

### **Acne**

I am 40 years old and have been suffering from acne on my whole body for quite a number of years.

As a result, I was treated with cortisone for many years. Three years ago I was introduced to aloe vera gel with honey and ever since, I drink 40-50 ml aloe vera 3-4 times a day and exclusively use aloe vera based skincare products. Twice a week I use a gentle peeling on my face and entire body to remove dead skin cells. After a period of only 14 days the texture of my skin had definitely improved. Now my skin problems are manageable.

Heinz H.

### **Athlete's foot**

My experience with aloe vera

I have been taking aloe vera on a regular basis for the past six weeks. Since then, my entire sense of wellbeing has improved significantly.

For many years I battled a minor case of athlete's foot that never really healed. After I started using aloe vera it disappeared. Also, I noticed that open skin injuries heal faster (following the application of aloe vera). My digestion has improved, as a result of which I simply feel better.

Jürgen Sch.

### **Ulcers**

Ulcers/Hardening of scar tissue

In May 2003, my gynaecologist diagnosed another ulcer in my uterus. I already had one in 1996 and underwent surgery a few weeks after diagnosis. I can still vividly remember the pain I experienced after surgery so that another operation was not an option. A good acquaintance introduced me to aloe vera gel and I was surprised what I learnt about the effects of aloe vera.

I trialled aloe vera, drinking 100-150 ml a day. The pain eased. My ulcer, which was the size of a tennis ball, had reduced by half within a period of 10 months. As a result, I was able to avoid surgery. In January 2005, the ulcer had shrunk to the size of a pea; an outstanding success. Aloe vera gel has become a firm component of my daily dietary intake.

Apart from aloe vera's effect on the ulcer, I noticed other very pleasant side effects. In 1985, I had had my breasts reduced.

The scars had hardened and were thick and red. Apart from the look, it was a very unpleasant feeling. When my gynaecologist examined the ulcer and, at my express request, the scars as well, he asked me whether I had had the scars surgically corrected. Even after so many years the hardening of the scar tissue has softened up

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and the red blotches have disappeared. As I did not change my lifestyle apart from taking aloe vera gel, even my gynaecologist is convinced that the improvement of my condition is due to precisely this intake. Meanwhile I have convinced my family to drink the chemical-free veggie cocktail and have so been able to remove my husband's osteoarthritic pain and my son's atopic eczema.

Bettina N.

### **Skin texture**

My success with aloe vera gel

I have been taking aloe vera gel since mid-July. After only a few weeks I noticed that I felt significantly better and much more alive.

Aloe vera helped me out with a skin problem. For some time now I have had a mole that is approximately 2 cm in size and was swollen. About a month ago I notice a distinct reduction of the swelling and the mole as such decreased in size. I can report a further positive effect. Thanks to aloe vera, the migraine attacks I have been suffering from for a long time have disappeared.

Martina H.

### **Moles**

My mom had a mole on her temple that was rough and uneven. A dermatologist measured it and said that it would have to go if it changed any further. After this diagnosis, my mother dabbed the remaining droplets of aloe vera from her drinking glass onto the mole three times a day.

Three months later it was gone - the doctor is still looking for it.

Anke D.

### **Atopic eczema**

Experience with aloe vera gel

I regularly took 30 ml three times a day since 12 August 2002, as I had been suffering from severe atopic eczema for three years - in my armpits, elbow pits and on my entire body. In the elbow pits the eczema was so severe that I had open sores. After only 14 days all open lesions had closed and after eight weeks the eczema is no longer visible. In connection with an aloe vera cream I now have a completely normal silky-soft skin.

Lysann I.

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### Experience with aloe vera gel with honey

Our son is two years old. He has been suffering from atopic eczema since birth. The paediatrician prescribed various ointments, including ones containing cortisone, which cannot be applied long-term. The only thing that remained was our love and hope for improvement. When we first heard of aloe vera gel it was a wee ray of hope. We applied the gel several times and within a short time there were no more dry patches on his small body.

Ulrike E.

The diagnosis was atopic eczema. Aloe was administered three times a day. At the beginning 20 ml and then, due to asthma the dose was increased on a weekly basis, to a total of 50 ml. It is important that it is administered regularly as the effect will otherwise subside. We also use a spray containing aloe vera in order to alleviate the itching and reddening.

Familie D.

### Experience with aloe vera drinking gel and alkaline minerals in atopic eczema.

Our entire family has been taking aloe vera for two years. Even though I have always been into sports in a big way and this has not changed and I actually felt healthy, I noticed an improvement after a few weeks. I was fitter overall, could focus better and my immune system, in particular, improved significantly. Apart from that I finally developed regular bowel habits. If there were any 'bugs' involving the flu or gastro going around where we lived, they largely passed our family by without a trace. As we had not changed anything else in our lifestyles we put this down to aloe vera. I have very dry skin and have in recent years been suffering from atopic eczema. In the cold season, in particular, I frequently had episodes of red and itchy skin on my arms and legs, sometimes also on my face - thanks to the dry air in heated rooms and the dry cold weather as well as pre-Christmas stress. It is particularly unpleasant on the face as the face is hard to hide under clothing. I did not sleep well and often scratched until I bled. These episodes are not only bothersome because of the itch and the horrid way it looks, I always had the feeling they sucked away my entire strength and energy. The only thing that helped temporarily was the fatty cortisone-based ointments the dermatologist prescribed. The rash would disappear - until the next episode occurred. It already improved by taking the drinking gel; the episodes occurred increasingly less frequent and a body lotion containing aloe vera additionally helped my dry skin.

