

## ALOE VERA - THE REDISCOVERED WONDER PLANT?

ALOE Vera, a cactus-like plant which has been known and used in herbal medicine for 6000 years, is being rediscovered by health conscious people worldwide.

Two thousand years ago, Cleopatra regarded the gel (inside the leaves) as the fountain of youth and used it to preserve her skin against the ravages of the Egyptian sun.

Even the Bible mentions the value of Aloe Vera.

Most recently heralded as a wonder herbal remedy for Irritable Bowel Syndrome, Arthritis, Stomach Ulcers and Eczema, many people drink an ounce or so of the plant juice daily as a general tonic which they say gives them more energy, makes them feel less stressed and helps them to sleep better.

Dr Peter Atherton a GP in Buckinghamshire says:

"It is a highly nutritious plant which I believe has a role to play in the management of certain illnesses. It is not a panacea for all ills. It helps people with bowel problems, arthritis and skin problems such as eczema, psoriasis, ulcers and nettle rash," he says.

Dr Atherton, who is now trying to set up trials on Aloe Vera in Britain, first became interested when a patient brought it to his attention.

"Last year a patient asked me if I had heard of Aloe Vera as a healing agent. I ordered all the current research on it and was astonished to find 39 out of the 40 research papers were positive. I immediately initiated trials on some of my long-term chronically ill patients suffering not only from IBS but also arthritis, eczema and psoriasis, who had received no benefit from orthodox treatments," he explains.

Irritable Bowel Syndrome (IBS) is a condition where there is pain in the colon and disorder of bowel habit causing

diarrhoea or constipation. It can be aggravated by tea, coffee, alcohol and too much or too little fibre.

Dr Atherton says: "Aloe Vera contains anthraquinones which have proven to be effective in bowel problems, by regulating bowel habit. It may help diarrhoea as much as constipation."

Ellen Nutsford, 25, an accounts administrator in Northampton has suffered with IBS all her life.

"I have endured IBS for as long as I can remember," says Ellen. "As a child I was always sick on my birthdays, at Christmas and when we were preparing to go on holiday. As I grew up it affected me when I moved house, invited friends to dinner or went out to dinner or parties. My doctor was not interested, it was something I simply lived with.

"It reached a crisis last September. My stomach was a mess, I vomited

for weeks which left me feeling raw and empty."

"I was introduced to Aloe Vera gel, combined with cranberry and apple juice. I take three tablespoons of the gel every morning before I do anything else. If I have a bad day with a lot of stress I take another dose to ease my stomach."

"A bottle of the gel lasts me about six weeks and costs about £15. I now have IBS under control. It has changed my life," says Ellen.

It's gelatinous juice has many uses taken internally or used externally. Aloe Vera contains seven of the eight essential amino acids, over twenty minerals and eleven vitamins needed by our bodies.

June Willsher who lives in Northampton and works as a carer with the elderly, has been suffering from arthritis for three years.

"I was on strong anti-inflammatory drugs prescribed by my GP. Because of a stomach



problem, I had to take other drugs to enable me to take the anti-inflammatory tablets.

"I was introduced to Aloe Vera a year ago by a neighbour who said it may help to relieve the arthritis," June recalls.

"I was very sceptical but I began drinking 4oz of neat juice every morning and night. After two weeks I stopped taking the drugs and I haven't taken any since. The arthritis is fine if I take a daily dose of Aloe Vera. When I have stopped taking Aloe Vera, I find the pain returns five days later," June says.

"My husband Ian started taking Aloe Vera a year ago for diabetes and the effect has been dramatic.

"Insulin encourages the appetite so you eat more and because you eat more, you take more insulin. Due to his diabetes, a vein collapsed in one of his legs so he had to wear a leg iron which all his shoes had to be adapted to. He now no longer needs a leg support.

"He has now cut down on his insulin and lost excess weight. He is not as tired as he used to be. He is much better and his diabetes is under control. He used to take 120 units of insulin, now he only takes 40.

"Aloe Vera has done a lot for both our lives," says a grateful June.

**"Aloe Vera has done a lot for both our lives" says June Willsher**

**WEIGHT-LOSS BREAKTHROUGH**

**LOSE WEIGHT THE NATURAL WAY WITH THE INCREDIBLE GARCINIA CAMBOGIA FRUIT**

**SEE PAGE THREE FOR THE FACTS**

### CONTENTS

1. Aloe Vera
2. Aloe Vera
3. Weight-Loss Breakthrough
4. Miracle From The Hive