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To whom it may concern

7 years ago, I was unfortunate enough to prolapse two of the discs in my lower spine.

The first year I went through severe pain – mostly referred pain from a trapped sciatic nerve, all down the leg into the foot which went numb (for a whole year). Imagine not feeling your foot properly for a whole year!! It hurt to sit down, walk around, lay down and stand up – not a lot left really.

The Consultant was reluctant to operate because there were 2 discs affected and I was told to live with it. The nerve untrapped itself, and then the pain came and went – each day I experienced pain from mild to unbearable.

I was determined it was not going to get the better of me and did lots of walking and light exercise. Sometimes it was ok and others not so good. They told me that eventually I would just get very stiff, and I thought that it couldn't be any worse than the pain.

In January of this year (7 years on), I got to the point where I was so stiff from sleeping that I couldn't sit up in bed in the mornings. To get myself up I had to roll onto my stomach and slide feet first out of bed onto the floor where I would crawl around on my hands and knees until I was able, very slowly to straighten up. Even putting the toilet seat down was an ordeal!

It was at this point that I became very low and wondered what on earth it would be like when I reached 70 (47 now). Would I be able to do anything worthwhile – as this was so restricting and still very painful.

I first came across Aloe Vera drinking gel from Forever Living Products at a business launch in April where I was able to try all the flavours. The next morning I realised that 75% of my pain had gone and I got out of bed, still stiff, but with little pain. I didn't believe that the Aloe drink had been responsible. I started taking it again a few days later and the same thing happened – pain relief. Now, 6 months on, the stiffness and pain are very much reduced, probably about 75% improvement. I also have a much better quality of sleep, as the pain is not waking me as it did before.

I would recommend anyone suffering like me to try this product as it is underwritten by a 60 day satisfaction guarantee. It has changed my quality of life and it could change yours.

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