

# FOREVER



🇿🇦 SOUTH AFRICA 🇳🇦 NAMIBIA 🇿🇲 ZAMBIA 🇿🇼 ZIMBABWE

March 2015 | Issue 95

**2015  
Managers  
Convention**



**Launching  
Forever F.I.T.™**

**New Range of  
Forever Products**



# FOREVER DOES SENTOSA

We're always full of surprises, and a big one for the 2015 Global Rally is that we're inviting all 1.5k Qualifiers and above to spend a day with us at Sentosa Island.

Enjoy Universal Studios, Adventure Cove Water Park, Marine Life Park, many other unique attractions and finish the day with a Beach Party like no other. **Dive right in!**

SINGAPORE  
2015 GLOBAL RALLY  
19-27 APRIL

[www.foreverglobalrally.com](http://www.foreverglobalrally.com)



FOREVER



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MARGARET ROSS



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**ISSUE 93**

## A PUBLICATION OF FOREVER LIVING PRODUCTS - SOUTH AFRICA

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# The Power of Perseverance



**T**he legendary baseball player Babe Ruth said it best: “Never let the fear of striking out keep you from playing the game”. The nature of our business is filled with adversity. Personal doubts, negative influences and “no’s” can feel overwhelming and difficult to overcome. We have all felt this way. I can’t even count the number of times someone told me no or that they didn’t think that Forever would ever work. But, thankfully, it never stopped me.

## Facing Adversity with Determination

What sets those who are ultimately successful apart from the rest is the ability to face adversity with determination, learn from their struggle and use it as motivation to try again. I am continually inspired by the resilience of the people we work with throughout the world. At times they may be impacted by all manners of difficulty, hardship and suffering, yet, they routinely rise to the occasion to be better and to help others be better.

**“Never let the fear of striking out keep you from playing the game”**

Babe Ruth

There are countless examples of perseverance in some of the most successful people in the world. One of my favorites is the story of Jim Abbott. Jim was born without a right hand and not only excelled at sports in his youth, but went on to become a major league baseball pitcher. He achieved many great things in his career including pitching a no-hitter (something only an elite few have accomplished!) and winning a gold medal for the USA in the 1988 Summer Games. Can you imagine how many people doubted him or told him no? It’s amazing the things we can accomplish if we continually strive to reach our goals!

## Rising above the Challenges

You always amaze me with your ability to never take no for an answer and rise above the challenges you face in your lives, and with your Forever businesses. The road to financial freedom and living the life of your dreams isn’t easy, but it is worth it, and by finding the lesson in every stumble and using it to make us stronger and better, nothing can stand in our way.

Forever Yours,



**Rex Maughan**

Chairman of the Board & CEO



In our hopes to honour your entrepreneurial spirit,  
all Distributors will now be referred to as  
**FOREVER BUSINESS OWNERS!**

You do **MORE** than just  
distribute product.  
You own your **OWN**  
business and are  
responsible for it's success.

We want to recognise  
this with a name that  
**BETTER** defines  
who you are and what  
you do.

Effective  
immediately,  
you are  
referred  
to as a

**Forever**  
**BUSINESS OWNER**





# On The Move

MOVE UPS - JANUARY 2015



## SENIOR MANAGERS

JANUARY 2015



Bongwiwe & Siyanda Macatsha • Kwa-Zulu Natal



Margaret Nong & Jack Nkhabelane • Gauteng



# SENIOR MANAGER

JANUARY 2015



Nelton Uchaio • Mozambique



# MANAGERS

JANUARY 2015

*Achieved by reaching 120 CCs in 1 or over 2 consecutive months  
(full details in Company Policy)*



Masego & Kopano Monamodi • Gauteng



Bathi & Clarah Thankge • Gauteng

## SOUTH AFRICA

Gqoba, Vusumzi & Dhlamini, Lindi • Gauteng

Leburu, Regina & Ditira • Gauteng

Maphalala, Busisiwe • Gauteng

Nsisane, Kayakazi • Kwa-Zulu Natal

Tyolo, Nontlahla & Linda • Kwa-Zulu Natal

## MOZAMBIQUE

Matsihne, Alfredo



# ASSISTANT MANAGERS

Achieved by reaching 75 CCs  
in 1 or over 2 consecutive months  
(full details in Company Policy)

JANUARY 2015

## SOUTH AFRICA

Chauke, Mashwapane • Gauteng  
Gqadu, Edwin • Gauteng  
Kubheka, Nteboheleng • Gauteng  
Letsholo, Boitumelo & Thabo • Gauteng  
Make, Maria • Gauteng  
Makgabo, Johannesburg • Gauteng  
Makola, Rakgomo & Kate • Gauteng  
Manyatsa, Refiloe • Gauteng  
Mhlongacala, Annah & Petrus • Gauteng  
Molebatsi, Rasethebe & Khumo • Gauteng  
Silawule, Eunice & Shabangu, Bongani • Gauteng

Tshabangu, Petros & Nonhlanhla • Gauteng  
Guntu, Ncediswa • Kwa-Zulu Natal

## BOTSWANA

Nkombo, Esther & Owen

## NAMIBIA

Dickson, Tiberius  
Nakuatumba, Vistorina  
Naukushu, Helvi & Paulus  
Nghishililwa, Klaudia & Petrus  
Nghishitende, Kaulikalelwa



# SUPERVISORS

Achieved by reaching 25 CCs  
in 1 or over 2 consecutive months  
(full details in Company Policy)

JANUARY 2015

## SOUTH AFRICA

Tshabalala, Priscilla & Joseph • Free State  
Buthelezi, Buhlebuyeza • Gauteng  
Gqoba, Lungile • Gauteng  
Jennifer, Tsoane & Tsoane, Goodenough • Gauteng  
Khoza, Mosebo & Hasani • Gauteng  
Langa, Thembi • Gauteng  
Letswalo, Welheminah • Gauteng  
Macheke-Fitzpatrick, Kedibone & Vernon • Gauteng  
Mahlake, Frans & Mamochaena • Gauteng  
Maja, Kgomotso & Makotanyane • Gauteng  
Makhalemele, Lekhotla & Nthabiseng • Gauteng  
Makhanya, Dina • Gauteng  
Maphalala, Nokuthula • Gauteng  
Maswanganyi, Ngaletsane • Gauteng  
Mataboge, Mirriam & Johannes • Gauteng  
Matloga, Matlou & Ntombenhle • Gauteng  
Matshiga, Portia • Gauteng  
Monama, Jacob • Gauteng  
Mpongwana, Dimakatso & Zamekile • Gauteng  
Rabogale, Refilwe & Lerato • Gauteng  
Skosana, Ingrid • Gauteng  
Matheatsie, Merriam • Gauteng  
Bentswana, Nombulelo • Kwa-Zulu Natal  
Dambuza, Gloria & Shadrack • Kwa-Zulu Natal  
Gumede, Edith • Kwa-Zulu Natal  
Njisane, Talita • Kwa-Zulu Natal  
Nzimande, Zanele & Sibusisu • Kwa-Zulu Natal  
Arebeng, Caroline & Thusoyaone • North West

