forever Advanced Skincare System | code 553
Hydrating Cleanser | code 554
Firming Serum | code 555

Firming Complex | code 556
Restoring Crème | code 558
To purchase featured products, contact your Forever Business Owner today or visit foreverliving.com

A winning combination

Sonya Daily Skincare is the perfect choice for autumn and winter since it's for a combination complexion which can fluctuate between oily and dry. Show someone you care by treating them to this gel based skincare range, perfect for combination skin.

MEN
will love



A REFRESHING START TO YOUR DAY

The **Sonya Refreshing Gel Cleanser** features a gel base and should be used twice daily (morning and evening) to remove dirt, oil and debris. Unlike traditional soap-based cleansers, this one's formula won't dry out your skin and leave it feeling tight, instead you'll enjoy an experience that leaves your face soft and soothed thanks to rich antioxidants, amino acids, aloe and baobab oil.

MEN
will love



SOOTHE AND MOISTURISE

Once cleansed, you shouldn't wait too long before slathering on moisturiser, otherwise the dryness could quickly return. **Soothing Gel Moisturizer** combines active ingredients with natural plant and fruit extracts to create an aloe-rich formula that melts into skin. If a dewy complexion, even skin tone and anti-ageing ingredients like linoleic acid and hydrolysed collagen is what your skin yearns, **Soothing Gel Moisturizer** will be your number one product this season.



BRIGHTEN UP THE ROOM

If you want to keep your real age hidden from view, you'll want your complexion to allude to youthfulness. Thankfully, you can restore and enhance your skin's natural glow with the help of **Sonya Daily Skincare's Illuminating Gel**. Peptides, minerals and unique botanicals work together to even and brighten skin tone, soften age spots and minimise pores, and like all the Sonya products, aloe gel shapes the formula's foundation to ensure quick absorption and noticeable results.



DEEPLY NOURISH EVERY PORE

If your complexion is craving moisture, it's worth bathing every pore in a treatment that reaches deep down into your skin. **Sonya Daily Skincare's Refining Gel Mask** will give you the fresh-faced look you desire, and best of all it will do all the work while you catch some zees. This mask helps to balance your skin tone and brighten your overall appearance thanks to antioxidant botanicals, rich oils and our precious aloe gel. Before bed, apply a generous amount over your entire face; leave on overnight and remove with warm water in the morning to reveal radiant-looking skin.

Featured products:
Sonya Daily Skincare | code 609
Illuminating Gel | code 606
Refining Gel Mask | code 607
Refreshing Gel Cleanser | code 605

Soothing Gel Moisturizer | code 608
To purchase featured products,
contact your Forever Business Owner
today or visit foreverliving.com

Target areas of concern

Cooler temperatures, central heating and a dry atmosphere often accompany the auburn hues of autumn, and these types of conditions rarely do your complexion justice. Often your skin will still be recovering from having been exposed to the harsh rays of summer, and your usual skincare routine may need additional products to help tackle areas of concern. If so, it's time to treat yourself or introduce someone else to gentle skincare that delivers powerful results.



REVEAL HYDRATED SKIN

Parched, flaky, tight and dehydrated skin is crying out for attention, so if you want to avoid angering your complexion all the way up to next spring, it's time to give your skincare routine a much-needed face lift. Dead skin that sits on the surface will hinder every moisturiser, lotion and serum by blocking access to the pores, so you need an exfoliator that's going to cut through the crumbs. **Smoothing Exfoliator** is powerful enough to remove dead cells, but gentle enough to ensure the newer, fresh skin remains soft and supple. Instead of plastic microbeads, this exfoliator uses natural jojoba beads and bamboo powder. Added vitamins and fruit extracts moisturise and hydrate the young skin as it's revealed, leaving the perfect canvas for the rest of your routine.



CONDITION YOUR COMPLEXION

Aloe vera has been skincare's not-so-secret weapon for centuries. Forever's captured the benefits of aloe in its **Aloe Activator**, a skin conditioner with a formula that brags 98% pure liquid aloe to leave skin feeling refreshed, soothed and moisturised. Infused with enzymes, amino acids, polysaccharides and vitamins A, C and E, **Aloe Activator** can be used after cleansing to prep the skin for other products, or as the final stage in your skincare regime to seal in the benefits.

