

aloe life

Bringing the world to your table

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

Plus...

YOUR GUIDE TO A
BALANCED LIFESTYLE

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

What's inside?



Welcome to the latest edition of Aloe Life. In this issue, you'll discover some great ways to help restore balance to meet your health and nutritional goals. Plus, get inspired in the kitchen with recipes that will bring a taste of the world to your own table. You'll also meet Maynor Aragon, a Nicaraguan orphan who was able to make his dreams happen through a helping hand from Rise Against Hunger. And, so much more within these pages – enjoy!

Wellbeing

BRING BALANCE BACK INTO YOUR LIFE

Take control of your life, body and mind with this advice to help you declutter

BRUSH UP ON NUTRITION

Get your nutrition facts straight and transform your diet for the better

NUTRITION FROM THE HIVE

Discover why the hives of the honeybees are jam-packed with diet essentials

Lifestyle

SHAKE OF THE SEASON

Enjoy the taste of fall with this spiced pumpkin and turmeric shake

FLAVORS OF FOREVER

Excite your taste buds with four healthful recipes from all over the Forever world

FOREVER AND YOU

We answer your questions so that you can better prepare for the New Year

Discover

FOREVER WE RISE

Meet the man who rose up from poverty in Nicaragua to pursue his dreams

THE HEART OF THE MATTER

Inspirational true-life stories from Forever associates around the globe

AMAZING PRODUCTS FOR THE SEASON

Find out which Forever products will leave you looking and feeling great

Declutter your life

START WITH THE ACTUAL CLUTTER

Physical clutter could be compounding your stress. An Indiana University study found that people with homes plagued by clutter were less happy and less healthy than those who kept tidy homes. Researchers tell Britain's Daily Mail that clutter can elevate levels of anxiety, guilt and lead to sleep issues. Clutter can also make you less efficient by distracting you from the task at hand. A little cleaning might just go a long way toward helping you relax.

LIMIT YOUR SCREEN TIME

The average adult spends about 11 hours a day staring at a screen. It's easy to lose track of time between work, television and social media, but all that screen time can be dangerous. The CDC has linked excessive screen time to obesity, insomnia and anxiety. Schedule some time to give yourself a break, especially before bed. Take at least an hour or two to focus on yourself.

RETHINK YOUR PRIORITIES

Does it feel like your daily to-do list keeps getting longer and packed with more work to get done or errands to run? It's time to make some of the things that matter to you a priority. Spending time with your loved ones. Exploring the outdoors. Visiting friends. Move that stuff closer to the top of your priority list! When it comes to the list itself, are you letting your tasks get out of control? Try making your list a little shorter so it doesn't feel like you have an insurmountable task ahead of you. Set smaller, more attainable goals that allow you to cross things off a little quicker.





RESET YOUR SYSTEM

Making changes to your diet and adopting healthy habits is a great first step. A nutritional cleansing program can help give your body a clean start. Forever's CLEAN 9 program will put you on the path toward transforming your body with an easy-to-follow, nine-day plan. It's formulated using some of Forever's favorite products to kick start your journey.

ADOPT HEALTHY HABITS

Healthy habits may be hard to get used to at first, but after a while will start to feel just like part of your daily routine. Start small and don't try to take on too much too fast. When it comes to diet, limit snacks and keep an eye on your portions to ensure you don't over eat.

A daily glass of Forever Aloe Vera Gel® each morning is also the perfect way to introduce a

healthy habit into your life, and thanks to its high aloe content, vitamin C and preservative-free formula, this drinking gel will deliver much needed nutrients each morning. If you're consistent and work hard to embed such healthy eating into your life, your vitamin and mineral intake will begin to balance which will ultimately lead to a healthier you.

GET YOUR GUT ON TRACK

An advanced probiotic will make a great addition to your CLEAN 9 program (C9™).

EMBRACE A ROUTINE

Tending to your physical health works wonders for your mental health. Once you've completed the nine days of C9™, you can take your fitness to the next level by working in a regimented routine. Forever's F15® is an advanced nutrition and exercise program that's specially formulated to help you make changes toward a healthier lifestyle. Choose beginner, intermediate or advanced based on your fitness level.

Research has shown that it takes around three weeks to develop a new routine. The C9™ and F15® programs last a total of 24 days, the perfect amount of time to make a healthy lifestyle part of your daily life.



Boost your health with Forever Aloe Vera Gel®.

