

ISSUE 6

aloe life

Fresh Start

LEAVE LAST YEAR'S
BAGGAGE BEHIND AND
HEAD INTO 2020 WITH
A CLEAN SLATE.

Plus...

WHAT A DIFFERENCE
A YEAR CAN MAKE
A 7-MINUTE WORKOUT
WITH RESULTS
FRESH FROM OUR
OWN PLANTATIONS
DELICIOUS AND
HEALTHY RECIPES



FOREVER®

The perfect pair

Power up with ARG1+® and Aloe Minis!

Put your fitness goals in overdrive this year with the advanced nutrition of ARG1+® and Forever Aloe Vera Gel®.

Forever's new combo is the perfect pair to help you look better and feel better. This pak includes three 330ml Forever Aloe Vera Gel® bottles with three packets of ARG1+®.



ARG1+® and Forever Aloe Vera Gel®
Mini Tripack | SKU 71633

The
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FOREVER®

Are you ready for a

Fresh Start?

A year is a funny thing. It can go by without much fanfare or it can bring about the type of transformation that will change your life completely.

On **page 16**, you'll be introduced to three people who underwent big changes over the course of a year, either by choice or because life dealt a hand that forced them to rise to the challenge. In fact, much of this issue is dedicated to people like you who plan on rising to new challenges this year and bringing about a meaningful transformation, whether physical, emotional or financial.

That's why, no matter what you hope to change this year, this issue will explore the power of habit and how replacing bad habits with good ones can impact every aspect of your life. You can read about the science of habits and what it takes to reprogram yours on **page 23**.

When your days are packed with family obligations, work and other responsibilities, it's easy to fall into the habit of eating on the go. There's no better time than the new year to look at your life with a fresh pair of eyes. On **page 30**, you'll find healthy, balanced recipes you can put together quickly and make in advance so you can eat fresh, wholesome meals and stay on top of your busy days.

You don't have to let your busy lifestyle get in the way of looking and feeling your best. This could be the year to renew your focus on exercise and you can start with the high-intensity workouts on **page 6**. We chose this routine because you can do these muscle-building exercises anywhere and in only seven minutes.

And since we're talking about a fresh start, we've dedicated an article to taking you inside Forever's aloe plantations to give you a first-hand look at how the freshest, most pure aloe vera products are made on **page 12**. From the fields, where the hand harvesting takes place, to the innovative processing, you'll see why Forever aloe products have a passionate following worldwide.

There's all this and more to explore in the following pages and no matter what type of change you're striving for in 2020, I hope this issue will inspire you to start strong and keep going.



Executive Director of Marketing
Forever Living Products



What's inside?



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How changing your habits can change your life and put you on the path to reaching your goals



30 FIT, FAST AND DELICIOUS RECIPES

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12 FRESH FROM OUR OWN PLANTATIONS

Learn how Forever grows, harvests and processes its plants to bring customers the freshest, purest and highest quality aloe vera products on the planet.



Start Strong

Jump start your journey to a slimmer, healthier you.



Start your transformation with a clean slate. Forever's easy-to-follow nine-day cleansing program has all the tools you need to build a solid nutritional foundation to start looking and feeling better in 2020. You'll get powerful nutrition combined with your favorite aloe vera gel drinks.

Choose from Forever Aloe Vera Gel®, Forever Aloe Peaches® or Forever Aloe Berry Nectar®.

Track your progress and stay motivated by downloading the Forever F.I.T. App! This tool will make the perfect sidekick during every stage of your fitness journey.



Vanilla / Forever Aloe Vera Gel® | SKU 547
Chocolate / Forever Aloe Vera Gel® | SKU 548
Also available featuring Aloe Berry Nectar or Aloe Peaches

**The
Aloe Vera
Company**

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Fast track Fitness

The equipment-free seven-minute workout you can squeeze into any routine.

Does it feel like life is getting in the way of your fitness goals?

With long days at work, family obligations, appointments and other commitments, it's easy to put off that hour you planned to spend at the gym. But slacking can be a slippery slope. Putting off exercise for one day can easily lead to another and next thing you know, you're a full week behind.

What you need is a go-to workout in your back pocket, one that doesn't require a lot of time or equipment. The following seven-minute workout is more than just a series of exercises to keep you moving, it's a high-intensity circuit that can help you achieve results and meet your fitness goals. According to the American College of Sports Medicine, this type of training that uses your own body to create resistance can be a fast and effective way to lose excess body fat and build muscle.

Ben Cohen
Former England Rugby Star
Forever Ambassador

The key is intensity and recovery. Perform the exercises in rapid succession for 30 seconds each, with a 10 second rest between each exercise. If it feels tough, that's a good thing.

To get maximum results in minimal time, the level of discomfort should be around an 8 on a scale of 1-10, according to the Human Performance Institute. Push through and in seven short minutes you'll be rewarded with a workout you can be proud of, whether you're at home, in the office or on the go.



**PERFORM EACH
EXERCISE FOR
30 SECONDS WITH
A 10 SECOND BREAK
BETWEEN EACH.**

01

JUMPING JACKS

Jumping jacks are the perfect warm-up for your routine. They help get your heart rate up and research shows this humble exercise can improve coordination, balance, rhythm, timing and posture.

03

PUSHUPS

The classic pushup is a great way to build upper body strength. Make sure your form is on point to get the best possible results. Keep your back straight with your eyes looking slightly forward. Go down until your elbows are level with your shoulders. If the pushups feel too hard at first, try doing them on your knees.

Position 1



Position 2



Position 3



02

THE WALL SIT

The wall sit helps you build strength in your quadriceps, the muscles in the front of your thighs.

Just start with your back against a wall and your feet shoulder width apart, and about two feet from the wall. Slide your back down the wall until your thighs are parallel to the ground. Hold the position for a couple seconds and slide back up the wall to a standing position.

04

ABDOMINAL CRUNCH

This exercise will help you improve core strength and promote better performance and stability. Lie down on a hard surface on your back with your knees bent. Your hands can be placed behind your head or across the chest; putting them across your chest can help you avoid the instinct to pull up on your neck. Contract your abdominals and lift your shoulder blades about two inches off the floor before lowering back down.

05

STEP-UP ON CHAIR

All you need for this one is a sturdy chair or a bench.

If you place one foot on the chair and your knee is at a 90-degree angle, then the height is just right. This is a great exercise to work your glutes and upper hamstrings. Make sure your entire right foot is on the chair. Push down on your right heel while bringing your left foot up so you are standing on the chair. Return to the starting position by stepping down with your right foot, then left so both feet are on the floor. Alternate between leading with your left and right foot.

06

SQUATS

This exercise helps you build strength and definition in your legs and glutes while helping to improve mobility and keep joints strong. Find a foot stance that feels comfortable. You can keep your toes pointing straight ahead or pointed outward slightly. Tense your abs, look straight ahead and squat down to a sitting position. You'll know you have a proper 90-degree angle if your thighs are parallel with the floor.



Position 1



Position 2

07

SIDE PLANK

This exercise helps strengthen the often-ignored side body while promoting a more stable spine. To do this, lay on your side with your forearm flat on the floor with your legs extended out—either staggered or stacked depending on what's more comfortable. Engage your core and lift your hips off the floor. Hold for 15 seconds and switch sides.



08

PLANK

The plank is a simple exercise, but one that can be very beneficial when it comes to building strength and muscle, particularly the muscles that connect your upper and lower body. Start by placing your forearms on the floor with elbows aligned below the shoulders and palms flat on the ground. Keep your back straight and the rest of your body in a position as if you're doing a pushup. Hold the position for 30 seconds. As with a pushup, if it's too difficult to stay on your toes, try doing it on your knees.



