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Acne

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!

Heather Adams

I had a nasty spot appear on my cheek with all the soreness and redness associated with a pulsating giant of a zit! I put a thick layer of Marine Mask on the offending area, left it on for over an hour (actually I forgot it was on and went to collect my son from a party....!) and this reduced the spot considerably. The next day the spot had disappeared whereas I would have expected it to have grown and lingered for several days.

Age Spots

Leslie Herman

I am 46 years old with a fair but freckly complexion. Then I noticed that a few of my 'freckles' could no longer pass as freckles because they were too large and most definitely did not blend in nicely with the rest. I wished there was something I could do about what I and my ego had to reconcile as 'age spots'. They stood out on a very prominent part of my face (just under my eyes, one under each eye).

When Forever Epiblanc came out, I was quietly *very* excited because it claimed to be able to help conditions just like mine. I am very confident about every single product in the FLP range I have ever used and recommended to-date, so I bought some and tried it. I have been using it now for about four months... and the spots have definitely reduced in size and colour and are no longer a prominent feature on my face. They most definitely have begun to fit back into the freckle category! When I discussed the product with a member of my downline she was as excited as I was, as she was getting great results in about the same time as me!

We are now strongly and successfully able to recommend Forever Epiblanc to existing customers as well as to new customers because of our own personal success with this product.

Pat Samuels

I have been using Forever Epiblanc now for 6 months and have noticed slowly a change in the dark ageing spots on both my hands. On my left hand you can see a cluster of dark brown freckles. If you have freckles you learn to live with them, but when I started getting ageing spots nearly as dark as the cluster of freckles, I was not happy.

When Forever Living Products brought out this new product Epiblanc, I started to use it every day and I have been delighted with the results. You can see on my left hand an oval of age spots that look like something has bitten me, just below the base of my thumb, and on my right hand there are three or four in the middle of my hand - they are very pale now, nowhere near as dark as the freckles.

Needless to say I am delighted and shall carry on using the Epiblanc along with all the other FLP products.

Alopecia

Debbie Jackson

"Although it is still quite early days yet, I am now onto my second bottle of the Aloe Vera drink I bought from you and I would say it is definitely helping to boost my recovery from Alopecia (hair loss). I have been careful to follow the instructions in the leaflet that you gave me. For the first time in a year, I have noticed hair growing on my legs (I lost all my body hair) and the hair at the back of my head is now getting longer too and thinner hair is growing back at the sides. My eyelashes and brows are also getting thicker, all my facial hair fell out too. It is also difficult to say for sure as I have found that any signs are sporadic and patchy.

However, I am encouraged by my body's ability to self heal using holistic therapies like aloe vera. My GP referred me to a Consultant Dermatologist at Manchester Royal Infirmary who told me very bluntly that I would never have any hair ever again and there was absolutely nothing I could do about it!

Thanks very much indeed for an interesting, enjoyable and helpful evening.

Arthritis

Ruth Bricknell

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 sufficient 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 4 March 2002. From 18 April, now drinking Forever Freedom, I increased the amount from 60ml to 120ml 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 only have 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.

Arthritis

Bill Greenoff

Following Septic Arthritis as a child I was left crippled with a deformed, painful right hip and shortened leg. The initial 2" shortage increased by 2" each decade to a current 32". 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 am having great fun in my new career.

Asthma

Justine King

My daughter was diagnosed with Asthma when she was three years old after a severe asthma attack. Luckily, for my daughter, her father who also has asthma 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 it way back in March, thus reducing the need for her to use her inhaler or trips to the hospital. she only takes 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 Athlete's 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

Our son 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. From then on it was a struggle and it was at the age of four he was diagnosed as suffering from Asperger's 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 after one month - his moods were better, his appetite improved, he slept better (thank God!!!), started to improve at school both academically and showed 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. At that time Aaron was a very angry little boy who was struggling with the demands of mainstream school, even though he was getting full special needs help each day. Within a week of taking Forever Kids, we were astonished to notice improvement in all areas including his schoolwork. 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 do too.

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 too, as modern food processing is not able to provide us with good enough nutrition even if **we** ate six portions of fruit and veg each day!!

Stop Press! Aaron is now taking Ginkgo Plus (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.

Bed Wetting

Rosie Porter *

My daughter, Bethany, is 7 years old. She is an August child and has always struggled at school and lacked confidence. Being the second child she decided to "potty train" herself at the age of 2 - a little early for me I must admit. She frequently had accidents up until last year and suffered from urine infections and had never become "dry" at night.