Declutter your mind

MAKE TIME FOR MEDITATION

Meditation has benefits that stretch far beyond the time you spend in quiet contemplation. Researchers at Stanford University say regular meditation is shown to help people improve their ability to regulate emotion, including stress. Other benefits include improved concentration and increased self-awareness. You may have trouble turning down all that clutter in your mind at first, but don't worry, you'll get better at that. Try making Forever® Essential Oils part of your routine to promote the sense of calm you need for effective meditation.

GIVE YOGA A TRY

Try the perfect double whammy of tending to your body and mind simultaneously. According to Psychology Today, yoga helps regulate stress much in the same way as meditation with the added benefit of getting in a good physical workout. There are many different types of yoga for all fitness and skill levels, so you should be able to find the right routine for your needs.

GET OUTSIDE

People are spending more time than ever before online and indoors and experts say that's bad news for your physical and emotional wellbeing. Communing with nature is really good for you and there's plenty of science to back it up. According to recent studies, spending time in nature can make you more creative, happier and kinder. What may surprise you is that scientists found that both urban and wild natural spaces have the same positive effects. If you don't have time for that long hike, a trip to your local park might be just the thing to help clear your mind.



Unwind with Forever®
Essential Oils.

Featured products:
Forever® Essential Oils | available in a variety of scents.

Shake of the season

spiced
pumpkin
protein

8 oz.
almond milk

2 tbsp.
Forever
BeeHoney

1 scoop
vanilla Forever
Lite Ultra

1/2 tbsp.
turmeric

2 tbsp.
oats

1/2 cup
pumpkin purée

1/2 tbsp.
cinnamon

1 tsp.
pumpkin
spice

Add a
handful
of ice
and blend

1 banana

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 AGING 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

NUTRIENT ABSORPTION
DECLINES WITH AGE

> SUPPLEMENTS + ALOE =
BETTER NUTRIENT ABSORPTION

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



REFERENCES:

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Slight and Life Press Journal

MAKE A DIFFERENCE AND DONATE



In 2018 and 2019, Forever Business Owners and staff around the world have pledged to pack 5 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 into the back of his mind 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, 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 where 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 sportscaster.

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. 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.

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

Forever Giving partners with organizations 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.

as well as providing immediate nourishment in times of crisis and everyday need.

Rise Against Hunger now assists communities through programs 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!



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,

GLOBAL TOTAL SO FAR
1,897,718
 MEALS PACKED

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
COLORS OR
FLAVOURINGS



INGREDIENTS = BEST OF
SCIENCE AND NATURE

FLEXIBLE
OPPORTUNITY =
TIME FOR WHAT
MATTERS

TRAINING, SUPPORT
AND RECOGNITION
FOR HARD WORK

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.

"Mom," 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.

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 Clean 9, in the mid-90s. For six years she dabbled part-time with being an FBO, and actually 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, Eleftheria Theriaki, pleading with her to give Forever another shot.

In 2009, a member of Katerina's old team reached Supervisor level and there was a Success Day in Athens to recognize this 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 Chairman's Bonus check 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, as an Eagle Manager five times over, 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. Recognize 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 mom, 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 preschooler'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 20 kids chosen for an experimental protocol at St. Jude Children's Research Hospital in Memphis, and for 13 months he fought the disease with his mom – 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 favorite 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 unrivaled 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 Mediflighted 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, mom, 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 dress 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 favorite 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 favorite 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, mom, 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 August 11 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!”



Nutrition from the hive

Beehives are packed with nutritional treasures that promote wellness by fueling both the body and mind in a natural way. Bees also play a vital role in nature by pollinating plants and bringing balance to our ecosystems.

Honeybees create a wide array of beneficial substances that help keep the hive energized and productive, from energy-producing honey to complex B vitamins, fatty acids and antioxidants.

Let's take a look at some of the primary bee products that help promote wellness in humans.

HONEY

Bees make honey by consuming and digesting the nectar of flowers. This thick, sweet, golden liquid is stored in the hive as food for bees and provides worker bees with the energy to zip around from flower to flower all day long. Unlike sugar, honey is rich in antioxidants, making it a natural and healthy sweetener.

PROPOLIS

This is a sticky mixture of beeswax, sap and other compounds that bees create to build and protect the hive. Propolis is naturally antiseptic, antifungal, antibacterial, antiviral and antimicrobial. The same attributes that help protect bees from pathogens also promote wellness in humans. Propolis is packed with naturally occurring amino acids, vitamins and minerals.

POLLEN

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. Bee Pollen contains protein, amino acids, enzymes and B-complex vitamins.

BEES CREATE JOBS

Agriculture is big business, and, in the US, bees pollinate \$20 billion in crops every year! They also produce the 285 million pounds of honey consumed by Americans annually. Honeybees are used on farms around the world as they are able to increase the harvest yield in 96% of animal pollinated crops.