Boene, Elias & Lhiwayo, Maria • North West  
Swanepoel, Susanna & Jacobus • North West  
Terblanche, Hester & Burger • North West

## MOZAMBIQUE

Cumbi, Joao Muando  
Mausse, Gertrudeo  
Tique, Veronica & Bento, Heleno

## NAMIBIA

Ashipala, Johana & Johannes  
David, Martha  
Munashimwe, Tweuya  
Nghipunya, Ndamononghenda & Haiduwa, Lazarus  
Nuuyoma, Benedikta  
Sheeteni, Rosalia & Nakashimba, Samuel  
Shiimi, Alina  
Shipunda, Josefina & Erastus  
Tshimwandi, Justina & Sakaria

## ZAMBIA

Mushota, Lilian  
Musonda, Kasaila

## ZIMBABWE

Mavimira, Tibora  
Mhondera, Jane & Mhondera, Elijah

## BOTSWANA

Samu, Richard & Roseline



# ACHIEVER'S CLUB SOUTHERN AFRICA

## 100 CASE CREDITS AND ABOVE JANUARY 2015

*This is a total of Personal and Non-Manager case credits that an individual has achieved for the month.*

### SOUTH AFRICA

- |   |                                  |     |
|---|----------------------------------|-----|
| 1 | Ngwenya, Matsatsi                | (1) |
| 2 | Shabangu, Jabulani & Elizabeth   | (1) |
| 3 | Macatsha, Bongiwe & Siyanda      | (1) |
| 4 | Gqoba, Vusumzi & Dhlamini, Lindi | (1) |
| 5 | Biyela, Thabani & Nombuso        | (1) |
| 6 | Simelane, Gugulethu              | (1) |

Choose  
your  
Destination

### NAMIBIA

- |   |                      |     |
|---|----------------------|-----|
| 1 | Ndoroma, Anna & Karl | (1) |
|---|----------------------|-----|

*The number in brackets indicates how many times these Distributors have appeared in the 100cc ACHIEVERS CLUB IN 2015*



# FOREVER2DRIVE

## Are you Ready for your Keys?

Join many of our Distributors who have benefited from our FOREVER2DRIVE INCENTIVE! This INCENTIVE BONUS gives you the freedom and financial confidence to improve your lifestyle.

**JANUARY 2015**



**LEVEL 1 - R4 200 pm**  
**Bongiwé & Siyanda Macatsha**  
**KWA-ZULU NATAL**

**Earn an additional**  
**R4 200 - R8 400 per month**  
**for 36 months**  
**(refer to Company Policy)**



Visit [DiscoverForever.com](http://DiscoverForever.com) to view our brand new  
Forever2Drive video and learn more!



# Rise to Greatness

## MANAGERS CONVENTION 2015



**Our annual Managers Convention was held from the 16th to 18th February at the beautiful Champagne Sports Resort in the Drakensberg. 520 Managers from Southern Africa attended.**

**Our Guest Speakers were  
Natalie Heeley  
(Top Distributor in the UK)  
& Enos Salema  
(Top Distributor in Tanzania).**

**The Training and Motivation over the  
3 days was phenomenal!  
The Managers left the Convention totally  
motivated, inspired and ready to take  
their FOREVER Business to a new level!**





# Rise to Greatness

## MANAGERS CONVENTION 2015



Top Distributors - South Africa  
Eric & Sylvia Phanga



Top Distributors - Namibia  
Anna & Karl Ndoroma



Top Distributors - Zimbabwe  
Tsungai & Paradzai Gumbo



Top Distributors - Zambia  
Mildred & Mlotha Damaseke



Enos Salema & Elizabeth Riwa  
Guest Speaker - Tanzania



Natalie Heeley - Guest Speaker  
UK



# Rise to Greatness

## MANAGERS CONVENTION 2015

Managers Convention



Country Manager, Rick Beeton, presents a Diamond-Sapphire Award to Anna & Karl Ndoroma (Namibia)



Excellent training was given to the Managers



FUN all the way!



The FOREVER sign of Success



Our incredible MC - Zivai Matondo (Zimbabwe)



The best food ever!





# Rise to Greatness

## MANAGERS CONVENTION 2015



Christo & Christine Jansen - "Our Dream Team"



Hilda & Bulie Nomvete with Enos & Elizabeth



Gabisile Mbatha "The speed of the Leader determines the rate of the pack"



FOREVER Tea Time!



Looky Matshete leads the Dancers



Wezi Sunkutu (Zambia)  
"Attitude is a choice"



# Rise to Greatness

## MANAGERS CONVENTION 2015

Managers Convention



Mildred Damaseke (Zambia)  
"First Steps to Manager"



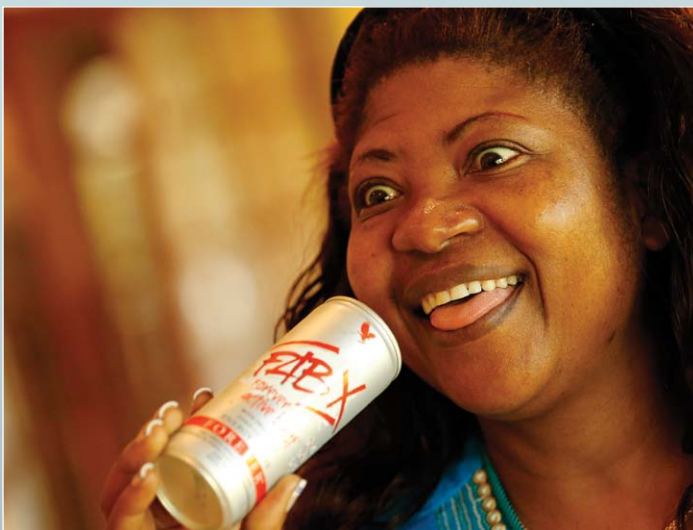
FOREVER BUSINESS OWNERS - Nomalanga,  
Nomthandazo, Chuene & Nomvuyo



Nolusindiso Titi catches up with a friend



FOREVER is built on excitement!



