

aloe life

Refresh & Renew

MEET THE ALOE-RICH
PRODUCTS YOU'LL
NEED THIS SEASON



Plus...

- SKINCARE THAT'S MADE FOR YOU
- EFFORTLESS EXERCISE
- WHY OUR ALOE IS ALL ABOUT QUALITY
- INSPIRING TRUE STORIES



FOREVER®



40 YEARS FOREVER®

For 40 years, Forever has demonstrated a commitment to searching all over the world to find the purest ingredients from nature and pair them with the latest scientific advancements for one purpose: to help you and your family look better and feel better.

The
Aloe Vera
Company

What's inside?



Welcome to Aloe Life.

This brand-new lifestyle magazine packs inspirational stories, healthy recipes and helpful tips and ideas that will help to keep your wellbeing in check, all in one neat package. Discover more about Forever Living and why we love aloe in this beautiful publication – enjoy!

Shake of the Season

Wellbeing

HOW TO BECOME A HEALTHY LIVING HERO

Take on our tips for making simple changes that'll transform the way you view nutrition and exercise

SHAKE OF THE SEASON

Perform at your peak with this pre-workout shake recipe

Lifestyle

SUMMER SOOTHERS

Keep cool this summer with aloe-rich products designed to soothe and protect

LOVE THE SKIN YOU'RE IN

Find out how to treat your complexion to what it needs by choosing skincare that's right for you

Discover

THE HEART OF THE MATTER

Inspirational true-life stories from Forever associates around the globe



How to become a healthy living hero

We all know that daily exercise is beneficial to your overall health, and in particular heart-health, but when you work a full-time office job, have kids to feed, chores to fulfill, a long commute and some hundred-and-one other things to do, finding the time and energy to hit the treadmill is far from appealing.

If the 'I'm too busy' mentality takes precedence in your life, consider what will happen to your hectic schedule if your health takes a hit – you can't deny that your busy lifestyle demands optimum health! Poor nutrition and not scheduling time for exercise puts you at risk of developing conditions like high blood pressure, diabetes, obesity and other serious health problems.

If ignored, such illnesses can impact your entire lifestyle, blowing your schedule completely wide open – and not in a good way. Read on to find out how simple changes to your routine can turn you into the healthy living hero your family can depend upon for years to come...


Find your 40

The good news is, this 40 minutes doesn't have to happen in one hit; multiple bursts of 10 or 20 minutes will have the same effect when it comes to your overall health.

This can make a tremendous difference to the way you view exercise, as breaking it down into manageable, realistic chunks also helps you recognize that keeping fit doesn't have to be an all singing and dancing affair. We believe that anyone can find their 40, but if you're new to exercise, we'd encourage you to slowly build up to it through achievable bursts that don't make a dent in your day.

Too often people give up on exercise before they even get started – they just believe they have no time to spare – but what do you do while the laundry's in the washing machine, while the coffee is brewing, or while you are waiting for the microwave? Those few minutes are valuable moments that could be occupied by squats, lunges or planks, three exercises that can strengthen your muscles and tone your physique.

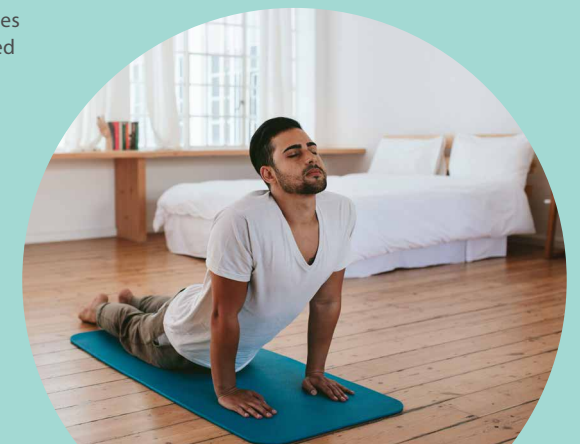
These kitchen workouts are excellent starts, but there are other everyday activities that could be paired with exercise, too.

