

Education & Information

Would you like to feel better?

John Duhj's Comments on Aloe Vera

This article has been reprinted from the VAPPR's magazine at the request of the Christchurch Branch

Since being on Aloe Vera, I feel much brighter and more capable. When I first started to take it I was amazed that within days I was less tense. It was confirmed that the Aloe Vera was helping by a two week break, during which some of the symptoms of tenseness etc. began to return.

During the next few weeks nothing much happened, except that I began to be able to eat all the things that had previously upset me, like chocolate, cakes, jam, bacon, fried bread, curries, soups and many more. In fact I was at one time living on breakfast cereal and marmite on toast, and not much more. Then I put on weight, something the medical profession had told me that I would not be able to do. The side effects of the medication – the dreaded dyskinesia – disappeared at about the same time. Then the 'CRAMPS' gradually went until after being on the Aloe for about two and a half months I did not have cramps at all! This was truly marvellous, not waking up in pain day after day. I no longer had to worry that I would get pain in my leg so that I could not stand. Then my sleep began to improve so that I could sleep for up to six hours without a break. Following better sleep, my concentration improved and with it I was more confident.

The medication then began to work quicker - it had previously taken up to forty minutes to get going - now it

takes fifteen to twenty minutes. Then I found that instead of feeling tired after five minutes or so, I could continue with an activity for up to an hour; in fact I was warned not to overdo it! This meant that I could help my wife by doing jobs about the house, like painting, mending washers, putting up shelves and so on. This also built up my confidence, because I once again felt useful and not a liability. At one time I had to have assistance with many everyday activities, like eating, showering, getting dressed, making ready for bed, cleaning teeth and putting on pyjamas. Now I only rarely ask for help with such things, so my co-ordination has improved. Another thing I must mention is that I now go up the road and collect my own allowances, repeat prescription orders and collect the prescriptions. I also get the odd bit of shopping and pay the paper bill.

My neurologist is impressed and the medication for cramps has been greatly reduced and the time gaps for the Madopar have been expanded.

Out of my experience I can truly recommend that anyone suffering from Parkinson's at least give it a few months trial. Perhaps they too will feel better. This is a terrible illness and if any improvements can be made they are worthwhile.

NOTE: John is aged 58, diagnosed with Parkinson's fifteen years ago, with advanced Parkinson's four years ago. The Aloe Vera taken was Aloe Vera Gel, being produced to pharmaceutical standards.

A way forward

An introduction to conductive education by Maria Heine - new horizons for people with motor cerebral dysfunctions.

Palliative measures to control the symptoms of PD are available, but I would like to introduce a system where, with help, you yourself can learn to strive towards greater mobility, with self motivation and training.

Members of the Society are beginning to know of the Conductive Education System, which was developed by Professor Andras Peto in Hungary.

I studied to be a Conductor at the Peto Institute and became a specialist in motor disabilities.

CE is an approach to helping people with Parkinson's and other neurological conditions.

It is not a therapy or treatment. It is a comprehensive approach designed 'to enhance the functional profile of each individual person in the light of their own capabilities, and to regain self-esteem, a measure of one's own worth and the real enthusiasm applied to daily tasks while learning independent living skills.'

Why the name Conductive Education?

Conductive because a Conductor leads the group or individual, to succeed, sometimes against all odds, by providing support and stimulation.

The Conductor has to be able to inspire and communicate well with people.

The word Education is used in this context because it embraces goals, values and motivation as well as physical skills.