Featured products:
Aloe Activator | code 612
Smoothing Exfoliator | code 559
Balancing Toner | code 560
Protecting Day Lotion | code 557
Sonya Aloe Nourishing Serum | code 281
 To purchase featured products, contact your Forever Business Owner today or visit foreverliving.com



BRING BACK SOME BALANCE

A few months ago, you were sunning your skin for ten hours solid and this month you're facing bitter wind and interiors warmed by drying storage heaters – your complexion doesn't know what's hit it! Bring balance back into your skin's life with **Balancing Toner**, an aloe, cucumber and seaweed-infused toner that minimises pores, hydrates skin and evens out your complexion to improve tone, soften skin and encourage a youthful appearance.



DAILY UV PROTECTION

Add an extra layer of protection on top of your moisturiser with **Forever's Protecting Day Lotion**. Although this cream should never be treated as a sunscreen, this day lotion does have added SPF 20 to shield skin from any harmful UV rays that do poke through. **Protecting Day Lotion** also offers incredible moisturising powers thanks to fruit and herbal extracts, antioxidant properties and a healthy dose of aloe.



INDULGE AND REPLENISH

Treat your skin to a luxurious, lightweight and nourishing serum that leaves it feeling moisturised, soft and loved. **Sonya Aloe Nourishing Serum** smells amazing thanks to lemon, white tea and mimosa bark extracts that replenish your complexion to leave it looking enviably youthful and beautifully smooth.

Leave a lasting impression

Complete your autumn/winter style with the following products and you're bound to leave a lasting impression that oozes confidence and authority.



NOURISH WITH NUTRIENTS

Hydrate your skin and even tone and texture for a youthful complexion with the new **Aloe Bio-cellulose Mask**. This mask blends bio-cellulose technology with aloe and horse chestnut to deliver an effective, skin-hugging mask that fits perfectly to the contours of the face. There's no need to rinse your face after application as any remaining residue can be massaged into your skin and neck. **Aloe Bio-cellulose Mask** is environmentally-friendly and made from fine, natural, bio-cellulose fibres that allow moisture and beneficial ingredients to soak into your skin.

*Coming soon



MEN will love

AWAKEN YOUR EYES

Flawless skin can easily be tainted by dark under-eye circles and unfortunately the sleep deprived will inevitably fall victim to such dreaded shadows. Thankfully, **Awakening Eye Cream** works to minimise the appearance of dark circles, as well as fine lines, wrinkles, puffiness and crow's feet. This advanced cream combines collagen with botanicals to firm, smooth and awaken tired skin, so now you can survive the long evenings with eyes that appear rested and alert.

DEFINE YOURSELF

Let your boldness shine with **Sonya Precision Liquid Eyeliner**. This liner's rich formula uses natural and high-quality ingredients to ensure skin remains nourished during and after wear. Aloe, sunflower seed oil, castor oil and vitamin E make up its gentle formula to soothe and moisturise without drying or damaging skin. Thanks to its carbon-pigment, this jet-black eyeliner will last all day, providing you with crisp, sleek and flake-free lines that add mystery and intrigue to your eyes.



MEN will love



FIND YOUR SCENTS

What better way to finish off a look than with a delicious and classy aroma? **25th Edition Perfume** leaves behind a lovely sweet and floral fragrance with musky undertones while **25th Edition Cologne** provides a masculine flavour through fruit and herbal accents, exotic wood tones and subtle notes of lavender, pineapple and bergamot. Both scents are perfect for autumn and winter as they are still light enough for mild days, yet warming to hint towards the cooler season ahead.

SOOTHE AND MOISTURISE POST-SHAVE

If aftershave is more your scene, you'll love **Gentleman's Pride**. This gentle aftershave balm soothes skin after shaving and leaves a lingering scent of camomile and rosemary that men and women will love. **Gentleman's Pride** also doubles up as a moisturiser to soothe a dry and irritated complexion, so you can impress with a statement jaw that carries the scent of success.

MEN will love



Featured products:
Aloe Bio-cellulose Mask | code 616
Awakening Eye Cream | code 561
Sonya Precision Liquid Eyeliner | code 569
25th Edition Perfume | code 208

25th Edition Cologne | code 209
Gentleman's Pride | code 70
To purchase featured products,
contact your Forever Business Owner
today or visit foreverliving.com

Say
aloe
to beautiful skin



Aloe Activator is a unique moisturiser in liquid form featuring over 98% aloe vera gel. This simple formula uses the power of aloe to leave skin feeling refreshed and soothed from the moment it touches your face. The high concentration of aloe in this unique formula makes **Aloe Activator** an ideal addition to any skincare routine.



