

Forever Living Products Testimonial Pack

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(The original letters are held at Head Office)

Issued by: the Marketing Department

A/2003

Acne

Andrew McBain

I am an eighteen-year-old who has suffered with acne for the past three years. It has been so bad that I resorted to being prescribed courses of antibiotics to be taken throughout the winter. Although this did clear the acne up I wasn't allowed to take the tablets in the summer because of an adverse reaction with sunlight and by the following winter they were back with a vengeance. This winter my mother joined FLP and started me on Bee Propolis and Garlic thyme tablets as well as Forever Freedom because I had a long-standing knee injury.

To begin with I was very sceptical and keen to go back on the antibiotics, but my mother made me promise to give the tablets a real chance. I can honestly say that over the last two months I have noticed a big difference and I do not need to be persuaded to continue with the tablets. Also, I am having physiotherapy for my knee injury and the Forever Freedom does seem to be speeding my recovery.

Patsy Hughes

My sixteen year old daughter, Annie, has been plagued for the last couple of years by teenage acne, which at this age can be so distressing. She has tried everything only to find that as one crop of spots faded another appeared.

In desperation she reached for my Alpha E Factor and after applying it every night for a week or two found that her spots had almost completely disappeared. She has also been drinking the Aloe Berry Nectar every morning and she is convinced it is the combination of the two that has given her, her new clear complexion. For the first time in years we can now properly see her pretty face.

My son has now cottoned on to the Alpha E as well, so if I'm not careful there'll soon be none left for me!

Arthritis

Geoffrey Newton

06/03/02

I have suffered from arthritis of the hips for five years, having had my first hip replacement just one year ago.

However, owing to bed shortages, my second hip replacement is well overdue. My wife suggested that I tried the Forever Freedom whilst waiting to go into hospital and I found that I can now go up and down my daughters stairs with more freedom from pain which I have suffered from for several years. Obviously we are never without Forever Freedom.

Ruth Bricknell

15/05/02

I have suffered from the condition Ankylosing Spondylitis since 1981. This disease is a chronic inflammation of the joints - mostly in the spine. The more common symptoms are pain and reduced mobility. Over the last three years the pain has been increasing, especially at night. Turning over in bed used to wake me whenever I wanted to move - momentarily, but sufficiently to disturb my night's rest. Prescribed medication helped but did not work as effectively as previously and therefore did not overcome the pain.

I enjoy a busy life but two of my favourite activities involve considerable movement of the joints. I joined a brass band last year; however, blowing my instrument causes the chest joints to move more than ordinary breathing does. This made the pain worse, especially the day after band practice! In January this year I returned to my gym after a break of eighteen months to recommence a health and fitness programme only to find that, due to pain, there were several exercises I just couldn't do anymore. There were also others that I had to avoid to prevent intense pain the following few days.

I began to drink Forever Living Product's Aloe Vera Gel on March 4th, 2002. From April 18th, now drinking Forever Freedom, I increased the amount from 60mls to 120mls daily. Within a few days and since then, I have been pain free during the day and, more importantly, the night as well.

I am not a great musician but I can enjoy a good practice or session without any pain at all, either while playing or during the days following. The level of workout I now do at the gym I would have only dreamed of in January. I've toned, strengthened, gained stamina and I feel great. My goal for next season Tennis!

I am so relieved to be pain free at last because long term pain really does wear you down.

Bill Greenoff

June 2002

Following Septic Arthritis as a child I was left crippled with a deformed, painful right hip and shortened leg. The initial 1/2" shortage increased by 1/2" each decade to a current 3 1/2". Limited cycling and walking in my teens and early twenties ceased or declined with age. Nevertheless I enjoyed a long, happy marriage with my late wife and a good career in architecture.

At the end of March 2002 Diana Powley recommended Forever Freedom to me. After less than a week the hip pain was easing. After four weeks I was so excited about the improvement that I registered with FLP to enjoy the benefits of the products at wholesale.

I have started running for the first time since I was 6, and at the age of 71 have started taking tennis coaching, a sport I had to give up when I was 17. I have even managed a 4 mile walk and my gait is much smoother now. Swimming, formerly reliant upon arm strokes, is now balanced with propulsion provided equally by my arms and legs. Weekly circuit training and twice weekly Hatha yoga are significantly more effective and enjoyable. Now, after less than three months, my pain has virtually disappeared altogether.

Naturally I was so excited that I started recommending the products and before I knew it I had become a Supervisor and having great fun in my new career.

Asthma

Justine King

19/07/02

My daughter was diagnosed with Asthma when she was three years old after a severe asthma attack. Luckily, for my daughter, her father has asthma and so was quickly able to recognise the symptoms and get her the correct treatment. Having never dealt with asthma before, especially in a child, I was truly horrified to watch my daughter suffering knowing that there was nothing I could do to help her or prevent this. As the years went on it was diagnosed that my daughter had only mild asthma, with an attack once a month or so or when she became ill which in turn turned into a chest infection and then asthma.

Since joining the FLP business opportunity in March 2002 my whole family has begun to use the products. My daughter, in particular, has been taking the Aloe Bits n' Peaches drinking gel which she calls her 'Happy Juice'. It has reduced her asthma attacks so much so that she has only had one attack since starting to take the drinking gel way back in March, thus reducing the need for her to use her inhaler or trips to the hospital.

She only takes 1/2 fl oz (15ml) a day but it does the trick. Thank you FLP for such a weight off my mind.

Athlete's Foot

K Richards

I thought you would like to know that the Aloe Vera Gelly you introduced me to has completely healed my Athletes Foot, especially the right foot. Thank you for introducing me to Aloe Vera. I used mycota and mycil creams from the doctor but to no avail. I had severe cracking and irritation especially at night for nearly six months - thank you again.

Autism

Tracy and Steve Hatch

13/02/98

Re: Our son Aaron .

We would like to share our experience with as many people as possible. Our Aaron was born two weeks late and was a sickly child. He was hospitalised in his first few weeks due to breathing problems. We had trouble feeding him as he had trouble eating and breathing at the same time! At 18 months Aaron was still poorly and in addition to his breathing and feeding troubles he had trouble sleeping at night, which made our life hell as he would not sleep in his own bed for very long and was a right fidget!!! He had trouble with his balance and it took a long time before he could walk unaided. From then on it was a struggle and it was at the age of four we had him assessed. He was diagnosed as suffering from Aspergers Syndrome. This is high functioning Autism, the most difficult to look after, as their understanding is good but everything must be in the order they have learnt it or they reject things outright and have dramatic temper tantrums which can be dangerous for themselves and others.

Having been told by all the doctors and experts that we were stuck with him as he was and there was little prospect of any improvement EVER we felt that his poor diet and poor health was hampering him. We began giving Aaron FLP Aloe Berry Nectar on his morning cereals. We noticed a marked improvement in his health after 1 month. His moods were better, his appetite improved and he slept better (thank God!!!). In addition he started to improve at school both academically and a slow improvement in his attitude and social skills.

When Steve went to the National FLP Annual Rally, Forever Kids and Ginkgo Plus were introduced as new products. As soon as Steve got home with the Forever Kids we introduced them to Aaron and he loved them. At that time he was a very angry little boy who was struggling with the demands of main stream school, even though he gets full special needs help each day. We were astonished to notice within a week an improvement in all areas including his school work. In addition, there was the bonus of better sleep patterns (he now sleeps in his own bed all-night). We are overjoyed that he now has a better quality of life, which means we have a better quality of life as well.

These vitamin tablets (his 'animals') cost 23p per day for each person. We understand that Forever Kids have been known to help other conditions such as Asthma, Arthritis and Rheumatism so our children are going to take them 'Forever'. We take them as well, as modern food processing is not able to provide us with good enough nutrition even if we ate the recommended 6 portions of fruit and veg each day!

Stop Press! the Ginkgo Plus are the same shape as the Stars in the Super Mario Nintendo 64 game. We have taken off the original label and replaced it with a picture of Mario and his friends. Aaron is now taking these (swallowing them whole, which is a miracle) and we are noticing an improvement in his powers of thinking. Although he is still behind other normal' children he is sitting down and attempting his homework on his own (as long as we remind him) this is a real breakthrough and we are as pleased as punch.

When we next see Rex Maughan, FLP's founder, we will give him a big hug and thank him for his Forever Vision which has made such a difference to so many people's lives, not just from the benefits of of the marvellous products, but the financial incentives to want to share the experience with others.

