

Osteoarthritis and pain of the knee joints/Back ache/Tennis elbow (epicondylitis)

Initial experience with aloe vera gel in treating joints,
Licensed physiotherapist

Since the beginning of March of this year I have also been using aloe vera gel with ingredients that support joints in my physiotherapy practice. My patients are of different age and gender and they suffer from different complaints as well:

1. One patient, approx. 68 years old, underwent surgery of the knee joint due to a cruciate ligament rupture. The doctor prescribed ten physiotherapy sessions. From the fourth session onwards I not only worked through the exercise schedule but also rubbed aloe vera gel onto the knee joint until it was absorbed. Although the patient does not use the gel at home because her son is a physician and does not think very highly of natural remedies, being an orthodox medical practitioner, the knee had improved after twelve treatment sessions, to the extent that the walking distance the patient could manage was extended from short distances within the patient's home to half-hourly shopping trips. In patients of the same age who suffer from similar complaints, treatment usually takes significantly longer until such successes are achieved.
2. A patient aged 72 had been suffering from chronic epicondylitis (a so-called tennis elbow) for about one and a half years. Her doctor occasionally gave her an injection when the pain became unbearable; the effect, however, subsided relatively rapidly.
The woman received three treatments with aloe vera gel in intervals of 14 days each and after a period of only two weeks she experienced considerably less pain. During this period she was not given an injection by her doctor! However, the patient also drinks aloe vera gel with honey.
3. Another patient, approx. 45 years of age, employee of a neurological rehabilitation clinic, who has been suffering from chronic pain of the sacroiliac joint - the transition from the lumbar spine to the tailbone joint - for several years. The patient had already been to other physiotherapy practices and consulted different doctors. Nothing has really been able to help her. After I massaged her with aloe gel three times she declared that she already felt much better (and she doesn't even drink aloe).
4. Mrs B. is a teacher of approx. 62 years of age, retired, with severe osteoarthritis of the finger joints. Surgery was performed on the middle and ring finger of the patient's left hand, as she could hardly bend or stretch out the two fingers. Two weeks after surgery I started providing physiotherapy to her. By now she has had ten physiotherapy sessions with me. At about every other session I not only rubbed aloe gel into the fingers, aloe gel was also used as a coupling gel in ultrasound therapy. Explanation: During ultrasound treatment, energy is converted from electric to kinetic energy via a quartz crystal located in the ultrasound probe. With the assistance of a coupling gel (here: aloe gel) this energy is transmitted into the body as a vibration - that is not discernible to us - with high frequency oscillations between one to three megahertz. The idea: A certain amount of the coupling gel is also meant to pass through the skin with the assistance of these oscillations. The procedure is referred to as

Experience with aloe vera / Theme Joints and bones

phonophoresis.

The patient can now make a fist again (including the middle and ring fingers); she can even almost fully stretch her fingers through to the tips again.

I am currently trialling this procedure extensively. Aloe gel in connection with ultrasound is basically asking to be used; after all, aloe gel has the same lubricating properties as conventional ultrasound gel. If the additional, positive medicinal benefits of aloe also have an effect, this would be a real hit in physiotherapy. While the experience made so far does not allow for a safe conclusion, due to the fact that the time of the applications and the number of treatments provided so far are not conclusive, there is one thing that can be noted nonetheless: all patients considered the treatment to be pleasant and beneficial. None of the patients experienced a deterioration, all patients subsequently experienced an improvement of their condition.

Please bear with me if I can only provide statements on how my patients feel, as no secure knowledge is available due to the brevity of time.

Siegfried K.

Hi,

I suffer from osteoarthritis in both knees. For months I could only walk due to the fact that I took very strong painkillers. Since drinking aloe vera gel on a regular basis and applying aloe vera cream to my knees I can virtually do without these strong painkillers. I was unable to squat for many years but thanks to aloe I can almost do a full squat again. I am so happy about how I feel and recommend this product to everyone who suffers from joint problems.

Simone S.

Prolapsed disc

In June 1998 I had my third slipped disc. Although it was recommended that I undergo surgery, I went to a naturopath instead.

The therapy was helpful for three months and then I really started suffering. I was paralysed from my foot to my hip. The only thing that helped was surgery; the entire nerve was jammed. The operation was very successful, the only area I didn't regain normal sensation was in my last three toes, which remained numb. Once I heard of aloe vera gel I thought I would try it. After taking it for a fortnight I slowly regained normal sensation in my toes and now, after four weeks, I can fully move my toes again. Fantastic. I can only attribute this to aloe vera gel as I did not change my lifestyle in any other way.

Brigitte U.

Experience with aloe vera / Theme Joints and bones

Joint pain

Report after the intake of aloe vera gel

Age: 46 years

Illness: Status post-sarcoidosis (joint disease); severe pain, predominantly in the legs - for 16 years:

No more pain in the legs after approx. four weeks

Very low blood pressure since childhood (100:70): blood pressure normalised within 4-6 weeks (120:80)

Bärbel M.

Pain of the knee joints

Report on the use of aloe vera gel with honey

Two years ago, after a skiing accident, I was diagnosed with the complete rupture of a cruciate ligament, rupture of the collateral ligament and meniscus injury. There was no way I could avoid surgery, which was eventually performed in May of this year.