I ❤️ FAB X



Ulania Shindodi (Middle - Namibia) shared a "Rags to Riches" story



# TOP 10 TEN

JANUARY 2015

## DISTRIBUTORS

'Total case credits for you and your entire team for the year to date'

### SOUTH AFRICA

1	Phanga, Eric & Sylvia	1
2	Biyela, Thabani & Nombuso	2
3	Ngwenya, Matsatsi	NE
4	Dube, Thulani & Bongekile	9
5	Mbatha, Gabisile & Bhekisisa	3
6	Masondo, Siyabonga	7
7	Mlangeni, Nombuso	6
8	Nong, Margaret & Nkhabelane, Jack	NE
9	Sibeko, Siphiwe & Mhloti	10
10	Du Preez, Sue & Peet	8

### NAMIBIA

1	Ndoroma, Anna & Karl	1
2	Shilunga, Kornelia & Orestus	2
3	Shikongo, Regina & Jason	3
4	Shimbulu, Rosalia & Shiimi, Linus	6
5	Shindodi, Ulania & Melele, Joel	4
6	lipinge, Vicky & Paully	NE
7	Nghimwenavali, Maria	NE
8	Munashimwe, Cathreen	NE
9	Kandjeke, Wilbard & Itamalo, Saride	5
10	Haitula, Beata & Naimbanga, Muaimbange	NE

## TEAM BUILDERS

'Your Personal and Non-Manager case credits for the month'

### SOUTH AFRICA

1	Ngwenya, Matsatsi	6
2	Shabangu, Jabulani & Elizabeth	NE
3	Macatsha, Bongiwe & Siyanda	7
4	Gqoba, Vusumzi & Dhlamini, Lindi	NE
5	Biyela, Thabani & Nombuso	3
6	Simelane, Gugulethu	8
7	Mabasa, Dikeledi & Patrick	NE
8	Thankge, Bathi & Clarah	NE
9	Phanga, Eric & Sylvia	NE
10	Macamo, Sandra & Machaieie, Antonio	NE

### NAMIBIA

1	Ndoroma, Anna & Karl	8
2	Shimbulu, Rosalia & Shiimi, Linus	NE
3	lipinge, Vicky & Paully	NE
4	Nghimwenavali, Maria	NE
5	Munashimwe, Cathreen	NE
6	Nghishitende, Kaulikalelwa	NE
7	Naukushu, Helvi & Paulus	NE
8	Nakuatumba, Vistorina	NE
9	Haitula, Beata & Naimbanga, Muaimbange	NE
10	David, Martha	NE

## RECRUITERS

Most New Distributors recruited

### SOUTH AFRICA

1	Jennifer, Tsoane & Goodenough	NE
2	Tshabalala, Priscilla & Joseph	NE
3	Sinqadu, Thobekile & Zolile	1
4	Rabogale, Refilwe & Lerato	NE
5	Thankge, Bathi & Clarah	NE
6	Mahlake, Frans & Mamochaena	NE
7	Gqoba, Vusumzi & Dhlamini, Lindi	NE
8	Molebatsi, Rasethebe & Khumo	NE
9	Chikane, Mashikoe	NE
10	Rihlampfu, Malente & Kedibone	NE

### NAMIBIA

1	Ndoroma, Anna & Karl	1
2	Ashipala, Johana & Johannes	3
3	Mbabi, Frieda	NE
4	Nepela, Alina & Jairus	NE
5	Shilongo, Rachel	NE
6	Negumbo, Aurelia & Petrus, Frans	10
7	Haitula, Beata & Naimbanga, Muaimbange	NE
8	Shilunga, Kornelia & Orestus	NE
9	Shimbulu, Rosalia & Shiimi, Linus	NE
10	Nuuyoma, Benedikta	NE

NE = New Entry

() = position held in previous month



# TOP 10 TEN

JANUARY 2015

## DISTRIBUTORS

'Total case credits for you and your entire team for the year to date'

### ZAMBIA

1	Tembo, Tasila & Kantenga, Henry	2
2	Damaseke, Mildred & Mlotha	1
3	Sichula, Philimon & Mugamy, Patricia	3
4	Chinyama, Caroline & Ngombe, Masauso	4
5	Sunkutu, Wezi	5
6	Ngungu, Assarh & Tshili, Sitembinkosi	NE
7	Sanderson, Eva & Murray	8
8	Mwenya, Evaristo & Ruth	NE
9	Mwimanzi, Thomax & Helena	6
10	Serra, Elizabeth & John	7

### ZIMBABWE

1	Gumbo, Tsungai & Paradzai	1
2	Matondo, Zivai & Tafara	2
3	Rich, Elaine & Roland	3
4	Dari, Shorai & Junica	5
5	Dube, Kudakwashe & Bekithemba	4
6	Nyakuvambwa, Barbara & Batsirai	7
7	Stodart, Tracey & Alan	10
8	Tapfumaneyi, Sehlile & Memory	6
9	Machakaire, Sawman & Akullo, Mary	8
10	Kunaka, Farai & Ideas	NE

## TEAM BUILDERS

'Your Personal and Non-Manager case credits for the month'

### ZAMBIA

1	Damaseke, Mildred & Mlotha	1
2	Tembo, Tasila & Kantenga, Henry	5
3	Sunkutu, Wezi	2
4	Ngungu, Assarh & Tshili, Sitembinkosi	3
5	Mwenya, Evaristo & Ruth	10
6	Sanderson, Eva & Murray	6
7	Musonda, Nelson & Samalela, Doreen	NE
8	Muchemwa, Violet & Albert	8
9	Serra, Elizabeth & John	9
10	Mwewa, Reah & Musaiwale	NE

### ZIMBABWE

1	Nyakuvambwa, Barbara & Batsirai	1
2	Murombwi, Edmore & Hope	5
3	Kativhu, Tendai & Tatenda	8
4	Kunaka, Farai & Ideas	NE
5	Rich, Elaine & Roland	10
6	Matondo, Zivai & Tafara	7
7	Thompson, Laurie & Hugh	NE
8	Wairimu Gitu, Agnes	NE
9	Schuil, Kathryn & Michael	NE
10	Bopoto, Linda & Kizito	NE

## RECRUITERS

Most New Distributors recruited

### ZAMBIA

1	Mukuma, Mahongo	NE
2	Mwila, Christopher & Jane	NE
3	Ngungu, Assarh & Tshili, Sitembinkosi	NE
4	Ngulube, Hlekwayo & Annie	NE
5	Chisha, Charles & Grace	10
6	Kasongamulilo, Racheal & Mutale	NE
7	Mwale, Tinashe	NE
8	Tembo, Tasila & Kantenga, Henry	NE
9	Sanderson, Eva & Murray	NE
10	Kachimba, Rodrick & Tamara	NE

