



THE SECRET TO HEALTHY WEIGHT

Your body is an energy machine that never rests. The body must ensure that fuel and glucose get distributed to the cells to provide energy, and for that reason the body needs food.

Food categories

1. Simple carbohydrates – all sugars, refined foods like white cake flour, white rice, milk, and flavoured yoghurts. These nutrients digest very quickly and are absorbed by the body just as quickly, thereby releasing too much glucose (sugar) into the bloodstream.

Sharp fluctuations in blood sugar levels exceeding normal levels, are detrimental to one's health and could lead to diabetes, hardened arteries, high blood pressure, cardiovascular conditions, cholesterol, lowered immunity, wear and tear of organs, obesity, and much more. Stabilise blood sugar levels within 20 minutes by taking 25 ml *ALOE FEROX JUICE*.

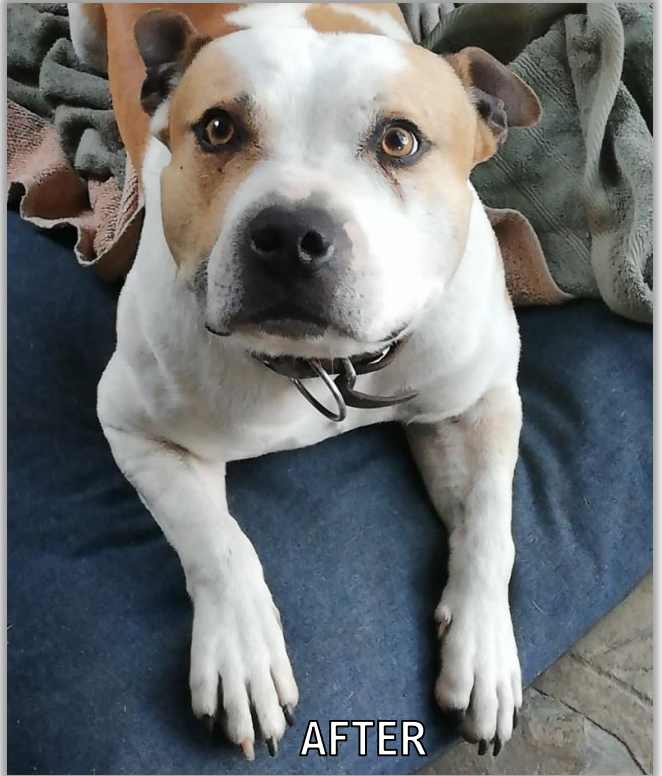
High glucose levels are followed by a drastic drop, also with serious consequences – irritability, aggression, heart palpitations, anxiety, dizziness, confusion, poor concentration, weariness, insomnia, headaches, nausea, muscle cramps, excess sweating, and thirst. The fluctuation between too high and very low blood sugar levels can over time cause serious and irreversible health problems. Excess glucose in the blood is converted to fat.

2. Complex carbohydrates – vegetables, nuts, seeds, legumes, fibre, some grains, and high-fibre fruits. These foods digest slowly, and blood sugar levels rise and fall within normal levels. One also feels fuller for longer. Drink plenty of water along with fibre to prevent constipation. Complex carbs provide all the glucose needed for cell energy without having to eat simple carbs and experience its side effects.
3. Protein – meat, fish, chicken, cheese, eggs, nuts, some seeds, and legumes. The body absorbs amino acids from protein. Amino acids are the building blocks of the body.
4. Fat/oil – found in animal products, as well as certain vegetables and nuts. The body absorbs starch and fatty acids from fat/oil. Starch and fatty acids are needed as a source of energy and help one to feel full.

Aloe Ferox products

- Keep the *EAT YOURSELF SLIM* booklet at hand.
- Take 1 x *APPETITE CONTROL* capsule just before breakfast and lunch – do not take more than 4 capsules daily.
- Take 25 ml *ALOE FEROX JUICE* when blood sugar levels start dropping and you feel your energy is fading.
- Take 2 x *BODY BASICS* capsules daily with meals.





ENGLISH: We live on a farm and the dogs are constantly hunting bugs and lizards on the rocks behind the house. It was during such a hunt that Spike hurt his leg. I started using *BITTER ALOE GEL* on the wound once a day. I had to hold him until the *BITTER ALOE GEL* was absorbed properly because he licked it off. After a few weeks, I applied *SUPER ALOE GEL* in the morning, and *BITTER ALOE GEL* in the evening. Unfortunately, he then injured himself a few more times during his "hunting" adventures, so the recovery process took a little longer. However, despite the new injuries, the wound healed and the hair grew back. The first photo was taken on June 11, 2022, and the last one on September 28, 2022 – Danielia.

