

Immediate Relief – Aloe Vera Juice



If you are in distress with IBS, IBD, ulcerative colitis or similar condition, Aloe Vera Juice can bring relief.

Aloe vera can be soothing and protecting. It helps your body replace the lost mucus associated with gut damage and leaky gut. Aloe vera supports your immune system, improves water balance within your intestines, and aids in controlling Candida Overgrowth. It also provides a wide range of nutrients and antioxidants, including vitamins A, C, and E.

Studies show aloe vera's beneficial effect on IBS and its ability to boost the number of good bacteria in your gut.

Please check interactions with drugs as, for example, it can lower blood sugar for people with diabetes (which must be a good thing, right?).

My brother and my friend who both have/had IBS absolutely swear by the benefits of Aloe Vera Juice. However, not all Aloe Vera is created equal and they have found that Aloe Vera by Forever Living is the best by far. My daughter and I have also taken it. I'm not going to lie, the plain Aloe Vera tastes vile (although you get used to it, well I do and its better cold from the fridge) but it is the best. However, they do have a berry flavoured one and an orange flavoured one which is about 90% as effective.

Start with 120mls in the morning and 120mls just before you go to bed for the first month and then see how you go. Reduce to 60mls in the morning and evening. It is available on Amazon or from a Forever Living agent.