C. O.

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### Aloe vera and atopic eczema

At one year of age my son Paulo suddenly developed atopic eczema on several parts of his body. His back was worst and felt like the skin of a reptile. Additionally, with some episodes he had a severe facial reaction during which his cheeks and eyelids were swollen beyond recognition.

We tried everything, from organic creams to homoeopathic globules and cortisone-replacement therapy (Protopic). Eventually, only cortisone offered relief.

When my sister-in-law gave me a spray containing aloe vera, I was able to completely contain the itching and flaky areas and from then on was able to make do without cortisone altogether. While the episodes still occurred, they were less severe and easier to manage. After three weeks I gave my son aloe vera drinking gel. It took all of three days and his skin was better looking than it had ever been before suffering from atopic eczema. Since then Paulo has not had a single episode of atopic eczema - he first took it five months ago. He can now eat citrus fruits, capsicums, tomatoes, nuts and everything else that was previously prohibited.

Sylvie H.

### **Psoriasis**

My experience with the aloe vera drinking gel has been quite good. I have had a few psoriasis patches on my back for the past four years. I have been taking the aloe vera drinking gel regularly since July. The psoriasis has improved by around 95%. I also had problems with dandruff - these have also disappeared almost completely.

Manfred Sch.

### **Wounds**

I most likely did not always do everything right as a mother but I certainly always did my best to turn him into a reasonable, likeable and confident person. So what am I trying to tell you at this point?

As far back as four years ago when I was first introduced to aloe vera I was more than enthusiastic about it after only a few weeks, thanks to the improvement of my health, which was not very good due to several head operations I had undergone. The product not only helped me healthwise, it also helped me regain my courage. It was only recently that I was able to experience as a mother how valuable it is that I can help myself.

In the night from 8 to 9 April 2006, my office doorbell rang late in the day.

My son's friend was there to tell me that my son had had a motorbike accident and was in hospital. I arrived at the Mainz university clinic to find out that my son was undergoing surgery. After several examinations had been performed to establish that he did not suffer internal injuries I was allowed to take him home. At this point in time I was already told that his face would most likely remain scarred as there were areas of his face where all layers of his skin had been abraded.

On 9 April, I called my dermatologist first thing in the morning and asked him to have

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a look at my son. He came and was initially appalled that the clinic had discharged my son without further ado. Crusts had formed on the wounds, as a result of which the pus could not drain. He explained that this pus could now flow from the face to the brain unimpeded and that consequently the risk of meningitis was extremely high. The high temperature my son was experiencing was also to be considered a negative symptom. Well, I did not want to bring him back to the clinic and had to find a way to soften the crusts on his wounds and to drain the purulent inflammation. I decided to use aloe vera cream.

9 April 2006: It took less than half an hour for the first pus blisters to form on the crusts. I applied the cream several times a day and noticed astonishing improvements from then on. The first two to three times, my son complained that the cream smarted on the wounds. By the time evening broke this was no longer the case. Independent from the rapid healing of the wounds, we also noticed that the bruises, swelling as well as the black and blue marks in his face healed rapidly. Now, his condition improved significantly day-by-day.

Within a period of only ten days his wounds had healed so that only a few slightly reddish patches were discernible. By now, everything has healed without leaving scars.

By the way, my son had the same injuries on his hands. The clinic simply treated these with band-aids. As the band-aids had been applied to the open wounds without any protection, we could only remove them gradually.

My son has very ugly scars on both hands. I am happy that we did not leave his face to the judgement of a third party. Being able to help yourself is great; being able to help your child is priceless.

Antje Z.

### **Skin rash/Digestive disorders/Vitality/Bleeding of the gums**

To all those who do not know of the benefits of aloe vera

I had a rash on my arms and went to see a dermatologist for it. He was of the opinion that it was a sun allergy and prescribed a cortisone cream. For him that was the end of the story. This cream, however, did not bring about any improvement. The rash did not change whatsoever and further inflammation occurred. It improved during my summer vacation -> so, obviously, it could not have been a sun allergy. I then applied aloe vera on a daily basis. After a week, there were no signs of inflammation and since then no new ones have occurred. The only thing that remains is the scars. I will continue to use aloe vera so that no new inflammation occurs.

Birgit M.

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### My experience with aloe vera drinking gel

After taking it for a period of approx. two months, I have noticed the following:

1. My very dry and flaky skin has improved considerably. Now it is beautifully smooth and no longer flakes. I no longer need to use a body lotion on a daily basis.
2. My dandruff has disappeared completely.
3. I no longer suffer from bleeding of the gums.
4. My digestive disorders have resolved and I now have regular bowel habits - I used to have a single bowel movement a week.
5. My general sense of wellbeing has improved significantly, now I am well rested when I wake up in the morning and can sleep better at night.
6. It boosts my weight loss markedly. I have already lost 5.5 kg easily, without adhering to a special diet.

Heike B.