She had been referred to the Enuretic Clinic and was given an alarm to wake her when she wet at night - but still no luck.

However last month we started her on Forever Living Royal Jelly by a recommendation from another parent with a similar problem.

We have recommended this to some friends now, one of whom is also very pleased with the results.

We will continue to recommend this to friends and we feel that it has helped our daughter and given her a new-found confidence that **we**, as parents, have never seen.

Carol Chalk

My son Jack, one of twins, was born prematurely at 28 weeks weighing just 1 lb 12 ozs. Despite some problems he grew and progressed very well. Last year as he reached the age of seven I was concerned that his night-time bladder control was not improving. I really wanted to get this sorted out as he was becoming embarrassed about it. I'd been introduced to FLP a couple of years previously and wondered if any of the supplements would help. I had a word with my upline manager who suggested trying our Fields of Greens, Bee Pollen and Royal Jelly. Like many children he found taking tablets a little hard and in a few days he decided he would just take the Royal Jelly! About a week later Jack stopped wetting the bed. I couldn't believe it so I stopped giving it for a couple of nights and the bedwetting returned. Back on the tablets and again the wetting stopped and he now continues to be dry even though he has now stopped taking the tablets. I am completely convinced the Royal Jelly did the trick.

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 no longer forget to take my Aloe Vera Gel on holiday!

Blood Pressure

John Neville

I thought it was time I thanked you for introducing me to 'FLP's products. The benefits of 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 for 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.

Burns

Carrie Holmes

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 of 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 wholefood, mainly organic diet, with strong belief in homeopathic 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 the 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 Gel!" I said. The looks that passed between the nurses spoke volumes. 'No seriously' I said. "We have been giving her 2 or 3 fl 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-bandaged, for a further look in 2 week's time, but we were able to leave the site uncovered, and start topical application immediately.

5 years on, **we** still apply Aloe Vera. The Gel 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

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 antibiotic 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 Brotherton. 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. 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.

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, and 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 confirmed my worst 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 25 and a week ago today I had my Bone Marrow Transplant. My case is unusual, it has taken just five months from diagnosis to 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 whose 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 blackcurrant but the relief that many of the other products have given me are tremendous.

Aloe Vera **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, it 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, and 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.

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

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

Aloe Vera **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, 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 5 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 have 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.

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, Teresa 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.

Miranda White

Cancer is caused by a combination of a number of triggers and the body's immune system's 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 'Flu etc.).

As a result of drinking the Gel, I suffered no illnesses during six months of treatment. I used the Aloe Gelly 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 wellbeing 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. Rather than spray it on my face Mum sprayed it onto paper hankies 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 her 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 symptoms she has added Aloe Gel to her life. Kitty is now telling everyone about FLP products.

Coeliac Disease

Robert Carter

In early spring 2004, and quite 'out of the blue' I was diagnosed with Coeliac Disease, whereby I needed a 'gluten free' diet change. At about the same time my Son-in-law and daughter, Stephen & Karen Lee, became distributors for 'Forever Living Products.'

My attendance at one of their promotion evenings led to me purchasing, and taking a daily dose of ALOE BERRY. This I take 30 minutes before any food or drink for the day, and all I can say is that a second biopsy of my stomach some 8 months after diagnosis has shown, and I quote 'a significant improvement in response to your gluten-free diet.' Whether this is due to the Aloe Vera cannot be proved, all I can say is that the daily ration is giving me added zest, a better skin tone and much else besides!

Just prior to Christmas 2004 I developed a nasty lump in the armpit, clearly a sweat gland had become blocked! My answer? To finish for good with those roll-on deodorants which stain one's clothes anyway, and use the Aloe Ever-Shield deodorant stick ... no more blocked and painful sweat glands and also no more discoloured shirts Thank you Forever Living Products, you're giving me products which are safe and life promoting.

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 indoors!' 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 this 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 wellbeing. 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. As I would dearly like to share my knowledge of the products with fellow sufferers, I have taken on a distributorship.

I hope this my story will bring some relief to others who suffer from what can only be described as a *very* debilitating, uncomfortable and disruptive health problem.

Crohn's Disease

Gerard Roache

I was diagnosed as having Crohn's Disease in 1984. To anyone who may not know, it is a severe disorder of the stomach and bowel. For me it was the cause of bouts of severe diarrhoea and stomach cramping that rendered me disabled, in the sense that I was unable to work or function properly on a daily basis. My social and working life had to be planned or re-organised daily depending on my condition that day.

