

### **Blood pressure and cardiocirculatory problems**

Experience with aloe vera gel honey

I have been taking the aloe vera drinking gel since mid-July to improve my general condition. I have a heart condition (valvular defect) and as a result my blood pressure fluctuates. After taking the gel regularly for a few weeks my blood pressure dropped from 190 to 140.

My general condition has also improved. While I was on vacation and did not take the gel I noticed that my cardiocirculatory problems deteriorated. This taught me that I should continue to take the gel regularly.

Gisela Sch.

### **Gout and cardiac arrhythmia/Vitality**

Experience with aloe vera

My father has a severe heart condition, suffers from severe cardiac arrhythmia and as a result of the corresponding medication from various side effects such as hyperthyroidism and gout attacks. This led to a daily intake of 28 tablets (Result: severe kidney damage). During this period he was introduced to aloe vera. After about 14 days his general condition improved rapidly and after an intake of about six weeks a new Holter ECG (24h) was recorded. The last ECG, which was recorded three months earlier, showed approx. 12460 extrasystoles. Currently, the number of extrasystoles amounts to 240. That speaks for itself! The pain and swelling experienced during acute gout attacks were healed with aloe vera. My father takes a daily dose of approx. 50 ml three times a day.

Walter M.

Addition to my father's report with aloe vera gel

As my father's doctor did not consider the new ECG values to be correct, he arranged for another ECG approximately four weeks later.

According to the evaluation of the ECG, my father no longer experienced extrasystoles. Also, he had not suffered any gout attacks since (4 months).

His previous thyroid function has since reversed to hypothyroidism so that he no longer requires any medication for this either.

It is 5 1/2 months since he started taking aloe vera gel.

Lena R.

### **Pelvic thrombosis**

Aloe vera drink:

In 1990, I developed a severe pelvic thrombosis following surgery. As a result I had a constantly swollen leg, severely painful cramps.

I experienced many restrictions, e.g. when walking, climbing stairs, long trips in the car.

The continuous intake of aloe vera gel, however, has brought about quite a few changes. From 10 July 2002 until today: 30 ml twice daily, sometimes a bit more. After about three weeks I experienced a further episode of very severe pain. Every day and particularly at night I had horrible cramps that could last quite a while. After a week, however, there was a turnaround. The pain has virtually vanished and cramps are only few and far between. Even if I spend the entire day on the move I hardly experience any problems. Since then, the circumference of my leg has changed. All in all, I am experiencing a sense of wellbeing.

Gisela B.

### **Cholesterol**

My experience with aloe vera gel

I suffered from elevated cholesterol levels for many years. Following the regular intake of aloe vera gel for three months I had the following values:

Cholesterol	159	before	233
HDL cholesterol	58		63
LDL cholesterol	139		164

That speaks for itself, as I did not make any other changes to my lifestyle.

Another positive effect related to the circulation of my leg: before, if I sat for longer periods of time I always had a feeling in my left leg as if someone had pumped it up internally; that feeling is gone.

To me, aloe vera gel has become a nutritional supplement that forms part of my daily diet and is the most important food.

Birgit H.

**Iron deficiency, cysts**

Experience with aloe vera gel

My experience with aloe vera:

- During my quarterly gynaecological check-ups, my gynaecologist always diagnosed ovarian cysts (either left or right), as a result of which I was always prescribed hormone tablets (i.e. weight gain). At my last gynaecological appointment at the beginning of August it was the first time in a long while that no cyst was diagnosed. Thank God - or thank aloe.
- Donating blood was also not an issue. Haemoglobin values must be higher when donating blood and so I always 'failed'. The last donation proved that my iron levels had improved to the extent that I could easily donate blood.
- I love the summer, bar the fact that I always had swollen legs on hot days; since taking aloe vera gel it can be as hot as it may - no more problems.
- Acne on my back - pimples that were frequently very painful, big and red - gone with the wind or flushed out of my system.
- My hair has changed significantly, it is thicker and has much more sheen - simply from drinking aloe vera gel.

These are some of the observations I have made.

Christine Z.