

Hiatus Hernia & Aloe Vera gel

I have had a hiatus hernia for more than 30 years. My hernia means that I 'reflux' stomach acid (acid flows back up my oesophagus). Since the oesophagus does not have the same acid-resistant lining as the stomach, acid reflux leads to inflammation, scarring, and – in my case – a narrowing of the tube which eventually meant that I was unable to swallow food or drink.

I had a procedure to re-widen the oesophagus and was placed on a drug called 'losec' which reduces the acid produced by the stomach. Nevertheless, despite being on this drug, if I was to have a late dinner and particularly one that involved alcohol, chocolate, or coffee, I could pretty much guarantee that I would reflux in my sleep and endure a most uncomfortable night.

Until that is, I started drinking Aloe Vera gel on a regular basis. Over the past 11 months – the time I have been drinking the gel from a company called Forever Living Products – I have had virtually no reflux episodes. Of course I try to watch my diet, but my lifestyle is such that I do occasionally find myself doing the 'wrong' thing when out with friends of an evening.

I can now be pretty confident on those evenings that I will not suffer from an unwelcome episode of reflux. I am now looking forward to the day when I can reduce or even eliminate my requirement to take losec.

Aloe Vera cannot repair a hiatus hernia, but for me it has gone a long way towards managing the unpleasant effects of acid reflux resulting from a hiatus hernia.

Humphrey Gervais