

Arthritis, Parkinson's, Aloe Vera and Me

As a sufferer of Osteo-Arthritis for 30 years and after being diagnosed with Parkinson's Disease in late 2002, I did not believe that a plant of the lily family could, or would, have any effect upon my quality of life. How wrong I was!

During my early thirties I was diagnosed with arthritis in my hands. I was advised to try and keep them as flexible as possible with exercises. Oh, and take painkillers if they became too painful. At the time I was in the military and enjoyed a good standard of fitness. So it did not impinge too much upon my life, which included playing sports including football, judo, squash, ten-pin bowling and, in later years, golf.

However, as the years progressed, the arthritis also progressed throughout my body until now, where most of my major joints are affected. My knees most of all. I have had to undergone four keyhole surgery operations to the cartilage in both. At the time, my late forties, I was told I would need new knee joints but was too young for them. Over the next couple of years I also underwent operations to weaken the muscle around one knee, and remove bone from the other, in attempts to ease the pressure, and pain. The latter meaning 12 weeks in plaster. Unfortunately the time soon came for my knee joints to be replaced. So in my mid fifties they duly were.

Following my last two operations I was looking forward to a life that meant taking daily doses of anti-inflammatory drugs. At the same time these were likely to have an adverse effect upon my stomach. Oh well!!

During these years my mobility decreased such that a walking stick was required to assist with walking, and stairs became very difficult to use. My sports fell by the wayside except for sedentary games of golf, which became increasingly fewer.

Having then been diagnosed with Parkinson's Disease, and its attendant problems, I thought that my mobility was now downhill for good. Also the disease, and the drugs I have to take, caused me to experience days of absolute tiredness and sickness. Not much to inspire one to get up in the morning.

However, things were to change. All due to a green, cactus like member of the lily family that has been around for thousands of years and used by such diverse notables as Cleopatra and Ghandi.

Aged 60 I was due to retire from full time employment and needed to find something else. However, because of my Parkinson's 'bad days', it would have to be part time and self employed. By a good stroke of luck, just before my retirement I was introduced to Forever Living Products and the magic of Aloe Vera.

I was advised that a drink, I repeat a drink, called Forever Freedom based on the inner gel of the Aloe Vera plant would help considerably in the management of my arthritis and would, therefore, have a good effect on my quality of life. Oh, and my joints would also benefit from something called MSM Gel. Which, apparently, was rubbed on the affected joint and absorbed by the body. I was extremely sceptical. However, to repeat my earlier comment "how wrong I was".

I initially started taking 'Forever Freedom' daily and, at first, did not notice any great difference. I was advised that, as it is a natural product, it would take some time to work fully. I therefore persevered. By the time I was half way through my second bottle I started to feel that my joints were slightly less 'creaky' and less painful. Also, due to the lessening of pain, my intake of anti-inflammatory drugs had decreased. By now I had also started using

the MSM Gel. This was mainly at night, when my joints became warm and uncomfortable. It has a great cooling effect, as well as being great for the joint.

I have now been taking Forever Freedom, and using the MSM Gel for the last year. Now I find that my days are mainly pain free, with only the occasional 'twinge'. I no longer take anti-inflammatory drugs for my arthritis. Also, with the help of a buggy, I am able to manage an, admittedly not very good, occasional few holes of golf. Unfortunately, as a result of my Parkinson's, I still have to use a stick but now suffer less discomfort when walking than I used to twelve months ago.

With regard to my Parkinson's which is a degenerative, and currently incurable disease, I have found a very surprising side effect from the Aloe Vera content of the drink. Aloe Vera has a very beneficial effect on balancing the immune system. As a result of taking the drink I have found that my Parkinson's 'bad days' are fewer in frequency and lesser in severity. Unfortunately, it has no effect on the disease itself, but helps greatly in that I do not feel so poorly so often or so terribly. Which, believe me, is a blessing in itself.

In short, this 'plant' has had such an immense effect upon my quality of life and well being that I would certainly recommend it to everyone.

I am daily grateful to being introduced to Forever Living Products and their Forever Freedom and MSM Gel.

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