### ZIMBABWE

1	Wairimu Gitu, Agnes	1
2	Mupatsi, Mary & Masiwa, Gerald	NE
3	Nhira, Isabel	NE
4	Magaya, Olyvia	NE
5	Chinyemba, Spiwe & Amon	NE
6	Zimwara, Mascelline	NE
7	Gowora, Florence & Jeremiah	NE
8	Mpayah, Aileen & Simon	NE
9	Mhondera, Jane & Elijah	NE
10	Murape, Tendayi & Misheck	NE

NE = New Entry    () = position held in previous month



# A great range of

Forever is constantly evolving and modifying its offering to create a range of products that complement the modern lifestyle. Four amazing new products have been added to the range

462



## Forever Sun Lips

This fab new lip product has all the benefits of Forever's original soothing Aloe Lips, with the added bonus of SPF30 sun protection. It's a real must-have product. Water-resistant for up to 80 minutes, it's great for around the pool, and has a refreshing cool-mint flavour.

373



371



## Aloe BB Crème

This much-anticipated BB crème with SPF 20 was created exclusively for Flawless by Sonya™ to hydrate, prime, conceal and offer sun protection, whilst creating a soft, luminous glow. Botanical extracts work to help smooth the skin's appearance, while high-tech powders mattify and diminish the appearance of fine lines and imperfections.

Available in two flattering, blendable shades (Cocoa and Nude), aloe BB crème works with most skin tones to create the look of flawless skin.

**Now  
Available**



# New Products

## Forever ProX2

If you're upping your protein consumption as part of your health and fitness regime, try incorporating one of these delicious new protein bars. Containing 15g of protein per 45g bar and available in chocolate or cinnamon flavour, this gluten-free snack is perfect for consumption before or after a workout, or simply on the go.

465 | Chocolate

466 | Cinnamon



465

466

464

## Forever Fiber

Fibre is a vital part of any healthy balanced diet. With hectic modern lifestyles, some of us don't get enough dietary fibre from food alone. This new water-soluble fibre supplement is gluten-free and provides a proprietary blend of 5g of soluble fibre that can be readily mixed with any beverage – a quick and simple way to help increase your daily intake.



463

## Forever Therm

This carefully-formulated product contains a combination of vitamins and herbs, including vitamin C, B6 and B12, to help contribute to the reduction of tiredness and fatigue. Perfect for those who are interested in metabolism.





# Building your Forever Business with Paks



**F.I.T.™**  
Look Better. Feel Better.



Introducing others to the Forever opportunity can sometimes be tough. Understanding which products to use, how often to use them and how they can be used together can be confusing to both you and your prospects. Paks like Vital5™, En-Argi™, C9™ and F.I.T.™ take the guesswork out of recommending multiple products to your downline and

prospective Distributors. Understanding how these paks work together can lay the foundation for building your Forever business.

**Start with C9™.** An incredibly effective tool to get new Distributors or retail customers started, C9™ will help you look and feel better in only 9 days – The benefits of C9™ include the elimination of stored toxins, which can keep you from absorbing the highest quantity of nutrients from your food. The program will

teach you how to reset those bad food habits, leaving you looking better and feeling more energized!

The benefits for your business are just as fantastic! In only 9 days, your retail customer or Distributor will achieve clear results with the program, building their confidence in the products, the company, and you, as their Distributor or Sponsor! They will want to know the next step to looking and feeling better.

If you have a customer

who is looking for a weight management solution, **F.I.T.™ 1** is the next step after the completion of **C9™**.

**F.I.T.™ 1** and **F.I.T.™ 2** will help them change the way they think about nutrition and exercise, tone and transform their body and make their weight loss sustainable.

**F.I.T.™** can be repeated as many times as desired to achieve their maximum goal.

**The key to understanding the right products is to understand each individual person's needs. Are you interested in weight management or getting fit, or are they looking to meet their base nutritional needs**



# CAN YOU LOOK BETTER AND FEEL BETTER IN JUST 9 DAYS? **YES.**

## MOVING TOWARDS A HEALTHIER LIFESTYLE ISN'T EASY...

The C9 program can help to jumpstart your journey to a slimmer, healthier you. This effective, easy-to-follow cleansing program will give you the tools you need to start transforming your body today!

### WHAT CAN YOU EXPECT OVER THE NEXT 9 DAYS?

YOU'LL LOOK BETTER AND FEEL BETTER AND BEGIN TO ELIMINATE STORED TOXINS THAT MAY BE KEEPING YOU FROM ABSORBING THE MAXIMUM NUTRIENTS IN YOUR FOOD. YOU'LL ALSO BEGIN TO FEEL LIGHTER AND MORE ENERGIZED AS YOU PROVE YOU CAN TAKE CONTROL OF YOUR APPETITE AND SEE YOUR BODY BEGIN TO CHANGE.



**Forever Aloe Vera Gel®**  
2X 1Litre Bottles

**Forever Garcinia Plus®**  
54 Softgels

**Forever Lite Ultra® Shake Mix**  
1X Pouch

**What your C9 Pack Includes:**

**Forever Fiber™**  
9 Sticks

**Forever Therm™**  
18 Tablets

**Tape Measure**



†Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any dietary supplement.

...but few things that are truly worthwhile are. C9 is the first step in establishing lifelong habits that will help you achieve true and lasting weight management. This proven cleansing system is the foundation of the Forever F.I.T. program and will put you in the best possible position to attain optimal health, cleanse your body and build a slimmer, leaner you.†



# Forever Therm<sup>TM</sup>: Combining Ancient tradition with modern research

Statistics show that the number of people who want to lose weight and get healthy is increasing, however, this is not a modern goal. The idea of being healthy and fit dates back to the ancient Greeks, Romans and even earlier.



Forever Therm - 463

‘a powerful  
formula to help  
boost your  
energy levels  
and kick-start  
metabolism.’

To combat this age-old challenge, Forever Living has combined ancient tradition with modern research and technology.

The result is Forever Therm<sup>TM</sup>, a powerful formula to help boost your energy levels and kick-start metabolism.

Forever Therm<sup>TM</sup> combines a proprietary botanical blend with an exclusive nutrient blend designed to maximize all aspects of metabolism and optimize your body's ability to burn fat.

Proprietary Forever Therm<sup>TM</sup> blend includes ingredients steeped in history from every continent. Yet each of these ingredients has been confirmed through modern research to provide benefits that support energy and metabolism, and enhance the effects of a healthy weight loss program.