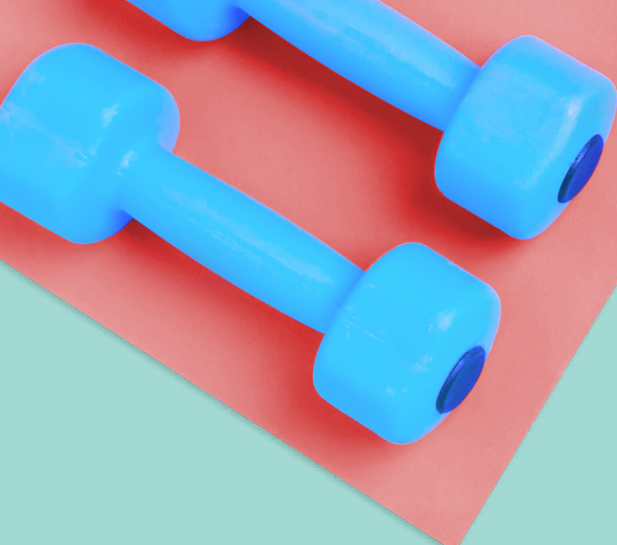


According to Livestrong.com it's recommended that you try to exercise for 30-60 minutes a day, five times a week.

The 30-minute minimum may have some impact when it comes to weight loss, but for better fat-burn and a noticeable difference to your fitness, 40 minutes or longer is key.

Try reaching for your weights while you're watching TV, taking a walk on your lunch break, taking the stairs instead of the elevator or parking further away from your destination. It may even be worth considering getting up just 10 minutes earlier and using those gained minutes to practice some yoga, Pilates or toning exercises. If it is toning and muscle strengthening you want to introduce, try associating an exercise with an activity so that you remember to exercise every time that activity is fulfilled. For example, as soon as you've put the kids to bed you take a few minutes to fit in some squats, or whenever you cross a road you clench your buttocks! Start introducing exercises in this way and you'll find your 40 in no time.





Choose the right workout

You have a lot of variety to choose from, in fact, four different types of exercise: aerobic, strength, flexibility and balance.

Aerobic exercises are all about endurance and lead to increased breathing and heart rate. A brisk walk, jogging, dancing, gardening, skipping, swimming and sports like tennis can all be classified as aerobic exercises. Such activities keep your circulation and lungs in check, helping to prevent illnesses such as heart disease.

Strength exercises refer to exercises you perform with weights, resistance bands or when using resistance machines at the gym. Exercises that require you to lift your own body weight, such as squats and pull ups, also fall under this category.

Such exercises can help to strengthen your bones and muscles, and adults who are older will find them particularly important as they carry out everyday tasks such as carrying the shopping or keeping one's balance.

Exercises that improve your flexibility are considered to be the least essential of the four, but if you do choose activities that improve your flexibility, you can also help to maintain a wide range of motion. Diseases like arthritis can limit one's range of motion so regularly stretching parts of the body or practising yoga can help to keep your body limber for longer.

Balance helps support agility and prevent injury, yet many of us still take our balance for granted. If you don't want to fall victim to, well, falling, then it's important to start integrating exercises that help to minimize risk. Standing on one foot and heel-to-toe walking are simple solutions, or, if you want something more intentional, you could try practicing tai chi.

Top tips

- Enjoy a post-workout snack – don't obsess over the calories, you need a snack to refuel and recover
- Perfect your technique – incorrect exercises will be ineffective
- Choose short-term goals – long-term goals could cause you to feel overwhelmed
- Find a friend – working out with a friend can keep you in check, plus you can chat while you jog
- Don't deny yourself indulgences – going cold turkey will only lead to relapse
- Count your reps backwards – you'll think about what you have left rather than what you've done
- Start with the exercise you dislike – avoidance probably highlights a weakness you need to combat
- Drink a protein shake immediately after you exercise – you're more likely to gain muscle
- Wash your workout gear in a mesh bag – you'll know where to find it and your partner won't complain about finding rogue sweaty socks
- Keep a workout journal – monitoring your progress will keep you motivated
- Don't over train – rest days give your body time to repair; this can make muscles stronger



Mind how you go

If squeezing in just 40 minutes of exercise for the physical health benefits doesn't get you up and moving, what about for the mental health benefits? Regular exercise can help to alleviate symptoms associated with depression, anxiety and ADHD, as well as helping to relieve stress, improve memory and boost your overall mood.

When you exercise, your brain releases endorphins, powerful chemicals that can uplift your mood and make you feel energized. As you exercise, try to tune into the sound and rhythm of your breathing and heartbeat, doing so will help to focus on the activity rather than on the worries that usually plague your mind. This technique will also help you to improve your concentration, you'll feel more in control of situations and regular movement will also help your muscles to relax, relieving any unwanted tension caused by stress.

The amazing

ARGI+



There are so many amazing benefits in a glass of ARGI+® – here are some of the key ones we want to shout about:

L-ARGININE

A popular amino acid and a building block for proteins. It plays many important roles in the body, from supporting cellular function to boosting nitric oxide production – that's why ARGI+® is so popular with active people.