09

LUNGES

When it comes to building muscle, shape and tone in your legs, lunges are the perfect go-to exercise. Be sure to keep your upper body straight with your chin up and shoulders back and relaxed. As you step forward with one leg, lower your hips until both knees are bent at about 90 degrees. Your front knee should be directly above your ankle and you should not let the other knee touch the floor.



10

TRICEPS DIP ON CHAIR

Throwing this exercise in the mix will help you gain arm and shoulder strength and can be done almost anywhere. Start by sitting on the edge of a stable chair and grip the edge. Extend your legs with your feet about hip-width apart and your heels touching the ground. Slide your glutes off the edge of the seat and use your arms to lower yourself until your elbows are bent at an angle anywhere between 45 and 90 degrees. Slowly push yourself back up and repeat.

11

PUSH-UP AND ROTATION

Adding a rotation to your pushups brings a new dynamic to this classic exercise by developing core strength in addition to working your arm and shoulder muscles. Start by doing a regular pushup and when you reach the top, rotate your body so one hand is on the ground and the other is extended toward the ceiling. On the next pushup, alternate so the opposite arm is on the ground and the other points to the ceiling. Feel free to do this on your knees if a regular pushup feels too difficult.

12

HIGH KNEES RUNNING IN PLACE

This exercise is as simple as running in place while trying to bring your knee up as high as possible as you run. While the exercise itself appears as an over-exaggerated form of running in place, it will help improve your running form, promote better flexibility and increase strength and power in your lower body.

Keep building on your progress

You'll definitely feel the burn the first few times you make this seven-minute workout part of your routine.

But by staying consistent and doing the full workout every day, you'll start to see results. If after a while you feel like you need more of a challenge, try repeating the routine or implementing small weights to increase the difficulty.

Don't let life's daily hustle get in the way of your fitness. If you can find just seven minutes, you'll be able to get in a full body, high intensity workout and get back to business without missing a beat.



Shake of the season

BOOST YOUR DAILY PROTEIN SHAKE.

Give your daily protein shake a big upgrade by adding an extra nutritional kick that's customized for your lifestyle and fitness goals. Start with one level scoop of Forever Lite Ultra® with Aminotein® chocolate or vanilla combined with 10 ounces of skim milk or your favorite alternative like almond, coconut or soy. This delicious shake mix contains 17 grams of plant-based protein along with 18 amino acids, including essential, non-essential and branched-chain amino acids.

Mixed with skim milk, Forever Lite Ultra® provides 5.3 grams of branch chain amino acids.

Next, choose from any of the options below to give your shake the boost you want.



PROMOTE A HEALTHY HEART:

Support your heart health with Forever NutraQ10™, featuring a blend of B vitamins, herbal extracts, folic acid and coenzyme Q10, which is known to promote the basic functioning of cells. Forever NutraQ10™ with CoQ10 will contribute subtle flavors of fruit and citrus.



POWER YOUR WORKOUT:

Perfect for a pre-workout kick, ARG I+® supplies your daily value of L-Arginine, a potent amino acid that helps the body create “the miracle molecule”, nitric oxide, which increases blood flow to major organs and supports cellular function. Adding one packet will provide all the benefits of ARG I+® and a berry flavor that compliments chocolate or vanilla Forever Lite Ultra®.



Forever Lite Ultra® Vanilla | SKU 470
 Forever Lite Ultra® Chocolate | SKU 471
 Forever NutraQ10™ | SKU 312

ARGI+® | SKU 715
 Forever Supergreens™ | SKU 621
 Forever Fiber® | SKU 464

GET YOUR GREENS:

Made with an ideal blend of 20 fruits and vegetables, Forever Supergreens™ adds a delicious berry flavor to your shake while supporting metabolism, assisting in muscle recovery and promoting immunity.

DON'T FORGET THE FIBER:

Forever Fiber® is an easy way to make sure you're getting enough fiber in your diet. One packet contains as much fiber as two slices of whole wheat toast to support digestive health and immune function, without changing the flavor of your shake.

fresh *from our own* *plantations*

There's something to be said for staying true to your roots without being left behind by a constantly progressing world. In four decades, Forever Living has grown to become the most important producer of aloe vera products in the world by operating with just the right balance of tradition and innovation.

It's easy to look out over a seemingly endless field of aloe at one of Forever's plantations and wonder how the company has managed to plant, grow and harvest its aloe vera leaves using the same method for more than 40 years - every plant carefully nurtured and hand harvested.

It might be easier and more profitable to use automated machinery to harvest plants faster and rely less on the human touch. But this shortcut disguised as progress comes at a real cost. It smashes and destroys more of the plant, causing environmental damage and an unremarkable finished product.

A tradition worth keeping

When Rex Maughan founded Forever Living Products, he wanted to build more than a company. He wanted to build the kinds of bonds that transcend language or borders and bring people together through the shared interest of doing things the right way.

At Forever's aloe plantations, doing things the right way means doing it by hand. The men and women who harvest the aloe vera leaves are up with the sun, carefully hand-selecting those leaves that have reached peak maturity and nutrient content.





There's just no substitute for human touch when it comes to choosing the perfect leaves. The people who know best when it's time to harvest are those who plant, nurture and tend to the crop, season after season. They examine the color of the leaf, the size and the way it feels in their hand to determine which leaves are ready to be harvested and which ones need a little more time.

The mature outer leaves are carefully sliced from the plant, allowing the inside leaves to continue to grow. It takes about a year for the leaf to hit peak and a single plant can continue producing leaves for many years when it's properly cared for. Once the leaves are harvested, they are loaded onto a trailer for the first round of processing onsite.

“

**THE PEOPLE WHO KNOW BEST WHEN
IT'S TIME TO HARVEST ARE THOSE
WHO PLANT, NURTURE AND TEND TO
THE CROP, SEASON AFTER SEASON.**



Innovation in action

As soon as an aloe leaf is cut from the plant, time plays a critical role in ensuring aloe maintains its high nutritional content throughout processing and production. After harvest, the next stop is an onsite facility where each leaf is hand-filleted to extract the maximum amount of pure inner-leaf gel. The filleting is done in smooth, fluid strokes that require a combination of speed and precision.

After the gel is inspected, it undergoes aseptic processing, which uses a flash heating method to lock in the benefits and freshness of inner leaf aloe vera while safely reducing bad bacteria and eliminating the need to add preservatives.

This process has been shown to retain 300% more of aloe's natural vitamin content. To ensure that the highest levels of nutrition are maintained, Forever's aloe is always processed within six hours of harvest.

Forever Aloe Peaches™ mini | SKU 778

Forever Aloe Vera Gel® | SKU 715

Forever Aloe Berry Nectar® mini | SKU 735

Did you know?

Forever Aloe Vera Gel® is as close to nature as you can get with 99.7% pure inner leaf aloe? The other popular formulas, Forever Aloe Berry Nectar® and Forever Aloe Peaches® combine the benefits of pure aloe vera with antioxidants and delicious berry and peach flavors.



“

THIS HAS BEEN THE BEST WORK EXPERIENCE I'VE EVER HAD, I EXPECT TO WORK HERE FOR A LONG, LONG TIME.



The people who make it happen

Investing in the right process doesn't work unless you also invest in the right people. That's why Forever pays employees in the Dominican Republic 40 to 50% higher wages than other companies in the same region. The employees who work in the fields and processing facilities know the quality of work they put in every day is essential in creating the Forever products that people all over the world depend on.

Miguel Silverio and Alejandro Rodriguez have a combined 18 years of experience working in the aloe fields. Both have gained invaluable knowledge by personally tending to the crops year after year. Their longevity with the company is

a result of the pride they have in their work and knowing they are such an important part of the Forever family.