Bites and Stings

Janet

While on a coach holiday in Italy, most people were being bitten by mosquitoes quite severely but not me. I could not understand why as a few years back I was always the first one to be bitten, even in this country. Someone said to me 'It must be something you have eaten or drunk that is keeping them away'. Then at the end of the ten days I started to be bitten, then I realised it must have been the Aloe Vera gel protecting me as I did not take any on holiday with me.

I will not forget to take my Aloe Vera Gel on holiday any more!

Robert Crampton

27/03/98

It was Mothering Sunday 1998 and we went to the afternoon service at our local church. At the end of the service the vicar and one of the small children handed out flowers to everyone. My 19-year old daughter Lisa suddenly screamed out and great big tears rolled down her face. A great, big, round bee fell out of the daffodils and landed on her leg. The sting went through her moleskin (not real moleskin) trousers.

My wife took Lisa to the Vestry to remove her trousers, while I shot to the car for the 'First Aid Stick', Aloe Lips. Within a minute of application the pain went. We didn't find the sting but it left its mark.

My motto - Always carry your Lips, you don't know when you will need them.

Bleeding Gums

Claire Finney

I have suffered from bleeding gums since I was a child and nothing has ever alleviated it. I had always found that toothpaste actually irritated it. I tried the Forever Bright toothgel and from the second time I used it my gums have never bled and my teeth and gums feel marvellous. I'm very impressed.

Blood Pressure

John Neville

22/09/ 94

I thought it was time I thanked you for introducing me to 'Forever Living Products'. The benefits from taking the Aloe Berry Nectar have been manifold. Firstly, prior to joining FLP I was on Lisinopril for high blood pressure. The doctor told me that once I started the treatment I would probably have to stay on it the rest of my life. Well, he was wrong. I have been taking the Nectar for 6 months now and my blood pressure is back to normal, no more Lisinopril.

Another positive thing to come from this is that the nurse at the health centre is now a customer of mine. I was proof to her that Aloe works.

Breast Cancer

Sandra White

In recent months I have been receiving treatment for Breast Cancer. This has involved Radiotherapy and Chemotherapy.

I fortunately crossed paths with one of your managers, Tressa Byrom. She recommended your products, in particular the Aloe Berry Nectar. I have taken this over the last five weeks, with amazing results.

The hospital had warned me that the treatment would make me feel very low. This normally happens around the fourth week mark. I am now on week six of Radiotherapy and I am buzzing. I have a new lease of life. The doctor is amazed at the lack of burning on my skin. I can only put this down to the Aloe Berry Nectar. I have recommended it to other patients who are just about to start Radiotherapy. We hope with the same successful results.

Burns

Carrie Holmes

02/02/02

In January 1997 our two year old daughter caught fire from an open gas flame. The burns were extensive, covering 14 per cent of her body - mainly the inside both legs, thighs and stomach.

We were taken by ambulance to Warwick Hospital where she was assessed and sent to the special burns unit at Selly Oak Hospital in Birmingham.

the treatment for full thickness burns at that time was to prick the large blisters which had quickly formed, give her morphine, antibiotics and put her on a saline drip. The skin was left exposed and she was placed in an isolation room for several days under a large drying unit, which beamed hot air over the skin.

Finally after several days her burns were covered and bandaged, and the process of healing began.

Having been a family that ate a whole food, mainly organic diet, with strong belief in homoeopathic and herbal remedies, I was horrified to see the amount of drugs which were required to sedate her and keep her free from infection, to say nothing of the blood packs which she required each time a new skin graft was performed (8 altogether).

The consultants and staff would not let us apply anything topically to aid the healing process, so I began to make phone calls to contacts in the natural health field. Several mentioned Aloe Vera Gel, something she could drink rather than apply. We obtained some and began to add the gel to our daughter's drinks, two or three times a day.

We then had a period of some six weeks where the burn sites were dressed and bandaged, the outer bandages being changed every couple of days. We continued with the gel.

At the end of this time we were told that our daughter would probably need to be sedated with Ketamine to make removal of the complete dressing feasible. The sites would be very sore, sticky and extremely painful. The innermost dressing would have adhered to the sticky exudate and be very difficult to remove. We prepared ourselves for the worst. As a family who had never even used Calpol before this event, I was loath to allow the doctors to administer Ketamine.

The outer bandages were removed and as my daughter stood up to back away from this latest intrusion to her body, the inner bandages slipped down her legs revealing dry, pink smooth scar tissue. There was very little pain.

The atmosphere in that room was amazing. The registrar was called, followed by then

another consultant, then another consultant. No one could believe that my daughters third degree burns followed by numerous skin grafts could have healed so quickly.

'How have you done this?' we were asked incredulously. Of course we were still shocked at the fact that our daughter was scarred, being involved with a burns patient is a slow dawning of realisation that this is something that we will live with forever, but I have to say that we were delighted with the reaction from the staff. 'Aloe Vera Juice' I said. The looks that passed between the nurses spoke volumes. 'No seriously' I said. 'We have been giving her 2 or 3fl ozs every day. Now the bandages are off, can we put it on her skin too?'

Normally at this stage the burn site would be redressed and re-banded, for a further look in 2 weeks time, but we were able to leave the site uncovered, and start topical application immediately.

5 years on, we still apply Aloe Vera. The juice is now drunk by all of us. We are rarely ill, and compared to other children my daughters have only had one day off each from school. The consultants are very pleased with our progress, but we shall always be the aloe bunch from Leamington Spa.

Chemotherapy/Radiotherapy

Miranda White

Cancer is caused by a combination of a number of triggers and the body's immune system failure to cope. The rich antioxidant properties in drinking Aloe helped to rebuild my immune system during and after the treatments which because of their high toxicity tend to make people weak and open to all types of infections (e.g. Mouth ulcers to influenza etc.)

I suffered, as a result of drinking the gel, no illnesses during six months of treatment. I used the skin gel during radiation treatment and found it very cooling and soothing. I now need to maintain a high level of health and my immune system needs to be working at peak performance so I continue to drink the gel every day.

I do feel, although there was nothing to compare it with, that the Aloe products have helped my energy levels and general well being through the nasty experience of being treated for cancer.

Chickenpox

Jonathan Chapple

Recently, I have had very bad chickenpox and was given a bottle of Aloe First. It helped relieve a lot of pain and cool the spots.

the night before I had only slept an hour and a half. I had used Calamine lotion before I went to bed, but that had just made me feel sticky. The only way it could be administered was by pouring it onto a piece of cotton wool and dabbing it on carefully. The cooling sensation didn't last very long and I was rather uncomfortable when it became sticky. The next morning it had dried to my face in a kind of white crust. The cooling sensation was completely gone and when I had a shower it removed the crust completely.

But with the Aloe First, the differences were immediately obvious. The cooling effect lasted much longer, and the Aloe First was much easier to apply. It did not make me feel sticky, and (because I had chickenpox in my hair) it could be administered to my scalp without sticking my hair together. It really was quite fantastic. That night I slept a lot more, the irritation and pain had been eased considerably. It hadn't, however, completely gone, but this didn't matter as it soothed the heat of the spots a lot. On my chest and back it was especially good. Mum was able to apply lots of it and the more applied, the less the irritation, however, it would have been dangerous to spray it on my face so mum sprayed it onto paper handkerchiefs and wiped my face. This worked fine and I could lie on my face at night without the pain. I would like to thank Clive Richards very much for giving me the Aloe First and I would recommend it to anyone who has chickenpox. It did wonders for me.

Cholesterol

Kitty Williams

Kitty was upset and tearful when I called round to see her. She is our next door neighbour in her late seventies. She had just returned from the doctors and they were not happy with her.

Kitty and her family have a history of high cholesterol levels. I explained to Kitty that FLP had a product called Arctic Sea that might help her.

She was dreading more tablets from her doctor. When Kitty started her cholesterol level was 9.2% and when tested by the hospital four weeks later the result was 8.4%, a drop of nearly 1% and she had done nothing else to her diet except take two Arctic Sea capsules morning and evening. The hospital told her to keep doing what she was doing because it was working!

Now to aid her with Angina attack she has added Aloe Gel to her life. Kitty is now telling everyone about FLP products.

Cold Sores

Vivien Ellis

Having joined FLP in July I have previously given testimonials about the benefits I have personally experienced from many of the products but I knew all along that the ultimate test for me would come on the ski slopes at Christmas.

Even as a child I was always susceptible to herpes simplex (cold sores). I was told it is in my bloodstream, lying dormant and stress or exposure to certain weather conditions would cause them to erupt.

