



## Keep your brain sharp

Your take on aging has a profound impact on your health, and will influence literally everything, including memory, recovery after illness, and even longevity. Even jokingly referring to mishaps as “senior moments” could contribute to cognitive decline associated with natural aging. There is hope though:

- Supplement your diet with
  - ✓ omega-3 fatty acids, such as the Aloe Ferox *OMEGA-3* capsules, which have been linked to improved reasoning, memory, and reaction.
  - ✓ phosphatidylserine supplements, such as the Aloe Ferox *CLEVER-4-EVER* capsules, which support brain health, nervous system function, and the activity of neurotransmitters involved in learning and memory.
- More praise for good brain activity – less verbalising of not so good brain activity. “Well done, BRAIN! You still got it!”
- Regular physical exercise increases oxygen to the brain, helping your brain stay sharp.
- Foster healthy relationships – research has shown that meaningful friendships are key to good brain health.
- Keep stress in check – chronic stress will destroy brain cells over extended periods, and damage the region of the brain involved in the formation of new memories.



## Cleanse the expert way

It might seem basic but washing your face properly, can mean the difference between just okay, and great skin. Proper cleansing prevents acne breakouts, improves skin health, and can reduce inflammation.

The following contributes to a proper cleansing routine:

1. Wash your hands first – it might seem trivial but washing your hands before touching your face is crucial to avoid the spreading of bacteria.
2. Avoid too hot water as it dries out the skin – opt for lukewarm water.
3. Place your cleanser in the palm of your hand/s and massage in a circular motion: from the forehead, down the cheeks, remembering your neck and jaw.
4. Research suggests that light massaging during cleansing may improve micro circulation and promote lymphatic drainage.
5. Pat dry with a dedicated (face only) clean towel.
6. Complete your cleansing by applying a skin type appropriate toner.

**IMPORTANT: PRICE INCREASE ON 1 OCTOBER 2022**



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*Aloe Ferox*

# SPECIALS

## JULY 2022



**R40**

**SAVE R10**

CLEANSING CREAM

50 ml

**R170**

**SAVE R17**

CLEVER-4-EVER

30 caps

**R120**

**SAVE R25**

Cleanse

100 ml



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# SPECIALS

## AUGUST 2022



**R60**

**SAVE R10**

REFINING SCRUB

50 ml

**R95**

**SAVE R17**

EVA

60 caps

**R259**

**SAVE R50**

Contour Serum

15 ml



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## Hou jou brein flink

Jou siening oor “ouer word” kan ‘n fenomenale impak hê op jou gesondheid, geheue, vermoë om te herstel van/na ‘n siekte, en selfs ook jou lewensverwagting. Selfs grappies oor “senior oomblikke” kan tot kognitiewe agteruitgang lei wat normaalweg geassosieer word met veroudering. Daar is egter hoop:

- Vul jou dieet aan met
  - ✓ omega-3 vetsure, soos die Aloe Ferox *OMEGA-3*-kapsules, wat ‘n positiewe uitwerking op denkprosesse, geheue en selfs skerpsinnigheid kan hê.
  - ✓ fosfatidilserien, soos die Aloe Ferox *CLEVER-4-EVER*-kapsules, wat bringesondheid, senuweestelsel-funksie, asook die aktiwiteit van neuro-oordragstowwe betrokke by leer en geheue, ondersteun.
- Meer lof vir goeie breinfunksie – minder mompel oor breinflaters. “Mooi so, BREIN! Jy kan nog!”
- Fisiese oefening – dit verhoog suurstofsirkulasie na die brein en hou die brein skerp.
- Gesonde verhoudings – navorsing toon dat betekenisvolle vriendskappe baie noodsaaklik is vir goeie bringesondheid.
- Verminder spanning – kroniese stres kan senuweeselle, asook die area in die brein wat vir leer en geheue verantwoordelik is, beskadig.



## Reinig met kennis

Om jou gesig te was, mag dalk eenvoudig klink, maar deeglike reiniging kan die verskil tussen goeie en ‘n sprankelende vel beteken. Behoorlike/doeltreffende gesigreiniging kan aknee voorkom, velgesondheid verbeter en selfs inflammasie verminder.

Die volgende kan bydra tot deegliker reiniging:

1. Was eers jou hande deeglik – dit sal die verspreiding van allerlei bakterieë verminder of selfs heeltemal bekamp.
2. Gebruik loutwarm water – te warm water kan die vel uitdroog.
3. Plaas jou gesigwasmiddel in die palm van jou hand en masseer dit dan in sirkelbewegings op jou vel – begin by die voorkop, af langs die wange, asook jou kakebeen en nek.
4. Navorsers meen dat ligte massering tydens reiniging mikrosirkulasie kan stimuleer en limfatiese dreinerings bevorder.
5. Kladd jou vel liggies droog met ‘n handdoek wat jy slegs vir jou gesig gebruik.
6. Rond af met ‘n verfrisser wat gepas is vir jou veltepe.

**BELANGRIK: PRYSVERHOOGING OP 1 OKTOBER 2022**



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