## Green Tea

Green Tea use dates back to 1766 BC in China, and over the centuries serving tea has even been elevated to an elaborate ceremony in some parts of the world. Today, scientists have discovered that green tea contains important antioxidants and nutrients. One of these powerful antioxidants is EGCG, which has been researched for its ability to promote thermogenesis and support the body's ability to burn fat.

## Green Coffee Beans

Green Coffee Beans (coffee beans that have not yet been roasted) are known all around the world, but some of the earliest origins of coffee bean use were in Africa. Green coffee beans

were consumed and provided a good source of nutrients and antioxidants. When coffee beans are roasted, they lose some of their nutrients such as chlorogenic acid. Modern research has found that this antioxidant nutrient works by exerting beneficial effects on how the body absorbs and processes sugars in the diet. It may also positively impact the hunger hormones helping you feel full.

## Guarana

Guarana has been used since ancient times as part of the Amazonian culture. The Amazonian tribe of the Maues-saterres referred to the 'guarana' as 'the elixir of long life'. During periods of fasting, they consumed it as an anorectic to tolerate dietary restrictions. Today, scientists have identified numerous antioxidants and nutrients in guarana that may explain why ancient Amazonians believed it to be 'the elixir of long life'. Guarana's natural caffeine content provides an energy boost. The natural caffeine in guarana is balanced with other antioxidants and nutrients that help reduce hunger and enhance metabolism.

## Raspberry Ketones

Raspberry Ketones is a nutrient from red raspberries and is the major aromatic compound that gives raspberries their characteristic odour and taste. Like the other botanicals in the Forever Therm blend, raspberries have a history dating back to ancient Greece. In Greek mythology, the berries were once white, but when Zeus' nursemaid, Ida, pricked her finger on a thorn, it stained the berries red and they have remained so ever since. The scientific



name for red raspberries, *Rubus idaeus*, means literally “bramble bush of Ida”. Today, scientists have discovered that raspberry ketones not only work well as a flavouring agent, but researchers are reviewing its potential to support weight loss efforts.

## Nutrient Blend

In addition to its powerful botanical blend, Forever Therm™ also includes a specially formulated nutrient blend designed to maximize all aspects of metabolism and optimize your body's ability to burn fat. This nutrient blend includes a full complement of B vitamins and vitamin C that are critical to the body's ability to burn fat and provide energy.

## B vitamins

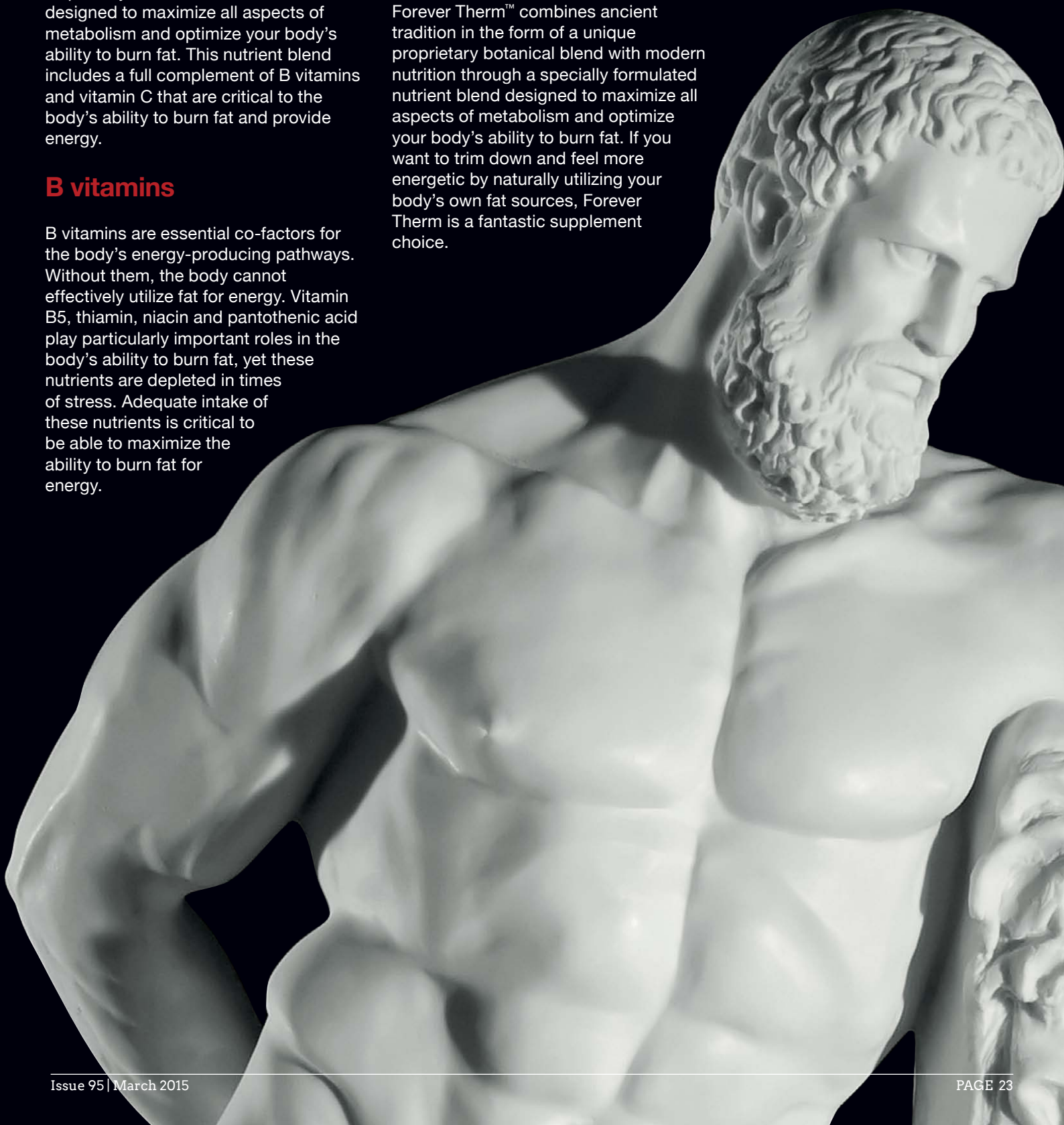
B vitamins are essential co-factors for the body's energy-producing pathways. Without them, the body cannot effectively utilize fat for energy. Vitamin B5, thiamin, niacin and pantothenic acid play particularly important roles in the body's ability to burn fat, yet these nutrients are depleted in times of stress. Adequate intake of these nutrients is critical to be able to maximize the ability to burn fat for energy.