Serious attempts at diet change over eight years failed to help in any way. These changes varied from including or excluding; 'root vegetable', 'greens', 'roughage', 'starch', 'alcohol' and 'common beverages', etc. Time passed with two operations and several changes of medication - while they all worked for a short period, in the long run, they brought their own problems, thus worsening my condition.

Left in a 'medical limbo' I turned to Forever Living Products' Aloe Berry Nectar in a cry for help. I can now cheer, laugh and sing out loud, I can work effortlessly and I no longer have to plan around my condition. In a word, I have returned to 'pre-1984', when my stomach and bowels were normal. As I write, my diet is being opened out to include things that I would never have thought possible before. It has taken me three months of taking two fl ozs three times a day to achieve this wonderful feeling, although I did get positive results after just three weeks.

I must 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.

Crohns Disease
Graham Davies

I have suffered from Crohn's Disease for most of my life. After two resection operations I was offered early retirement from my teaching career, which I took. I was three stone underweight and was still recovering from the last operation at the time. I thought I would easily get a new job but at the age of 50 with no regular income and with one interview in two years I was unable to find work. With two young children and the same overheads as when I was working I started to get into debt.

There comes a point where you simply have to do something for yourself and this was it. I started trying natural methods to gain relief from my Crohn's disease, including acupuncture and hypnotherapy. None of these worked for me but one day in 1997 a friend suggested I try drinking FLP Aloe Vera Gel as it had worked for her digestive disorder. At that moment, even though I did not know it at the time, my life had taken a fantastic new direction.

FLP's Aloe Vera Gel calmed down my symptoms very quickly. I have been drinking it for over seven years now and am not on any medication. I also take other FLP products daily for my Crohn's disease such as the Omega-3 and Bee Pollen, but the Gel is the most important. I also suffered from acid reflux due to a hiatus hernia but since drinking the Gel that has gone away, never to return.

Needless to say, on the strength of what the products had done for me, I joined FLP and have found it to be the most rewarding and fulfilling professional career. For the last five years patients have been recommended to me by the Gastro-enterology dept of my local hospital. I have now written a guide to natural self-management strategies for IBD* sufferers, which includes a section on Aloe Vera and the Colitis clinical trial with our Gel. My mission is to get the whole country drinking FLP Aloe Vera!

I am 58 and have never felt better or happier in my life.

* Inflammatory Bowel Disease

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 5 fl 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

Joyce Lett

In March 2003 I was invited to a presentation about Aloe Vera. Although it was only a short walk away I really didn't want to go as the pain in my hip from Arthritis and fluid leaking from the joint made even the shortest walk agony. There was a lump the size of a tangerine on my hip. I could hardly walk across the lounge without severe pain. I didn't want to let my friends down however, so I went along.

I learnt that Aloe Vera and the Arctic-Sea might help my arthritis and possibly my diabetes too. I started taking 4oz(120ml) of Aloe Gel and 2 Arctic-Sea capsules per day and within 6 weeks I could feel a big difference. I could walk anywhere without my stick and without any pain and was able to stop taking the tablets given to me as an anti-inflammatory. The lump disappeared and I even went belly-dancing recently!

I was amazed how my blood sugar level reduced. At the time I was taking 2x850mg of Metformin and 2x 500mg of Tolbutamide per day. My blood sugar dropped so rapidly I was having hypos and the diabetic nurse told me to stop taking one of the Tolbutamide tablets. Sugar levels continued to fall and after a further month I stopped taking any. The hospital is very pleased with me and discharged me in December.

As an added bonus; I have had a weeping sore on my leg for at least 10 years owing to a scratch I got in the garden. The doctor said that if I wasn't careful to keep it clean it would turn into an ulcer. He gave me some cream which dried it up a little but after a shower it would weep again from within. I couldn't wear tights without a bandage. This has now completely healed.

Thank goodness I made the effort to go to that presentation that day, I dread to think what my life would be like now if I hadn't tried these products. My friends are amazed at the difference in me and I now recommend Aloe to everyone I know.

Diverticulitis

Yvonne Dudley

I have suffered from 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 Berry Nectar, 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.

Pat Buckley

I suffer from Diverticulitis and after being tested the three main items of food that bring this on are, cheese tomato and eggs.

After taking Aloe Vera Gel for approx. 6 weeks I first tested mild cheese dishes, then after 2/3 weeks, tried tomato and then finally egg. If I do not overdo it, I am able to enjoy a moderate amount of each and all this I put down to ALOE VERA.

