



**Advisory Board Member  
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**Why do we age? This question has been raised throughout the history of mankind and continues to generate debate. There are many theories, but one constant finding is that in primates there is a strong correlation between DNA repair and longevity. And what about diet and lifestyle?**

**We can't do much about the intrinsic factors governing our lifespan but we can influence those intrinsic factors. The people of the world who regularly live to well over 100 years eat sparsely, usually with a high seed and vegetable content in their diet and lead what is to our mind 'a hard life' so they don't carry any extra weight! However, 'lifespan' is not important when compared to 'healthspan'.**

It is said that at 20 years old nature gives you the face you have, but at 50 years you give it yourself!

Apart from adopting a healthy lifestyle with a good balanced diet, moderate exercise and the avoidance of excesses, many FLP products can help support an anti-ageing regime that will keep you fitter, happier and looking younger.



As we age hair loses colour (don't I know that!), quality and quantity. Skin becomes thin, with loss of elasticity (wrinkles). There is altered pigmentation (liver spots), but unseen is a reduced ability to heal wounds and an alteration in immune function.

Physique change with shortening and weight loss and function is impaired. Losing one's marbles is always a frightening prospect and of course the threat of serious illness such as strokes and cancer becomes more likely with each passing year. What a prospect, but as Maurice Chevalier once said: "*Old age isn't so bad when you consider the alternative.*"

## Help is at hand - anti-ageing advice with Forever Living Products:

Supplement the diet with antioxidants to fight the changes caused by free radicals and reduce the chance of serious illness such as heart disease and cancer as well as helping to prevent the formation of cataracts in the eyes. Try **Aloe Vera Gel** for antioxidant vitamins A, C & E, **A-Beta-CarE** for the important mineral selenium, and **Bee Pollen** - our general purpose product.

**Support skin, hair and nails** with not only the drinking gel but with **Aloe Propolis Crème** or **Aloe Lotion/Aloe Moisturising Lotion**.

**For oral health** use the **Forever Bright Toothgel**, especially as receding gums and consequent sensitivity can be a major concern.

**Look after bones and joints** and help protect them from osteo-arthritis with **Nature-Min** and **Forever Freedom**.

(Aloe Vera Gel and Forever Freedom can be mixed 50/50).

**Finally, boost your immune system** by drinking enough **Aloe Vera Gel** with its powerful polysaccharide, Acemannan. Keep the brain cells working with **Ginkgo Plus** to improve the micro-circulation and **Arctic-Sea Super Omega-3** to supply fatty acids.

It isn't all that bad, for as the actor, Lee Marvin said: "*One of the good things about getting older is you'll find you are more interesting than most people you meet.*"