Sadly I proved that on my first skiing trip 22 years ago. Subsequently each year I have had my holidays seriously marred by a disfigured face and distressing pain. Imagine being offered spaghetti Tabasco with your lips literally 4 times their size and blisters surrounding the mouth from nostrils to chin. On returning from holidays various people seeing these cracking blisters have assumed a car crash or something similar - so bad was my face - not to say ugly and painful.

My own doctor abandoned me after prescribing first Uvistat and then Herpid. He said 'Give up skiing - stay in doors!' I changed doctors. The new sympathetic doctor prescribed Zovirax long before it was available over the counter. Zovirax didn't work and I had minor side effects - dryness in my throat and flaky skin and I had to set the alarm to apply it every four hours. Italian doctors gave me daily injections of goodness knows what in my buttock.

On December 23, 1994 I went armed only with Gel, Aloe Lips, Aloe Sunscreen and the Aloe Soap. John and I experienced 8 Days of skiing incorporating all weathers - sun, wind, blizzards. I now need no more proof. Each day I woke up with beautiful lips thanks to FLP and all my friends have seen the results and are using Aloe lips!

Colitis

Stephen Hatch

I would like to share my story with as many people as possible. In 1984, at the age of 32, I was diagnosed as suffering from Ulcerative Colitis. The symptoms were loss of blood and mucus due to ulceration of the large bowel and rectum resulting in a lack of control of my bodily functions. I was living from convenience to convenience! In addition I had painful arthritis in my joints. These, combined with complete lack of energy and the mental anguish, made life a complete misery.

At the height of the illness I was warned that the ulceration could develop into cancer. With our first child due within a month, I had no choice other than to have the only operation available to relieve my condition and save my life. It is called an Ileostomy; which means that the large bowel is removed, the stomach is connected to the small bowel (the Ileum) and a part of the Ileum is taken outside the body and formed into a spout to pass the body's waste into a replaceable receptacle. The

rectum is removed and the aperture sewn up forever. It was possible to have a 'reversal' operation where a pouch is cut out of the abdomen to partially take the place of the large bowel but in my case my illness had advanced too seriously.

However, following the operations (I had three in all) I suffered from arthritis, many severe gastric upsets, severe cramps, back ache, sinusitis, chest infections, body overheating, together with generally very poor health and lack of energy. Despite many hundreds of pounds of investment in alternative medicine, including Acupuncture, no permanent relief was obtained.

At the beginning of July 1995 my Dad introduced me to an Aloe Vera Juice drink which gave me a little relief. Then I discovered Forever Living Products and within a very short period I have experienced a dramatic improvement in my overall health and well-being. All the above ailments are now gone or significantly improved and my life has been transformed. I can now work, and have the energy to play with my three young sons and have a social life. The products I am using from FLP are not generally available and, as I would dearly like to share my knowledge of the products with fellow sufferers, I have taken on a distributorship.

I admit I tried the Forever Living Products' Aloe Berry Nectar as a sceptic who said, 'With a 90 day Satisfaction Guarantee, I have nothing to lose.' I would now, without hesitation, recommend it to anyone who would like to try a natural answer to their health problems. Wishing you, whoever you might be, all the best.

Cystitis

Louise Stanford

I am writing to tell you about the wonderful results of taking the Aloe Berry Nectar drink. For so many years I have suffered from Cystitis and at times it has been extremely severe. The infection has infected my kidneys resulting in a lot of pain and discomfort, followed by regular visits to the Doctor. Then one day I was introduced to Forever Living Products and found the miracle cure, the Aloe Berry Nectar drink.

to start with, I took 5fl ozs a day to get it into my system, drank 6 glasses of water and cut out alcohol. I also kept to a good diet and cut out sweets and chocolate. Within 6-8 weeks the pain had gone and I was passing water as normal and my kidney infection was gone. I couldn't believe it. I was so pleased that now I never go without taking the Berry Nectar along with a number of other vitamins from FLP.

Since taking these products I am so very happy to say, the problem has never returned and it has been 12 months. Not only has it prevented me from having Cystitis but also I feel absolutely fantastic.

Diabetes

Jill Pitcher

Adam was diagnosed in July 2001 with Diabetes at the age of 10. After the initial shock wore off we were shown how to monitor his blood sugar levels. As expected at first they were all over the scale. Doctors tried for a long time to stabilise them between 5 and 10. His insulin was altered on an almost daily basis. No matter what was tried - more insulin/less insulin - the levels were either too high or far too low. Eventually the doctors decided on the level of insulin to be given even though his blood sugar level was still high (12-17). It was finally accepted that his levels would be high, averaging out at 15 and would be unlikely to change.

We had gotten use to this and thought nothing more of it. Then we met Diane Barker, who introduced us to Forever Living Products. We tried a couple of products, one of which was the gel drink. To start with it was Forever Freedom. Adam thought it tasted horrible but continued to drink it, as he knew it would do him good. After a few days we noticed that his blood sugar levels started to fall. We did not know why this was but we were pleased. Adam carried on drinking the gel and was happier when we changed to the Berry Nectar.

His blood sugar levels have now stabilised at an average of 8 and continue to do so and the only thing we can think that it is due to is the Aloe Vera Gel as nothing else has changed in his routine.

thank you to Tim and Diane for introducing us.

thank you to FLP for a brilliant product.

Diverticulitis

Yvonne Dudley

I have suffered Diverticulitis for many years and I have gone to my local hospital on several occasions. I was so bad that I was unable to take on a full time job as I had the embarrassment of running to the toilet all the time. I was on medication and couldn't go on holiday without it.

Norma Davies introduced me to Aloe Vera Berry Nectar gel and all I can say is I feel absolutely great. I am now working full time at our local post office. My family is so relieved that I can now live a normal life, thanks to Aloe Berry Nectar.

Eczema

Julie Harper

6/03/02

For several years my eight year old daughter has had the discomfort of eczema on the inside of her elbow. It gradually became worse over time, spreading further and further down her arms. The itchiness would make her scratch the skin for relief, which of course then led to scratched and bleeding skin which would become even more sore and infected and more itchy.

We tried many different creams over the years, including homoeopathic and herbal ones before moving on to Diprobase and other proprietary brands. Most creams offered some temporary relief but our daughter would complain of her 'slimy skin' because the ointments would often just sit on top of the eczema in a greasy layer, providing a rather inert but vaguely soothing, topical application whose effectiveness rarely lasted overnight.

Finally, we gave in to steroid cream, which did seem to be slightly more effective at first. Apart from the usual concerns about steroid products, it was also obvious that we weren't getting to the bottom of the problem but simply constantly applying a greasy equivalent to a 'band aid' to a seemingly endless eruption.

At this point I came across the FLP product, Aloe Propolis Creme, which I was happy to try because of the quality of the ingredients and the excellent reputation of the company itself. With the first application I noticed a difference immediately. Firstly, although the eczema seemed to redden up in reaction, it was a brighter, pinker colour and the rash seemed to have a less raggedy edge. Secondly, the itching stopped almost immediately which was amazing. Lastly, the skin very quickly lost its horribly dry, parchment like appearance. It quickly plumped up with moisture but without any greasiness from the cream, which seemed to be absorbed deeply in a most unusual way.

After increasingly less regular applications over the next three or four days, our daughter's eczema went completely. It just seemed to 'grow out' from her skin. It was quite remarkable. Now, I just put a dab of the cream on if I see a hint of the eczema appearing and it nips it in the bud. It is a wonderful and unusual product that I would recommend most highly to anyone with a similar skin problem. Thank you FLP!

John and Juliet Ross

16/11/02

1) We used the Aloe Propolis Creme on our 9-year old daughter's eczema. After applying it twice a day for 3 to 4 weeks we got a very good result - the eczema patches had disappeared. However, it did get worse before it got better and it was important to persevere at that point. We understand that this is the "healing crisis" when the damaged skin cells are pushed up to the surface by the deeper layer of skin that is healing. We continue to use the cream to keep the eczema at bay.

2) the cream has antibacterial, anti-fungal and non-inflammatory properties but without the side effects of hydro cortisone creams. We feel happier about applying it often when there is a flare up of Esther's eczema and applying it liberally.

3) It moisturises as it heals, as it is a nice heavy cream; easily absorbed as well, so two jobs are done at once.

4) the lignins in Aloe carry the cream down into the dermis, promoting healing from that level. Lighter creams do not penetrate so far. Ointment may do, but is far stickier.

5) Aloe has been found to leave less scarring in the healing process.

6) A tube of Aloe Propolis is 2 and a half times the size of a normal tube of prescribed hydro cortisone and is therefore cost effective when used by those who pay for prescriptions. As a mother, I am quite happy to pay the price for my children to have a safe and effective alternative to steroid creams.