Eczema

Julie Harper

For several years my eight-year-old daughter has had the discomfort of eczema on the inside of her elbow. It 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 homeopathic 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!

Eczema

John and Juliet Ross

- 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 Propolis Creme to keep the eczema at bay.
- 2) The Creme has antibacterial, anti-fungal and anti-inflammatory properties but without the side effects of hydrocortisone 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 Creme is two and a half times the size of a normal tube of prescribed hydrocortisone 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.

Enlarged Prostate

Anthony Hall

On 9 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 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 FLP's Aloe Vera. '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 wellbeing. 'Stress' is a thing of the past!

Epidermolysis Bullosa (E.B.)

Me and my Vera!!

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 carried by my parents. 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 have been beneficial.

I use the Bee Propolis Creme on my thumbs because they have a habit of cracking, resulting in becoming very sore for quite sometime. Before, it used to take a good three to four weeks to heal up properly, but the Bee Propolis Creme contains a natural antibiotic to help with the prevention of infection. It used to get so sore and stop me from doing things for myself properly (I was limited to one hand usage) including driving because it would be so painful that I could not open my hands to grip the steering wheel.

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. All I do now is apply Aloe Moisturising Lotion to the dry patch and it moisturises as well as cools the skin down to take the itching away for a couple of hours. Other moisturisers were not as effective as the Aloe Moisturiser. I have had remarkable results.

My condition means I have to have my bandages removed and changed daily, resulting in me spending an hour to an hour and a half in the bath soaking off the old dressings. The Aloe Bath Gelee is very good because it relaxes me especially because I have to spend so long in there and it helps moisturise my skin.

EB does not just affect me externally; it also affects me internally by having blisters in my mouth and throat caused by eating. The toothpaste that we bought from the supermarket stung and burned the blisters in my mouth, discouraging me from cleaning my teeth properly. But thanks to Forever Bright Toothgel my nightmare is over. With its peppermint and spearmint, it is gentle and burn-free, it even makes my teeth feel cleaner and 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 had a bout of tonsillitis a couple of months ago and because he uses the Forever Bright Toothgel, 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 be.

I suffer 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' - Aloe First which gives immediate relief from the stinging and it takes the edge off the pain. 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 at 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 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 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.

I also use the Aloe Styling Gel to help to keep my hair in place as it does not dry my scalp too much which some gels and hair sprays do making it itchy.

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 and as I get blisters in my hair as well, 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 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.

Eyesight

Anne Blackwood *

My husband Charles started having serious problems with his sight. He experienced blank patches in his vision, which could last for several hours. In the autumn he was referred to a specialist, who diagnosed wet macular degeneration. This meant that his retina was failing and he could anticipate a progressive deterioration in his eyesight, eventually leading to blindness. We were very concerned, as the specialist said there was no known cure and supplementation was a waste of time.

I have over the years of being with FLP, recognised the wisdom and the quality of the combination of the ingredients in the supplements; and in anticipation of the introduction of Forever Vision, we were hopeful that the progress of the condition might at the least be slowed down with the use of this supplement.

Throughout autumn, Charles' eye condition continued to be a problem with many more frequent episodes of the 'blank' patches, and he frequently expressed his concern.

January of this year couldn't come too quickly. As soon as I was able to, I ordered the new supplement, which Charles took at the recommended level - two tablets each day. Within a couple of weeks I was noticing that Charles was no longer complaining of his eye problems, and by the end of March even he had noticed a huge improvement.

To date, (June 2005), the condition has stopped being a problem, with no patchy vision for several months now. Charles is now looking forward to keeping this condition at bay through regular use of the Forever Vision.

Merle Fletcher

I have suffered for most of my adult life with 'floaters', this is small and sometimes quite large particles that float in my eyes, these have a quite profound effect on my vision, mainly noticeable when I am on the computer, watching TV or in bright sunlight. I started taking Forever Vision three months ago and have been staggered by the difference, they have not gone completely but there are far fewer and they are not as dark so do not interfere so much with my vision. It's amazing seeing without the black speckles!! Needless to say I make sure that I don't run out.

Eyesight

Chris Jenner

I started to wear glasses at the age of 12 - nearly 40 years ago - for short sightedness, however, vanity prevailed and I have been wearing contact lenses for the last 23 years. Since 1997 my prescription has been minus 2.00 in both eyes. Imagine my delight when I went for my six-monthly check up last week to be told that my sight had improved to the extent that I am now minus 1.75 in each eye.

