

Forever Living Products Testimonial

Chronic Bronchitis

Sarah Broadhurst

In March 2007, having had bronchitis twice, I was recommended to take Aloe Vera Gel. Both bouts were treated with antibiotics and Prednisolone after which I continued for some time with the symptoms.

Within a week of taking the Aloe Vera Gel I noticed my lungs were dry, no phlegm, no coughing and no longer sleepless nights. Also my sinuses were cleaned out of old blood, which had been residing there after a long haul flight back from Australia in February.

It is now July and I have never felt better. I cannot remember my lungs being so clear. Without consulting my doctor I have reduced my inhaler puffs to a quarter of the prescribed dose and feel great. I have an appointment with the Asthma clinic this month and will be informing the nurse about the benefits of Aloe Vera Gel.

However, there seems to be some side effects and these are:

- My restless legs at night are no longer restless.
- The number of times I wake up during the night has been reduced to none, one or two.
- I have been wearing glasses since the age of seven and now have OAP vision, but have a suspicion that my eyesight has improved because I have found myself reading without glasses.

All in all, a pretty good result. It is wonderful to have healthy lungs and no longer a heavy stone on my chest.