VITAMIN C

Contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth. Vitamin C also contributes to a normal energy-yielding metabolism, normal function of the immune system and the reduction of tiredness and fatigue.

VITAMIN K

Contributes to normal blood-clotting and the maintenance of normal bones.

VITAMIN D

Contributes to the maintenance of normal bones and muscle function.

VITAMIN B6

Contributes to normal functioning of the nervous system and normal protein and glycogen metabolism.

VITAMIN B12

Contributes to normal psychological function and normal red blood cell formation.

ARGI+® ALSO...

- Contains folate (folic acid) which contributes to normal amino acid synthesis, normal blood formation and it plays a role in process of cell division.
- Contains wholesome dark berries including red grapes, blackberries, blackcurrants, blueberries, elderberries, raspberries and Morello cherries.
- ARGI+® comes in convenient stick packs that can easily be thrown into the gym bag.

Know your Nutrition

The majority of nutrition experts would say that the main thing to remember when it comes to healthy eating is that you can eat anything in moderation as long as overall you are adopting a balanced diet that's full of variety, color and sensibly-sized portions.

The foods we consume are the sources of vitamins, minerals and energy – three necessities that keep our bodies functioning, and a varied diet that taps into carbohydrates, healthy fats and proteins is what any adult requires to keep their health on track.

Despite what glossy mags and celebrity diets may claim, carbohydrates are not an enemy that deserves to be locked in the cupboard never to see the light of day. In fact, carbs are essential as they provide you with your primary source of energy. But, it's also important to realize that not all carbs are created equal! The carbs you want to embrace are whole and unprocessed; these carbs retain the natural fiber that refined carbs remove. Vegetables, fruit, potatoes and whole grains are the carbs you need to learn to crave, leaving the white bread, white pasta, white rice, sugar-laced juices and pastries on the supermarket shelves where they belong.

Variety and color is particularly important when it comes to learning to love vegetation, as this is the most effective way of consuming all the vitamins and minerals you require. Your diet should be full of colour and embracing the entire rainbow should become habitual in your daily routine. As a rough guide, yellow and orange fruit or veggies tend to contain vitamins A and C, green veggies are high in vitamins B and E and purple produce is packed with vitamin K.

Including fat in your diet may seem contrary to you when fat is exactly what you are trying to lose or avoid gaining, but healthy fats are actually essential for heart-health, healthy skin and safe cholesterol levels.

Good fats can be found in nuts, seeds, avocados, olives and olive oil, salmon, some lean meats, eggs and dark chocolate – yes, chocolate (at least 70% cocoa)! Choose fats like this to help maintain good health and instead ditch food containing bad, saturated fats like cakes and biscuits, and processed foods like burgers, butter, cream and fatty meat.

If finding your 40 minutes of exercise is driven by a desire to build muscle or burn fat, the macronutrient you want to become most familiar with is definitely protein. Any fitness fanatic knows how essential protein is to their daily routine since protein contributes to a growth in and maintenance of muscle mass. Protein also contributes to the maintenance of normal bones, which is why consuming a diet containing high-protein foods perfectly complements a schedule that favors strength exercises. Protein before and after a workout is a great idea and beneficial when it comes to muscle repair, but it's also sensible to start your day off with a high-protein breakfast. Seafood, white meat, lean beef, eggs, beans, soy and Greek yogurt are all excellent sources of protein.



Shake of the season

Do you drag yourself to the gym after work running on nothing but that limp salad or ham sandwich you wolfed down for lunch? Or perhaps you venture in first thing powered solely by the fumes of last night's dinner?

Ignoring your nutritional needs pre-workout means that you're poorly preparing your body for exercise, and this means you won't perform at your peak when it comes to hitting the treadmill and weights. So, if you're a fan of the post-work or early morning gym session, make sure you treat your body with respect by fuelling up with this pre-workout shake thirty minutes to one hour before you go...



1 scoop
Forever Lite Ultra

Each scoop is packed with 24g of protein. Protein contributes to a growth in muscle mass

4 oz.
orange juice

Thiamine contributes to the normal function of the heart



Several slices
of mango

Vitamin C contributes to maintain the normal function of the immune system during and after physical exercise



Handful
of oats

Carbohydrates contribute to the maintenance of normal brain function



1 banana

Potassium contributes to the maintenance of normal blood pressure



Handful of
strawberries

Magnesium contributes to normal muscle function

2 tbsp Forever
Bee Honey

This all-natural sweetener is an excellent source of energy to help combat fatigue



Quickly
blitz
in a
blender



Featured products:
Forever Lite Ultra | SKU
470 (vanilla)
471 (chocolate)
Forever Bee Honey | SKU 207

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

Maximum Flavor.
Maximum Results.