I have been drinking FLP Aloe Vera Gel since February 1995 along with most of the supplements but in January 2005 I started taking two Forever Vision each day. My ophthalmologist has no experience of using natural supplements but said he was aware of the research associated with the benefits of taking high quality supplements.

Fredericka Jean-Paul Denis

A few months ago I was having trouble with my eyes, it was a problem that was gradually getting worse. It was taking me a while to focus on anything and when I moved my eyes from one thing to the other things were blurred for quite a few seconds. I decided to try the Forever Vision and I was only half way through the pack when I realised that my problem had gone. Awesome. I was only taking one tablet a day! It's incredible.

Christine Thompson

For the last 3 years pressure in my right eye and burst blood vessels have been a challenge. My mother struggled with glaucoma and for the last 3 years when I have been to the opticians they have always double checked me on the pressure test. I have been taking three Forever Vision a day since the product was launched and the problem has not recurred. Thank you Forever Living Products.

Dorothy Wood

As a long-term contact lens wearer I was beginning to experience problems such as dry itchy eyes. Often I would have to abandon wearing the lenses early in the day however I find wearing glasses equally frustrating at times. I started taking the Forever Vision last year in the States and now can wear my contact lenses all day and well into the late evening. My eyes no longer irritate and more importantly this year is the first year I haven't suffered with the heavy pollen count as the oil seed rape came in to bloom. A fantastic supplement.

Fibromyalgia

Nicky O'Reilly

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 mixed this and the 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. I consider myself truly fortunate to have been found by my caring and understanding sponsor Maureen Blume. FLP has given me my life back and I consider myself really lucky to have been in the right place at the right time.

Hayfever

Louise Broerse

My daughter Anna who is now 9, suffered terribly with swollen, itchy and painful eyes from the end of March to the end of October, for two years. The doctors still aren't sure what the cause is or what triggered it so suddenly - lots of different medicines and some painful skin tests didn't reveal more than a mild allergy to hayfever, animal fur and house dust mites, but nothing to suggest such severe symptoms. It really affected her - she stopped wanting to go swimming or to dancing classes, struggled in school all day, and missed taking part in sports day because she couldn't see where she was going properly.

I started giving her Forever Bee Pollen at the beginning of April last year, starting with a quarter a day and increasing to one. On a couple of occasions last summer she took two in a day, but other than a little mild irritation on especially high pollen days, her symptoms have disappeared and she is back to her old outgoing and happy self.

The fights to give her increasing doses of antihistamine, and eyedrops which seemed to make things worse, are a thing of the past, and the Bee Pollen has changed Anna's life. Thank you.

IBS

Sue Rowbotham

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 antispasmodic 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 please 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.

Insomnia

Heather Adams*

I have a customer who is a teacher and has suffered with insomnia for seven years. She has been getting only a few hours interrupted sleep per night since her father died seven years ago. I sat down with her and we went through a book I have which has many health and nutrition tips for specific ailments, including insomnia. She had tried most of the remedies so we *came* up with one of the last 'resorts' which was to take ginseng in the morning (in the form of Gin-Chia). She takes one tablet a day and sleeps to 5.30am which is fantastic for her. She is thrilled (if she takes two tablets it keeps her awake)!!

Leg Ulcers

Sally Barclay

On 14 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 abscess 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 Osteomyelitis had been revealed by the x-ray. Surgery was scheduled for four days later. In the meantime I went into action with three fluid ounces of Aloe Vera Gel every three hours backed up with eight Propolis tablets a day, taken two at mealtimes and last thing at night.

When the surgeon came to debride the new abscess 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.

Liver Spots

Brenda

I have sun/liver spots on my face and arms, with darker tanned areas which had defined edges, as well as Vitiligo (white patches). I was already using Factor 30 all the time to protect my skin from further sun damage (I realise that the patches of Vitiligo can't be removed or altered, sunless tanning masks these). When I heard about Epiblanc I decided to give it a try, I started on the 1st February 2005, it is now the end of March and the difference is quite marked, the defined edges have almost gone and the sunspots are fading, I still use the Factor 30 Sunscreen. Needless to say I am very pleased with the results even at this early stage.

Lupus

Frank Short

Brenda, my wife, became ill some 19 years ago and after 8 years of toing and froing to Harley Street was diagnosed as suffering from Lupus. Various medications were prescribed including 20 mg of steroids per day.

Over the years Brenda's condition steadily grew worse and in October 1994 she was taking as many as 10 Paracetamol tablets for pain relief and between 45 and 50 mg of steroids per day. The side effects were 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 pastimes and life was barely worth living.