Epidermolysis Bullosa (EB.)

Me and My Vera!!

I would like to take this opportunity to tell you about how the Aloe Vera products are beneficial to me.

Firstly, I would like to tell you briefly that I am a sufferer of the rare skin condition called Epidermolysis Bullosa (EB for short). EB is a genetic skin condition passed on through faulty genes that both of my parents are a carrier of. It is a blistering condition, the blisters are burn-like and can be very sore and painful. What causes it is the epidermis and the dermis layers do not bond with the outer skin layers properly causing the outer layer of my skin to break out into blisters whenever friction is applied to the skin.

Myself and my partner Paul have been a part of FLP for four months now, and have been using the products for our own personal use as well as being distributors. All of the products that I have used so far have been beneficial for me and my skin condition.

I am using a wide variety of products to help with myself and my skin condition. I use the Bee Propolis cream on my thumb openings because they have a habit of cracking, resulting in becoming very sore for quite sometime.

Before I started to use the cream my thumbs used to take a good three to four weeks to heal up properly, but since using the Bee Propolis cream after a week my thumb healed up more or less completely with no reactions towards the contents. It used to be a nightmare to heal them up properly and to prevent any infection starting, but with the Bee Propolis it sorts all of that out because it contains a natural antibiotic to help with the prevention of infection. It used to get so sore and painful that it used to stop me from doing things for myself properly and I was limited to one hand usage. Sometimes it used to get to a point where they would stop me from driving because it would be so painful that I could not open my hands to grip the steering wheel making it difficult to steer my car even though it has power assisted steering.

Due to my EB the healed areas of the skin in certain places, that do not need to be bandaged, dry out: forming flakes of dry skin making it extremely itchy. Itching is a big problem area for me because the friction that is applied to scratch the skin can cause it to bleed which then leads to a blister and so on. That is when the Aloe Moisturiser comes into the equation. All I do is apply it to the dry patch and it moisturises as well as cools the skin down to take the itching away for a couple of hours. I have used other moisturisers in the past but they did not do what I wanted it to do for as long as the Aloe Moisturiser does. Due to the remarkable results since I started using the Aloe Moisturiser I am seriously considering giving the Aloe Lotion a try.

Due to the nature of my skin condition I have to have my bandages removed and changed daily, resulting in me spending an hour to an hour and a half sat in the bath soaking off the old dressings. I find that the Aloe Bath Gelee is very good because it relaxes me when I am sat in the bath especially because I have to spend so long in there sometimes, and it moisturises my skin even though sometimes I have to apply some of my other solutions with it to make it more moisture friendly. But I do not know where I would be without my Bath Gelee.

EB does not just affect me externally, it also affects me internally by having blisters in my mouth and throat caused by eating. It used to be a nightmare shopping for toothpaste because all the toothpaste that we bought from the supermarket stung and burned the blisters that were in my mouth, discouraging me from cleaning my teeth properly. But thanks to Forever Bright toothgel my nightmare is over. The gel with its peppermint and spearmint is gentle and burn-free, it even makes my teeth feel cleaner and it gives me confidence, encouraging me to brush my teeth. The natural antiseptic that it contains helps with the healing of the blisters that are in my mouth and throat. Paul is a sufferer of tonsillitis and when it comes up he is in bed for a good week really ill. Paul had a bout of it a couple of months ago and because he uses the Forever Bright it kept the infection to a minimum making him less ill. He still had to take antibiotics for it, but he was not half as bad as he used to get in the past when he got it.

the blisters that I have can range from small to very large blisters making it extremely painful. With the pain and stinging I used to literally cry, but I have found a spray which I call my 'magic spray' entitled Aloe First. Paul sprays it on the area and I have immediate relief from the stinging and it takes the edge off the pain. Like the Aloe Vera Gelee I do not know where I would be without Aloe First to take the edge off the stinging and the pain which is a relief for me because I know that it has an immediate action when it is applied to the areas. It is also soothing due to the added moisturisers that it contains. Due to the severity of the blistering I have to fight off infection and I have a five-month old baby to care for making me extremely tired, I help to combat it by drinking the Aloe Berry Nectar. Since taking it I have been less tired and sleeping better in the night.

I take it every day to help with the tiredness and to boost my energy levels a little bit to get me through the day. I find it very beneficial to aid tiredness and give me good-nights sleep in the night.

I am unable to use a normal bar of soap as it dries out my skin and the perfume that some of them contain irritates my skin. I have found a soap that does not irritate or dry out my skin, I use the Aloe Liquid Soap everyday in substitute to a normal bar of soap when I take a bath. It softens my skin, it does not sting the open blisters and it

moisturises my skin, where a normal bar of soap would dry it out completely.

Most people always like to have tidy hair whenever they go out or find themselves constantly running a brush through their hair. I use the Aloe Styling Gel to help to keep my hair in place as it does not dry up my scalp too much which some gels and hair sprays do making it itchy at the same time.

As well as finding the Aloe Bath Gelee relaxing, I find the shampoo and conditioning rinse relaxing as it gives off relaxing scents for me. I also have incredibly dry scalp as I get blisters in my hair as well and it helps with the dryness of my scalp.

I am really glad that I have found and joined FLP because if it was not for them I would not have found all these products and with my skin condition I have had benefits from all of them. Thank you FLP you have solved a lot of my problems. The title 'Me and My Vera' is true; I would not live without it.

Enlarged Prostate

Anthony Hall

On the 9th December 1992 my GP referred me to a specialist as he suspected that I had an enlarged prostate which, if left unattended, could become a serious problem.

A flexible cystoscopy was carried out by the specialist. He confirmed that the prostate was enlarged, but it wasn't cancerous. He recommended it be removed by surgery, which could take place in four months time.

Early in 1993 I was introduced to Aloe Vera, from 'Forever Living Products'. 'It will detoxify your body', I was told. So I began to drink a small quantity everyday. Later, when the pre-operation check-up was done the surgeon said that my prostate had returned to normal and he informed my GP that the Aloe Vera had resolved the problem. He told me not to tell any of his Patients, as his income from carrying out operations would be reduced!

I have continued to take the Aloe Vera gel from FLP on a daily basis. Not only is my prostate still where it belongs, and working well for a 59-year old, but I've found that I have more energy and a feeling of well being. 'Stress' is a thing of the past!

Fibromyalgia

I had to retire from a lifetime career in public relations that I loved with a passion. This was due to waking up one day, literally, with Fibromyalgia, a chronic condition causing extreme muscle pain throughout the body and total fatigue. Neither doctors nor specialists know what causes it and there is no treatment for it apart from painkillers, anti-inflammatory and anti-depressant drugs.

I suffered hell for two years. I had always led an active life working hard and playing hard. Now I felt totally useless, unable to look after my own basic needs.

Then Forever Living Products found me and I was introduced to Aloe Vera products. The prescribed drugs had produced some nasty side effects including irritable bowel syndrome (IBS) and severe stomach problems. Within a few short weeks of taking our Aloe Vera Gel my stomach problems and IBS had gone – that in itself was such a relief. Gradually week after week I felt that bit better with a little more energy and a little less pain.

Then Forever Freedom was introduced and I made a cocktail with this and the original gel and found greater pain relief and was able to start reducing my medication. I also found our natural bee products of great help in boosting energy levels and reducing anxiety and stress.

By this time I had total belief in the company and its products. I had met a wide variety of people across the organisation and found them to be the most caring, understanding and fun-loving people. I saw the business opportunity staring me in the face. Great products, great people and all the support and training you could ever wish for.

I just love telling my story and introducing the benefits of our products to others. It is great to see my team grow and develop and I am delighted to have made Supervisor. I have my dreams and my goals and I know I will make it to the top and be financially secure for the rest of my life.

I consider myself truly fortunate to have been found by my caring and understanding sponsor Maureen Blume and to be part of what I believe is the best and most dynamic group in FLP.

FLP has given me my life back and I consider myself really lucky to have been in the right place at the right time.

Hay Fever

Sue Darch

I started to use the Bee Pollen for energy and it certainly increases energy levels - don't take it too close to bedtime.

I found it had one unexpected side effect, it helped my Hay Fever. About March I went out and bought my packet of triludan to have it ready when needed.

March went by, April went by, and the oil seed rape season went by, not a snuffle to be heard! In fact I got through the whole summer without having to trouble the antihistamine packet except for one two week period when the tree pollen was at its highest.