Push yourself to the limit with a berry-flavored sports drink that contains 5g of L-arginine, vitamin C to reduce fatigue and vitamin D to maintain normal muscle function – bring it on!



ARG1+ | SKU 473
Please speak to a Forever Business Owner
if you would like to place an order.

foreverliving.com.au

*Delicious
soothers*

Aloe vera is packed with goodness which is why it has formed the foundation of Forever's product line. Nobody knows aloe as well as us. Unlike other brands on the market, we do not scrimp on how much aloe – and we mean high quality inner leaf aloe gel – we use in our products.

Our drinking gel and founding product, Forever Aloe Vera Gel[®], proudly contains 99.7% pure aloe vera and it was the first product to receive the International Aloe Science Council's (IASC) seal of approval for consistency and purity!

As well as offering nutritional benefits, aloe is also an effective ingredient in topical products. When used topically, aloe can provide cooling relief throughout the summer months, soothing and protecting throughout the season.

To help equip you with the aloe you need this summer, we've selected some core products that have been packed with a high percentage of aloe so that you can get the most out of every use. Read on to find out how you can keep cool this summer with aloe-rich products...



quenching Thirst goodness

Due to its high aloe percentage and the aseptic process it goes through, Forever Aloe Vera Gel® is incredibly close to the pure inner leaf gel found in the actual plant. This means it is packed with properties and nutrients that have literally impacted the lives of millions of people.

We recommend you have a shot of aloe daily, but if the original gel isn't quite to your taste, try fruity alternatives like Forever Aloe Peaches™ or Forever Aloe Berry Nectar™. These two Forever drinks use inner leaf aloe gel that's rich in nutrients and packed with cleansing and purifying properties, which means both flavors are great for skin, digestion and overall wellbeing.

1 fl. oz. Forever Aloe Berry Nectar™
1 fl. oz. Forever Aloe Peaches™
5 fl. oz. peach juice
1 fl. oz. orange juice
0.5 fl. oz. grenadine

Fancy something a little more than a shot? There's nothing better than a tall, icy and refreshing beverage on a warm summer's day, so why don't you try this delicious aloe-infused mocktail? A wonderful way to include aloe in your diet, plus it's perfect for sipping in the sun while you catch some rays!

1 fl. oz. Forever Pomegranate Power™
7 oz. ARG1+™
Splash of grenadine

Perhaps a berry-flavored drink that combats fatigue is more your scene? Then why don't you boost your vitamin C levels with this powerful mocktail? This potent vitamin does so much for your body so it's important you get your daily dose somehow, and this pretty and refreshing beverage offers the perfect solution on a balmy summer's eve.



Forget the flakes

You may find it concerning to learn that 20%* of people still fail to protect their skin from harmful UV rays, and this statistic is actually at risk of increasing. Many still choose to wear a factor that's too low, while others don't put sunscreen on frequently enough.

This approach to sun protection only exposes your skin to risks such as premature aging, dark spots or other unimaginable consequences. It is therefore important to apply sunscreen in the morning, before you even set foot outside, as this allows the cream time to soak in and provide you with optimum protection. If you first apply cream while sitting in the sun, you're guaranteed to miss spots, particularly near the edge of clothing!

To avoid looking like a lobster, ensure you apply your sunscreen before you get dressed, and carry it with you when out and about. If you are planning to be out in the sun all day, then it's also worth popping a Forever Sun Lips™ in your bag as its SPF 30 formula is ideal for smaller areas such as lips, ears and toes.

Layering on protective creams during the day is outstanding, but it's important not to neglect your skin after sundown. Banish dry and flaky skin by lathering yourself with a good quality after-sun lotion that locks in moisture and nourishes beyond the surface. Forever's Aloe Lotion works as an excellent after-sun and contains jojoba oil, vitamin E, collagen and 66% pure aloe gel. Added apricot kernel oil also helps to create a lightweight barrier to provide further protection.

*Statistic based on YouGov survey commissioned by Cancer Research UK

Keep your cool



It's easy to get carried away when the sun pokes its head out from behind the clouds, and often skin that's not used to being exposed will catch too many rays, leaving it damaged, burnt, red and flaky.

This isn't a great look if you were aiming for sunkissed or tanned to perfection, but thankfully the cooling properties of Aloe Vera Gelly can help save the day.

