

Flu

A few weeks ago I had a severe flu with high fever and chills. I started taking Cistus Incanus. After a mere 48 hours I was back on my feet. A month ago one of my friends suffered from severe tubal inflammation. She did not want to take antibiotics. Instead she took Cistus every two hours and 100 ml aloe vera three times a day. After only three days the tubal inflammation had subsided. Two months ago her husband had a gastrointestinal virus with a temperature of 40°C. He also took Cistus. After a day he was free from complaints. Last month her daughter suffered from a bronchial infection, as a result of which we gave her Cistus. Two days later her infection had subsided.

Her son is two years old and has been suffering from obstructive bronchitis since birth and has always had to take antibiotics for this. Since he started taking aloe vera (20-30 ml a day) and Cistus tea (two cups a day), he no longer needs to take antibiotics.

Yvonne H.

Pneumonia

In November 2003 I developed pneumonia, which resulted from a cold I had had for several weeks. My doctor not only prescribed strict bed rest but also various antibiotics as the inflammation parameter in my blood, which is normally under 5, was 75.3. Not good. He told me that this value should drop to approx. 40 within a week if I recover well. I called another doctor who recommended that I take 1 litre of aloe vera gel and Cistus Incanus on a daily basis. A week later another blood test was done and lo and behold, the value was 4. Oops. My doctor was rather astonished as he could not figure out how I could recover so fast. When I tried to explain what I thought to be the cause of my rapid recovery he told me to spend less time watching X-Files. Whatever! I am alive and kicking!

Birgit G

Paranasal sinuses – Frontal sinusitis

Due to constant problems with my paranasal sinuses and frontal sinusitis I have repeatedly taken antibiotics since childhood.

I have long been visiting different naturopaths in my search for gentle alternatives. In autumn 2005 I had severe infections involving high fever and severe facial pain five times in a row. I could hardly breathe. In March 2006 I was introduced to aloe vera gel with honey and started taking it three times a day. Since May 2006 I have additionally been taking Cistus (for three months). During the first five days I was very run down and tired, developed plenty of phlegm and expectoration. I felt as though someone were scraping my nasal sinuses with a very sharp spoon. Since then I have had no further infections, which is of course an effect that pleases my employer. Due to the fact that I no longer need to take antibiotics and the fact that I feel markedly

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fitter as a result of my immune system stabilising, I have decided not to do without aloe vera gel and Cistus anymore.

Marie Luise Z.

Hepatitis C virus

It's high time that I find the time to jot down a few lines. As I have been doing this injection therapy against the hepatitis C virus since January of this year I was really in a bad way, healthwise. For quite some time I was not even able to participate in daily life. I was in bed with side effects such as headache and aching limbs, nausea, vomiting, constant fatigue and chills, and even wanted to discontinue the interferon therapy in spring. My liver values deteriorated rapidly - this is supposedly normal under therapy. The cells of the liver in which the virus 'lives' are destroyed by the medication; extensive cell damage occurs. I had a high initial viral load of 320,000; that is extremely high and I was not given much hope of success with such a high viral load. These days the viral load is no longer countable, i.e. under 600! Viral replication is no longer verifiable. After I started drinking 30 ml of aloe vera gel three times a day, it only took ten days until I noticed that I felt much better. I did not even suffer from nausea any longer; I do not need any sleep during the day and am significantly fitter. My doctor was astonished how markedly and rapidly my liver values improved. I am convinced that aloe vera played a major role in the renewal of my liver cells. My husband recently came home and thought he was in the wrong house - it was the first time this year that I managed to tidy and clean up the entire house.

So now I have another time problem - because I am feeling so well again I have plenty of plans and am constantly 'on the road'. I have to get the injections until December and if the virus does not rear its head after a year, I will be considered cured and discharged.

Petra K.