It has been terrific to find a natural product that stops the misery of streaming eyes and itchy throat. Not only does it 'not cause drowsiness' it positively encourages vitality

Incidentally, if you do suffer from sore eyes the activator is brilliant, but that's another story!

IBS

Sue Rowbotham

02/01/02

I have suffered from Irritable Bowel Syndrome for several years. I could not understand what was wrong with me. Finally, I could not stand the discomfort any more and went to see my GP. I did not even know what IBS was, all I knew was that I had continual indigestion and always felt so bloated, as though I was over-eating at every meal. My GP put me on various spasmodic drugs, they just seemed to keep the symptoms under control, but now and again it would flare up.

I have been taking the Aloe Vera gel since August 2001. After drinking the second bottle I could definitely feel an improvement and I am very pleased to say that now I do not have any symptoms. I can eat anything I like and it is fantastic to be able to take a completely natural product and not to have to take prescription drugs, which can produce awful side effects.

Originally, when introduced to FLP, I was interested in the powers of Aloe Vera and how natural products could play a part in improving the quality of life. I just did not realise how powerful Aloe Vera was. I am now totally convinced in FLP products and will use them for the rest of my life. I also get a great deal of pleasure in letting other people know of the benefits: to improve their lives, whether to complement their health or improve their lifestyles.

I would like to thank Paul for introducing us to this wonderful company, and to FLP, your products are amazing. We look forward to a journey of a lifetime.

Leg Ulcers

Salai Barclay

26/11/98

On the 14th of February of this year I developed a pressure blister on the ball of my left foot which soon grew into an ulcer. Having previously treated three similar ulcers successfully with Aloe Vera Gelly, I was not too alarmed. However, within one week, septicaemia set in and we sought medical assistance. I was admitted to hospital and a cocktail of antibiotics were given intravenously for the next four weeks. When it became obvious that these had not worked, I was admitted to surgery. A 'trench' was cut from between my first and second toes, to my ankle and the length of the top of my foot as, by now, abscesses and ulcers had formed along the length of the poison's track. I was discharged after five and a half weeks and, despite my request that Aloe be used to treat the surgical wounds, they were treated with Iodine.

In June a fresh ABCs was located between the first and second toes. The surgeon took one look and stated that the second toe would have to 'come off', basing his decision on the fact that Osteomalitis had been revealed by the x-ray in this toe. Surgery was scheduled for four days hence, but on the day no bed was available and the operation was postponed for a further six days.

In the meantime I had not been idle! I had contacted all my friends and asked for their prayers for my toe, whilst I went into action with three fluid ounces of Aloe Vera Gel every three hours backed up with eight Propolis tablets a day, taken in twos at mealtimes and last thing at night.

When the surgeon came to debride the new ABCs he could find no trace of the bacteria which had been attacking the bone, and so, had no reason to amputate.

After this the Consultant and Surgeon consented to my request to use Aloe. From that time the wound has first been washed with Aloe Activator, then packed with Aloe Propolis Creme with a topping of Aloe Gelly to enhance absorption. The foot is then protected with a gauze dressing and bandage.

Needless to say, I still take Propolis tablets but only four a day now! to date, healing has progressed well, with little scarring and both doctors and nurses have been impressed with the healing power of Aloe. Although it has taken a long time to complete the healing the Consultant had expressed doubt at the start as to whether it would heal at all, this being common in his experience.

Leukaemia

Ellen Nutsford

In June 1995 I started a new career with Camelot. I settled down really well and was enjoying the challenge of a new direction in my life. In October I started to feel lethargic, tired and although I had been on a diet I reached my target weight, but carried on losing the pounds whilst eating more.

In November I had a nasty bout of flu, thought nothing of it until I also noticed bruising on my arms and legs, even though I was resting in bed.

Mum seemed a bit concerned and suggested I saw a doctor, which led to me having a blood test. A phone call from the doctor that very same day confirmed in my mind my worse fears. The diagnosis of Leukaemia was confirmed the next day, (my birthday) what devastation. Mum and Ian were there for me that day and the decision was made to take me back to Wales with them and arrangements were made for my admission into Singleton Hospital, Swansea.

It is now April 25th and a week ago today I had my Bone Marrow transplant. My case is unusual, it has taken just five months from diagnosis to Bone Marrow transplant, where most people wait months, even years to get to where I am today. There have been a few contributory factors in my case; my own positive attitude, the support of family, friends, Camelot sent endless flowers and gifts, telephone calls of comfort and the thoughts and prayers of people I haven't even met. But the icing on my cake is a dear brother who's Bone Marrow is identical to mine. His gift to me is a future I might not have had.

I have been drinking FLP's Aloe Vera Gel on and off for my IBS for about two years, which has helped me. I have carried on drinking the Gel, though highly diluted with black currant but the relief that many of the other products have given me are tremendous.

Gelly - Rubbed into my arms after blood tests, has kept bruising to a minimum. I have a Hickman line, which is used for transfusions, chemotherapy. Gelly has helped with the soreness of the tube entry into my chest.

Propolis Creme - For relief with dry skin caused by chemotherapy, and rubbed into my bald head is just a delight.

Heat Lotion - For back ache and bed sores

Aloe First - Sprayed over face and head when suffering high temperatures, and relieved an itchy head whilst losing my hair, sprayed over my body when I had a bad reaction to a drug.

Aloe Lips - to keep my lips moist when sore, but could never hold onto the same one for

long enough to finish it as it would always end up in the pocket of one or other of the medical staff.

toothgel - Which I love, which may have helped with the mouth sores caused by chemotherapy.

Forever Lite - Strawberry flavoured which Mum almost forced fed me when my appetite was non-existent.

Gel - On the advice of Dr. Peter Atherton and with the blessing of my consultant, I drank 8oz a day, nose held and diluted with blackcurrant cordial, as Peter takes it (even he can't drink it neat), every day during my treatment.

I wrote this testimonial just 5 days after my bone marrow transplant not knowing what was to come. The conventional drugs used to stop me from rejecting the transplant had a devastating effect on my body. Most of my organs failed including a collapsed lung and I was given just six hours to live at one point.

It is now 5th August 1996 and I have been home for five weeks, my bodily functions are back to normal, kidneys, pancreas, liver, bowel and bladder and more importantly my lungs, are all running smoothly.

Most people have no idea of the devastating effect chemotherapy, radiotherapy and the drug regime has on the body, I am suffering with the after effects and a condition called Graft Versus Host Disease (meaning my brother's bone marrow is fighting my body even though the graft has taken). I will suffer with this I am told for up to a year, the visible signs of this is very bad skin problems for which the Lotion has proved worth its weight in gold, also the Propolis Creme.

When I was released from hospital amongst my drugs were, Vitamin B tablets, Potassium tablets, Zinc tablets, each of which I was able to stop taking within a few days because the Berry Nectar provided these substances naturally. I also feel sure that it has helped to improve and maintain my blood levels.

Lupus

Frank Short

Brenda, my wife, became ill some 19 years ago and after 8 years of to-ing and fro-ing to Harley Street was diagnosed as suffering from Lupus.

Various medication was taken including 20 milligrams of steroids per day. Over the years Brenda's condition steadily grew worse and in October 1994 Brenda was taking as many as 10 Paracetamol tablets for pain relief and between 45 and 50 milligrams of steroids per day.

the side effects of such medication was causing excessive hair loss, brittle nails, irritable bowels, thinning of skin tissue, excessive weight, to name but a few. She was unable to participate in many of her previous past times and life was barely worth living.

During October 1994, a friend who was a distributor for FLP suggested that she had absolutely nothing to lose should she try a course of Aloe Vera.

Brenda commenced taking Aloe and by December 1994 Brenda's health showed improvement and she had been able to slightly reduce her daily intake of medication.

She then doubled her intake of Aloe and by the end of February 1995 had halved her daily intake of medication.

Brenda also started to enjoy a better life style and started enjoying past recreational activities previously denied her.

As Brenda benefited greatly from the taking of Aloe, she decided to join FLP as a distributor, in order to help others with their various ailments, and, by no means least, to earn a regular income.

Brenda's hair has stopped falling out, she now sports a beautiful set of nails, she has lost 1 1/2 stone in weight and has been able to reduce her daily intake of medication to 2.Paracetamol and 5 milligrams of steroids, most importantly, she feels more active and healthy.

At Bournemouth Brenda was promoted to Manager and we both thank FLP for the benefits of their Aloe products and for the benefits of a very well precision Marketing Plan.

M. E.

Pam Charman

I was diagnosed with an 'M.E.' type virus in 1992, for which my doctor could offer no treatment. Although back to full-time work by late 1993, I felt permanently unwell, had little energy, suffered frequent colds and violent headaches. I also had a permanent fuzzy feeling in my head.