It's no secret that the role of aloe throughout history has seen the plant associated with the treatment of sunburn. Many households kept a live aloe, dubbed the 'burn plant', for first-aid use, but now you can get the soothing properties of aloe in a handy tube. With a formula that boasts 84% pure aloe vera gel, Aloe Vera Gelly is a rich lubricant that's essentially identical to aloe vera's inner leaf. This means the gel can soothe and calm sensitive tissue and irritation safely.

Tame your mane



Forgetting to protect your hair as the seasons evolve is easily done, but managing your mane in the summer months should not be something you leave to chance.

Often sand, sea and chlorine accompany the warmer weather which means it's more than just the sun that can damage your hair. Aloe First®, a uniquely formulated spray that combines bee propolis with 80% pure aloe vera, is just the product you need to breathe life back into your hair.

Its combination of aloe and herbs provides a naturally soothing, pH-balanced result that is easy to apply to even sensitive skin, and the bee propolis increases the natural skin-soothing and cleansing properties of the aloe vera gel. Not only will this spray soothe and protect your hair from the damaging effects of the sun, its powerful formula also doubles up as an effective after-sun that can calm minor irritations and soothe skin if sunburnt.

Love the skin you're in

Every single person in this world is unique, and along with many other beautiful differences that make you YOU, skin type is another factor that is part of your personal make-up. Like with most things, it's important to understand your body so that you can provide it with the care it requires in order to be happy, healthy and keep you looking your best.

There are four main skin types: normal, dry, oily and combination. The most effective way of identifying yours is to study the appearance of the skin on your face a couple of hours after it has been washed. Please note, however, that in order for this to work properly, skin must be free from product. If you have dry skin, you may notice rough or flaky patches. If you have oily skin, you'll notice shiny patches across your forehead, nose and chin (t-zone). And if you have combination skin, you'll notice characteristics of both dry and oily skin. If you are fortunate enough to have normal skin, your skin will remain balanced and dry patches or excess shine aren't even on your radar!

The good news is that, whatever your skin type, Forever has skincare products that have been designed to give you radiant skin. Read on to discover the differences between our skincare products so that you can give your skin the love it deserves.



infinite by Forever™

Infinite by Forever™, Forever's advanced skincare collection is suitable for all skin types, but particularly dry skin.

If you are over the age of 25, it is time to start thinking about using products that have been designed to slow or minimise the appearance of aging. If, however, aging skin is far from your mind but you consider your complexion to be dry, we would still recommend that you embrace the moisture-rich properties of Infinite by Forever™.

1. HYDRATING CLEANSER:

This mild, milky cleanser is full of potent, naturally-derived ingredients like apple extract, apple amino acid and cocoa fatty acids that increase skin hydration and gently wash away dirt and oil without drying. These ingredients are hypoallergenic, and the formula has no artificial fragrance added which means it's kind to even sensitive skin. Its age-minimizing recipe also assists your skin's barrier function to fight against tightness and dryness, and thanks to bountiful amounts of linoleic acid and vitamin E, the cleanser can support skin lipids and help break down dirt and debris to leave skin feeling hydrated, soft and clean. Hydrating cleanser is definitely an excellent choice when it comes to laying a strong foundation for the rest of your routine.

2. FIRMING SERUM:

Target the signs of aging with an advanced serum that complements the natural processes of skin to increase firmness and reduce the appearance of fine lines and wrinkles. This scientifically-advanced formula boosts the power of aloe with a clinically tested ingredient, trifluoroacetyl tripeptide-2. This single ingredient significantly improved skin elasticity and is known to combat progerin, a harmful protein that increases as you age and wreaks havoc on your skin. This three-amino acid peptide is paired with hydrolyzed sodium hyaluronate, a natural humectant that supports moisture and skin conditioners. Yeast extract helps support collagen synthesis and natural skin defences to reduce the appearance of uneven skin tone, while whey protein revitalizes the skin by increasing skin's smoothness, firmness and thickness. This stacked formula is a skin scientist's dream bolstered with the power of nature and the most advanced laboratory findings to help you look and feel your best. With powerful natural ingredients and our patented aloe, this cutting-edge serum works as a rich moisturizer that makes skin feel smooth and firm, and your complexion appear visibly younger.