3 reasons to love Forever Bee Propolis

- 1 Supports immunity
- 2 Source of protein
- 3 Contains royal jelly

BEES 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 to love Forever Bee Honey

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

FOREVER BRINGS THE POWER OF THE HIVE TO YOU

All our bee products are responsibly harvested using colony-friendly methods. Forever is able to extract nutrition from the hive while helping to strengthen and grow bee populations. After all, these amazing insects play a fundamental role in our world.

FOREVER BEE HONEY®

This 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), we always ensure plenty is left for them to feed on. The only ingredient is pure 100% honey.

The delicious flavor and beautiful gold color makes honey the perfect alternative to processed sugar.



DRONES HAVE ONE JOB

Drones are male bees with the sole purpose of mating with the queen. Once winter comes around and the hive goes into survival mode, the queen gives her drones the boot, expelling them from the hive!

A BEE'S LIFE

Worker bees live five or six weeks, each one producing about one-twelfth of a teaspoon of honey in its lifetime. The queen, however, can live up to five years, spawning enough offspring to create many pounds of honey.



3

reasons to love Forever Bee Pollen

- 1 Source of bioflavonoids
- 2 Contains antioxidants
- 3 It's a Forever favourite

BEES ARE OVERACHIEVERS

Bees are responsible for pollinating 80% of fruits, vegetables and seed crops in the United States. Globally, bees play a vital role in pollinating 30% of crops and 90% of wild plants (according to the Natural Resource Defense Council).



THE QUEEN RUNS THE SHOW

Not only does the queen lay up to 2,500 eggs a day, she also produces chemicals that guide the behavior of her royal subjects.



FOREVER BEE PROPOLIS®

Our bee propolis has been responsibly harvested for years to ensure the health of the colony and a product of the purest quality. This wonderful substance has been found to be especially helpful for boosting immunity and combating the negative effects of free radicals.

FOREVER BEE POLLEN®

The pollen used by Forever is sourced using a patented pollen trap that does not destroy the colony. Our bee pollen supplements are completely free of preservatives and artificial flavors. You can harness the power of one of nature's most complete foods packed with bioflavonoids and other antioxidant compounds. 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 from 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 16th 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 percent 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 honor 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.



FOREVER ALOE VERA GEL®

Forever Aloe Vera Gel® provides a remarkable 99.7% inner leaf aloe vera gel. This nutrient rich drink helps to support a healthy digestive system and natural energy levels. No preservatives, no sugar, no gluten – just more natural aloe vera goodness for you to enjoy.

So pure and powerful, our aloe vera gel products were the first to be certified by the International Aloe Science Council (IASC).

In fact, Forever Aloe Vera Gel® has nearly double the amount of acemannan required by the IASC, making it a powerful part of your daily routine.

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Aseptically processed with no added preservatives and in packaging made with 100% recyclable materials, Forever Aloe Vera Gel® packs all the power of pure aloe vera – just as nature intended.

.....

*Aloe
as
nature
intended*



Flavors 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 great way to experience the vibrancy and diversity of cultures from around the globe. The colors, flavors, 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 favorite recipes. Each is steeped in tradition and history, representing the electrifying flavors 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 | 400°F | 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 the onion aside. Mix olive oil in with the tomatoes. Using baking paper or aluminum foil, make an envelope for each fillet and spoon the tomato mixture equally between each fillet. Soak the fish in coconut milk before placing on top of the tomatoes and garnish with onions and roughly cut coriander. Close the envelope and place all four on a baking tray. Cook for 15 minutes or until fish flesh turns white. Serve with mashed potatoes and seasonal vegetables.

1.5 cups coconut milk
4 medium fillets of whitefish (cod or sole)
4 tomatoes
2 onions
Handful of fresh coriander
2 lemons
White pepper
Salt
1 tbsp. olive oil
Baking paper or aluminum foil

SERVES 4 | 350°F | 2 HOURS

In a blender, add the yogurt, 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 yogurt
1 tbsp. Forever Bee Honey*
1 tbsp. Forever Aloe Berry Nectar*
1 cup 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)



SERVES 4-6 | 400°F | 30 MINUTES

Sprinkle the eggplant slices with salt and leave to stand for 30 minutes before rinsing off the salt. This will help to reduce bitterness. Preheat the oven and fill a large cast iron skillet with half an inch of oil and heat over a high heat until it's simmering. Working in batches, fry the eggplant, turning them for about 5 minutes until they have browned on both sides. Transfer the fried eggplant to a paper towel-lined tray and pat dry. Repeat with remaining eggplant, 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 flavor will escape.