"I love to belong to this group of wonderful people," Miguel says.

Rafaelina Taveras is also proud to call herself part of that family. For 16 years, this mother of three has worked as a quality assurance specialist, making sure the aloe harvested is pure, fresh and high in nutrients.

"Typically, I take samples of every batch we process and test for pH and microbiology," Rafaelina says. "This assures we always provide a great product."

Warehouse assistant Ruddy Reyes takes pride in knowing that his role

of keeping supplies in stock and organized ensures everyone has the tools they need to do their job. He's been part of the Forever family for 16 years and is raising two children.

"This has been the best work experience I've ever had," Ruddy says. "I expect to work here for a long, long time."

At every point in the process, you'll find the stories of people who've spent years working at Forever and remain invested in the quality and purity of every product. To them, it's more than a job. They are passionate about the connection they have to the plants, to each other and to the products that provide opportunity to so many people from all over the world.

FOCUS ON SUSTAINABILITY

Forever's commitment to the environment is apparent at every stage of production.

- The use of solar powered pumps and drip watering systems have enabled Forever to reduce water usage by 90 percent.
- Water is reclaimed for use in the fields while the rinds of the aloe leaves are tilled back into the soil to fertilize the crops.
- Forever's 50 million plants help cleanse the earth of hundreds of millions of tons of CO2 every year.
- Forever's flagship aloe vera gel drinks are packaged using 100% recyclable Tetra Pak containers. This packaging is always shipped flat, allowing more to be transported at one time, greatly reducing Forever's carbon footprint.

What a difference **a year makes**

A year that starts like any other can throw you into the struggle of your life without any warning, testing every bit of strength you have to make you realize you are capable of more than you could have imagined.

In these pages, you'll meet people who embarked on a personal journey that would reshape their lives for the better. Whether by choice or by fate, they met challenges head-on to reshape their own lives and inspire others through their courage and resilience.

Laura Woodward-Shaw: a journey of change

To say that Nick and Laura Woodward-Shaw have a lot going on is about as understated as saying the Rolling Stones have a couple good tunes. When Nick's job with Forever Living doesn't have him flying to any given corner of the globe, he and Laura support their daughters' full academic course loads, music lessons and full-scale theater productions.

Yet, when a close family friend was diagnosed with breast cancer, they didn't think twice about putting more on their plate. Nick and Laura helped support their friend in any way they could, from household chores to watching her kids.

Seeing someone so young and healthy battle cancer hit Laura hard with the realization that this could happen to anyone. Even though she was healthy and symptom free, Laura decided to schedule her first mammogram, just to be sure.



“Then boom...” Laura says. “They found a tumor.”

A biopsy confirmed Laura's fears. She had breast cancer - and it was aggressive. There was no time to waste in beginning treatment. The doctors recommended a double mastectomy followed by chemotherapy.

Hearing the words made Laura feel like she was in a dream. She was scared, angry and numb, with more emotions hitting from every angle. Raising a family had taught her that there are usually several ways out of any conundrum and nothing a little creative problem solving couldn't fix. But for the first time, she was presented with a problem with only one option: fight.

But she wouldn't have to fight alone. In the Woodward-Shaw household, family always came first and no matter what challenges life had in store, they would always present a united front of love, support and sacrifice. This was bigger than anything that had fallen on their plate, but everyone was committed to take the journey together.

Nick and Laura took a couple days to process the information and decide how to break the news to their girls.

“To this day that was the hardest conversation I've ever had to have,” Laura says of telling her daughters about the diagnosis. “I felt so guilty burdening their little innocent minds with this terrible news. I hated every minute.

I knew that they were about to go back to school for a new year and carry this with them and I couldn't protect them. As a mother, that's all I wanted to do.”



The days before Laura's surgery were among the hardest. She was terrified, having never been put under anesthesia before. She and Nick began walking the dog together nightly. Laura wanted to be strong for her daughters and during this nightly ritual she could cry freely and talk about anything.

Laura and Nick received more support than they could have imagined from the people they considered extended family, Forever Living's executive team. The first thing they told Nick was to take as much time as he needed and not to worry about anything work related. That support meant the world to the family during a time when being there and looking out for one another was more important than ever.

“Nick was and still is my absolute rock,” Laura says.

The time came for Laura to summon the courage her friends and family had helped build and check in for surgery. The procedure went as planned, but the fight was far from over. The double mastectomy had changed Laura's appearance drastically and the recovery was incredibly painful. Yet the Woodward-Shaw family remained upbeat. The first major hurdle had been cleared.

“

**NICK WAS AND
STILL IS MY
ABSOLUTE
ROCK.**



After another surgery to place the port for chemotherapy, Laura began her treatment. She'd been briefed on the many side effects of chemo and was ready to take on the physical challenges, but the thought of losing her hair was hard to come to terms with.

"I think I was more upset by losing that than the mastectomy," Laura remembers. "I'm not sure why. But I had to do what I had to do. So, I took control and I had a friend shave my head!"

She and Nick went to the wig store together. It reminded her of the costume closet from the kids' theater shows. Laura cried throughout the whole appointment.

"But Nick was there with me telling me I was beautiful, which made me cry more," Laura says. "I chose one which was close to the hairstyle I had. It had some curl and was super cute."

We called it Stella, I don't know why we felt like we had to name it, but we did."

Those moments of spontaneous humor and closeness helped Laura get through some of the hardest days during chemo; days when she was physically and mentally exhausted and couldn't get out of bed. Her daughters made a paper chain and hung it around her room to keep Laura inspired on the toughest days. Each day after her treatment she would tear off one chain link and visualize how many days were left.

Eventually there were no more chains left to tear and Laura's chemotherapy sessions had drawn to a close. She'd reached another important milestone in her battle, but still had one more major surgery left: breast reconstruction.

The following months remained difficult. The pain of recovering from multiple surgeries compounded the physical and emotional toll of chemotherapy.

"I had no hair yet, and I was so tired all the time, also I had gained a little extra weight, but I was alive," Laura says. "I didn't feel like me, but I was glad I was still here. I was so glad to be able to be with my children and husband."

Then, the family got the news they'd been waiting for: Laura was officially cancer free. Her emotions ran a wide spectrum, from relief and gratitude to the joy of knowing she had a new lease on life.

As life started settling back into its routine, Laura found herself thinking more and more about the changes her body had gone through. For all the good that chemo can do for patients, there's lasting damage as well. She knew she'd have to get serious about physical exercise to restore her strength and start feeling like herself again.



IN WHAT FELT LIKE ANOTHER LIFE, LAURA WAS APPREHENSIVE ABOUT JOINING A GYM.

It seemed intimidating and she worried about whether she could rise to the challenge. But things were different now. Cancer had given Laura an entirely new perspective on just how much the human body can endure. With Nick and the girls in her corner, she knew she could tackle the next challenge head-on.

Laura enrolled in a fitness bootcamp. From day one, she was all-in, attending 45-minute sessions five days a week. She says she thought about it like any other job – even if you don't feel like it, you still have to go.

One year after being declared cancer free, Laura was in the best shape of her life. She'd lost 30 pounds and gained back all her physical strength and then some. She went in with the goal of feeling like her former self again but gained something more. She's stronger physically, emotionally and the Woodward-Shaw family was more connected than ever.



Miriam Silva:

breaking the mold

When Miriam Silva lost her father to a preventable, obesity-related illness, it opened her eyes to some hard truths about her own life; if something didn't change, she would find herself going down the same path. Miriam has two daughters of her own and couldn't bear the thought of them having to watch her life slide down the same slow decline.



"I watched my father slowly fade away because of the choices he made," Miriam remembers. "After he died, I was angry with him for not prioritizing his health and angry with myself for going down the same path."

