



Stay together with Aloe Berry Nectar!



Aloe Berry Nectar (#034) contains all of the nutritional compounds found in our Aloe Vera Gel - plus the added benefits of cranberry and apple. Why are cranberries so good? Besides their sweet flavor and distinguished urinary tract cleansing abilities, cranberries supply vitamin C and provide a natural source of pycnogenol, a powerful antioxidant that is particularly useful in maintaining collagen. Why is collagen so important? The formation of collagen is vital for the growth and repair of body tissue cells, gums, blood vessels, bones and teeth. That's no small feat! Think of it as the glue that holds the body together... literally.

Aloe Berry Nectar also contains apple juice concentrates along with its cranberry concentrates. Apple juice is known for its vitamin A and C content, as well as its potassium and pectin. Also, apples contain a larger quantity of phosphates than any other fruit or vegetable. So why is vitamin C so important? First, the body cannot store vitamin C so you must consume between 200-400 mg daily; some sources even recommend a daily intake of up to 500 mg. Vitamin C is key for immune support, fighting free radicals, and heart and eye health. That's no small order!

Why are phosphates and vitamin A so important? According to the Linus Pauling Institute, phosphorus is an essential mineral that is required by every cell in the body for normal function. Vitamin A is necessary for normal functioning of the immune system. Once you digest the weight of that information, you won't need to be reminded to take your daily serving of Aloe Berry Nectar!!

Let's not forget the real reason to drink Aloe Berry Nectar... the stabilized aloe vera gel, of course. And why is aloe vera gel so important? Aloe vera provides natural support for the immune system and digestive system, along with its naturally occurring vitamins and minerals. Aloe vera gel includes trace amounts of vitamins A, B1, B2, B6, B12, C, E, folic acid and niacin - all vitamins which the body cannot produce. Drink Aloe Berry Nectar and build the body's defense system naturally.



Aloe Berry Nectar also provides trace amounts of calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, and zinc. Now that's a mouthful of minerals! What better way to keep your body in the shape it deserves. Your skin, will utilize these nutrients full of antioxidant capabilities. Your body needs the daily replenishment, and your body's tissue cells, gums, blood vessels, bones and teeth will thank you too. Keep it together with Aloe Berry Nectar goodness. Shake well and drink daily!



The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.

INTRODUCING THE SONYA® QUADFOLD!



Promote your Sonya® business with this new, glossy, quadfold brochure. Featuring colorful photos and information on the Sonya® Skin Care and Sonya® Colour Collections, this compact brochure is a great tool to share these excellent collections with everyone you know!

Item #10025; \$2.50 (pack of 25)

A close-up photograph of a man and a woman sitting on stationary exercise bikes. They are both wearing dark blue athletic shorts. Their hands are clasped together, resting on the black handlebars of the bikes. The background is a plain, light-colored wall.

Real World Couples:

Getting Fit *Together*

As your lives gets busier and busier, it becomes much more difficult to spend quality time with your most important person: your partner. Factor in work, time with the kids and sleep, and most couples see each other only a few hours a day. If you managed to scrape together some alone time with your sweetie, what would you plan? A day trip? A visit to the mall? Eating out at a favorite restaurant? The reality is that while we need to make time for our relationships, we also need to make time for our health. So this year, try making time for your number one by committing together to a larger power: fitness.

WHY DO IT?

There are many benefits to exercising with your partner.

- **Quality Time.** Life places heavy demands on us, especially in today's fast-paced world. That means that the time we spend with our families is often shared with several other tasks at once. If you can make time to exercise with your partner, you can use that time to reconnect and re-learn all of the reasons you got together in the first place.
- **Common Ground.** Sharing a workout routine gives couples just one more reason to be interested in each other's lives. Sharing the love of fitness can be one of the most intense experiences, since by pushing ourselves to achieve physically we overcome hardship and experience great joy. This common ground can become an important bond in any relationship.
- **Support.** Having your loved one invested in your workouts and fitness plans can help you both succeed.
- **Balance.** Exchange your interests in fitness and working out with those of your partner. By sharing fitness routines with your partner you can avoid falling into workout ruts.
- **Nutrition.** Eating is a family affair. It's very hard to change the diet of just one member of a larger household. By committing to fitness with your partner, you can help each other adopt healthy eating habits.

WHAT TO DO

Often we hesitate to start a routine with our partners because we have varied fitness levels. Here are some solutions that level the playing field.

- **Classes.** Sign up for swim lessons, yoga, indoor climbing, or salsa lessons. Any activity in a classroom or group setting is usually designed for varied levels.
- **Cardio.** By using stationary bikes, treadmills, or stair machines, two people of widely varied abilities can work out side by side.
- **Intervals.** Do track workouts that call for short bursts of intense effort, then rest periods that allow you and your partner to interact and assess the workouts.
- **Stretching.** After a tough workout, assisted stretching can be a good way to bond and unwind. This might also be a good time to trade massages, using Forever's *Relaxation Massage Lotion* (#288). This lotion takes our stabilized aloe vera, which is renowned for its soothing, moisturizing properties, and adds lavender and white tea. Lavender is the perfect aid to help you relax, while white tea infuses the lotion with an invigorating, fresh scent. Or try *Aloe Heat Lotion* (#064), a pH-balanced,



lubricating lotion designed for a soothing, relaxing massage. The deep penetrating power of Aloe Vera will help your muscles and skin forget the cares of the workday.

- **Get Outside.** You and your partner will love your new active lifestyle once you try hiking, canoeing, rafting, walking, or cycling. And while you are out and about, *Forever Aloe2Go*® (#270) can give you the great-tasting energy boost you need by supporting your body with complex carbohydrates. Get another energy blast from *Forever Fizz*® *Effervescent Energy Formula* (#283). It's a great-tasting, effervescent, mango-flavored tablet that is designed to be dissolved in water for quick and easy delivery to your body for energy.

If it's about time you carved out hours in your busy schedule to spend with your mate, why not spend those hours ensuring your partner will be around for a long, long while? Exercising with your partner not only ensures that you'll be friends for life, it ensures you'll have long lives to share. So this year, partner up and get fit!