During October 1994, a friend who was an FLP distributor suggested that she had absolutely nothing to lose should she try a course of Aloe Vera. Brenda began taking Aloe and by December 1994 her 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. She started to enjoy a better life style and 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, last but 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 reduce her daily intake of medication to 2 Paracetamol and 5 mg 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 products and a great 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 hayfever. 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 two, my head remains clear, and 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 recurrence since. I cannot thank you and my friend Joyce enough for your wonderful product.

Perthes Disease

Britta Wells

During early 2003 (Feb/March) our son Christopher (then 5 years 10months old) started complaining about pain in his knee. As he is quite small for his age, I put it down to growing pains and told him so. Six weeks later he was still complaining. He was later diagnosed with Perthes in his right leg. The top of his bone - the femur - was completely gone and he had some movement restriction in his leg. We were told to stop him from high impact movements, i.e. jumping and running. Check ups later showed the bone still dying and the movement of the leg being quite restricted. During this time Christopher often complained about pain and sometimes limped quite heavily.

In February 04 my husband and I were introduced to the FLP business and consequently all the family started to drink the Aloe Gel. Since then Christopher drinks about 30ml most days, varying between Bits n' Peaches and Gel. He mostly gets it mixed into his school lunchtime drink (Wonderful side effect to this in his own words: "I can think much better after lunch"... and it does show in his school reports).

Further check ups in August 04 still showed the bone being stagnant. The consultants however seemed generally surprised on how well his movement restrictions in his leg started to get better and we were told to come back in four month's time. That summer Christopher hardly complained about pain, he did limp occasionally, especially after playing too much.

The check up in January 05 showed no real movement restriction and from the X-ray the consultant thought that the bone was just starting to grow again. This time he asked for the next check up to be in six months time. From now on, Christopher started to play just like ever before. To him however, there just wasn't anything wrong anymore.

The consultant had always been informed on Christopher's physical activities and his main concern for him was, not to jump, especially heights.

July 05 saw us back at the hospital. The x-ray showed a strong, yet still growing bone. The physical examination did **not reveal any difference in the movement of both legs at all!**. In the Consultant's words: "he has got away with having to have an operation" and "only by looking at the x-ray would anyone know that there is something wrong with the leg." He gave Christopher the all clear to resume his activities. Wow, this was just two years and four months after the first complaint

of pain! This was around half the time we expected having to deal with this. There isn't a happier boy around. Two days after being given the all clear he was able to take part in the school sports day and came third in his running race. He doesn't walk, he runs wherever he goes. His ambition: to become a sprinter in the next Olympics!

I am convinced, that by drinking the Aloe Gel it has helped his leg to regain normal movement and stopped the pain. I have certainly not used any Calpol or other drugs on him. I am also happy to think that the antioxidants in the Aloe Gel will help deal with the effect all those X-rays might otherwise have on his body. The only other thing we have added to his diet in the last few months is one bee pollen most days - also a very powerful nutrient and antioxidant.

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, bernovate 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. 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.

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 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 Creme, 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 began 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 Creme 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 we owe a great debt of gratitude to Rex Maughan 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

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 always has sore muscles etc. Luke came home in agony one day; 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 Heat Lotion. Within an hour Luke was able to move and hold his neck in the upright position. I reapplied the combination every couple of hours for the rest of the day. By evening he was able to move his neck very gently from side to side. Before he went to bed I applied it again and when he woke in the morning he was almost completely recovered there was only a very slight stiffness, which had completely gone the next day.

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.

Neil Riddiford

My name is Neil Riddiford and my background is Motor Racing. When racing 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 - feeling 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 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!

Sports Injuries

Richard Higson

I just had to share with you the success I've had with our new product, Forever Freedom. Sixteen years ago 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. 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 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 (Arctic-Sea) 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 they're 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

I've had a stomach ulcer, which became a lesion, for many years now. Mostly, I controlled it with homeopathic or herbal remedies but over the last couple of years it got 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 homeopathy 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

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 stopped bleeding and my teeth and gums feel marvellous. I'm very impressed.

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.

Tendonitis

Andy Peach

I have been taking Vera Gel now for some six months but I have only just got round to writing about the marvellous effect 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 effect on the body due to the continual pounding. 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 Tendonitis 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, I did so, but 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 whatsoever.

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 the drug testing.

I am now converted to Aloe Vera and will not stop taking it.

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 hydrocortisone 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 it returned, even shaking hands became a painful process. My husband John had just joined FLP in July when I was debating whether or not to agree to a second hydrocortisone injection. Luckily I could escape having more cortisone pumped into my body - I began drinking the Berry Nectar and rubbing Heat Lotion in morning and night.