In South Texas, this is a story that too many people have in common. With an obesity rate above 30 percent, The Institute for Public Health Promotion has listed obesity and diabetes as the biggest health threats in the region.

The perfect storm of her own genetics and a thriving food culture helped make Miriam part of this demographic – one she was more determined than ever to break free from.

With the death of her father fresh in her mind, Miriam turned to a familiar place to find the tools and inspiration she would need to turn her life around: Forever Living. Her mother is a long-time Forever Business Owner and she grew up with front-row seats to the life-changing impact the company had on her family financially. Miriam turned it into a family tradition, becoming a Forever Business Owner herself.

"Before my mother started her business, we were migrant farm workers," Miriam says. "Forever showed my parents the world. Forever is the American dream."

Miriam had no doubt that Forever could change her life in a way that was even more meaningful than the

financial gain it brought her family. It could help her escape a prison of complacency and denial she'd been living in for far too long. She'd been sharing the business with others but struggled to take advantage of the health benefits herself and that had to change.

"I was never intentional with my health," Miriam admits. "Honestly, I didn't know that I was so unhealthy. I guess that is what denial does. I couldn't climb stairs without being winded, I couldn't tie my shoelaces, I couldn't do basic house chores without taking a sequence of breaks. Keeping up with my girls was impossible. I was living life as a spectator. About a year ago, my husband checked my resting heart rate and it was close to 100 bpm."

“

**HONESTLY, I DIDN'T
KNOW THAT I WAS
SO UNHEALTHY.
I GUESS THAT IS
WHAT DENIAL DOES.**



She knew people who had great results with Clean 9, a nutritional reset program that provides the body with key nutrients to complement an active lifestyle. Miriam had even tried the program in the past – never quite being able to stick with it. But that was before her father had passed.

Miriam was certain she'd meet the Clean 9 challenge this time around. She owned it to herself, her family and the memory of her father. She also allowed herself to see what she could achieve and discovered a strength that had been lying dormant, just waiting to be freed.

"I allowed myself to believe in me," Miriam says. "I could see myself at the end of that nine days. I felt committed and determined."



This time around, Miriam didn't just finish Clean 9, she crushed it.

"In those nine days I meditated, I visualized the life that I was living and the life that I was determined to live," Miriam remembers. "After just nine days I could see and feel the results! I felt like I was starting to get my life back."



AFTER JUST NINE DAYS I COULD SEE AND FEEL THE RESULTS! I FELT LIKE I WAS STARTING TO GET MY LIFE BACK.

She didn't stop there. After making that promise to herself to finish Clean 9, Miriam moved on to the F15® program. The 15-day introductory fitness and nutrition program helped Miriam lose weight and feel better. Her energy increased. Daily tasks became easier. Miriam knows she still has plenty of challenges ahead to meet her ultimate goal, but there's no doubt she will get there if her current progress is any indication.

"My lifestyle is changing but 36 years of unhealthy habits will not be undone overnight," Miriam says. "I am being patient with my body. I'm savoring every moment, every small victory. My husband recently checked my resting heart rate and it was at 56 bpm!"

It looks like 2020 is shaping up to be a transformative year for Miriam and she plans to make the most of her momentum with her goal of losing a total of 70 pounds by the end of February.

Miriam came out on the other side of tragedy stronger, setting an important example for her family and community while accomplishing something her father would be proud of.

MIRIAM HAS MOVED ON TO THE F15® PROGRAM. THE 15-DAY INTRODUCTORY FITNESS AND NUTRITION PROGRAM HELPED MIRIAM LOSE WEIGHT AND FEEL BETTER.

F15® program:
Beginner SKU 528-529 | Intermediate SKU 532-533 | Advanced SKU 536-537

Emma Spruell:

building a future on her own terms

Emma Spruell doesn't just feel a kinship to her city, she's a product of it. She carries herself with the kind of wisdom that doesn't only come from a classroom, but from the types of debates and conversations that take place over a pint of beer and under the roof of a cozy, dimly lit pub.

Her city is a place called Liverpool and while it's only the fifth-largest metropolitan area in the United Kingdom, its cultural contributions have reached every corner of the planet. Liverpool has given rise to countless actors, artists, comedians, novelists, athletes and, of course, The Beatles.

"I love that I grew up in Liverpool," Emma says. "People wear their hearts on their sleeves and that's exactly what I do. What you see is what you get."

Emma was working as a teacher in 2016 when she started to feel like it might be time to change directions and try her hand at becoming an entrepreneur. The growing demands of a career in education were detracting from what she saw as her most important job – raising her own three daughters.

Emma knew just where to look for her new opportunity. She'd been using Forever Living Products as a customer and felt like it was the right time to become a Forever Business Owner. She sponsored into the business and studied the marketing plan carefully, charting out a course for her business that could help provide the freedom she longed for.

Her goal for the first year was an incentive called Eagle Manager, in which Forever Business Owners who meet certain requirements are offered a retreat at a premier destination somewhere in the world.

Getting there is a lofty goal to accomplish in one year, but the path seemed tailor-made for Emma. Her tenacity allowed her to pursue goals with laser focus, even when juggling the responsibilities of daily life. Introducing the business to others would also come naturally; the time she'd spent working behind the bar during her college years honed Emma's skills as a natural conversationalist.

She had another advantage. As a Forever customer, Emma knew all about the benefits and quality of Forever products, so every aspect of starting her business felt like it was right in her wheelhouse.

“ I LOVE THAT I GREW UP IN LIVERPOOL. PEOPLE WEAR THEIR HEARTS ON THEIR SLEEVES AND THAT'S EXACTLY WHAT I DO. WHAT YOU SEE IS WHAT YOU GET. ”





Emma shared her love of Forever products with everyone she talked to with an eye on becoming an Eagle. Reaching that point meant more to her than the money she'd earn or the opportunity to travel the world. Becoming an Eagle would let Emma put more energy toward spending time with her children and make the most of those fleeting, irreplaceable moments that come with parenthood.

But success is never automatic. Emma was working hard to develop a reliable base of customers and introduce more people to the Forever business opportunity. She was making progress, but not as much as she'd planned. Like many other entrepreneurs, Emma realized that the choppy waters of the first year brought some of the toughest challenges and most important lessons for her business.

As the incentive period to qualify for Eagle Manager drew closer, Emma realized she would not quite qualify

in time. She'd gone for it with passion and come incredibly close, missing qualification by a razor thin margin.

This is where many people give up – in that moment when they reflect on the work put in and wonder if it was all worth it. During these moments missing a goal can feel like failure, and the disappointment of coming so close only to miss out can overshadow the bigger picture. So many entrepreneurs throw in the towel when that first year doesn't play out the way they'd hoped.

But Emma's never been one for giving up. That's the Liverpool in her. Sharing Forever with her friends and community had made those bonds feel even deeper and it filled Emma with pride to see others make something of the opportunity. Giving up on that would be like giving up on her home team, the Liverpool Football Club. It just wasn't an option.

While she was disappointed to come so close and fall short, Emma had put herself in a great place to qualify the following year and knew exactly what she had to change to get there.

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MISSING EAGLE MANAGER WAS THE BEST THING THAT COULD HAVE HAPPENED TO ME IF I AM HONEST, IT CHANGED ME AS A LEADER AND CHANGED MY BUSINESS.

That lesson in failure ultimately changed the trajectory of Emma's business. She focused more of her efforts on and developing other Forever Business Owners who shared her passion and believed in themselves and the opportunity. Not only did Emma qualify for Eagle the following year, but she did it again the year after and helped others do the same. Now, she's heading into 2020 with no sign of slowing down and a business that's stronger than ever.

In with the **good**

How to improve your life by changing your habits.