In a six-cup baking dish, spread a layer of sauce to base and arrange the first layer of eggplant. Top with a thin layer of tomato sauce, followed by shredded mozzarella and oregano leaves. Continue layering the eggplant, 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 eggplants, sliced
¼ inch thick

Sea salt

1.5 cups tomato sauce
(passata or chopped
tomatoes)

12 ounces shredded
fresh mozzarella

Torn fresh oregano leaves
(about 4 sprigs)

Garlic and basil
(to taste)

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 coloring, 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

4. FLAKED FISH

1 mackerel

¼ cup grated coconut

1 tsp. salt

1 tsp. sugar

4 shallots

½ ounce peeled ginger

¼ tsp. white pepper

1. RICE

1 cup rice

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

2 kaffir lime leaves

1 stalk of lemongrass,
bruised

and flaked mackerel. Pound and 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.

2. COCONUT SAUCE

3 dried chillies (soaked)

4 shallots (peeled)

1 cup coconut milk

1 stalk of lemongrass

3. SALAD

Shredded cabbage
leaves

Bean sprouts

Long beans

Vietnamese mint

Shredded kaffir
lime leaves

Chopped ginger

Chopped onion

Crushed cashew nuts



Amazing products for the season

Why not change up your skincare routine? Our skincare lines offer plenty of options to cleanse, hydrate and firm, from complete skincare systems to targeted products to supplement your current routine.

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 favorites to help you get started.

INFINITE BY FOREVER™ RESTORING CRÈME

Forever's restoring crème contains more than 15 skin conditioners, aloe, powerful antioxidants, vitamin B3 and essential oils to replenish, rejuvenate and reduce the appearance of aging. Restoring crème seals in all the skincare benefits previously applied while reinforcing the skin's natural barrier to leave behind a smooth, moisturized and even complexion.



INFINITE BY FOREVER™ HYDRATING CLEANSER

Do you ever get that tight feeling after washing your face? The culprit could be your current cleanser stripping away moisture. Infinite by Forever™ hydrating cleanser is the perfect solution. This mild, milky cleanser will leave your face feeling hydrated, soft and clean.



INFINITE BY FOREVER™ FIRMING SERUM

Target aging with infinite by Forever™ firming serum. This clinically-proven serum includes a three-amino acid peptide that mimics the natural process of skin to increase the appearance of firmness. Treat skin to every powerful, naturally-derived ingredient for smoothness and firmness and your skin will look and feel younger.



Innovative gel-based skincare

Coming
Soon

Daily skincare with an inventive twist. Forever's Sonya™ daily skincare system features a gel base. This scientifically advanced formula delivers all the benefits of aloe and other key ingredients right where your skin needs it most.

MEN
will love



SONYA™ REFRESHING GEL CLEANSER

Replace traditional cleansers and never look back. Forever's Sonya™ refreshing gel cleanser showcases the power of aloe vera gel combined with moisturizing agents like cold pressed Baobab Oil. Your skin will feel clean, soothed and moisturized.



SONYA™ ILLUMINATING GEL

Restore and enhance your skin's natural glow with the help of the Sonya™ daily skincare's illuminating gel. Peptides, minerals and unique botanicals work together to even and brighten skin tone. The result is a soft, smooth complexion with a healthy glow.



SONYA™ REFINING GEL MASK

This is beauty sleep like you've never experienced before. Apply the Sonya™ refining gel mask before bed and wake up feeling the moisturizing power of aloe. You'll welcome a new day with skin that looks younger, brighter and more balanced thanks to a bounty of extracts and moisturizers.

MEN
will love



SONYA™ SOOTHING GEL MOISTURIZER

Soothing gel moisturizer combines active ingredients with natural plant and fruit extracts to create an aloe-rich formula to leave you with a moist and dewy complexion. Powerful age-targeting ingredients include linoleic acid and hydrolyzed collagen, along with fruit and mushroom extracts to soothe combination skin.

Take a targeted approach with these forever favourites

Take aim at your concern areas with the type of precision only Forever can provide. You can choose individual products to complement your routine or tackle multiple areas at once. Treat yourself or introduce someone else to gentle skincare that delivers powerful results!

MEN
will love



SMOOTHING EXFOLIATOR

Parched, flaky, tight and dehydrated skin is crying out for attention. Dead skin that sits on the surface will hinder every moisturizer, lotion and serum by blocking access to the pores, so the good stuff can't get to where your skin needs it most. The great thing about smoothing exfoliator is that it's powerful enough to remove dead cells, but gentle enough to ensure the newer, fresh skin remains soft and supple using natural jojoba beads and bamboo powder. Added vitamins and fruit extracts moisturize and hydrate the skin as it's revealed, leaving the perfect canvas for the rest of your routine.



