

ALOE VERA CHANGED MY LIFE

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Since I can remember, I had always had issues with tummy pain, discomfort and bloating. It began when I was quite young and over the years, my condition continued to worsen, to the point I could barely eat without experiencing my stomach blowing up, debilitating cramps and extreme fatigue.

I had given up on my GP who just said there was nothing medically wrong with me and that I would effectively grow out of it. I felt I was left to try to manage it all without any professional help or insight into what might be wrong.

I went to university at 18 years old and limped through my degree course in Psychology as I battled with my symptoms. What should have been one of the most free and fun times of my life was tarnished with memories of a continual sense of discomfort, bloating and horrid repercussions if I had a night out drinking. I would literally be floored for a couple of days afterwards.

Unlike most of my friends, I rarely dressed in tight fitting clothes and lived in baggy tops and loose trousers in order to be comfortable and to conceal my bulging tummy. When it came to eating out, I would be a nightmare as I would have to scour the menu for something I felt my body could manage. It put me off wanting to eat out at all.

I researched on the internet anything associated with my symptoms and IBS came up as well as food intolerance. I reviewed my diet as best I could, dropping white bread and starchy food, fizzy drinks and wine etc but I still felt plagued by my body's unpredictable reaction to food.

Following university, I went travelling to Australia. It was here that I met Suzi – a nutritionist who worked in a natural health clinic in Sydney. We got onto the topic of my stomach and she immediately said it sounded like I was suffering from IBS. She seemed pretty confident that with the right diet, I would be able to get my symptoms in check. She also suggested that I should try taking Aloe Vera juice. In Australia the Aloe plant grows in abundance and is used medicinally for general health as well as specific complaints such as IBS, problematic skin and more. It used to grow in our front garden where I was living and regularly I would cut the plant and apply the liquid inside to my sunburned skin. It provided immediate relief.

I began taking the aloe juice religiously and very quickly I noticed a significant change. While I had further modified my diet, the aloe juice seemed to calm my whole digestive system down and as Suzi explained, it was the inflammatory properties of the aloe plant that were working internally on my digestive system and gut. It was amazing! My stomach became less bloated, the abdominal pain reduced significantly and my energy levels improved. I felt better than I had in years.

On return to the UK three years later, I became more and more slack about taking Aloe. It was almost like I had forgotten how bad things had been for so long. Slowly the symptoms started up again until finally one day I woke up and realized I needed to find a good quality aloe substitute here. I had become more interested in natural health as the profound change in my own health and wellbeing really woke me up to the fact that conventional medicine may not be the only answer for people with specific conditions. It had never helped me.

As in Oz, while there were many aloe products out there, many were so diluted, with a minimum amount of the good stuff. I heard about the Perfect Aloe Matrix through a friend and so decided to try it. I was intrigued by the fact that it was much more potent than aloe juice and also, where the juice was bitter to taste and difficult to transport when going away for weekends or holidays etc, the capsules were easy to take and could slip easily into my handbag.

I have been overwhelmed with the results of the Perfect Aloe Matrix. From my research, I learned that the extract of aloe used in this formula was particularly beneficial but I never really expected more than what I had experienced in Oz. However, since taking the Matrix, my symptoms have all but disappeared completely. It has been like a miracle cure! Now, I have periods of feeling completely free of IBS for the first time since I can remember. If my symptoms rear their ugly head, I up my dose for a week or so. What's more, my skin is glowing, my energy levels have rocketed and I feel in fantastic health.

I wouldn't hesitate in recommending this to anyone who has suffered as I have with IBS or food intolerances. If it works for you as it has for me, you won't look back!

Notes to editor – 1 in 4 people suffer from IBS in the UK. Now more GPs are formally recognising it as a condition that needs to be treated and managed.