## Vitamin C

Vitamin C is an important nutrient in transporting fat into the muscle cell to be used for energy. Without enough vitamin C, the body doesn't burn fat as efficiently. In fact, research shows that people with low vitamin C levels burn less fat than those with higher levels of vitamin C, so our research team has included 75mg of vitamin C to maximize the body's ability to burn fat.

Forever Therm™ combines ancient tradition in the form of a unique proprietary botanical blend with modern nutrition through a specially formulated nutrient blend designed to maximize all aspects of metabolism and optimize your body's ability to burn fat. If you want to trim down and feel more energetic by naturally utilizing your body's own fat sources, Forever Therm is a fantastic supplement choice.

‘Forever Therm™ also includes a specially formulated nutrient blend designed to maximize all aspects of metabolism and optimize your body's ability to burn fat.’





# Forever Therm: Supporting all stages of fat-burning

Nearly everyone would like to lose some body fat and feel more energetic. When the body needs energy, there are key steps it has to go through in order to burn fat.

## Stage 1: Release fat from storage.

When the body needs energy, critical hormones including adrenaline and noradrenaline (also known as epinephrine and norepinephrine) are produced in the adrenal glands and stimulate the release of fat from fat cells.

B vitamins and vitamin C are critical for the production of these hormones and are included in the Forever Therm™ nutrient blend to further enhance and ensure adequate production of these hormones.

Green tea and guarana have been shown to enhance the production and effectiveness of the body's fat-burning hormones, thereby helping to release fat from storage to be used for energy.

## Stage 2: Transport - Transport of fat into the muscle to be burned for energy.

Once fat has been released from storage (fat cells), it must not only be transported to the muscles, it must get into the muscle and more importantly, into the mitochondria of the muscle where it can be used for energy.

The mitochondria are the powerhouses of the cell and are especially important in the muscle cells. This is where fat and carbohydrates are broken down into cellular energy (known as ATP). If the fat can't get into the mitochondria, it can't be used for energy.

Getting these fatty acids into the mitochondria, where they can be broken down and used for energy, requires an enzyme known as carnitine transferase.

Niacin, Vitamin B6 and Vitamin C are all required for the body to make its own carnitine within the muscle cell itself.

Vitamin C is especially important in this process. In fact, published studies have shown that individuals with higher levels of vitamin C have an increased ability to burn fat (known as fat oxidation) and that individuals with low vitamin C status have lower fat oxidation and higher body fat levels.

Forever Therm™ has included B6, niacin and Vitamin C as part of the nutrient blend to ensure the muscle cells are able to make carnitine transferase.

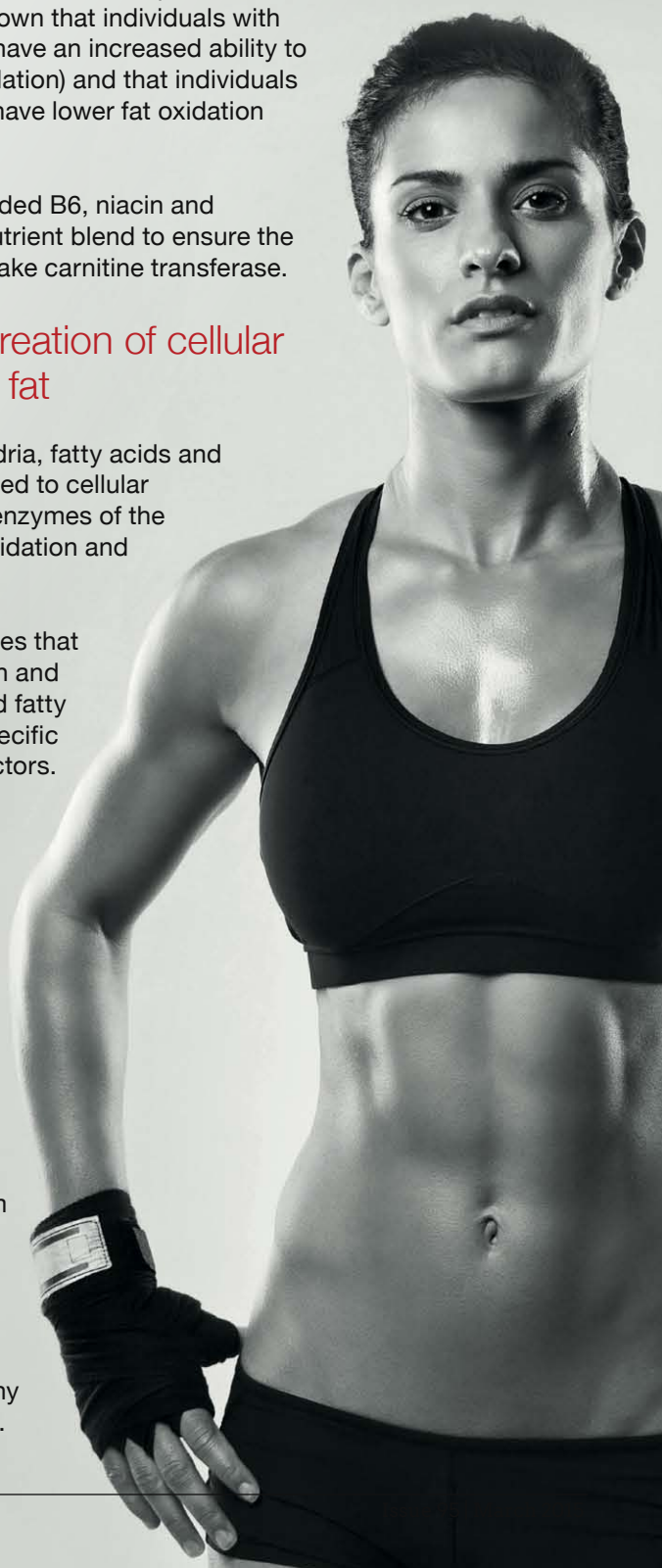
## Stage 3: Burn – creation of cellular energy (ATP) from fat

Once inside the mitochondria, fatty acids and carbohydrates are converted to cellular energy (ATP) through the enzymes of the Citric Acid Cycle, Beta-Oxidation and Respiratory Chain.

The enzymes in these cycles that are required to break down and convert carbohydrates and fatty acids to energy require specific B vitamins to act as co-factors.

Forever Therm™ includes vitamin B6, thiamin, niacin and panthothenic acid to support these pathways and ensure maximum ability to burn fat within the mitochondria.

