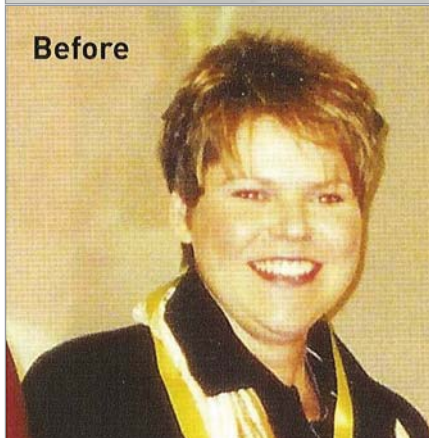


# CLEAN + LEAN *Success!*



**Forever Clean & Lean is a nutritional cleansing programme** designed to take the guesswork out of a lifetime of healthy eating and controlling your diet. Here is yet another fantastic story of achievement - read on...

Before



I had always been slim, so after a very difficult pregnancy where I developed pre-eclampsia, I was devastated to discover I had gained 5 stone. My confidence hit an all time low.

I was drinking a large amount of the **Aloe Berry Nectar** and feeling so much better. So six months after the birth of our son, Alexander, I started to add **Forever Lite** and **Garcinia Plus** to my daily routine. I often skipped meals, because of the time factor, so being able to have a shake was perfect, not only did it taste great, but I did not feel hungry and had more energy. The fact that it was so easy to use helped me a lot in the early months of being a new mum.

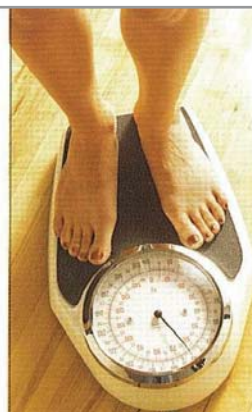
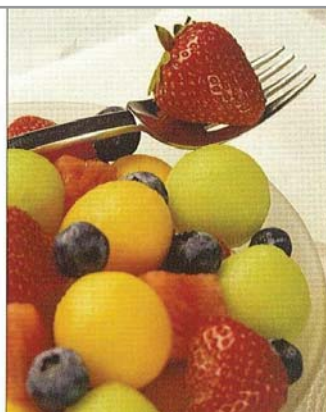
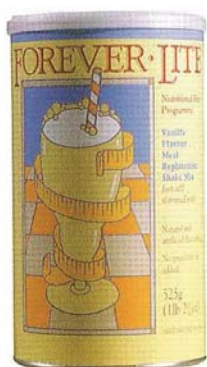
After



By the time **Clean & Lean** was launched in the UK I had lost 4 stone. I felt FANTASTIC but I just had to try the **Clean 9**, so I could tell people how I felt on this programme; I lost another stone making a total of 5 1/2 stone. How good do I feel? I now weigh less than I did 3 years ago!

I still continue to use the Forever Lite and the Garcinia, because it has become part of my daily routine, and I have found that I can eat what I like, and the weight has not crept back on.

**Lisa Palmer-Silcock**  
Norfolk, England



# the **GL** revolution

**Sue Matthewman**

SENIOR MANAGER - FLP UK



## Did you know that we are in the middle of a revolution?

It all started with GI and now we have the GL diet. Any celebrity worth their paragraph in 'Hello' magazine is on it, and the papers and magazines can't get enough of it! I keep reading phrases like 'diet freedom' and 'the smart way to permanent weight loss'. Even supermarkets are labelling food low GI or GL.

So, what is it? I love the slogan from Nigel Denby's best selling book 'The GL Diet' - "When it comes to diets we've had no carbs and low carbs and now it is time for slow carbs".

GI stands for Glycemic Index and tell us whether the carbohydrate in a food is fast or slow releasing; slow being good as it keeps blood sugar even. It is the measure of the quality of the carbohydrate.

Carbohydrate grams tell us how much of the food is carbohydrate.

GL stands for Glycemic load and is the GI (quality) divided by 100, multiplied by the carbohydrate grams (quantity) per serving. It is by far the best indicator of how much weight will be gained by choosing a particular food.

For the first time in my memory we have a popular diet that meets with wholehearted approval from doctors and nutritionists. In fact, following a low GL plan means eating exactly the type of food they have been advising us to eat for years. For this reason I am convinced it is not just another fad diet, but a way of eating for life.

FLP had **Forever Lite Ultra** tested by an independent laboratory for its GI value which then enabled us to calculate the Glycemic loading. A GI value of below 55 is considered low and therefore of good quality, and Ultra has a GI rating of just 24. Its GL works out at around 8 when mixed with 10fl.oz of skimmed milk and therefore has the same effect on blood sugar as two small apples!

Let's summarise what we have here. Low GL is a weight loss plan that is safe, effective, popular with dieters and the medical profession alike, and is receiving massive publicity. We have our superb **Clean & Lean programme** which dovetails neatly with low GL and we know it helps balance sugar levels and stop cravings. With the **Aloe Vera Gel drinks**, **Forever Active Probiotic**, **Bee Pollen** and **Garcinia Plus** we have added exceptional nutritional content. These products are sold direct to consumers with all the support and focused customer service only a direct seller can offer and to cap it all we are supplying weight loss products with a 60-day money back guarantee.

**We are onto a winner - join the revolution!**