BALANCING TONER

Bring balance back into your skin's life with balancing toner, an aloe, cucumber and seaweed-infused toner that minimizes pores, hydrates skin and evens out your complexion to improve tone, soften skin and encourage a youthful appearance.



AWAKENING EYE CREAM

Marine collagen, patented ingredients, natural botanicals and Aloe combined with peptide technology improves and smooths the sensitive eye area to visibly reduce the appearance of lines, wrinkles and dark circles. Awakening eye cream also contains butylene glycol, shown to reduce the appearance of eye puffiness and dark circles in as little as 15 days.

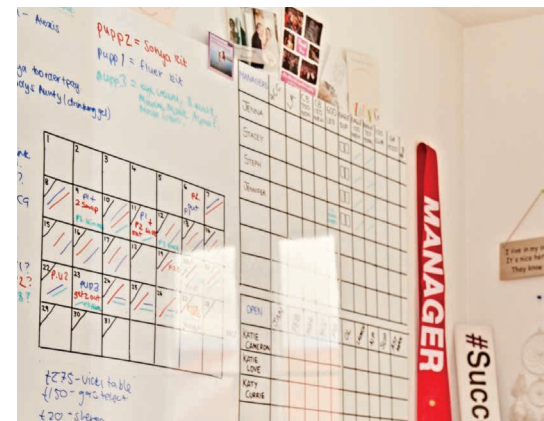


SONYA® ALOE NOURISHING SERUM

Treat skin to a luxurious, lightweight and nourishing serum that leaves you feeling moisturized, 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.

Forever and YOU

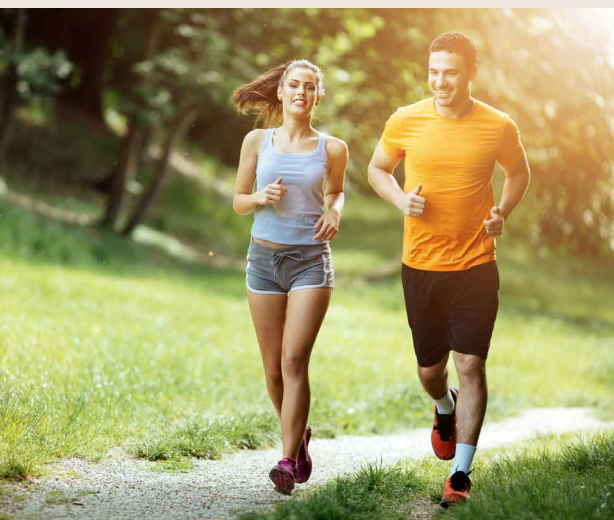
Follow Forever's advice below and you'll be prepared to conquer the New Year head on...



Q: I'm desperate to get into shape early next year but can't seem to find a program that sticks. Any ideas?

A: Part of your issue could be that you're looking for a quick fix. The truth is, quick fixes won't deliver lasting results. Your best shot at success is choosing a program that's designed to help you change your mindset and attitude toward food and exercise. What you need is structure. Consider Forever's F.I.T. Program. Each stage combines easy-to-follow steps with supporting supplements, exercises and recipes.

If you're looking to transform your approach to healthy living, start by resetting your system with the C9™ program. After a 9-day reset and building up your nutrition, you'll be ready to move on to the F15™ program. Forever offers beginner, intermediate and advanced packages tailor fit for any fitness level. They say it takes three weeks to turn a new experience into a habit. Combine the 9 days of C9™, with a round of F15™ and you'll have completed those three weeks with ease! Why not get into the habit of healthy living?



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

A: The first step toward getting a grasp on your daily tasks is proper scheduling. Block some time out for yourself and create a goal board. Your board should provide a visual representation of what you hope to accomplish in the short and long term. Put it somewhere you'll see it every day to keep you motivated.

Schedule the time you'll work toward each goal and don't forget to block out some time for relaxation and decompression. Forever™ Essential Oils provide a great way to relax and reward yourself for the progress you're making toward accomplishing your goals.



Q: I'm dreaming of taking my kids on a family vacation 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 step you should take is setting up an extra savings account. Look at your monthly expenses and work out how much you spend on things like takeout, food, clothes, convenient lunches and days out. Next, consider how you can shave off some of the costs.

You'll be amazed at how much you save when you collect coupons, make your own lunches, have one less takeout meal and cut down on the 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.