AFRIKAANS: Ons bly op 'n plaas en die honde is gedurig besig om goggas en akkedisse te jag op die rotse agter die huis. Dis tydens so 'n jag dat Spike sy been seergemaak het. Ek het begin om 1 x per dag *BITTER ALOE GEL* op die wond te gebruik. Ek moes hom vashou totdat die *BITTER ALOE GEL* behoorlik ingetrek het, want hy het dit afgelek. Na 'n paar weke het ek *SUPER ALOE GEL* in die oggend, en *BITTER ALOE GEL* in die aand aangesmeer. Ongelukkig het hy homself daarna weer 'n paar keer beseer tydens sy "jag"-avonture, daarom dat die herstelproses bietjie langer geneem het. Ten spyte van die nuwe beserings het die wond egter genees en die hare teruggegroe. Die eerste foto is geneem op 11 Junie 2022, en die laaste een op 28 September 2022 – Danielia.



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Aloe Ferox

Specials

FEBRUARY 2023



Zn

Mg

R135

SAVE R15

BODY BASICS
60 Capsules

R115

SAVE R15

Fynbos Mask
50 ml

R48

SAVE R10

SWEET FEET+
100 ml



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Aloe Ferox®



DIE GEHEIM VAN GESONDE GEWIG

Jou liggaam is 'n energiemasjien wat nooit rus nie, en wat moet sorg dat brandstof en glukose na die selle versprei word om energie te verskaf, en daarvoor het die liggaam voedsel nodig.

Voedselkategorieë

1. Eenvoudige koolhidrate – alle suikers, verfynde kosse soos wit koekmeel, wit rys, melk, en gegeurde jogurt. Hierdie voedingstowwe verteer baie vinnig en word net so vinnig deur die liggaam geabsorbeer, en stel dan te veel glukose (suiker) in die bloedstroom vry.

Skerp skommeling in bloedsuikervlakke wat die normale grense oorskry, is nadelig vir 'n mens se gesondheid, en kan lei tot diabetes, verharde are, hoë bloeddruk, kardiovaskulêre toestande, cholesterol, verlaagde immuniteit, slytasie van organe, en vetsug. 'n Oormaat glukose in die bloed word omgeskakel na vet. Stabiliseer skommelende bloedsuikervlakke binne 20 minute met 25 ml *ALOE FEROX JUICE*.

Na hoë bloedsuikervlakke volg daar 'n drastiese daling, ook met ernstige gevolge – prikkelbaarheid, aggressie, hartkloppings, angs, duiseligheid, verwarring, swak konsentrasie, moegheid, slapeloosheid, hoofpyn, naarheid, spierkrampe, oormatige sweet, en dors. Die fluktuasie tussen te hoë en baie lae bloedsuikervlakke kan mettertyd ernstige en onomkeerbare gesondheidsprobleme veroorsaak.

2. Komplekse koolhidrate – groente, neute, sade, peulgewasse, vesel, sommige graan, en veselryke vrugte. Komplekse koolhidrate verteer stadig en bloedsuikervlakke styg en daal binne normale vlakke. Dit laat 'n mens ook langer versadig voel. Drink baie water saam met vesel en voorkom so hardlywigheid. Komplekse koolhidrate verskaf al die glukose wat nodig is vir selenergie sonder die nuwe-effekte wat deur eenvoudige koolhidrate veroorsaak word.
3. Proteïene – vleis, vis, hoender, kaas, eiers, neute, sommige sade, en peulgewasse. Die liggaam absorbeer aminosure uit proteïene. Aminosure is die boustene van die liggaam.
4. Vet/olie – word gevind in diereprodukte, asook sekere groente en neute. Die liggaam absorbeer stysel en vetsure uit vet/olie. Stysel en vetsure is 'n bron van energie en help 'n mens versadig voel.

Aloe Ferox-produkte

- Hou die *EET JOUSELF SLANK*-boekie byderhand.
- Neem 1 x *APPETITE CONTROL*-kapsule net voor ontbyt en middagete – moenie meer as 4 kapsules daaglik neem nie.
- Neem 25 ml *ALOE FEROX JUICE* wanneer bloedsuikervlakke begin daal en jy voel jou energievlakke begin taan.
- Neem daaglik 2 x *BODY BASICS*-kapsules tydens etes.