By April 1997 I had seen little improvement but was introduced to FLP. I started taking Bee Pollen (2 morning and night) for my hay fever. I experienced dramatic reductions in symptoms after 1 week and no more antihistamines.

I then tried Aloe Vera Gel (a measure morning and night) and was stunned to find my energy levels go up within 5 days, and continue to do so, gradually, ever since. I have fewer colds and headaches and I am told I look much healthier. I also feel my body absorbs nutrition much better.

However, I still had the fuzzy head. In December 1997 I tried the new Ginkgo Plus. 20 minutes after taking my first tablet it felt like a light switch was flicked on in my head and it cleared completely! On only one tablet most days, occasionally 2, my head remains clear, my memory and concentration have improved.

Thank you FLP.

Mouth Ulcers

Jean Hinckerman

My friend introduced me to your Aloe Vera Gel and Toothpaste in the hope that it might help ease my mouth ulcers. For six years I have been to my GP and have had antibiotics, mouth gels and mouthwashes. I have tried all the products on the chemist shelf as well as Bicarbonate of Soda, mustard, vinegar, anything to get rid of these terrible mouth ulcers. I have had up to six at a time all over my tongue, lips and gums.

I went to a specialist who gave me a four month supply of Blood tablets but I still got more ulcers. On my last visit he said I would just have to live with it because the lining in my mouth was very weak. He gave me some more mouthwash and ambasol gel but it didn't help.

On Monday 30th of July I started using your Aloe Vera and by Wednesday 7th August my ulcers had all gone. My mouth was sweet and smooth again and all the plaque was gone and my teeth were white. I have had no re-occurrence since. I can not thank you and my friend Joyce enough for your wonderful product.

MSM Gel

Julie Daley

Mike and I are new distributors in Northumberland and we are very impressed with MSM gel.

Our son Luke is currently training to take his Black Belt in Karate and when in competitions we always have sore muscles etc. Luke came home early last Sunday with a very painful neck injury. He was in agony; he could not move his neck at all and had his head resting on his shoulders, as he couldn't hold his neck straight up at all.

I smothered his neck in MSM and also Heat Lotion (this was recommended by Dorne Parker when we were at a Masterclass a couple of weeks ago). Within an hour Luke was able to move and hold his neck in the upright position. I reapplied the MSM and Heat lotion combination every couple of hours for the rest of the day. By the evening Luke was able to move his neck very gently from side to side. Before he went to bed I applied MSM to his neck and applied a dressing to stop it rubbing off in bed. When Luke woke in the morning he was almost completely recovered there was only a very slight stiffness, which had completely gone by the following morning.

this is an absolutely fabulous product. I am going to take a tube to all his competitions and offer it to other kids and adults if I see anyone injured. I expect most people will be very grateful of the relief and what better publicity could we get with such a great product. Thanks FLP for yet another great product.

Ovarian Cancer

Sandra Brace

two years ago I was diagnosed with Ovarian Cancer and had to have a total hysterectomy after which I began a course of chemotherapy for six months. After three months of being clear, I was told I had a secondary tumour on my rectum and would need a further six month course of chemotherapy. I was unable to complete this course as I contracted MRSA super bug, and the anti-biotic depleted my immune system. As I still needed chemotherapy it was decided that I would take it in a milder tablet form with the possibility of radiotherapy in the future.

the effect these chemicals had on me were very unpleasant, the worst was my digestive and bowel system. It was as if I had drunk acid and felt like it was burning me from top to bottom. The remedies given to me by the hospital did little to relieve these problems.

Earlier in the year my daughter and I visited a Natural Healing Exhibition in Ipswich where I was told about Aloe Vera and how it could help me. However, I was sceptical and thought it could not be that good, and left it at that, but my problems still persisted.

After talking to my nurse who said I could benefit from trying Aloe Vera, I decided to go to the next Natural Healing Exhibition in Colchester where I met Ann and Ron Doveton. They were very informative about the different ways Aloe Vera could help me and advised me to try the Aloe Vera Gel. After only two days of taking the Aloe Vera my digestive tract and bowel calmed down considerably.

A few weeks later I was told I would need Radiotherapy daily for a month and that it could irritate and burn the skin. The Radiotherapist said that all she could give me was a moisturising cream for dry skin but I told her I would prefer to use my Aloe Vera Gelly. She said that she could not allow this, as so many patients brought in Aloe Vera Cremes to use, but they have so many chemical additives they could not be used, as it would interfere with the Radiation. She offered to have my FLP gelly tested in the hospital laboratory. Two days later the results came back that the gelly was almost 100% pure and therefore they were perfectly happy for me to use it after the treatments. In fact, they said that they had never seen one so pure before.

At the end of my treatment I did not have any radiation burns, irritation or dry skin and as I was drinking the Aloe Vera Gel my energy levels had improved no end. In fact, friends have been saying how well I have looked lately and have asked what I have been doing, as did my Cancer Consultant. So I told them about Aloe Vera and how it has helped me.

I am now a distributor and with the help of Ann and Ron, my first presentation was a great success and has created a lot of interest amongst people with all sorts of problems.

Although I have been told my cancer is not curable I feel that together with my positive attitude on life, great support from my family and friends, and with the help of Aloe Vera my quality of life has been greatly improved and long may it continue.

I hope that this testimonial will help other distributors to be able to help other people who are also suffering.

Psoriasis

Finbarr Lehane

For seven years I have suffered from chronic psoriasis. One morning while shaving I noticed a small circular scale over my right ear. On having a haircut I discovered I had more scales in my hairline.

I went to the doctor and he informed me it was Psoriasis. He explained it was an ailment for which there was no cure and very little known about its actual cause. He recommended I try Coal tar treatments namely Oxipor, which I tried and found to my amazement that rather than heal the ailment it actually made it worse, for the simple reason that when I treated one area of skin it broke out in new areas of my body with the result that eight months later my whole body was covered.

During this time I'd made numerous visits to Skin Specialists. I was then put on various treatments, all cortisone based, namely Diprosone, Betnovate, Dernovate and others too numerous to mention. At this point my body was red raw and bleeding, the itch was absolutely unbearable.

In a period of six and a half years I never went out in public without wearing a long sleeved garment outside of which I wore my jacket, due to the fact that my shirt was red with blood. The trauma and mental depression I went through were simply humiliating. At this point I decided to trace the roots of Psoriasis and find out as much as possible about it. After a lot of research I came to the conclusion that the side effects of Cortisone far outweigh the benefits, which in my case were none.

In my view there are no chemical answers to this problem because the amount of chemicals and toxins consumed by us each day are far too high.

I always believed that the answer had to come from within the body because it was from therein the problem began. I tried various Herbalists for a cure, but once again to no avail.

One evening Michael O'Sullivan, a friend of mine called me to say he may be able to help my Psoriasis. He gave me a container of Aloe Vera Gel, Activator, Propolis Cream, Bath Gelee, and Loofah. He advised me to take two fluid ounces of Gel three times daily. Apply the Activator and Propolis creme twice daily and a bath once a day using the Bath Gelee and

loofah to remove the scales.

I commenced the treatment on the Thursday evening and to my sheer and utter disbelief on the Friday morning the itch was gone completely. I rang Michael straight away with my good news. I applied the Activator and Propolis Cream daily and within five days I could see a vast

improvement.

the second week my skin flared very much for four days. After this, white patches of new skin began to emerge all over my body thus healing had begun. These white patches grew larger and larger and between 3-4 weeks my body was virtually clear. Pimples and spots of varying sizes emerged — these are what I called 'secondaries'.

I am now at the stage where I have been taking the Gel for six weeks with the result that my body is clearing up at a steady pace. I have no doubt that I have found the answer to my problem and it is my dearest wish that I may be able to help the thousands of people who suffer silently with these problems.

I will also stress that in my experience alcohol greatly inhibited the healing process so I abstained completely and I would strongly advise anyone on this treatment to do likewise until their course of treatment is complete.

I believe in my heart that we owe in general a great depth of gratitude to Rex Maughan, Dr. Bill Coates and the staff of FLP for giving so many people such an array of natural healing products with no side effects, especially when our environment is such an issue at this time.