Aloe Activator | code 612
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).

Overheard...

Discover



"**Forever Alpha-E Factor** and **Smoothing Exfoliator** are both a part of my daily skincare routine and I've noticed a great change in my skin. **Forever Alpha-E Factor** absorbs into your skin very nicely and does not leave any residue behind. You can also safely use it before applying your foundation. It gives a great bright look to your skin and is a natural highlighter in my view. I can't stress enough how much I love this product."

– **Natasha Kundi, London**
Lifestyle Blogger (natashakundi.com)



Kate Marten

"After about the first two weeks of drinking **Forever Aloe Vera Gel**, the improvement in my skin was unmistakable. It was clear, soft and plumped. In fact, the last time it looked this good was when I was using the **Infinite by Forever** skincare range, which includes aloe vera as a key ingredient – clearly, my skin loves this stuff! I've also noticed a change in my hair. Regular readers of my blog know that I've been growing out overly-bleached hair for some time now, and the condition has been slowly improving with the use of nourishing and hydrating masks. However, aloe vera has kicked this up a gear and it's definitely stronger and shinier as a result – even my hairdresser has noticed."

– **Kate Marten, UK Beauty Blogger**
(katelouiseblogs.com)



(Talking about **Infinite by Forever**) "My skin feels amazing, it's much smoother than before – that's a big improvement in my book!"

– **Janine, Warwickshire**



"Not only does **Forever Bright Toothgel** leave behind a fresh, clean and healthy feeling, I also haven't had to have my teeth descaled or polished for nine years! High street toothpaste feels like grit in my mouth compared to **Forever Bright Toothgel**."

– Lindsey, West Yorkshire



"I keep the **Sonya Aloe Nourishing Serum** in the fridge as it's so refreshing when applied before makeup, plus it makes my eyes look more alert."

– Lucy, Surrey



"Having had a really severe case of food poisoning sixteen years ago, it seemed my stomach was never quite the same. I'd heard that aloe was a good digestive aid and so I've been drinking **Forever Aloe Berry Nectar** for fifteen months now – I wouldn't be without it and can't believe the improvement."

– Sharon, Kent



Did you know that Made in Chelsea's Harry Baron and Melissa Tattam recently attended Forever's yoga and Argi+ event at the London Shard? Find out what he had to say by watching his vlog, 'Yoga in the sky', on YouTube – https://youtu.be/_SCM87EEPf0

THE HEART OF FOREVER

FOUNDED ON
FAMILY VALUES

A PASSION
FOR PEOPLE



CONSIDERATE OF
ENVIRONMENT

INTEGRITY,
EMPATHY
AND FUN



LOVINGLY
NURTURED ALOE

ETHICAL AND
ANIMAL FRIENDLY

NO ARTIFICIAL
COLOURS OR
FLAVOURINGS

FLEXIBLE
OPPORTUNITY =
TIME FOR WHAT
MATTERS

TRAINING, SUPPORT
AND RECOGNITION
FOR HARD WORK



INGREDIENTS = BEST OF
SCIENCE AND NATURE

HIGH QUALITY
PRODUCTS

WORKING WITH
CHARITIES
TO COMBAT
POVERTY

THE LARGEST
GROWER,
MANUFACTURER
AND DISTRIBUTOR
OF ALOE VERA



THE HEART OF THE MATTER

The following stories represent a mere fraction of the people who have had their lives changed by our amazing products, our powerful business opportunity and the dedicated and compassionate people we are proud to have as part of our company. Katerina Papoutsaki from Greece and Carson Higgins from the USA may live on different continents, but Forever has, in some way, still managed to impact their lives in incredible ways.

GETTING BACK TO BUSINESS.

Katerina Papoutsaki / Greece

There's no rule that says you have to get everything right the first time you try it. Some opportunities don't feel like life-changers in the moment, and that's okay. As long you remain open to the full-circle nature of business, you can use fresh perspective and time off to make your second impression a lasting one.

Maria Papoutsaki called her mother one day, as she often did when she was home alone, and her mother was out working one of her all-day shifts.

"Mum," she said dejectedly. "I'm hungry."