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

Thrush

Tracy Nutsford

After suffering from thrush for about 12-18 months, I was at the end of my tether. All the doctors could do was prescribe Canestan and creams that cleared the problem for a week or so but then it was back with a vengeance.

I was just about to visit the doctor for the fifth time when my mum suggested I try the Aloe Gelly. I had nothing to lose and it was cheaper than the two items I would have from the doctor.

Well, as corny as it may sound, I can say that FLP and the Aloe Gelly have changed my life. The thrush has completely gone. It went within a month and that was in June. I have had no signs of it even trying to return since. All I can say is thank you and I signed into the business in July.

Tinnitus

Michael Bowes

I have had Tinnitus for the last 12 years and decided to try Ginkgo when I realised it might help.

After taking 2 tablets per day with water for about 3 weeks I suddenly realised that my Tinnitus had subsided and for several days was completely absent. This is a real breakthrough for a very annoying condition.

Warts

Lesley Fuller

I am writing to you as a satisfied customer. My son Lain (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 Lain to our doctor who, 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.

Weight Loss

Simon Nathan

UK Athletics Senior Performance Coach, North West England - 2005

My name is Simon Nathan. I am a professional athletics coach working with international track and field athletes. I lead a very hectic lifestyle and often used to eat at least one take-away every day. Also I have many old injuries from the days when I was an athlete myself, so there was always an excuse for not exercising - despite spending several hours every day coaching on a track or in a gym.

The crunch came when I was in charge of a small British team travelling to Turkey in March. I had to renew my passport and when my new passport arrived in the post I could not believe the face in the picture was me! When I weighed myself I was shocked to see that I was 109Kg (17stone 2lbs). I'd never been on a diet in my life, but I thought this must be time to start one.

By complete coincidence I met an athlete whom I used to coach, Louise Kay, who was working as an Independent Distributor for FLP. She told me all about the products, especially the two Clean+Lean products, Clean 9 and Lifestyle 30 packs. To humour Louise I read the booklets and pretended that I was interested. The literature surprised me because it matched the leading edge information that I used to help my athletes control their weight: control your calorie intake based on your body size and shape and your activity levels; eat regular small meals; take a broad spectrum of vitamins, minerals and micro-nutrients; have a balanced intake of carbohydrates, proteins and fat; drink plenty of water; take regular low intensity exercise if you need to burn off fat. There were no fads, no miracles, just a sensible diet underpinned by quality supplements. I had no excuse not to try it!

My willpower is terrible and I expected the nine-day Clean 9 programme to be absolute hell - so my plan was to have my family, friends and colleges shame me into not cheating. Next I set a date to get started. I also agreed with Louise that she would do the whole programme at the same time as me - again to make it too embarrassing to have to give up!

On 19 March 2005 I started the Clean 9 programme. I have a milk intolerance so I substituted soya milk for cows' milk in the Forever Lite Meal Replacement shake.

The first few days of Clean 9 are very low calorie, so I was grateful for the prescribed twenty-minute walk each morning to take my mind off bacon sandwiches. I'd like to say that the nine days were a nightmare and I was a complete hero to get

through them but in fact it was very easy to stick to the programme. I lost 4.5Kg (9lbs) and 2" off my waist. People were already commenting that I looked better and asking how I'd done it. I was motivated for the next stage, the Lifestyle 30 programme!

On the Lifestyle 30 I was allowed much more variety and quantity of food so it was even easier than Clean 9. The food I was eating was so tasty that I honestly never felt hungry. I did have huge cravings for chocolate and fried food - but as I wasn't hungry it was easy to ignore them. Despite my vastly reduced calorie intake I had tons of energy, felt great and was really starting to enjoy my morning walks. Whether this was the Aloe Vera, the amazing range of vitamins and minerals in the Forever Lite shakes, the Forever Bee Pollen tablets or just the healthy food, I didn't really care! The only hard part of sticking with the programme was when I was working away from home and staying overnight in hotels. I set myself a rule that I wouldn't eat anything, which did not appear in my calorie counter book or didn't have a nutrition label (with calories listed) attached.

On May 25 2005, at the end of the 30-day programme, I had lost another 4.5Kg (9lbs) and another inch off my waist for a total of 9Kg (20lbs) and 3 1/2 inches. A fantastic result that I would never have dreamed possible even two months before. I looked much better, I felt great, was getting compliments and had become a "diet guru" to a whole new group of female friends!