By ensuring your body has everything it needs to support all stages of fat-burning, Forever Therm gives you maximum results. Forever Therm is the best natural supplement for enhancing your body's ability to burn fat and is unequalled in helping to support a healthy diet and exercise program.





# Oleg is Forever F.I.T.!

**Oleg Cherepenin, the Country Manager of Russia, lost a total of 21 kg (46 lbs) in 2.5 months after using the Forever F.I.T. Program!**

We are so excited for Oleg and wanted him to share a few of his secrets to success on this phenomenal weight loss program. Here's what Oleg had to say:

I considered many different ways to lose weight in the past, but had always heard many negative opinions from others and their experiences with weight loss – they would say they had lost weight but gained it right back, or that I shouldn't lose more than a couple pounds a month.

I also knew I did not want to become a slave of a fitness club... others said "You may live five years longer, but you will spend those years on a running belt". It was important for me to take a step back and look at the whole picture.

**I decided to try the Forever F.I.T program, and I finally discovered how to successfully lose the weight on my own! Here are a few of my secrets to success:**



Before



After

①

**Motivation and focus** are critical for success - keep a daily record of your progress. The C9 booklet includes a daily journal, but also be sure to track your own progress with F.I.T. 1 and F.I.T. 2. I use a free app called "MyFitnessPal", but there are many apps available, or you can simply track your progress on paper. These records are key to staying focused and motivated.

②

The F.I.T. Program is composed of synergistic components - the products, suggested foods and exercises which all work well together. **Try to stick to the plan as much as possible.** For example, if you deviate from the suggested foods, do not go too far; - you may lose the synergistic effects of the program to help you achieve your goals.

③

**Go to bed early.** You may need to spend a few minutes on your plan for the day in the morning, so rest well and maybe even try to get up a little earlier. Having a bad morning often means you'll have a bad day, so make sure you are including those extra minutes in your schedule.

④

**Do not eat at night.** You are able to have a substantial dinner, so you should not be rummaging around your refrigerator at night! You can fill up on lots of healthy foods for your evening meal, so you'll stay out of the fridge... I love this!

**"The F.I.T paks worked for me - the rest is up to you. Don't wait any longer. Lose the weight, and do it now!"**

Oleg Cherepenin



# Living Forever F.I.T.™

Rustin, part of the pilot program in January 2014 for Forever F.I.T., shares his story and how his life has changed a year later.



Rustin before



Rustin after

You can tell that Rustin is a bit uncomfortable being the centre of attention as the film crew sets up around him. This husband, and father of three, is matter-of-fact when describing his weight loss journey and when he realized he needed to make a change.

"I'm 31 years old and had reached a weight that I had never been at before. It kind of scared me, to be honest," Rustin explains. "I got to the point where I couldn't wear my wedding ring anymore – it just wouldn't fit. That's when I realized I needed to really make a change and do something different."

**"One of the main things that's changed in me since going through the F.I.T. program is just the confidence and self-esteem that I now have."**

Rustin didn't always struggle with his weight. He was an athlete in high school, playing both baseball and football. But as the years passed, he noticed the pounds were slowly piling on. He tried different programs, sometimes losing weight, sometimes not – but always struggled to maintain the weight loss after. It wasn't until he was invited to join the pilot program for Forever F.I.T. that he was finally able to make a permanent change for the better. During the trials, 12 participants were provided with the F.I.T. products, guidance on nutrition and access to

**"For me, being healthy will make a difference for the rest of my life."**

a trainer. Rustin achieved significant results and showed off his new look on stage at the Global Rally in London. In 90 days, Rustin had lost 48 pounds (22kgs), 28 inches and 13.6% of his body fat! "The format of the program laid everything out for me – and that was something I needed, to have a basic guideline and something to go off of," Rustin says.

While he seems a bit quiet and reserved at times, Rustin comes alive when he talks about his family. He credits his beautiful wife Jill, and their children, with being a constant support and motivation. "For me, I know that being healthy is something that will make a difference for the rest of my life. I have three wonderful little girls that mean everything to me, and I know it's important for me to be healthy, so I can be an active part of their life." Rustin also credits his trainers and friends, Brandon and Jason, with whom he completed the F.I.T. trial, for helping to keep him on track with the programs as well. "I'm a competitive guy and knowing those guys were there, in the morning challenging me, was a huge motivator."

In the last year, many aspects of Rustin's life have changed. He and his family spend more time being active – going for evening runs and bike rides. He has established healthy habits and built a confidence he'd never had before. Rustin tell us, "One of the main things





Annie Randall Photography

that's changed in me since going through the F.I.T. program is just the confidence and self-esteem that I now have. That's really helped me throughout my life, at work, at home, being a husband and with my kids...I'm really grateful for that."

Despite all of these amazing accomplishments and transformations, there is one that sticks out most in Rustin's mind: being able to put his wedding ring back on part way through his F.I.T. journey. "I had accomplished that and it motivated me to keep working hard. It showed me that what I was doing was working, and that I needed to keep going and not look back."

**F.I.T.™**  
C9 F1 F2  
Look Better. Feel Better.



To see Rustin's  
#iamforeverfit video  
visit [discoverforever.com](http://discoverforever.com)



# AVAILABLE NOW - F.I.T.™ Marketing Tools

**NEW**

**START TRANSFORMING YOUR BODY AND LIFESTYLE TODAY WITH FOREVER F.I.T.**

Forever F.I.T. is an advanced 69-day nutritional, cleansing and weight-management programme made up of three easy-to-follow steps which incorporate shakes, supplements and targeted exercise.

Clean 9, F.I.T. 1 and F.I.T. 2. Together, these three programmes give you the tools you need to achieve results that last.

**CAN YOU LOOK BETTER AND FEEL BETTER IN JUST 9 DAYS? YES!**  
The Clean 9 Programme can help you jump start your journey to a slimmer, healthier you. This effective, easy-to-follow cleansing programme will give you the tools you need to start transforming your body today.

**F.I.T. 1 WILL TEACH YOU HOW TO CHANGE THE WAY YOU THINK...**  
...about food and exercise and provide you with the knowledge you need to get inspired and change your body for the better. You CAN lose weight, you CAN look better and feel better than ever before and you CAN make a permanent change for the better. Forever F.I.T. 1 will show you how.

**FOREVER F.I.T. 2 WILL TAKE YOU TO THE NEXT LEVEL...**  
...by helping you to tone your body, burn more calories and transform. Lean muscle is essential to weight loss for both men and women and the Forever F.I.T. 2 Programme will help you learn how to build it and sustain it! Get toned, get trim and be transformed with Forever F.I.T. 2. Let's get started!

