

### Digestive problems

Experience with aloe vera gel

Twenty years ago I had a duodenal ulcer. I have had constant abdominal pain and digestive problems ever since. Since taking aloe vera regularly, my digestive problems have vanished and I feel fitter than before. Due to menopause I had constant headaches, which have also almost completely subsided.

Heidrun R.

Report on experiences with aloe vera gel

- Immune system:

Since taking aloe vera gel we (the entire family) have not had a single cold (daily intake of approx. 30 ml of aloe vera gel since September 2003)

- Digestion:

I had major digestive problems; since taking aloe vera they are a thing of the past.

- Locomotor system; bones and joints:

With regard to my husband and myself, all I can say is that aloe vera gel is doing us a world of good and that we feel fitter physically since taking it. Particularly my husband who was in great pain and had a very restricted range of movement following an accident. Since the summer of 2004 we have been doing Nordic Walking and, in combination with aloe vera, we feel like new people.

- Allergies:

Our son, meanwhile 28 years old, has been suffering from allergies against all types of grasses as well as birches and hazelnut trees since the age of six. Since taking aloe vera gel he only had a minor problem with his allergies for around three days last summer. Before that, he was congested from March through to October. As his mother, I know best what he used to suffer. I must admit that my son was initially not convinced that aloe vera was going to help as the desensitisation he had been through for many years was more or less unsuccessful. So he really only took it because of me and said if it made me happy he would take it but he did not believe in it. That has since changed, which I noticed due to the fact that he now demands his morning shotglass of schnapps (as we call our drink). After all, if you heal your allergies in this way you would be silly to go without your morning drink.

- Skin:

I do not want to leave my skin problems unmentioned. I have seen many dermatologists and spent lots of money on ointments and creams, always with very brief success and after a few weeks it was back to normal. Thanks to aloe vera I can now smile happily.

- Cholesterol:

This is my best success story. My husband had very high cholesterol levels, in particular his HDL levels, despite a change of diet, weight loss and the intake of cholesterol-lowering drugs. Since taking aloe vera every morning, his cholesterol values are good. My husband congratulated me and said that I had won and it was all due to aloe vera.

He could not have paid me a better compliment at the time. These are all

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experiences I had within my own family and friends and relatives to whom I introduced the products also only have words of praise for them. It could be an incentive for everyone to spend around EUR 3.00 on their health so that they might not even have to sit around in a doctor's waiting room. This saves you from having to pay the practice fee (EUR 10.00 on a quarterly basis, plus co-pay for prescription drugs) and, above all, plenty of time, and you do not run a risk of catching one of the many bugs sitting around in the waiting room.

I believe these are enough reasons in favour of aloe vera gel.

Renate B.

### **Heartburn**

My experience with aloe vera gel

By writing this I would like to confirm the positive experience I have had with aloe vera gel.

Aloe has already provided relief with regard to two health problems I experienced. Due to my previous work as a long-distance lorry driver I had developed severe stomach problems. Hectic, stress and irregular meals soon led to severe, almost daily heartburn.

For many years I could keep the heartburn under control to a certain degree by taking drugs. But drugs that are intended to regulate gastric acid are not the proper solution!

After three weeks of taking aloe vera gel I noticed that my complaints had improved significantly.

Now, after three months of taking aloe gel regularly, I no longer have any stomach problems and I am really happy that I no longer need to take drugs.

My second positive experience with aloe vera gel relates to athlete's foot.

An unpleasant condition that one can easily contract in public pools, for example.

My recommendation:

Soak cotton balls in aloe vera gel and then insert them between your toes.

After four days the problem has vanished. Anyone affected should feel free to try it. I can recommend it with a good conscience.

These are my experiences with aloe vera gel.

Roland S.

## **Experience with aloe vera / Theme Gastrointestinal tract**

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### **Prostate**

Experience with aloe vera drinking gel

I gave my father aloe vera gel as a present. He drank 30 ml mornings and evenings for about 1 1/2 months. He felt fine and did not notice anything special.

Then, the following happened:

During a cancer screening the doctor suddenly noticed an elevated prostate parameter via a blood test. The value was 9.9. Cancer is already suspected at value in excess of 4. On top of that, the prostate was indurated and the doctor explained that this induration or hardening in connection with the high value was extremely unfavourable. He was given an appointment for a biopsy to be performed a fortnight later.

During these 14 days my father increased his intake of aloe vera gel severely, to 60 ml three times a day. Additionally, he performed two enemas a day with 30 ml aloe vera gel each.

After only a few days of the higher intake and the additional enema, he noticed that urination had improved. He also felt much fitter.

Then the day of the biopsy arrived. The prostate was again examined. It had changed. Meanwhile it was no longer hard but it also was not completely soft.

Several days later he received the results of the biopsy - astonishingly, everything was fine.

Meanwhile, my father can urinate without problems and frequently he even needs to go to the toilet at night.

He also noticed that the blisters on the insides of his hands, which always bothered him and where he could occasionally pull off entire flaps of skin, had disappeared completely.

Anita W.

### **Bladder and kidney problems/Rheumatoid arthritis/Stomach ache**

40 years

Experience with aloe vera drinking gel

(Intake since 5 July 2002)

Before: I have been suffering from rheumatoid arthritis for ten years, have flares several times a year that involve severe pain and restriction of movement, sometimes so that I am rendered immobile. I need to take 4-6 different tablets a day, which naturally also have considerable side effects. My immune system was virtually non-existent. I had stomach ache, frequent bladder and kidney infections, coughs and sneezes and I often had cold sores and experienced menstrual pain during the first one to two days of menstruation.

After:

- After one week of taking aloe vera gel my stomach ache had disappeared
- It was also positive that my menstrual pain had subsided completely
- I feel fully fit again - in fact, I am fitter than before
- The last flare-up of rheumatoid arthritis (approx. 14 days ago) was far less painful than usual

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- I now have bowel movements once to twice daily, as a result of which I lost a bit of weight and, what's even better, no increase of weight if I do indulge
  - Positive effect on my skin as well (looks fresher and smoother)
  - So far, no more bladder or kidney problems
  - My hypertension (due to the tablets I was taking) is now back to normal
- My quality of life has improved.

Uta N.

### **Gastritis**

Report on my experience with aloe vera gel with honey

Four years ago I had severe gastritis. Since then I have not been able to drink or eat everything I felt like, as I frequently had the feeling that my stomach is boiling over. I have been taking aloe vera gel regularly since July and my stomach problems ceased to the end of August. I can now eat and drink whatever I like without any problems.

Carsten G.