For most teenagers such an admission might seem spoiled, the complaint of a bored high schooler not satisfied with the bounty of snacks already in the pantry. But Katerina Papoutsaki knew this was yet another cry for help from her daughter.

"There's an egg in the fridge," Katerina responded, hoping Maria hadn't considered this option.

"I already ate it," Maria said. "And I'm still hungry."

The egg in the fridge was other times a slice of bread in the cupboard, or a piece of fruit on the counter – the small remains of whatever food rations Katerina could afford for the week. It was a symbolic and tragic reminder of just how bad the situation had become for the Papoutsaki women in recent years.

What's your story?

If you have been impacted by our products, company or by a Forever Business Owner, share your story on social using **#ForeverProud**.

But it wasn't always like this. In fact, food used to be the very thing that made the family prosper.

Katerina and her husband Thomas owned a small restaurant empire in Athens, Greece throughout the 90s and early 2000s.

Their three kitchens afforded them a great home and allowed Katerina to be a stay-at-home mother to her young daughter.

With her husband running a successful business of his own, Katerina had extra time on her hands and she took interest in Forever products after experiencing some weight loss with Clean and Lean, the predecessor to **C9**, in the mid-90s. For six years she dabbled part-time with being a Forever Business Owner (FBO), and she reached Manager within a few years. Even with her easy success, Katerina never really viewed Forever as a career option and didn't look too deeply into the business side of the company.

Tragedy struck the Papoutsaki family in the year 2000, and hardship would follow closely behind. Thomas passed away unexpectedly, throwing Katerina and Maria's world into chaos. Not only had they lost a beloved husband and father, but their provider as well.

Katerina inherited all three restaurants, unfortunately inheriting substantial debt in the process. There was no way that she could run them all herself, and she was forced to close the doors on the family business.

There was still the matter of repaying those debts. What the banks hadn't taken Katerina was forced to sell off, and in order to provide for her daughter she decided to do something she hadn't done in a while: re-enter the workforce.

These were not glamorous years for a woman who once had everything she wanted. Katerina worked seven days a week at jobs ranging from babysitting to ironing to part-time work at a retail store. Whatever she could do for Maria, she did. Which is what made calls like the ones she received from her hungry daughter all the more difficult – it seemed like no matter how hard she tried, the hill to climb just got steeper. She almost gave up several times, and at her lowest contemplated taking her own life to escape her situation.

Katerina pulled through and slowly started to make progress. She began to earn enough to finally settle some debts and put more food in the fridge at home. It wasn't like it used to be, for sure, but the very worst of it was over.

Throughout these difficult years, Katerina rarely thought of that aloe business she used to entertain from time to time. The products were good and she was a Manager, but she never really understood what that meant anyway. It never crossed her mind to go back to it – even after many calls from her sponsor, pleading with her to give Forever another shot.

In 2009, a member of Katerina's old team received a promotion and there was an event in Athens to recognise the accomplishment. Not thinking anything of it other than making a nice gesture, Katerina attended the ceremony. Something about the vibe in the room struck her that day – the family feel, the values of hard work and giving back, and most importantly just how happy everyone seemed.

The heart of Forever was on full display, and for the first time Katerina understood what the business was all about.

She decided to jump back in the following February after nine whole years away. And she didn't just fold it in with the other odd jobs she had at the time – she committed 100% to being an FBO.



“SOMETHING ABOUT THE VIBE IN THE ROOM STRUCK HER THAT DAY – THE FAMILY FEEL, THE VALUES OF HARD WORK AND GIVING BACK.”

It wasn't easy at the beginning. Her income took another hit and her friends and family called her crazy for giving up stability. Added to that was the economic crisis that was gripping all of Greece at the time.

But Katerina saw the Forever forest and not just the trees.

With determination as her guide and the true meaning of Forever clear in her mind, Katerina quickly began winning back her life and providing Maria with all the things she had been deprived of for the previous nine years. This was no more perfectly illustrated than when Katerina gave her entire first bonus cheque to her daughter.

Katerina sees Forever as a second chance that was always waiting for her to take. She doesn't regret the time she spent away from the business because it gave her valuable perspective and taught her to truly appreciate success. Now, Katerina is proud to be a living example of the change in lifestyle made possible through Forever.

The power of Forever is strong enough to bring hope full-circle.

JOY IN THE PARK.