3. RESTORING CRÈME:

With over 15 skin-conditioning ingredients, restoring crème absorbs fast to leave skin feeling moisturized and smooth. This impressive cream combines skin science and aloe with powerful antioxidant botanicals including acai and pomegranate, and vitamin B3, which helps even out skin tone and texture. Ingredients such as squalane, jojoba esters, glycolipids and beeswax show significant moisturizing properties and help this cream sweep effortlessly across your skin. An anti-aging essential oil blend of lavender, petitgrain, basil, eucalyptus, lime and orange peel support aloe to replenish and rejuvenate parched skin. To finish off this moisturizing powerhouse, we've added the latest chemistry to provide a new sugar structure that improves skin's water barrier and retention. As the final very important step in the infinite by Forever™ routine, restoring crème seals in all of the powerful benefits your skin has just received so you can start slowing the sands of time. Use daily to reinforce the skin's natural barrier, replenish parched skin and further reduce the appearance of aging.

This revolutionary skincare range introduces remarkable formulas and natural ingredients that work together to restore the skin's moisture balance, stimulate healthy collagen levels and reduce the appearance of fine lines and wrinkles.



Skincare for targeted results

Now that you've established your skin type and which skincare collection is right for you, you may still notice that your skin requires additional support.

If you have a recurring skin complaint that you want to combat, supplementing your skincare with extra products from Forever is the solution you've been waiting for. Each one of these products has been formulated to address common skin-related issues but the unique formulas complement the ingredients found within both infinite by Forever™ and Sonya daily skincare perfectly.

FLAKY SKIN?

Did you know that your body gets rid of around 40,000 old skin cells every single day? Even with a consistent cleansing routine, your skin sometimes needs help sloughing off these dead skin cells, otherwise your complexion can look flaky, dull and tired. Exfoliated skin will also better absorb any topical application that follows, which is why it's important to exfoliate around 2-3 times per week. Now, thanks to Forever's smoothing exfoliator, you can help your skin look brighter by getting rid of the old without stressing the soft, newer skin underneath. Instead of using harsh chemicals, harmful plastic micro-beads or sharp fragments, this kind exfoliator utilizes natural ingredients with unique functions to give a complete cleansing experience.

Jojoba beads gently roll across skin to remove debris; sustainably sourced bamboo powder sweeps the skin to remove dead skin cells without scratching the skin's surface; extracts of bromelain, obtained from pineapple, assists in destroying the keratin of dead cells so that they can be removed more easily; papain, from papaya, rejuvenates skin and is a rich source of vitamins C, A, E and pantothenic acid; and lemon essential oil is a rich moisturizer that instantly starts hydrating the younger skin underneath. These resurfacing ingredients have also been paired with antioxidants like grape juice extract, to deliver the most effective exfoliating experience you've ever had.

It's easy to love the skin you're in when you choose quality products that deliver the skincare experience your complexion craves. It's time to listen to your skin – treat it to advanced aloe products by Forever!



UNEVEN SKIN TONE?

If you're plagued by an uneven complexion and large pores, balancing toner is likely to be the skincare component you've been searching for.

Sometimes a cleanser just isn't enough to remove all the dirt and debris, particularly if you wear waterproof or good quality makeup, so adding a toner to your skincare routine is a great way of ensuring all impurities have been washed away. Forever's balancing toner goes that step further by minimising the appearance of pores and by adding extra hydration between cleansing and moisturizing. Its unique blend of seaweed extract and sodium hyaluronate moisturize and soften skin to keep it looking youthful, while cucumber extract soothes and provides additional hydration. Cucumber also helps to improve tone thanks to its ligans, which target texture and puffiness. Added white tea extract is a rich antioxidant that works with the high concentration of aloe to balance the fluctuations of the skin and help fight against free radicals.

PUFFY EYES?

If puffy eyes, dark circles or lines around the eye area is what gives away your age, you'll definitely want to reach for Forever's awakening eye cream. Awakening eye cream combines patented ingredients with peptide technology to improve and smooth the sensitive eye area, visibly reducing the appearance of lines, wrinkles and dark circles. By utilizing a unique collagen with a low molecular weight that's proven to help normal collagen formation, this gentle cream can aid skin hydration and firmness, resulting in plumper, firmer skin around the eye area.

Awakening eye cream contains many unique ingredients, including butylene glycol, which has been shown to reduce the appearance of eye puffiness and dark circles in as little as 15 days. Another cutting-edge ingredient, albizia julibrissin bark extract with darutoside, is one of the first of its kind to have shown a lifting action on the sagging upper eyelid. This advanced eye cream also blurs the look of crow's feet by strengthening the surface structure and restricting water loss, so instead of dry and puffy, eyes appear more rested, alert and rejuvenated.

WRITING A VERSE FOR ANOTHER VOICE.