The result was horrifying. Cruciate ligament reconstruction!! As well as severe, advanced cartilage damage. I immediately started drinking more aloe vera gel. After only six weeks an improvement was noticed and I am happy to state that I am the only patient who did not need any cartilage repair injections after this type of surgery. My doctor and my physiotherapist were totally excited about my progress. After only three months I can put weight on my knee and bend it by an angle of 120 degrees. My doctors and therapists had mentioned this would take about 5-9 months. Thank you, aloe gel!

Iris W.

Report on my experience with aloe vera gel

I am a delivery salesman and carry heavy baskets up and down stairs (up to 60-70 times a day and I have been doing this for 21 years). A year ago I experienced pain of the knee joints that became increasingly severe. I then decided to take aloe vera and after only 3 1/2 weeks the pain was gone. Meanwhile my heartburn has also eased and I am still fit as a fiddle at 61 (despite 14-hour days) and will continue to take aloe vera.

Theo St.

Experience with aloe vera / Theme Joints and bones

Back pain

Hallo,

I am 37 years old and have been suffering from pain in by lumbar spine for about four years. This pain is caused by a prolapsed disc, which frequently involves acute dysfunction.

I have been drinking aloe vera gel regularly since July 2002 and feel a distinct improvement. To me, it means that I hardly suffer from back aches and have so far not had any further episodes of acute dysfunction.

Kestin H.

Loss of cartilage

My son David (8 years old)

When David was 5 years old, doctors noticed that the cartilage in his shins was not growing in line with the rest of his legs. David already had a hole of 4 mm in size that extended inwards. This caused problems walking and long-term the problem would have had to be resolved by means of surgery. From 1 November 2003 onwards I gave him 30 ml of aloe vera gel to drink three times a day. On 10 April 2004 my son's doctor confirmed that the cartilage had started to grow again. By now, David no longer has any problems and the cartilage issue has resolved completely.

Herr H.

Hip complaints/Migraine/Menstruation

Osteoarthritis of the hip - a report

Eight years ago my orthopaedist diagnosed a beginning osteoarthritis of the hip. Over the years the pain got increasingly worse, however, I still wanted to delay surgery. One and a half years ago I started taking aloe vera drinking gel. After half a year I was feeling really good. When the pain recurred I went to the doctor and made a decision in favour of surgery. The new hip x-ray was significantly better than the one taken 8 years ago. The pain was not from my hip/osteoarthritis but from bursitis, which I had developed from gardening.

Now I am fine again and I take aloe vera gel on a daily basis.

Elfi F.

Experience with aloe vera / Theme Joints and bones

My experience with aloe vera gel

First I would like to describe the physical problems I used to suffer from.

1. Congenital hip complaint with severely painful signs of wear (drugs and injections only offered short-term relief or no relief at all)
Longer periods of walking or climbing stairs was very painful
2. Painful menstruation despite taking the pill
3. Migraine attacks during the seven day pill break

Due to the above problems I was actually always tired and lacking in drive. One day a friend called me and informed me of aloe vera and its effects. I finally saw an opportunity to get back on my feet so I simply tried aloe vera gel myself and, what can I say? Its effect surprised me. First, I noticed that I felt so much more like doing things. Then I had my period and it was a completely new experience (no migraine attacks and no abdominal pain).

After about a fortnight I noticed, by coincidence, that climbing stairs had become easier and my legs actually worked normally.

And all I had done was drink a shot glass of aloe vera gel in the morning and evening and continued my life as normal.

I would like to extend my gratitude to the coincidence that brought this natural healer to me and would like many more people to hear of it.

Birgit S.

I had very painful hip problems for some months that were particularly bothersome after stress (jogging), so that I ended up doing without. Frequently, I even experienced pain when seated. For some weeks now I have been drinking aloe vera gel and after only one week I experienced significant improvement. Meanwhile I no longer have any complaints. I now use my treadmill again and feel fit as a fiddle. As I haven't altered anything else it must be due to aloe vera gel. Brilliant.

Bärbel K.

Periostitis/Corns

In April 2006 the balls of my feet started hurting badly. After several days they became so bad that I was unable to wear proper shoes. I saw a dermatologist who prescribed a solution, which I was to apply to the balls of my feet. She believed that I was suffering from plantar warts that had penetrated my feet so deeply that they had already reached the bone. Finding: periostitis of both balls of my feet. After three weeks the solution the dermatologist had prescribed had corroded around half of the skin on the soles of my feet. I was advised that I would have to continue apply the solution for about a year. I was still in pain. Subsequently I consulted the Head of Department of a surgical clinic and we arranged an appointment for surgery for 11 September 2006. Both feet were to be operated on under general anaesthesia. The tissue was to be removed all the way to the bone and afterwards I was not to stand or walk for four weeks, in order to give the tissue the opportunity to redevelop and avoid scar deformation. Having received these findings and the appointment for surgery I

Experience with aloe vera / Theme Joints and bones

then consulted a podiatrist who offered the following alternative: to drink 50 ml aloe vera three times a day and blend three Cistus Incanus with several drops of water three times a day and apply the solution to the affected areas. After a week I was free from pain, I cancelled the appointment for surgery and to date I have not experienced any further problems with my feet.

Antje Z.