Carson Higgins / USA

Every so often, if you're fortunate enough, a person will come into your life who will give you a new perspective and remind you what's truly important. Recognise these special people and do everything in your power to lift them up – because you'll learn more from them than any on-the-job training could ever provide.

Carson Higgins was always surrounded by angels. They first came to visit him when he was just three years old and doing puzzles with his mum, Debbie, at the family home in Akron, Ohio. Carson's eyes were fixated skyward as he described in great detail what his angel looked like. Debbie chalked it up to a pre-schooler's imagination, but when Carson described the exact same features a week later she had no choice but to believe her son had guardians looking out for him.

His angels were with him less than a year later when he began treatment for stage-4 neuroblastoma, a rare form of childhood cancer. Carson was the very last of twenty kids chosen for an experimental protocol at St. Jude Children's Research Hospital in Memphis, and for thirteen months he fought the disease with his mum – and his angels – right beside him.

Carson made a miraculous recovery and was released in 2008 with no evidence of cancer in his body. As he grew into his own and gained confidence, his unique interests began to take shape. He was a voracious reader, working his way through three books a week and soaking up as much information as he could on his favourite topics, including nature and engineering. He joined the Boy Scouts and loved to be outdoors as much as possible, and he talked all the time about his dream of visiting America's national parks to see unrivalled natural beauty up close.

The Higgins family was planning on turning that dream into a reality in the summer of 2016. Carson, his dad John, Debbie and the four other Higgins boys had their sights set on an epic family road trip out west that would bring them to the Badlands, Yosemite, Glacier, Redwoods and the Grand Canyon, among others.

It was to be the trip of a lifetime, but during Thanksgiving week of 2015 fate cruelly intervened. Carson unexpectedly relapsed and had to be Medi-flighted from Akron back to St. Jude to begin another round of treatment. The following June, the Higgins' were face to face with a family's worst nightmare – the cancer was terminal.



If John, Debbie and the boys were ever at a loss for how to proceed, or what to think, they looked no further than the strongest 12-year-old they knew for inspiration. Carson never once complained during either hospital stint – “Come on, mum, it's not that bad!” he famously said to Debbie when she told a reporter how hard radiation had been for him – and he never asked “Why me?” Instead, he spun it into the motto “Why not me?” and the whole family followed suit.

Within a day of his son's grim diagnosis, John bought an RV and drove down to Memphis with Carson's four brothers in tow. They picked up Carson and Debbie and headed straight for South Dakota with no reservations and no idea what to expect. The national park trip was back on. Why not, right?

When they arrived at the Badlands, they were welcomed by two of Carson's newest angels. Except this time, the angels were wearing Stetson hats and shirts adorned with badges. Chief Park Ranger Casey Osback greeted Carson and brought the family into the park, where they were escorted to their campsite by General Manager and Forever Resorts staff member Scott West.

As Carson would soon find out, the bar for this road trip was about to be set extremely high – literally.

The Higgins clan had barely settled in before they were whisked away to a helipad where Carson was given a falcon's-eye view of the entire park with his dad and youngest brother Derek sharing a helicopter ride with him. When they landed, Carson was quick with his review:

“That was the best life experience ever!”

The rangers and the staff at Badlands reminded Carson of the Scouts and they had a special bond from the get-go. Two of Carson's favourite mementos from the trip were picked up there – a walking stick he found so he could do more hiking, and Casey's Stetson itself. From the campsite to the family meals at the Cedar Pass Lodge, Scott and his team spared no expense in making Carson feel like a million bucks.

Carson loved his time at the Badlands so much that the park's hospitality almost became a running joke: how is the next place ever going to top this? In the spirit of paying it forward – one of Carson's favourite ways to give back – Scott and Casey called ahead to the road trip's next stop, Mt. Rushmore, to let the staff there know who was about to swing through so the red carpet could continue rolling out. This wasn't an official wish trip, but it was Carson's wish, and a network of park employees worked on the fly to give everything they had to an inspirational boy and his family.

Each subsequent park built on the momentum that started at the Badlands. At Mt. Rushmore Carson was given his first challenge coin, a tradition among many uniformed personnel whereby a coin is minted that represents a person in a unique way and is handed out to others for only the most special of reasons. Carson collected challenge coins along the trip and designed his own set that were sent out to each stop. Carson's coins sit proudly today in Scott's office and in the Badlands ranger conference room, among many other places.

