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To Whom It May Concern.

My name is Ken Harkness. Thirteen years ago at the age of 38, I began to get severe pains in my toes and feet. I went to the doctors and was told that I possibly had the start of Rheumatoid Arthritis and was prescribed a drug called Diclofenic which, as far as I could make out, was no more than an anti-inflammatory drug – probably similar to Ibruprofen. I took this drug for several years and although it gave me some relief it also upset my stomach. As time went on, more and more of my joints began to hurt to such an extent that there were times I found it difficult to walk down the stairs first thing in the morning. The pain was also making it very difficult to participate in the many sporting activities, which I enjoyed. Apart from the drugs becoming less effective as time went on, I was also concerned about the effects of these drugs on my stomach and therefore decided to see a specialist. My doctor referred me to Dr Bradlow at the Independent Hospital in Reading. Blood tests and X rays confirmed that I had arthritis and I was prescribed a drug called Hydroxychloroquine and I was also given steroid injections. This treatment continued for about four years – the drugs becoming less effective over time, I was fortunate that my joints were not becoming badly deformed.

I made an appointment with Dr Bradlow to ask what other options were available. I consider myself lucky as Dr Bradlow was very honest when it came to informing me of any possible damage and harm that some of these stronger drugs can do to your body i.e. risk of eye damage, skin having reaction similar to first degree burns, possible death (in all fairness I was told this is a million to one chance but still possible), steroids causing bone thinning, all the drugs I was prescribed damaged various internal organs over a long period of time. The least damaging as far as I could make out was having steroid injections so that is what I continued to do until I was introduced by Brian Wallace to Aloe Vera. At first I thought it was going to be of little benefit but, I was told that it would take at least 3 months before I would notice the difference. I continued to have my steroid injections but eventually I could tell that the pain in my joints was better than it had been in years. I weaned myself off of the steroids and have now been drinking Aloe Vera for three years (it tastes awful but it's worth it I can assure you). I have no pain in any of my joints now and my advice to anyone taking Aloe Vera is to stick with it!

Should anyone wish to speak to me in more detail regarding how Aloe Vera helped me and other people I've introduced it to then please do not hesitate to contact me on 01189 343097.

K.M.J. Harkness
(Reading, Berks)