

### **Asthma**

Report on the effect of aloe vera gel

My doctor diagnosed me with asthma eight years ago (when I was twelve years old) and prescribed all kinds of drugs, including a daily regiment with a special asthma spray. While the various sprays helped to resolve asthma attacks, they did not relieve the asthma as such. Back then, my lung performance amounted to a mere 72%. Additionally, I had warts on my feet that were also being treated with a host of different applications. None of them helped, though, so that they were eventually surgically removed. The warts had become so big that I could hardly walk without pain. This is why I had them removed. However, it was not long before I discovered new warts (12 on one foot). My doctor subsequently explained that warts constantly recur. In July 2002 I was introduced to aloe vera gel. As a result of the regular intake of aloe vera gel the warts stopped growing after about two weeks and after about seven weeks they had disappeared completely and there has not been any recurrence since then. Aloe vera also relieved my asthma. I no longer suffer from nocturnal asthma attacks and I have been able to discontinue the daily use of the asthma spray. It is only in rare cases that I take recourse to it. I still take aloe vera gel regularly and do not want to be without it anymore.

Carla R.

### **Bronchial tubes**

Experience with aloe vera

I have been taking aloe vera gel three times a day since mid-July. My bronchial tubes are hypersensitive and react to fog, smoke, exhaust fumes, etc. with dyspnoea. I used to have frequent asthma attacks and was injected cortisone. My doctor finally prescribed a cortisone spray that I inhaled twice a day. I no longer suffered from asthma attacks and actually felt fine. Last year I suddenly became hoarse, my voice failed me. The cortisone had impacted my vocal chords and was the cause of the loss of voice. I stopped taking cortisone four weeks ago and my voice has improved. I can even go jogging again - thanks to aloe vera drinking gel!

S. K.

## **Experience with aloe vera / Theme Respiratory tract and allergies**

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### **Bronchitis**

For years I used to regularly suffer from severe bronchitis with fever both in the summer and in the winter months. In 2002 I was introduced to aloe vera gel and since then I have been drinking approx. 150-200 ml a day. While I did have the occasional infection, I have not had an incident of acute bronchitis since. Thank God. As I have not changed my lifestyle bar the additional intake of this nutritional supplement, I attribute my improved health to it.

Elke H.

### **Allergies**

My experience with aloe vera drinking gel:

I have been suffering from various allergies for about five years and as a result of these I have also been suffering from asthma.

After taking 90 ml of aloe vera gel for a mere three days my allergy to cats had disappeared completely. I could carry cats around and cuddle them - not a single allergic reaction. Also, during our vacation in Bavaria I could do things that were previously impossible - take a walk in the woods, walk on freshly mown meadows and run through fields of flowers. Fantastic. No allergy whatsoever to any plant or flower pollen.

Thomas H.