As Carson's coin collection grew, so did his flock of angels. Rangers from Yellowstone to the Grand Tetons to Redwoods gave Carson

one experience of a lifetime after another. He even got a California Highway Patrol escort down the 101 to a private lighthouse for the best views of the Golden Gate Bridge. As the Higgins' RV flew down the highway flanked by flashing lights, Carson turned to his brothers and proclaimed, “You can call me Emperor Carson now!”

If a story like Carson's has to end, its final chapter couldn't have been written any more beautifully. For five amazing weeks, mum, dad and four grateful brothers got to spend the best possible family time with the boy they loved, doing something he loved. They were by Carson's side in Las Vegas when he passed away the night of 11th August and flew home with him days later in a spectacular send-off, 12,000 feet above the entire length of the Grand Canyon in a private jet.

Carson touched countless lives with his kindness and dignity in the face of adversity. From Ohio to Memphis to one of Forever Resorts in the Badlands, thousands of people share unforgettable memories of Carson's love and life lessons.

They also share an angel.

**“THAT
WAS THE
BEST LIFE
EXPERIENCE
EVER!”**



MAKE A DIFFERENCE AND DONATE



In 2018 and 2019, Forever Business Owners and staff around the world have pledged to pack five million meals for Rise Against Hunger.

How can you help? Make a donation to Forever Giving to help purchase the raw ingredients needed to package these meals. Together, we can make a difference.

forever-giving.org



Forever We Rise

It's not just food. It's "a box of hope."

Maynor Aragon knows that a dream can fuel your heart and strengthen your resolve, even when there's not enough food to fuel your body. That's a lesson he learned first-hand as a 15-year-old orphan in Nicaragua.

He also learned that hunger has a powerful impact. If he wasn't vigilant, his dreams would fade and eventually drift away like a whisper caught in the wind. That's the power of hunger, it puts you in survival mode, heightens anxiety, and pushes all other thoughts to the back of the mind.

Maynor didn't think of a meal simply as food. He thought of it as hope. A few more hours in the day until he didn't have to worry about where his next meal was coming from and he could think about something else, primarily his dream of becoming a sports journalist.

A helping hand during a hard journey

Maynor was only 11 years old when his mother died. His father wasn't around so he went to live with his grandparents. By the time he was 15, Maynor learned he'd have to leave his grandparents' home because they could no longer earn enough money to feed him.

Like so many other children in Nicaragua who are lost, abandoned or too poor to eat, Maynor eventually sought help from Orphan Network. It

was during this time he began receiving meals from Rise Against Hunger.

"It was not just about the meals and the support," Maynor remembers, "it was about giving someone like me the opportunity to survive and do something with my life. I want the volunteers who package the meals to know that they don't just put rice and vegetables in a bag, they package hope. Every meal, every box shipped, is a box of hope, opportunity and love. My people may be born with less, but we are not less."

Maynor says the food he received from Rise Against Hunger was the launchpad he needed to start pursuing his dreams. Today he's in his fourth year of studying journalism and he's been on the air for national radio for two years. And yes, he's well on his way to becoming a sportscaster with two weeks of experience broadcasting sports matches in Nicaragua!



Forever and YOU

Follow Forever's advice below and you'll be prepared to conquer the New Year head on...



"I want to be a voice for those whose stories are waiting to be heard," Maynor says. "I am every child who has gone to bed hungry. I am every child who did without. I am every child who dreamed of life without hunger. I am every child who will rise to their potential."

Forever is committed to fighting hunger and poverty

Forever Living Products' founder Rex Maughan is also the founder and CEO of Forever Giving, a charitable organisation that seeks to improve the human experience by fighting hunger and poverty.

Forever Giving partners with organisations that include Rise Against Hunger, an international hunger relief charity that distributes food packages and life-changing aid to the world's most vulnerable.



In 2017, Forever Living set a goal of packing one million of these food parcels by the end of the year. Staff from Forever Head Offices all over the world and thousands of independent Forever Business Owners joined forces to pack parcels consisting of a high-nutrition grain mix that included enriched rice, soy protein, dried vegetables and added vitamins.

All statistics correct at time of publication.

Incredibly, the Forever world was able to exceed its target, packing close to two million meals! Thanks to these efforts, Forever is now one of the largest contributors to Rise Against Hunger in the world.