Since then? I've stuck to the healthy eating that the programme taught me. I don't calorie count any more because I have a feel for about the right amount to eat each day and at each meal. Today is 25th June 2005 - a month after finishing the programme - and I was 94.5Kg this morning. That is 14.5Kg (2stone 3lbs) lighter than when I saw my awful passport photograph. I still get lots of compliments on how good I look and how much weight I've lost.

So now I'm glad that the passport photo I had taken in January was so awful, and that Louise persuaded me to try the Forever Clean+Lean Programme and that my account motivates someone else to give the programme a go too!!

Wound Healing

Shaun Swinburn

My 4-year-old son Elliot fell off his bike, 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.

ANIMALS

Cats

Tara Clements

In February 1997 my silver shaded Maine Coon cat suddenly developed an enormous ulcer within a week, just under her tongue which protruded right out over her lower teeth so that she could not close her mouth and just constantly dribbled. The vet treated her with Synulox Antibiotics. This had no effect, and things were deteriorating considerably. We were given two choices; to put her to sleep immediately or operate.

The operation went okay, but more bad news; the cancer had spread to 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 go into remission, but as autumn progressed she started 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 FLP's Aloe Vera Gel. I put Loopy on 3ml 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 and the bad temper had gone!

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

Jan Massey

Hi there, just thought I'd let you know my experience with Royal Jelly and my 4 year old Bulldog, Fanny. Last year she was losing her fur in symmetrical patterns on her sides. After various blood tests etc at the vet it was nothing serious and deemed to be seasonal alopecia. As I thought it sounded like a hormonal issue I decided to try her on the Royal Jelly. After 2 weeks on 1 tablet per day her coat was lovely no thinning patches at all. When the same thing happened this year I put her on the Royal Jelly and again her coat has started to thicken again BUT to my amazement it has also had great results on another little problem.

She never seemed to be able to go through the night without having to do a wee! Whilst taking the Royal Jelly she has not had any accidents at all. I forgot to give her the tablets one weekend when we were away and on Monday she had an accident. Back on the tablets again and no more accidents. I have forgotten once again since then with the same results. I know that it shows excellent results with the Royal Jelly on children who have bed-wetting problems. Hope we can help others having found this remarkable 'side effect' to the Royal Jelly.

S Elder

I have eight pedigree dogs (huskies) and I can honestly say I'm not sure how I managed before I discovered Forever Living Products and Aloe *Vera*.

I use Aloe Vera gel for everything, mostly for the dogs, but it is fantastic for the cuts and bruises I seem to constantly collect. If the dogs get a bite, a scratch, a sting, ear infection, sore elbows, cut pads I automatically reach for the Aloe First Spray and the Aloe Vera Gelly. I spray the Aloe First onto cotton wool and clean out the cut then cover the area with a small amount of Gelly. I discovered with this that there is absolutely no scarring and on the show dogs especially this is a major godsend. Neither does it aggravate or sting them.

If the dogs get dirty ears the best way to clean them out is by using the Aloe First on some cotton wool, and if it is deeper then spray some Aloe First directly into the ear. I can honestly say I would rather pay the price for Forever Living Products because if you calculate the cost against vet's bills I know from personal experience there is a huge saving.

I use the Forever Toothgel on all my dogs and I have never taken them to the vets with gum or teeth problems. I have used the Toothgel from puppy stage upwards, as it **seems** to have a numbing/cooling effect on their gums. My dogs are now aged 2 to 12 and their teeth are all excellent (again as show dogs *they* have won many prizes).

I also use Aloe Shampoo on them and am often complimented on their beautiful shiny healthy coats. Most people ask how I can keep their coats in such gorgeous condition but it's all down to the Aloe Vera Shampoo I use. You only need a very small amount and so it lasts for ages.

I have also recently had a very ill bitch whose immune system had been totally attacked by an infection, which my vets are still investigating. I am presently giving her Aloe Vera Gel every morning (with the recommendation from my vet) and I am really pleased with her progress. Although she is still not back to her old self, I am so pleased that she has actually started playing with the other dogs and her energy levels have noticeably increased.

I love Aloe Vera products and my kitchen, bathroom and First Aid kit is never without them now.

Horses

You may also find it useful to refer to the article in the August 2005 Forever Magazine 'The role of Aloe Vera Gel in Equine Gastric Ulcer Syndrome (EGUS)'. Also see www.flpuk.info site/Forever Magazine/key articles.

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 companion 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 Scald 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 Gelly 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.