**Each Clean 9 Contains:**  
• 1 Aloe Vera Gel™  
• 1 Forever Lite Ultra™  
• 1 CI Carten consisting of:  
• Garcinia Plus™ (14 tablets)  
• Forever Therm™ (9 packets)  
• 1 Forever Fibre™  
• 1 Lipo measure  
• 1 Instruction booklet  
• 1 Shaker

**Each F.I.T. 1 Pack Contains:**  
• 4 Forever Aloe Vera Gel™  
• 2 Forever Lite Ultra™  
• 1 Forever Garcinia Plus™  
• 1 Forever Therm™  
• 1 Forever Fibre™  
• 10 Forever PRO X™  
• 1 Instruction booklet

**Each F.I.T. 2 Pack Contains:**  
• 4 Forever Aloe Vera Gel™  
• 2 Forever Lite Ultra™  
• 1 Forever Garcinia Plus™  
• 1 Forever Therm™  
• 1 Forever Fibre™  
• 10 Forever PRO X™  
• 1 Instruction booklet

**BEFORE** Weight: 97.2kg Waist: 38"  
**AFTER** Weight: 88.1kg Waist: 34"

visit us on Facebook  
Forever Living Products South Africa  
www.foreverliving.com  
Clean 101-107

1600mm x 590mm

**NEW**

**START TRANSFORMING YOUR BODY AND LIFESTYLE TODAY WITH FOREVER F.I.T.**

Forever F.I.T. is an advanced 69-day nutritional, cleansing and weight-management programme made up of three easy-to-follow steps which incorporate shakes, supplements and targeted exercise.

Clean 9, F.I.T. 1 and F.I.T. 2. Together, these three programmes give you the tools you need to achieve results that last.

**BEFORE** Weight: 97.2kg Waist: 38"  
**AFTER** Weight: 88.1kg Waist: 34"

As a successful career woman, Claire and her family have been able to enjoy a lush lifestyle - until she began to take a toll on her health and fitness. Claire not only wanted to transform her own health and fitness, but also wanted to create a healthier lifestyle for her family.

#1108	R 1.31	N\$ 1.32
F.I.T.™ FLYER	ZMW 0.82	\$ 0.15



#6017	R 12.45	N\$ 12.43
F.I.T.™ BUTTON	ZMW 7.85	\$ 1.43

#1901	R 35.59	N\$ 34.54
F.I.T.™ SHAKER	ZMW 21.82	\$ 3.96



#1541	R 600.89	N\$ 600.00
F.I.T.™ BANNER	ZMW 384.11	\$ 69.42



# FLP SOUTHERN AFRICA - 2015

## SUCCESS DAYS

JHB • KZN • NELSPRUIT		
Month	Date	Region
March	21	Durban
April	25	JHB
May	23	Nelspruit
June	20	Durban
July	18	JHB
August	22	Nelspruit
September	19	Durban
October	24	JHB
November	21	Nelspruit
December	19	Durban

CAPE TOWN		
Month	Date	Region
May	16	Wynberg
July	25	Wynberg
September	26	Wynberg
November	14	Wynberg

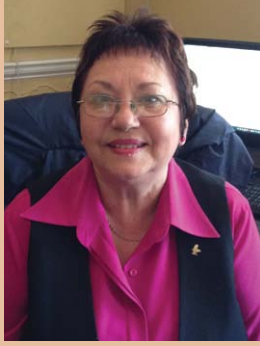
ZIMBABWE • ZAMBIA • NAMIBIA MOZAMBIQUE				
Month	Zim	Zam	Nam	Moz
May	16	16	16	16
July	25	25	25	18
September	26	26	26	19
November	14	14	14	14

&

## TRAINING DATES

Please confirm venues and dates with relevant Product Centres

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CAPE TOWN		7:00 pm				
JOHANNESBURG	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	
	EXCEPT LAST WEEK OF THE MONTH					
DURBAN			7:00 pm			
			10:00 am - 12 noon			
NAMIBIA			5:30 pm - 6:30 pm			
						2 pm
NELSPRUIT	BY APPOINTMENT DURING THE DAY					
LESOTHO			5:30 pm - 6:30 pm			
MOZAMBIQUE	Office Manager from Nelspruit travels to Maputo once a month to hold meetings - please confirm with Nelspruit Product Centre					
ZAMBIA				11 am - 12:30 pm	2:00 pm - 3:30 pm	
ZIMBABWE	10 am - 12 noon		10 am - 12 noon	10 am - 12 noon		



**Margaret Ross**  
Operations  
Manager

"If you are ever unsure of the Company's Rules and Regulations or Policies, please refer to the Company Policy Booklet which is available at any of our product centres. or online at [www.foreverliving.com](http://www.foreverliving.com)"

# Prohibited Activities / Selling in Stores

We find our products being sold in Chemists, Shopping Malls etc – this is seen in a very serious light and falls under the Section "Prohibited Activities" in the Company Policy – section 16.02 paragraph (h) SELLING IN STORES

**Please see the article below extracted from the above section of the Company Policy – words in *italics* added to make it**

**clearer for distributors to understand.**

A Distributor is prohibited from permitting Company products to be sold or displayed in retail stores, military PXs, swap meets, flea markets, or the like i.e. ***Chemists, Clicks, Pick 'n Pay, Dischem, Shoprite, shopping malls.***

However, **exhibitions** for a period of less than **one week in a twelve-month period** at the **same venue** are considered temporary and are therefore permitted after receiving written approval from Head Office.



A distributor who has a service-oriented office, barber shop, *hairdresser*, beauty shop, or health club (*gym*) is permitted to display and sell products within their office, shop or club. However, exterior signs or window displays by such Distributors to advertise the sale of Company products are prohibited.

A distributor is prohibited from selling or marketing Forever brand products except that it be in its original packaging. ***No decanting of products!*** However, products may be promoted and served in restaurants by the glass or portion.



**Action will be taken against distributors found in**

**breach of Company Policy – as detailed above. Let's protect our business and report any such activities to Head Office immediately!**



# YOUR HEALTH AND WEALTH MONTHLY MAGAZINE

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+264 61 22 6699  
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Forever Living Products South Africa

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[www.discoverforever.com](http://www.discoverforever.com)

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What can you accomplish in just

# 9 DAYS?

**F.I.T.**<sup>TM</sup>  
C9 F1 F2  
Look Better. Feel Better.

## C9

It only takes  
**9 DAYS**  
to cleanse your body  
and make a change.



FOREVER

Please place your  
Forever Business Card  
here

[www.foreverliving.com](http://www.foreverliving.com)

For more in-depth information please consult the **PRODUCT MANUAL** available from your product centre

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.