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Facts tell stories sell

Due to back and neck problems, I underwent life-threatening neurosurgery on my neck, which resulted in post-op complications and kept me in hospital for three months. Determined to come out breathing, and with lots of time to think while laying there staring at the ceiling, it made me realise what I really wanted to do with my life. I had also been through a bad divorce. I decided I would like to learn more about healing so I attended various certificated courses in energy healing for people and animals. I now enjoy as a hobby, improving and assisting the healing process in those who need it.

During this journey, I have discovered the power of crystal healing, dowsing, flower remedies, herbs and the power of visualisation. THIS YEAR, I HAVE DISCOVERED HOW ALOE VERA, WHEN USED TOPICALLY AND ORALLY, CAN HELP ME ENORMOUSLY WITH MY FIBROMYALGIA.

After leaving hospital I began to find that I was unable to cope with heat and cold as I had previously. When I used to be constantly outside as a farm and kennel hand, the cold and heat had never bothered me, so this seemed very strange. I began to suffer with sweats, my coordination was poor and cognitively I didn't feel right. My joints and muscles around the shoulders, legs, elbows, wrists and ankles became painful and my body seemed to be aching so much that some days I found it quite debilitating. My energy levels went through the floor and my concentration and memory were non-existent. My logic was poor and mood swings became a regular thing. Some of these symptoms are typical of thyroid problems. But I discovered later, after trying to find out what was wrong with me, they were also symptoms of fibromyalgia. Some days I just could not function on a mental or physical basis and would go to bed and literally shut down. This, of course, made me very depressed and I felt like I was losing any control I had left of my life!

I was diagnosed straightaway in 2001. I had the help and information I needed and support from the medical



profession, but some people still believed it did not exist. They would say "It's all in your mind dear", "It's the anaesthetic after the op" and so on. But I knew there was something more seriously wrong with me which could be linked to my neck operation two years earlier. I believe that the trauma of the op caused my condition but there is no way of proving it. I had to draw a line under it and move on.

In 2003 I was diagnosed with fibromyalgia and an under-active thyroid. A specialist advised me to clear my cupboards of all my ready-made meals and junk foods, and replace these items with the glycemic index (GI) diet. I got rid of all my chemical household cleaners and replaced them with good old-fashioned bicarbonate of soda, vinegar and lavender oil diluted down in a spray bottle! I was also introduced to the benefits of Aloe Vera and I would like to share these benefits. I was told that all the above would help my fibromyalgia and under-active thyroid, and after reading up on how my thyroid was not able to cope with the chemicals, it sounded like common sense! I am now on the GI diet, eating good organic food, taking Aloe Vera every day, have a chemical-free house and I am feeling so much better generally.

In Spring 2007, I became very interested, as a healer, in the health benefits of Forever Aloe Vera products. They could help my clients and their animals in the healing process of many health problems. And I was seeing and hearing these improvements again and again.

I decided to find out more about Forever and as a result became a Distributor of Aloe Vera Products in April 2007. I read up on the health advantages of Aloe Vera and was told by a friend how she had benefited from the products as a fibromyalgia sufferer.

I decided I would put the Aloe Vera drinking Gel to the test and write my own testimonial based on my results of drinking the Aloe Vera Gel, taking the Bee Pollen tablets daily and using the Aloe MSM Gel for my joint and muscle pain.

“ My concentration improved, I have less pain and more energy - I FEEL GREAT! ”

At the beginning of June 2007, I started the Aloe Vera drinking Gel - I took 2ml for 2 weeks and then 5ml for 1 week. I then increased the amount and took 10ml to 20ml per week until I reached 120ml daily, which I took for 3 to 4 weeks or so, then reduced it to 60ml as a daily maintenance dose.

By mid-August 2007 I was in less pain and my aches, joint pain and general discomfort were considerably less. I get less confused, my memory has improved, my headaches are fewer, I have more energy, my digestive problems and diarrhoea are far less frequent and my eczema has completely cleared up - no more steroids! This has then helped me with my depression as I now don't get so frustrated and don't feel so limited in my daily life. I feel more enthusiastic!

I now have an allotment which gives me the exercise I need. We all need to reconnect with the ground we stand on and the animals we have, eat more healthily, grow our own food - plus, it's great for stress. It forces you to take time just to 'be' and heal yourself, and it's all nourishment for the mind, body, soul and spirit. Ditching the beat-the-clock attitude and managing your time and, of course, taking time to talk to each other are also important.

I take Bee Pollen tablets daily, which seem to give me more energy, and I generally feel much better and more interested in life around me! I feel far less depressed, have more patience and am more able to cope with daily life than before - which can be very

busy at times! So I can wholeheartedly say that Aloe Vera Gel, Bee Pollen and Aloe MSM Gel have really helped my fibromyalgia, my thyroid and my eczema. I have found Aloe MSM Gel very helpful with the joint pain generally, especially at night, as sleep can be disturbed with fibromyalgia.

I would encourage anyone with fibromyalgia to try drinking Aloe Vera Gel for two to three months. I noticed a bit of improvement in myself generally - try it and find out the benefits. All I can say is that Forever Aloe Vera drinks have helped me greatly.