Sports Injuries

Neil Riddiford

My name is Neil Riddiford and my background is Motor Racing. When a single seater racing car they are set up with very stiff suspension to improve the handling. Unfortunately over the last 12 years my back has operated like a shock absorber, this means you feel every bump and curb. Two years ago I developed a major back problem, which has prevented me racing. After many tests I was sent to a specialist to check for MS.

the conclusion being that the general pounding over the years had generated muscles in my back that could only be described as MDF or hardwood that needed tenderising, so I have been receiving a regular massage with the Heat Lotion and I always drink the Gel. I can honestly say that my problem is 95% improved and I only get a little bit of discomfort when I first wake up in the morning.

thank you FLP I've just made a racing comeback and finished 2nd at Snetterton. Brands Hatch next.

Richard Higson

I just had to share with you the success I've had with our new product, Forever Freedom. Many years ago (16, to be precise) I was heavily involved in Martial Arts. I trained in the art of Tae Kwon Do and was just one grade away from a black belt. It was during a competition that I received damage to my knees, which resulted in a visit to the hospital and further consultation with a specialist. In brief, I was told that the damage caused to the joints could not be rectified without extensive surgery and even then I would be affected with poor mobility and discomfort for the rest of my life. If I didn't have surgery, I would experience great discomfort and would probably require walking aids within the next 3-5 years. At this point I decided the specialist was not much of an optimist! I had to give up Tae Kwon Do, as the joints would no longer take the level of use that was required and started on a course of physiotherapy, as I was not going down the surgery route. It was a sad day for me as I had a great passion for the sport.

the joints did improve to the level that I only had pain and discomfort first thing in the morning, on cold or damp days or after extensive periods of mobility and I could not travel for any distance without sufficient leg room. For many years following I adapted to the pain and discomfort. Five years ago, I began my journey and training in Holistic therapies. By following my own discipline I began to make vast

improvement. Three years ago I started to take the Aloe Vera Gel and Omega 3 which helped to further improve my quality of life and in fact I only experienced the occasional pain and discomfort on cold, damp days. In December I began taking 2ozs per day of Forever Freedom in addition to my routine. This was just the icing on the cake! Within 3 weeks my joint mobility had greatly improved and no pain or discomfort even on the cold, damp days (we've had quite a few of those lately!). And now after three months my knees feel as if their 15 again! I am amazed by the results and have an unshakeable belief in the power of 'Freedom'. And it's not just me; many of my customers who were previously taking the gel to help manage their arthritis have also experienced improved results with Forever Freedom and in a relatively short period of time. this is a fantastic and unique product that can offer great benefit to people with joint mobility issues and the greatest act of kindness is to share it with them.

Stomach Ulcer

Julie Harper

10/03/02

I've had a stomach ulcer, which became a lesion, for many years now. Mostly, I controlled it with homoeopathic or herbal remedies but over the last couple of years it became both worse, and more frequent and I was resorting to strong painkillers. I also began to see a direct link between stress levels at work (I'm a full time teacher) and these attacks.

Curiously, I came across FLP at around the same time that I was considering seeing a conventional doctor because my stomach discomfort was often preventing me sleeping.

One day in particular, I came home from work with an unusually burning flare up. Being new to the idea of drinking Aloe Vera, I was pretty sceptical about it helping but since the herbs and homoeopathy weren't touching the pain now, it was worth a try. Almost immediately, I could feel the soothing benefits of the aloe as it came into contact with my stomach. It seemed to work as an extraordinary antacid, which I could feel counteracting the inner inflammation. I could tell that I needed to take a little more in order to completely overwhelm the burning sensations and then there was just this marvellous feeling of pain relief. I had three or four similar episodes like this and it was such a comfort to know that a pharmaceutical-free pain relief was so quick and easy to obtain. Now, I only need to take a small amount daily as a maintenance dose and I haven't had a severe flare up for months now. My digestive system feels better generally too and not so prone to acidity. So thank you so much, FLP, for your wonderful products.

Teeth and Gums

Lisa Hughes

I have very strong teeth and no cavities in over 30 years. I have used Crest all my life and with my good fortune I was slightly apprehensive to try something different. They say that people with good teeth may tend to have gum problems later in life. This proved to be true with my mother who has had gum surgery twice. I want to prevent this for myself. Although I have strong teeth I do get a lot of plaque build-up despite flossing daily.

When I visited my dentist after six months of use, I was very excited by his report that my plaque build-up was significantly reduced as a result of using FLP toothgel and my gums were very healthy with no bleeding at all during the exam. The added bonus is that my breath is fresher for longer during the day.

Tendinitis

Andy Peach

02/01/99

I have been taking Vera Gel now for some six months but I have only just got round to writing about the marvellous affect it has had on me.

As an International Oarsman both at Junior and Senior level and a member of the 1980 Olympic Squad, I have trained to the very highest levels, which inevitably has had an affect on the body due to the pounding it continually took. Training four to five hours, six days a week, fifty weeks of the year wears joints out and for a considerable number of years I have had Chronic tendinitis in my left knee. This is a direct result of the enormous training workload.

When Diane my wife went into the business she insisted I take Aloe Vera Gel morning and night and to stick with it and see what happens. Being the world's biggest cynic and sceptic I did so, but very begrudgingly not expecting anything to happen at all. After all I have had physiotherapy, friction therapy, the very latest ultrasound, even cortisone injections, all to no avail. The general prognosis was that the kneecap would have to be replaced, however not until I was fifty, some nine years to wait. Coupled with this was the large amount of painkillers I have been taking over the years. So what could Aloe Vera Gel do that all the aforementioned could not do.

Oh ye of little faith. After some four to five weeks I began to realise that the pain in the knee was in fact subsiding and that it definitely did not hurt anywhere near as much as it used to when I was driving or rugby training. In fact, now I experience no pain what so ever.

I only wish that Aloe Vera Gel was around when I was still competing

Internationally, I am sure some of the niggling injuries we had to live with would have cleared up so very much quicker. The other major factor is that the product is purely natural and would prove no problem to the International Board in respect of drug testing; we were subjected to on quite a number of occasions.

I can only express my experience with regard to the improvement Aloe Vera has made to me personally, but I am, as they say, now converted and will not stop taking it.

Dorothy Collins

I feel I must write and tell you what a blessing it was the day you introduced me to Aloe Heat Lotion. 18 months ago I tore a tendon in my right shoulder and as I am very right

handed, apart from the constant pain I suffered night and day, the inconvenience was tremendous and I think I aged at least 10 years.

I was not neglected by my GP. I had physiotherapy at 2 hospitals and he even brought a specialist in that field of injury to the surgery to see me.

So after 14 days of using Aloe Heat Lotion and finding I can write reasonably well again, knit sew, iron and raise my arm above my head without assistance. I look upon Aloe Vera as a miracle product and I am recommending it to anyone I know suffering muscular pain.

Tennis Elbow

Vivien Ellis

Having fallen when skiing last Christmas my first experience of tennis elbow was catalysed. As I'm an active sportswoman I agreed to the quickest cure. My GP, who recognised herself as an expert in locating the point accurately, gave me a hydro-cortisone injection in March, marvellous!

Within 24 hours the constant ache which had accompanied me since Christmas disappeared.

Alas, I was warned tennis elbow would recur despite following advice on what to avoid so that the onset would be delayed. In May this year my tennis elbow returned, even shaking hands became a painful process.

John had just joined FLP in July when I was debating whether or not to agree to a second hydro cortisone injection. Luckily I could escape having more cortisone pumped into my body, I began drinking the Nectar and rubbing Heat Lotion morning and night.

I can honestly say I can feel no pain whatsoever and I am confident that confining to take the Berry Nectar and using the leather Lotion I will keep the problem at bay and look forward to continuing to play sport pain free!

Thrush

Susan Firth

I have suffered for many years from an irritating condition called thrush, which is a yeast infection. I am sure there are many ladies who can relate to me. I was never away from the doctors, every 2 - 3 weeks. The medication worked for a couple of weeks and then the condition recurred. The doctor said I was just one of the unfortunate people who was prone to thrush.

I started to drink Aloe Berry Nectar containing cranberry juice, which is extremely effective in clearing up any problems concerned with kidneys and waterworks problems. The Nectar also contains Bee Propolis, which is one of nature's natural antibiotics.

Warts

Lesley Fuller ·

01/02/96

I am writing to you as a satisfied customer. My son Iain (aged 9 and a half) had a skin virus similar to the wart virus for which I was told, on two separate occasions by different doctors, that it would take 9-12 months to go away and that there was no cure. It was very unsightly, but fortunately it was only on his upper arm and torso. My doctor said that as a last resort they could burst the larger ones with Phenol but he wasn't that keen to do it because it would leave a mark.