Your life right now is the sum of every habit you've picked up along the way. The good habits and the bad have all played a role in shaping your physical fitness, happiness and level of success.

In his book *Atomic Habits*, author James Clear makes a compelling case that if you want to improve the quality of your life, start with changing your habits. He says the things you think about and do repeatedly ultimately end up forming who you are, what you believe and the personality you present to the world every day.

More importantly, Clear believes that dropping bad habits while developing new good ones can put you on the fast track toward improving your health, your work and your life in general.

The science of habits

Trading out one habit for another isn't quite as simple as it might sound. After all, we've built many of our habits over the course of years. We don't even think about them. That's what makes a habit a habit. It's compulsive and automatic – but not impossible to beat.

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THE GOOD HABITS AND THE BAD HAVE ALL PLAYED A ROLE IN SHAPING YOUR PHYSICAL FITNESS, HAPPINESS AND LEVEL OF SUCCESS.



Scientists have found that there are four essential steps to building a habit and understanding each phase of the habit can help you master them.

1. Cue:

Is picking up the remote the first thing you do after sitting on the couch? Sitting on the couch is a cue – a small piece of information that predicts a reward. As soon as you sit, you pick up the remote because you know you'll be rewarded by being entertained.



2. Craving:

The craving is your desire for a reward. In the case of the couch, the reward could be a couple episodes of a new television show you've been getting into or a movie you've been dying to see. The craving for that reward can be strong enough to drive you toward the couch, even if you know there are more productive things you could be doing.

How do you break the bad habit cycle?

Our good habits aren't the only ones that feel rewarding. For instance, when you give in to your sweet tooth, your brain releases dopamine, the "feel good" chemical. The same type of response happens when you're stuck on a project at work and decide to take a scroll on your social media feed instead of powering through and getting the job done.

Whatever your bad habit may be, there's always a "cue" that will trigger the craving and the response. Next time being stuck makes you crave looking at your phone, change

your response. Instead of grabbing your phone, take a walk, grab some water and give your eyes a break. Then double down on your project. If the urge to reach for your phone is still strong, put it away in a drawer – lock it if you have to.

Eventually, the cue that used to have you reaching for your phone will instead give you an opportunity to clear your head, get hydrated and refocus. You've changed your response and in turn, the reward.

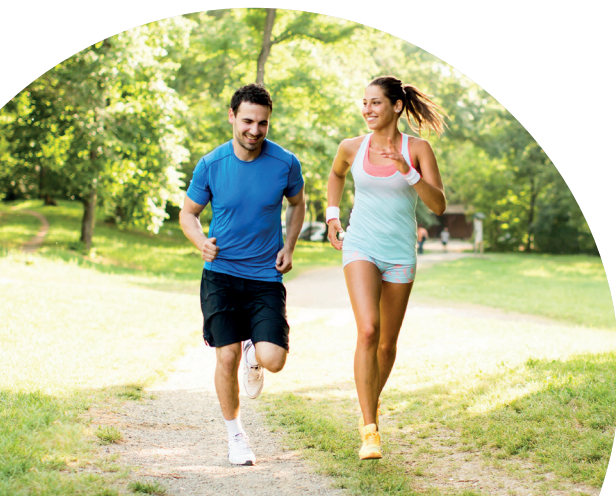
Instead of craving the fleeting satisfaction of social media when a project hits the roadblock, you'll crave the sense of relief and confidence that comes with a job well done and another item checked off your list.

You can apply this process to any of your bad habits once you identify the cues that trigger your craving and response. In some cases, you may be able to start by cutting out the cue altogether. If opening your cupboard and seeing a package of cookies triggers you to throw off your diet, throw out all the junk food and remove the cue. However, if your first instinct when sitting on the couch is to pick up the remote, then hide the remote and place a book nearby instead. In this case, you're changing your response to the cue, rather than trying to avoid sitting on the couch. If you know which cue triggers the craving, do everything you can to remove that cue or change your response to it.



3. Response:

This is you performing the habit. In this example, the habit would be picking up the remote instinctively and turning on the television. The craving represents your desire for the reward, while response describes the action you take to obtain that reward.



4. Reward:

Obtaining the reward serves two purposes: satisfying a craving and teaching you which actions are worth remembering. Those actions become second nature, or habit. That concept can help explain why you can drive to work every morning without even thinking. You've instinctively left at a particular time and taken a certain route because you know you'll be rewarded with not getting stuck in traffic and showing up to work on time, which will keep you out of hot water with your boss.

By determining your cues and how they initiate the four phases of habit building, you can start to deconstruct your bad habits and build good ones.

Creating good habits

When building good habits, start with three easy steps to set the groundwork for lasting change.

1: Make it incredibly easy to start

Staying consistent is the most important part of building good habits. After all, habits are something we do compulsively, without so much as a second thought. That's why a new habit should be so easy you can't turn it down.

If regular exercise is our goal, commit to exercising for just a few minutes each day. If you want to eat healthier, promise yourself you'll eat one healthy meal each week. You don't have to start by changing your entire diet or spending an hour or more a day at the gym. Once

your small changes become habit, ramping up the intensity will feel so much easier.

2: Come to terms with what is really holding you back

Maybe it's not the food that's keeping you from eating healthy. It could be that buying the right ingredients and taking time to cook fresh vegetables and grains at home isn't very motivating after a long day at work.

On the same note, you might not be staying away from the gym because you don't like exercise. Rather, it might be the hassle of getting ready for the gym, then driving 20 minutes to get there. Instead of letting yourself become convinced that you don't like exercise or healthy foods, think about the smaller hurdles in the way and

how you can minimize the number of things holding you back.

3: Plan for your failures

Why do so many resolutions fail? Because it's so easy to look at failure as an absolute. Don't expect to succeed without fail from the very beginning and on your very first try. Instead, have a plan for how you are going to rebound and get back on track quickly when you do slip up.

One helpful way to look at things is with a "never miss twice" mindset. Sure, you may miss one workout, but you're not going to miss two in a row. You may miss one healthy meal, but don't let that lead to two in a row. If you only miss once, you're never straying too far from the path.

How to raise happier kids in a healthier home

Good health begins at home. Your home is a haven for you and your family where you go for comfort, support and a reprieve from the pressures of the outside world. Yet in the whirlwind of daily life, it's easy to let a few things slide when it comes to creating a healthier lifestyle at home.

There's no time like the New Year to take stock of the areas where you can make small, but positive changes around the house. Tackling a few of the most common obstacles can help you ensure your home is a happy and healthy place for the whole family.

Build good nutritional habits

Kids are picky. And while every parent understands the importance of providing their children with a balanced, nutritious diet, getting them to eat it isn't always easy. That's why so many parents end up cooking two dinners – one for themselves and one the kids will actually eat.

The kids' meal often ends up being a box of macaroni and cheese or another processed food that's high in sodium and low in nutritional content. Now you're spending more time in the kitchen and more money on groceries while feeding your kids a meal that isn't exactly the healthiest option for a young, growing body.

Don't worry. Your desire to cook just one meal for the whole family isn't a lost cause. Research shows that a little persistence can go a long way when you're trying to get kids to eat new foods. Variety is the key to good nutrition, or more specifically, a combination of fruits, vegetables, grains, meats, fish, nuts and dairy.



According to research by Penn State Hershey Medical, starting very small can help make the idea of new foods a little easier to swallow. Start with just a single pea or just a small crumble of cheese. If your child eats it, follow up with a food they like. Slowly, you can increase the portion of the new food while phasing out follow-up.