When your own dream is deferred, you have two choices: let outside forces continue to hold you down or fight like crazy to get back up the mountain. Those who choose to fight may even discover their dreams manifested in someone else, and suddenly life takes on an even greater purpose.

Monika Kele watches from the wings as her younger sister, Brigitta, takes center stage at the New York Metropolitan Opera. The voice that comes out of the classically-trained soprano is enthralling, and it's no surprise that it's earned Brigitta ovations from captivated crowds at the most prestigious theaters around the world.

When Monika sees Brigitta perform, she's reminded of the talent and drive that spurred her sister onto greatness. She also knows the one thing her sister had that she didn't, the thing she worked so hard to provide even as her own dreams of opera stardom were put on hold: opportunity.

Monika grew up in the small town of Oradea, Romania, as one of five children. The Kele kids didn't have much, but they did have a piano in the house and Monika took to it almost as soon as she could talk. Her passion for music was evident from the early days and she was naturally gifted to the point where a career in music seemed like destiny.

Shortly after graduating high school, Monika fulfilled another destiny first – getting married, becoming a mother of three and dedicating her life to her young family. Still, the fire for singing burned brightly as ever and Monika followed her heart to a performing arts university in Romania.

As a student, she excelled. But the financial difficulties her family faced at home made continuing her studies impossible. After just a year in the program, Monika had to leave her dream behind – temporarily, she thought. Unfortunately, the painful realities of her life would push her hopes further into the rear view mirror.

After returning home, Monika found that she had to quickly become the sole breadwinner in her household. Her husband was wrapped up in studies of his own and didn't have the time – nor, it would seem, the desire – to be as supportive as he needed to be. Monika liked her job as a cantor in a local church and worked extremely hard preparing the children's choir every week, but no cantor in the world can take care of a family by themselves. And Monika was feeling increasingly alone.

The beleaguered single mother had already tried several MLM companies by the time she walked into her first Forever meeting in 1998. This time though, the minor chords of her life turned major in an instant. She found herself surrounded by positivity and enveloped in an atmosphere of support and trust. As she listened to stories that day, she was amazed at how similar they sounded to her own. Maybe, she believed, their successes could be her own too.

Monika's first encounter with Forever brought out a version of her she thought she'd never get to live in again. She was speaking with joy and gratitude, opening up with strangers in a way she hadn't in years. With her newfound enthusiasm, Monika quickly built her team and started traveling to Budapest twice a week to buy products. Even countless hours spent on tedious customs forms felt like a delight compared to where she'd been just months earlier.

Forever represented a rebirth for Monika. Her rapid ascension in the company afforded her the freedom and stability to try again at her big music dreams if she wanted to. Instead, she realized that she had been given so much, so that she could give back to others.

Monika soon earned enough to fully support her children, her parents and her brothers, fulfilling a promise to never let her family down just as Forever had stuck by her side.

And then there was Brigitta, the soprano star. She was still in her twenties when Monika built her Forever business, and the older sister by twelve years was not about to see another opera dream go unrealized.

Not only did Monika encourage Brigitta to follow her own path, she also paved that path with a new house, a new piano and tuition money to study – and complete – her music education.



Fast forward a few years, and the scene playing out at the Met in New York is one that repeats itself all over the world: an older sister beaming as a destiny is realized in the most perfect of ways.

Today, all eyes are on Brigitta. But if anyone from the audience would turn and look at Monika, they would see what strength truly looks like. The gushing smile and relentless optimism are displays of power over a personal hell and signs of victory against depression and abandonment. She's exactly where she wants to be.

“THE GUSHING SMILE AND RELENTLESS OPTIMISM ARE DISPLAYS OF POWER OVER A PERSONAL HELL AND SIGNS OF VICTORY AGAINST DEPRESSION AND ABANDONMENT.”

HOPE LIVES IN MANY PLACES.

You may set out to solve one problem only to discover an entire system that needs overhaul. Matching your means to your desires can become a challenge at that point, but making the courageous choice to continue giving back will bring more goodness into your life and the lives of others.

As far as Margaret Nong was concerned, the public health crisis in South Africa had a marketing problem. Government-made commercials depicted macabre scenes of coffins being lowered into the ground; and while it was true that AIDS was a killer, there was a mis education being spread that this disease was only affecting the elderly or the infirm.

That was the state of HIV and AIDS awareness in the early 1990s. People knew it as a death sentence and so very little was being done to provide care for those stricken with the disease. Even less help was offered to the families, especially children, of the thousands of mothers who had HIV.

