

Aloe Drinking Gel



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So I've started drinking the forever living aloe drinking gel and oh my days I won't ever go back to not drinking this!

I'll be honest the taste was a shock, the aloe drinking gel is definitely an acquired taste but you quickly get over that and the benefits are so worth it and far outweigh the unusual taste!

So I started drinking the aloe drinking gel more out of curiosity rather than thinking I needed it for something in particular. My mum is currently drinking the forever freedom aloe drinking gel which has glucosamine in it and is designed for people with mobility concerns and athletes. But I'll come back to that in a minute!

Anyway like I said I started the aloe drinking gel out of curiosity but what I actually discovered was that I wasn't a good sleeper. After a couple of weeks of taking a shot of the gel I noticed that I was falling asleep quickly, wasn't waking during the night and was waking in the morning feeling completely refreshed. I can't remember the last time that happened and now it's happening every day!!! I can only put this down to the aloe drinking gel!

My mum is also drinking the forever freedom aloe drinking gel which she is hoping will help with her arthritic knees (still early days yet but watch

this space!) But one thing she did say to me was that her hair has started to shine. She's always had quite dry hair from lots of colouring over the years but she said she looked in the mirror and had to do a double take because her hair had such a shine to it that she hasn't seen in years! Again she's not changed anything so can only attribute it to the aloe drinking gel!

How about you? Are you curious enough to try it?? Click [here](#) to try and buy!

Love Roo xx

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Maca Packa Powa

I had to think carefully about posting this but figured it's up to individuals how they use this information. With maca comes great responsibility!

Maca powder also known as Peruvian ginseng is a supplement that can be used for boosting energy. It was used by Inca warriors before battle to help with energy, endurance and stamina. So if you want to workout like a warrior then this is the thing for you!! It's also been recommended for boosting libido, improving fertility, balancing hormones and boosting immunity. Now whilst I am obviously not your GP before I go any further it has also been suggested that because of the improved fertility and hormone balancing property if you take too much then it could have an affect on your birth control methods which is why I am debating on whether or not to use it at the moment!

Anyway back to the maca powder properties. As I mentioned above it balances hormones which is great for those people who suffer from migraines. And it is a natural fix rather than taking tablets. It is also good for improving skin complaints such as acne. But again if you overload on it and take more than the recommended dosage then it will have the reverse effect so there's a little bit of science here for getting it right for your body.



This is a paleo product so it's on my approved list! It is better in it's non-cooked form but you can mix it in with flour when baking if you like. The best way to consume maca powder is to pop it in a smoothie! Here are some ideas:

- Ultimate Chocolate Paleo Thick Shake
– <http://paleofoodies.com.au/2013/10/my-favourite-paleo-smoothies/>
- Green Kale Smoothie – <http://paleogrubs.com/green-smoothie-with-kale>
- Aphrodisiac Cacao Smoothie
– <http://petespaleo.com/aphrodisiac-cacao-smoothie-maca-damiana/>

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