The Forever-Rise Against Hunger partnership is intent on evolving along with the work of the charity. Since Rise Against Hunger became established in 1998, its mission has grown tremendously, and the focuses now revolve around implementing sustainable community development, self-sufficiency and empowerment, as well as providing immediate nourishment in times of crisis and everyday need.

Rise Against Hunger now assists communities through programmes that promote agricultural methods, business skills, vocational training and market access, as well as training locals in how to protect their crops from climate change. All these invaluable resources teach locals how to rebuild and maintain economies, providing them with jobs and, ultimately, hope.

Forever is committed to continued growth for Rise Against Hunger and is proud to report our Forever family is well on pace to reach our goal of packing five million meals by 2020!

GLOBAL TOTAL SO FAR
2,096,238
MEALS PACKED

Q:

I'm desperate to get in shape early next year but can't seem to find a programme that sticks. Any ideas?

A:

Part of the issue may be because you're searching for a quick fix, and unfortunately, quick fixes won't deliver lasting results. Your best shot at success is choosing a programme that's designed to address your mindset and attitude towards food and exercise – what you need is structure! **Forever's F.I.T. Programme** combines easy-to-follow steps with supporting supplements, exercises and recipes that work together to transform the way you approach healthy living. Start by resetting your system with **C9**, a nine-day cleansing programme that builds up nutrition, before moving on to **F15 (Beginner, Intermediate and Advanced)**. **F15** is made up of attainable, bite-sized stages that allow you to achieve your fitness goals in a healthy and maintainable way. They say it takes three weeks to turn a new experience into a habit and if you combine **C9** with a round of **F15**, you'll have completed those three weeks with ease!



JUST A THOUGHT...

If you're looking to earn a little extra on the side of your current job, why not consider the Forever opportunity? You could earn the extra cash you need simply by recommending our products to others and earning from the profit. If you want to get serious you could even build up a team and earn bonuses, travel incentives and an uncapped income that allows you to achieve all your goals and more. Find out more by speaking to the person who gave you this magazine or by visiting foreverliving.com.

Featured products:

C9 | code 475 (vanilla), 476 (chocolate)

F15 | available in a variety of flavours and levels.

Please speak to a Forever Business Owner for options

To purchase featured products, contact your Forever Business Owner today or visit foreverliving.com



Your future starts today

Everyone has their own unique reasons for starting a Forever business. Interested in joining? Gain an insight into the lives of genuine and incredible people at facesofforever.com, and ask the person who gave you this magazine to explain more about how to become a Forever Business Owner.

Q: I struggle with planning and organisation and can't keep up with my daily tasks. How can I stay focused and feel less overwhelmed?

A: One of the reasons you find you don't have time for planning could be because you are not scheduling time out in your diary. Start by earmarking an afternoon and blocking out the time so that you don't book anything else on the same day. Once the day arrives, spend the time creating a goal board that visually identifies what you want to achieve in both the long and short term. If you have children, they will love coming up with their own ideas to add to the board. This collage could combine words and pictures that relate to holidays, qualifications, career moves, home improvements, etc. Place the goal board somewhere in your home where you are likely to view it daily and you'll instantly have a tool that motivates you to take the necessary steps to achieving something on the list. If you find nothing changes, start blocking out a couple of hours a week in your diary and dedicate those hours to completing whatever admin is needed to progress one of your goals.



Q: I'm dreaming of taking my kids on a family holiday next year, but saving enough money is tough. Any money-saving tips?

A: When you have a family, home, and car to keep afloat, saving extra money can seem like an insurmountable task. The first thing you need to do is set up a separate savings account. Look at your monthly expenses and work out how much you spend on things like takeaways, food, clothes, convenient lunches and days out, and consider how you can shave some of the costs. You'll be amazed at how much you save when you collect coupons, make your own lunches, have one less takeaway and cut down on other unnecessary expenses each month! Once you've come up with a realistic figure of what you could save, set up a standing order that transfers the amount into your savings shortly after pay day – this will stop you from accidentally spending it. Keep an eye on your current account daily to keep track of your finances and get in the habit of checking it before every purchase to make you think twice. Once you get into a routine that encourages economic thinking, you'll save the funds in no time.



Forever Living Products is a member of the Direct Selling Association

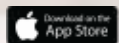


TOO BUSY TO FIND BALANCE?

Not anymore!



Vital⁵ is now available
on the **F.I.T.** app



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