Research also shows that it can be easier to introduce new foods by serving them alongside a dish you know your child will eat. Don't be surprised if your child resists at first. Most young kids don't accept a new food until it has been presented several times, which is where persistence comes into play. Experts suggest

that parents keep introducing new foods because a child will try something around 15 times before coming around to actually liking the new food. If you're still having a hard time, experts recommend scaling back snacks and drinks in the afternoon. The hungrier your kids are, the more likely they will be to eat something new.

Remember that building good nutritional habits won't happen overnight. A daily multivitamin like Forever Kids® will help ensure your kids are getting the right nutrients, even on those days when it's all but impossible to get them to eat their veggies.

Encourage an active lifestyle

Kids are less active today than ever before and rates of childhood obesity are on the rise. Experts recommend that kids get at least 60 minutes of physical activity every day and children all over the world are missing that goal by a wide margin.

Physical activity is important for kids for so many reasons. Exercise improves fitness, builds strong muscles and bones and helps kids maintain a healthy weight. Getting in enough physical activity at a young age is also critical in reducing the risk of heart disease and type 2 diabetes later in life.

Between television time, social media and schoolwork, kids today are spending upwards of 8 hours a day being sedentary. The first, and perhaps most important, step you should take in leading your kids to a more active lifestyle is to set strict limits on screen time. You may even want to consider setting parental controls on their mobile devices, if you haven't already. Once the digital devices put away, it may be easier to motivate your kids to start being active.

Organized sports might provide the encouragement your kids need while combining exercise with important developmental lessons like teamwork and following rules. While sports are a great way to keep kids active, they may not provide the recommended hours of exercise kids need each week because a good portion of time is devoted to taking instruction or waiting for a turn.

Set a good example by making exercise a family activity. A weekend bike ride or a hike can be a fun way to bring the family together and promote everyone's good health. A trip to the park is also an excellent option to provide kids with unstructured play that includes a wide range of movements like running, jumping, skipping, catching or throwing, to name just a few.

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A WEEKEND BIKE RIDE OR A HIKE CAN BE A FUN WAY TO BRING THE FAMILY TOGETHER AND PROMOTE EVERYONE'S GOOD HEALTH.



Find and eliminate the hidden dangers

You no doubt have the basics covered when it comes to home safety, but in virtually every household, there are hidden dangers that are all too easy to overlook. They tend to lurk under the sink in your kitchen, bathroom or garage.



Many household cleaners are made with potentially toxic ingredients that aren't good for your health or the environment. The cleaners can leave residue on floors, countertops and other surfaces. This creates a risk of prolonged contact with kids' skin, which could cause irritation or an allergic reaction or you could inadvertently contaminate food with harsh cleaning chemicals.

Instead of keeping an oversupply of varying cleaners for every task, consider replacing the majority of those cleaners with one bottle of an effective, safe, non-toxic and environmentally-friendly multipurpose cleaner like Aloe MPD® 2X Ultra. You'll save cupboard space and cut down the risk of exposing your children to harmful chemicals.

Pest control is another area to keep your eye on. While pests can create a nuisance in the home, controlling them should be done without the use of harsh pesticides whenever possible. According to the American Academy of Pediatrics, the chemicals used in many pest control sprays and treatments can be toxic to young children and exposure during pregnancy can lead to complications and birth defects.

If you're having an issue with pests, try blocking entry points before resorting to a pesticide spray. Use a caulking gun to fill in cracks where bugs like to sneak in, like between kitchen cabinets. Keeping the kitchen tidy and free of crumbs can also help keep the bugs away. If it's still necessary to take more action, seek out non-toxic solutions or services and avoid using a "bug bomb" or broad-spraying pesticide.

A few additional pointers:

Make time to test

Test all your smoke and carbon monoxide detectors to make sure they are working correctly. This is also a good time to check and see if you have a fire extinguisher in the kitchen and in any other room where it might be needed, such as those with a fireplace or wood stove. Check the expiration date and charge gauge periodically to make sure your extinguisher will be effective if you ever need to use it.

Don't ignore fluoride

Fluoride is present in toothpaste, mouthwash and municipal water supplies. While fluoride is essential for preventing cavities and promoting healthy teeth, many experts believe kids may be getting inadvertently overexposed. You can minimize the risk by alternating fluoride with non-fluoride toothpaste, for instance, a toothpaste with fluoride in the morning and a non-fluoride version like Forever Bright® toothgel before bed.



Create an emergency plan

Emergencies of all sizes can happen at any time, from prolonged power outages to flooding and fire. You should have a plan in place that will allow your family to respond quickly and keep everyone safe and comfortable. This should include exit routes and a kit that is full of supplies like a first aid kit, flashlight and clean drinkable water. Familiarize yourself with local and federal emergency alert systems and make sure you are signed up to be notified via text in the case of an emergency.

Green power

A super source of plant-based nutrition.

Supercharge your active lifestyle
with an ideal blend of 20 fruits
and vegetables.

Forever Supergreens™ is a delicious
drink mix formulated to boost energy
levels, support metabolism, assist in
muscle recovery, maintain the body's
natural defense system and support
pH balance.

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Fit, fast *and* delicious

Easy recipes to make you forget you're counting calories.

Diet is going to play a crucial role when it comes to hitting your fitness goals in 2020. But that doesn't mean you have to sentence yourself to months of bland food served up in tiny portions. You can eat a balanced diet that keeps you full and energized without tormenting your taste buds with typical diet fare.

The recipes you'll find on the following pages taste great and provide a good balance of healthy fats, carbs and protein.

How many calories should you eat?

Generally, women should eat 1,400 calories a day to lose about a pound of weight per week. Men should eat 1,900 calories a day to lose one pound a week. Keep in mind there are several factors that could impact your actual calorie needs results such as current weight, height, age and activity levels.

Eating the right number of calories of the right foods at the right times will assist you in reaching your goals, while helping you feel focused and energized. Eating too little can leave you feeling short of energy and unmotivated.

WOMEN:
1,400 DAILY

BREAKFAST: 300 CALORIES

SNACK: 200 CALORIES

LUNCH: 450 CALORIES

DINNER: 450 CALORIES

MEN:
1,900 DAILY

BREAKFAST: 450 CALORIES

SNACK: 350 CALORIES

LUNCH: 550 CALORIES

DINNER: 550 CALORIES

SNACK:
*Cinnamon Pear
and Cottage Cheese*

*Did you
know?*

These recipes meet all the calorie guidelines of the Forever F.I.T. program! This 15-day diet, fitness and nutrition routine is an ideal way to jumpstart your fitness journey.

Two breakfast staples
combine for a deliciously
savory start to the day.

1 egg (2 for men)

3 egg whites (4 for men)

½ CUP grated sweet potato

2 TABLESPOONS mozzarella cheese

¼ CUP red bell peppers

2 diced scallions

2 TABLESPOONS salsa

Seasoning salt to taste




Breakfast: Savory waffle omelet


DIRECTIONS: Heat your waffle iron and coat liberally with cooking spray. Beat eggs with seasoning salt, then mix in grated sweet potato and vegetables. Pour half the mixture in the iron and cook until the eggs are set. Repeat with the rest of the mixture and top each waffle with salsa and mozzarella cheese.

LUNCH OR DINNER:
Curried Chicken




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SNACK:


Peanut Energy Balls



BREAKFAST:

*Apple Cinnamon
Overnight Oats*





Hearty, satisfying
and healthy. What's
not to like about this
take on a classic
dinner staple?