Margaret had a primary school teaching background but was working as a bank teller in 1994 when she came across a two week HIV training course in her hometown of Pretoria. The sign for the course said For Traditional Healers Only, but Margaret believed this was something the entire community needed to know about.

After receiving an education herself, Margaret realized that no one was in a better position to take up the charge for AIDS awareness than she was. She immediately quit her job at the bank and decided to start her own NGO in Pretoria.

In her time spent educating in schools, shopping centers and other gathering spots in the community, Margaret quickly came to understand the real depth of the problem. There wasn't an organization in South Africa that was offering home based care for AIDS, cancer or tuberculosis, further perpetuating the stigma associated with those affected. Margaret's NGO focused heavily on family support and teaching young people how to cope with the situation they found themselves in.

Schools often called Margaret to tell her that straight-A students were now struggling and withdrawn, many of them refusing to talk to teachers about what was going on. Margaret, who was also training to be a counselor at the time, listened as kids opened up about their mothers' illnesses and about how they had gone a week without eating. When she visited these homes she would find shrinking, bed-ridden mothers surrounded by neglect.

Margaret's own awareness of the problem's scope escalated along with HIV's prominence in the community. Those who were taken to hospice to receive care had to go to the one facility in Pretoria and often died far away from their families. Plugging one hole in the dam sprouted new leaks, but Margaret was determined to stem the tide.

In 2005, Margaret petitioned the government once again, this time for a new hospice she named the Place For Peace. She also started an orphanage that could accommodate children whose parents were spending their days in hospice care. Even then, these solutions revealed brand new problems. Home break-ins became a major issue with no one in the house during the day. Kids were still undernourished and struggling in class. The bus system didn't have a orphanage to school transfer service. The list went on.

"THE HOSPICE TRANSFORMED FROM A PLACE SICK PEOPLE WERE SENT TO LIVE OUT THEIR FINAL DAYS TO A PLACE WHERE FAMILY MEMBERS HAD HOPE OF BRINGING LOVED ONES BACK HOME LATER."

But who better to solve these problems than Margaret?

The next initiative was a drop-in center where children could go in the morning, get their school uniform, have a real breakfast and shuttle off to school. After school, they could go back to the center, have their uniform cleaned and get help with homework before going home. It was also a place where Margaret helped mothers write living wills and provided food and basic supplies from local stores for weekends and holidays.

South Africa and the entire region learned more about terminal illnesses as the years passed, but that didn't make running the hospice any easier. An influx in the foreign population in the 90s crowded the facility and even made the issue of proper burials problematic. Once again, Margaret fought for the dignity of every individual in her care and worked with the government and local religious figures to ensure everyone was treated with respect.



Patients in the hospice began paying basic attention to their own health for the first time and getting the support they needed from staff. Gradually, two out of ten became eight of ten. The Place For Peace transformed from a place sick people were sent to live out their final days to a place where family members had hope of bringing loved ones back home later. Margaret was even making house calls to give products away for free if the situation called for it. Giving back had been its own reward for almost 20 years, and having access to Forever's network and products didn't change that one bit.

Once Margaret went to her first success day in the nearby town of Alberton in 2010, she saw how taking on the business would be the final piece of her mission. She always trusted that by enabling members of her community to have a better life, the money would come – and here was her opportunity.

Today, every institution Margaret opened is working better than ever. The South African government took over the home-based care program from the NGO, and the orphanage and hospice are now run by the city. Margaret

continues impacting lives through all of her organizations by raising money for food, stationery and supplies for the orphanage and delivering groceries and donating Forever products to the hospice.

Through it all, Margaret stayed where she feels most comfortable: out of the spotlight. That became a little more difficult after Margaret was named to the prestigious Forever Global Leadership Team in 2018, an honor well-deserved for someone who works so tirelessly from the heart to do what she believes she was ordained to do.

The magnitude of the problem facing her community was almost incalculable at first, but who better to take on the challenge of lifting up an entire population than Margaret?

Despite all that she had done and was doing for the community, Margaret still felt like she was falling short. She estimated that only two in ten people who passed through the Place For Peace were returning home to be with their families; the rest passed away in her hospice. She prayed every night for a way to turn those numbers around, to give a better life to more people.

Her prayers were answered in late 2009. A friend of Margaret's grandchild presented the opportunity of Forever, and when Margaret read about the health benefits of aloe vera she again took it upon herself to learn everything she could. She wanted to get her hands on as much product as she could, not caring so much about the business aspect at the time. And what Margaret wants, Margaret gets.

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