My sister in London then sent me a tube of Aloe Propolis Creme, which to my amazement cleared up the virus within 4 weeks. I was so pleased, and amazed, by the results that I took Iain to our doctor whom, to say the least, was flabbergasted. He had always been aware that there was no cure for this virus. We are both so thankful, that it has cleared up.

I am now a firm believer in the healing properties of Aloe Vera. I am really most impressed and have been telling friends about the success of the Aloe Propolis creme.

Wound Healing

Shaun Swinburn

My 4-year old son Elliot fell off his bike onto his face first. This caused severe cuts, grazes and bruising to his face. I cleaned the wounds up and sprayed his face with Aloe First. The pain soon subsided and when Elliot had calmed down I gently covered the wounds with the Aloe Vera Gelly. The fact that Elliot was calm now was important to me although his face did look a mess.

Eight days later his face had healed totally, which is quite amazing considering a small scratch on his hand caused at the same time had still not healed.

Now 2 months later there is not a mark on his face, not even a small scar.

Cats

Tara Clements

In February of 1997 my silver shaded Maine Coon Girl very suddenly within a week developed an enormous ulcer just under her tongue, this protruded right out over her lower teeth so that she could not close her mouth and just constantly dribbled. As you can guess she was one very sick girl. '

the vet during this time was treating her with Synulox Antibiotics. Finally it was obvious that this was having absolutely no effect, and things were deteriorating considerably. We were given two choices; to put her to sleep immediately or to have a go at freezing out the lump, as Loopy was only four years old and fit in every other way we decided to give the operation a go.

the operation went okay, but more bad news; the cancer had spread through the whole of her bottom jaw, and apart from removing the whole lot there was nothing else to do but to take her home and say goodbye.

She was on a lot of painkillers and antibiotics, but seemed to bounce back from her operation very well. So the Vets put her on Marbocyl 20mg, this worked very well but she was getting very fat.

the cancer seemed to have gone into remission, Loopy was happy and enjoying the summer playing on the grass in our back garden. As autumn progressed she seemed to a lot quieter, sleeping a lot of the time. Then by the end of November she was starting to become ill again, her eye colour had faded from bright green to a dull yellow, she was starting to give up!

We were at a show, showing some of my other cats when we came across this Forever Living Aloe Vera Gel, it was rather an acquired taste, but it sounded like it could possibly help Loopy out, anyway it was worth a try there was nothing to lose.

Loopy apparently didn't dislike the Gel. I put her on 3mls twice daily, of course keeping on the Marbocyl that the Vet had given her. After a week there was a noticeable difference, she was suddenly up and about again playing, the bad temper had gone and she was back to cleaning another Queens' baby kittens, she always adored babies!

A month later the weight had dropped off her, she was back to a normal size again, and her eyes had gone their bright green again. It is now June and she is still well, the cancer is still there but under control. I have increased her dosage to 4mls twice daily now but the Marbocyl has not increased, so that is good. We are extremely pleased with the Aloe Vera Products.

Dogs

B. N. Forbes

You must receive many letters itemising the effect that Aloe Vera has had on the writers. Personally, I have always been inclined to dismiss such recommendations, whatever they were praising, as being the over-enthusiastic reactions of those who had happened to obtain some slight relief from the named product or who merely imagined the product had helped them.

For that reason I have refrained from putting in writing the many ways in which your Aloe Vera has given me so much relief from pain. However, I think it worth bringing to your attention a case that cannot be psychologically motivated or in any way imaginary.

My 13-year old dog suffered very badly from osteoarthritis and when he stood up his joints cracked so much it was painful to hear. My wife suggested that, as I had obtained so much relief from Aloe Vera, that we gave the dog some. Within three or four days the joint cracking stopped and he was again running around like a much younger animal.

this improvement has been maintained for almost a year now and we have learned to vary the dosage as required. What we cannot do is stop it altogether or, the next day, the joints start cracking.

Now 14 1/2 years of age, the dog is able to lead an active and enjoyable life and there is nothing imaginary about that. But then, neither is there anything imaginary about the way Forever Living Aloe has helped me.

Amanda McGlynn

I have a German Shepherd that burst out in wet Eczema. His mother had the same complaint through her life and visited the vet on a regular basis. Eventually her immune system broke down because of the regular use of steroid based treatments. As a last resort I went to see a homoeopathic vet at great expense. His treatment was successful the first time but because of the deterioration of her immune system we eventually had her put down.

When Rumbold erupted with the same complaint and having recently joined FLP I tried Aloe Vera and the results were astounding. I put the gel in his food and bathed the areas with the shampoo. I also sprayed the areas with the Vet Spray, which stopped the irritation and so stopped the licking.

It erupted about six months later so I went through the same procedure, this time using the Propolis cream, again, an outstanding result.

Horses

Mary Peters

this is a true story about a Shetland pony called Muffin. At the time he was 15 years old, skewbald and always fluffy. He had been given to a very old man as a to another old pony. He was very loved and well fed but unfortunately the old man had very poor eyesight. He kept Muffin in a paddock just down the road from me, so I could keep a watchful without going in to him and looking closely at him. One day during the summer, which had been particularly wet, the old man called around to say Muffin was not too well, could I come and see him.

At first he looked as though he had a touch of Colic or tummy ache. He was rather muddy so I gave him some Aloe Vera down his throat using a syringe. I normally do this with the onset of Colic because it often just settles their discomfort and gives me time to watch them and decide what is the cause of their problems. As I was standing and thinking about what had caused Muffin to be distressed I noticed that on his shoulder a group of maggots were coming out of his coat. It was a terrible sight and I thought he must have a wound. On closer examination I realised his whole back was a crawling mass of maggots coming out of his coat. I soaked him in Aloe Veterinary Spray and the maggots evacuated non-stop for the rest of the afternoon. I phoned our vet and asked him to leave out some sheep maggot spray just in case I needed it.

I took Muffin home to my farm and continued to apply Vet spray until it was clear. Obviously Muffin had suffered Rain Rot or scold under his fluffy coat. The old man had not noticed because of failing eyesight and then the flies had set to work laying eggs on the cracked skin. When it was warm the maggots hatched out which was why Muffin was rolling.

After soaking his back several times the next day I applied Aloe Vera Jelly tube liberally and his whole back from mane to tail lost all its scarred skin. He was growing new healthy skin and hair within 6 weeks and did not have a single scar by the end of the summer. I have had horses all my life but I had never seen anything like this before.

Needless to say I phoned the vet and cancelled the maggot spray.

Helen Clark

When I first came across FLP I was told how the gel helped people suffering IBS. I hadn't a clue what that was as thankfully I haven't got it. Anyway, after an explanation I realised it may well help a horse I had recently bought. As part of my business I buy and sell horses

and my newest one had chronic diarrhoea. Normally with a good worming programme and a little TLC this problem is usually overcome. Not in this case, he was getting worse not better. After a discussion with my vet it was decided it was probably due to worm damage. With no other road to go down I decided to put him on the gel. Within a few weeks he started to improve and within five weeks the diarrhoea was completely gone, he was putting on weight and in general was looking 100 times better. Now I know its not normal but there were a few sceptics in the yard and when I returned from holiday his condition had worsened. I then found out that he had not had his gel daily. I put him straight back on it and within the week his condition started to improve again. So much for the sceptics!

My was suitably impressed and within a few days I had a call from one of his clients wanting some gel for her horse with the same problem. That horse also improved and remained on the gel until he died a year ago. I have since sold Chester who now looks an absolute picture, and his new owner not only keeps him on the gel but joined the business as well.

Jane Hardy

Rio has always been a somewhat accident prone horse from about 2 weeks old up to the present. As a petulant 2-year old she got into a fearful paddy just because I decided to bring my older horse (Robin) in from the paddock first. When I got back to get Rio she came galloping towards the field gate, slid to a halt, reared and dangled her front legs over the gate. The gate opened under her weight and she left a chunk of her chest on it as she fell off! We were presented with a cavity I could put both my fists in and a large flap of dangling flesh. My vet came and stitched what he could and administered painkillers and antibiotics. Two days later as the stitches started to tighten; she tried to pull them out and in doing so ripped the flesh alongside the stitched wound. At this point Maddie French, my neighbour, suggested I might try some Aloe products. She gave me the veterinary spray and the gelly. I applied both products about 4 times a day for the first week and gradually decreased the applications as the wound healed. I took the stitches out myself and within six weeks the whole area had repaired brilliantly with no scarring and the hair was beginning to grow back.

Interestingly, when my vet arrived a few months later to give Rio and Robin their regular health check, I invited him to check the wound on Rio's chest and he couldn't find it!