Lunch or dinner:
**Marinara
spaghetti squash**

4 OZ. ground turkey (5 oz. for men)

1 ½ CUPS spaghetti squash (2 cups for men)

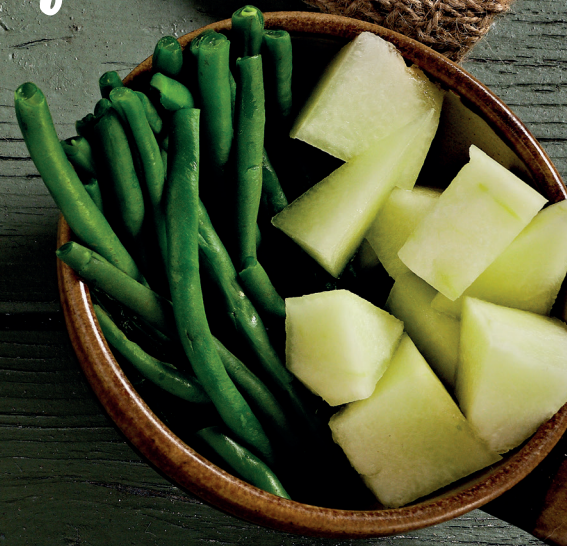
1 TABLESPOON olive oil

1/3 CUP marinara sauce (1/2 cup for men)

1 TABLESPOON parmesan cheese (2 for men)

1 CUP green beans steamed

1 CUP melon



DIRECTIONS: Preheat your oven to 425 degrees and drizzle half a spaghetti squash with olive oil. Place cut side down on a lined baking sheet and roast until tender. Then scrape out the squash and measure your portion. Brown the ground turkey, then add marinara sauce. Once it's heated, place the meat sauce on top of the spaghetti squash and sprinkle with parmesan cheese. Enjoy green beans and melon on the side for a well-rounded meal. Make this vegetarian by eliminating the turkey and using your favorite plant-based substitute.



Lunch or dinner:
Sesame ahi
with rice

DIRECTIONS: Coat the ahi with olive oil and season with ginger, garlic, salt and pepper. Sear over medium high heat for about two minutes on each side. Remove from heat, place over rice and drizzle with sesame ginger dressing. Add edamame and zucchini and drizzle with sesame ginger dressing.

Seared ahi is so delicious it's easy to forget just how simple it is to prepare.

4 OZ. ahi tuna (5 oz. for men)

1 TEASPOON olive oil

½ CUP wild rice, prepared (1 cup for men)


¼ CUP shelled edamame

½ CUP steamed zucchini

1 TEASPOON ginger sesame salad dressing

Ginger, garlic, salt and pepper to taste

Follow us on social media to get access to all the recipes pictured on this page and plenty more.

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LUNCH OR DINNER:
Pork Souvlaki



Get a sweet start to your day with quinoa and muscle-building protein.

1 SCOOP vanilla Forever Lite Ultra®

½ CUP quinoa, cooked (¾ cup for men)

1 TEASPOON coconut oil, flax, chia or hemp seeds

1 TABLESPOON dried fruit or ½ cup fresh fruit

½ CUP vanilla extract

½ TEASPOON vanilla extract

6 OZ. unsweetened almond milk

Pinch of cinnamon



Breakfast: Quinoa porridge

DIRECTIONS: Put cooked quinoa in a bowl mix in coconut oil or seeds, vanilla Forever Lite Ultra® and almond milk. Top with fruit and cinnamon.



Be Skincare savvy

If you want more out of your skincare ingredients, head toward the intersection of science and nature.

Do you want to achieve your best skin in 2020? Maybe it's time to take a fresh approach to the way you view skincare ingredients. If you're like many consumers, you've been paying closer attention in recent years to the ingredients used in your products and whether they are natural or synthetic. And while there's no doubt that being more aware of what you put on your skin and in your body is a good thing, it can be hard to separate fact from myth, especially in the age of social media and online message boards.

If you're serious about getting more from your skincare routine this year, leave the synthetic versus natural ingredient debate in the past where it belongs. Head into the new year free of the skincare misconceptions and clichés that all too often get mistaken as fact. We spoke with members of Forever Living's Scientific Advisory Board to provide you with the facts about what really makes skincare products effective and to dispel all the myths that could be keeping you from your best results.

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NEXT TIME YOU FIND YOURSELF SHOPPING FOR SKINCARE PRODUCTS, DON'T AUTOMATICALLY ASSUME THAT THE ALL-NATURAL OPTIONS ON THE SHELF ARE SAFER.



Why natural doesn't always mean better

There's been a trend recently of consumers wanting more natural and organic skincare options. When the word natural appears on a label, it's often accompanied by imagery of leaves moist with dew or the vibrant colors of freshly bloomed flowers – things we consider beautiful and wholesome. And while a demand for more natural and organic products has led to important advancements in skincare, it has also helped fuel a very common misconception: natural is always better.

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IN THE REALM OF SKINCARE, PUBLIC PERCEPTION MAY OFTEN BE THAT NATURAL INGREDIENTS ARE MORE PURE AND KINDER THAN SOMETHING DEVELOPED IN A LAB...

The answer is not quite so simple, but there's no shortage of people who seem to be convinced that natural is always better. In fact, a recent study shows that around half of women buying skincare products actively seek out products with natural or organic ingredients. But the presence of science-based ingredients shouldn't send

anyone running for the hills, especially when you consider that those ingredients probably make the product more effective, safe and stable. In fact, you'll find you often need to give something up in exchange for an all-natural product like efficacy, performance or the product experience.

“In the realm of skincare, public perception may often be that natural ingredients are more pure and kinder than something developed in a lab,” says Dr. Wallace Hayes, a toxicologist and member of Forever Living's Scientific Advisory Board. “Nothing could be farther from the truth.”

While there's no doubt that nature provides many powerful and beneficial ingredients like vitamins, minerals and botanicals, it also gives us things like mold and bacteria. So, it's no surprise that all-natural and organic products are more susceptible to spoilage and have a far shorter shelf life than products made with a combination of natural and synthetic ingredients.

Next time you find yourself shopping for skincare products, don't automatically assume that the all-natural options on the shelf are safer. Shop for the benefits and consider how the ingredients are going to help you get the results you want, rather than worrying about which ingredients may or may not be considered all natural. If the overall effectiveness and stability of a product is improved by synthetic ingredients, that's a good thing.



Modern myth: synthetic ingredients are bad

With more emphasis on natural ingredients, there's a misconception that synthetic or unnatural ingredients must somehow be bad.

"Unfortunately, consumers often consider synthetic ingredients as being unhealthy or not safe," says Dr. Roger Clemens, a nutritionist and member of Forever Living's Scientific Advisory Board. "Many consumers also have the misconception that human-made ingredients contribute to diseases such as cancer, diabetes and even obesity."

These rumors can easily spiral out of control online and give synthetic ingredients a bad reputation.

Dr. Clemens points out that many natural ingredients can cause skin sensitivities that intensify over time. In fact, he says, people are far more likely to have an allergic reaction to unprocessed natural ingredients. Processed natural ingredients or synthetic versions of the same ingredients can be created with all the benefits, but none of the allergens.

The truth is that there are natural and synthetic ingredients that are healthy and those that could be considered unhealthy. That's why it's important to purchase skincare products from a company that evaluates every ingredient to not only ensure it provides the best possible results but is safe to use as well.

The intersection of nature and science

Natural and synthetic ingredients tend to get demonized online by people who feel strongly about one being better than the other. But the truth is, both natural and synthetic ingredients can be incredibly powerful and beneficial. If you've asked yourself which is better, the answer is neither. In fact, the idea that someone should only use all-natural or all synthetic ingredients isn't only outdated, but counterproductive.

If there's one thing that can make even the best natural ingredients better, it's science. This is not only true for skincare. Nutritional supplements have been made more effective and powerful thanks to the combination of nature and science.

When advanced equipment and technology are implemented, natural ingredients can be enhanced to bring out more of the beneficial qualities of an ingredient. These processes help reduce allergens and protect the final product against bacterial contamination, improving the effectiveness.

UNFORTUNATELY, CONSUMERS OFTEN CONSIDER SYNTHETIC INGREDIENTS AS BEING UNHEALTHY OR NOT SAFE...

Combining science and nature also makes skincare products more consistent. Truly organic ingredients that don't undergo any type of processing can be very volatile and vary in potency. This could mean that two batches of the same product could provide a very different experience. Even the color and consistency of a product can change, along with the results.

Thanks to technology, natural ingredients can be stabilized, enhanced, or replicated synthetically to harness all the benefits consistently so you know the products in your routine will always deliver the same results.

When the latest technology is used to make natural ingredients even better, the consumer wins. When you are reading the label, don't be afraid of science-based ingredients – seek them out! You'll see better results when you embrace the powerful benefits you'll experience when science is used to boost and preserve the benefits of nature.



What are your skincare goals?

Forever's skincare products always start with one primary ingredient: pure inner leaf aloe vera from our own plantations. From there, we use a combination of other natural and scientifically-advanced ingredients to complement and enhance the many benefits of aloe.

The result is a collection of skincare products designed to help you reach your goals, from anti-aging to skin soothing and more. Our process gives customers the peace of mind that comes with knowing they'll get consistent results that are safe, effective and long-lasting.

Anti-aging: Infinite by Forever™ targets aging from the inside out with a next-generation combination of nature and science. To create this line, our experts found peptides, natural minerals, botanicals, desert plants and the latest skincare science to not just complement aloe but enhance its benefits. Clinically-studied ingredients work in harmony with nature to reduce the appearance of fine lines and wrinkles, improve the smoothness of skin and support beauty from the inside out.



Combination skin: Sometimes dry, sometimes oily, combination skin has also been referred to as "normal." The Sonya™ daily skincare system is an advanced offering for combination skin. The gel-based formulas help all the benefits of aloe penetrate deeper into the skin to balance powerful hydration and nutrients for consistently comfortable and radiant skin.



Concern areas: If you're looking to target specific areas of concern to fine-tune your routine, Forever's targeted skincare is a great option. These individual products tackle everything from blotches to dark eye circles and uneven skin. Make your routine even stronger when you personalize and customize it by taking a targeted approach.



Infinite By Forever™ Advanced Skincare | SKU 553.

Sonya™ daily skincare system | SKU 609.

Targeted Skincare: awakening eye cream | SKU 561, protecting day lotion | SKU 557, smoothing exfoliator | SKU 612, balancing toner | SKU 560, aloe activator | SKU 612, aloe bio-cellulose mask | SKU 616

Screen time perils



How spending hours in front of a screen is impacting your health.

Screens have become an inescapable part of modern life. Whether it's out of necessity, a desire to connect with others, boredom or all of the above, it seems like as soon as we're done looking at one screen, our eyes drift to another.

How many times have you spent a long day at work in front of a computer screen, only to spend your lunch break using your smartphone to catch up with friends or scroll through social media? If there's a new television show you've been binge watching, the hours spent staring at a screen can add up quickly.


You may be shocked to learn just how many hours you're devoting to the screen every day. Adults typically spend about 11 hours every day in front of a screen – usually a combination of computers, mobile devices and televisions.

According to research by Nielson, teens aren't that far behind their parents and spend about nine hours every day looking at screens. Children between the ages of eight and 12 put in up to six hours of screen time daily, which many experts believe could have an impact on their developing brains.

There's no denying that the information age has changed our lifestyle dramatically and rapidly, making the world more connected than ever, but at what cost to our health?

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STUDIES SHOW THAT THE AMOUNT OF TIME TEENS SPEND ON SCREENS, PARTICULARLY SOCIAL MEDIA AND VIDEO GAMES, HAS LED TO AN INCREASE IN FEELINGS OF DEPRESSION, ANXIETY AND LONELINESS.



Information overload

Adults today consume five times the amount of information in a single day than they did 50 years ago. That doesn't necessarily mean all that info is making us smarter. In fact, research suggests that all this focus on screens can make quite an impact on cognitive health – and different generations are feeling the effect in distinct ways.

For adults, this overconsumption of information has been shown to contribute to a type of mental sluggishness. That's because there's only so much a human brain can process at one time when we hit that limit, it becomes harder to think clearly or even make minor decisions – a condition experts have dubbed “information anxiety.”

The impact is especially prevalent in teens who've grown up being all but consumed by mobile devices, making them part of every aspect of life. Studies show that the amount of time teens spend on screens, particularly social media and video games, has led to an increase in feelings of depression, anxiety and loneliness.

When it comes to younger children, digital devices can change the way they learn. An alarming investigation by the National Institutes of Health showed that when very young children play with a tablet, they don't transfer what they learn to the real world.

The effects of blue light on health

Tablets, computers, televisions and smartphones emit blue light. The human eye is not meant to spend hours and hours a day staring at screens. Historically, once the sun went down, so did our exposure to blue light. And research shows this increasing exposure is having an impact on more than just our eyes.

This potentially harmful light has been shown to have a similar effect on the body as caffeine by increasing alertness and decreasing drowsiness. Sending text messages or scrolling on social media before bed can make it much harder to fall asleep and leave you feeling groggy as well as mentally and physically sluggish.

Studies also show that people who spend about an hour a night reading an e-book produce 55 percent less melatonin than those who read print books. Melatonin is a crucial chemical that helps us fall asleep, but our brains produce less of it while we're exposed to blue light.

All that screen time is also taking a physical toll on our eyes. Around 60 percent of people who work on computers every day experience a phenomenon known as computer vision syndrome, which includes symptoms like eye strain, blurred vision, headaches and neck and back pain.



Filter the blue light.

Did you know Forever's new daily eye health supplement Forever iVision™ is specifically designed for your digital lifestyle? This supplement features clinically-studied Lutemax® 2020, which takes eye support to a whole new level by helping your eyes filter blue light from digital devices, television screens and artificial light sources.

Take two softgels daily to support complete eye health at any age.



Easy on the eyes

Finally, an eye supplement for the digital age.

Forever iVision™ is an advanced eye supplement for the modern world. Clinically-studied Lutemax 2020® helps your eyes filter out blue light from computers, tablets, phones and television screens. But the benefits don't stop there. An innovative blend of carotenoids, vitamins and antioxidants promote complete eye health for next generation, all-around support.

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The Forever family stretches all over the world! From staying fit to traveling to new places, it's easy to see why so many people were eager to share their experiences in 2019. We hope you'll share your favorite Forever moments in 2020. Don't forget to use the hashtag #LookBetterFeelBetter or #ForeverProud!

 blandinanjau




blandinanjau (Dar es Salaam, Tanzania)
"Totally loving my lunch tastiest Vanilla shake. Perfect for a quick & on go lunch as I drive to my next one on one business meeting." #ForeverProud #LookBetterFeelBetter #TheAloeVeraCompany

 s_bayaka



s_bayaka (Ulaanbaatar, Mongolia)
"With my General Director of Forever Living in Dallas, Texas." #dallas #emr19 #training #happytime #proudofover #foreverlivingproducts

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zagumny_forever_team (Vitamins/Supplements)
"Day 3 of clean9... As always during the program I feel awesome." #foreverliving #foreverfit #flp #clean9 #c9 #zft

 **Viktor Egyed (OnlineDaddy)**
Network Marketing Coach at Egyed...



Viktor Egyed (Mosonmagyaróvár, Hungary)
"Just love Mondays for me it's always very exciting something new is happening..."

 **Gabriele Martine Reichard**
Speaker, Coach & Mentor



Gabriele Martine Reichard (Munich, Germany)
Feeling happy "At Aloe Vera of America of Mission Inc."
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new
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