

**Aloe Gel** is the best known Forever Living product, it's a gel which you drink daily. It's used for many different types of problems from rheumatoid arthritis through many skin irritant problems and especially with stomach complaints - its soothing and cleansing properties are very helpful.

**Berry Nectar** drinking gel helps with any kidney or urinary problems.

**Forever Freedom** is the third drinking gel, it's taken primarily for osteoarthritis but is also a primary way of helping protect your animal if it has a very physical working life eg, a show jumper, working dog - to extend its working life.

The **liquid soap** is just the most gentle way to clean muddy dogs horses, extremely gentle on delicate skin types, it cleans without irritation and comes in a handy pump action dispenser.

**Veterinary Formula** is a very soothing and easily applied product which is great for sore and irritated skin. Because it is a water like preparation, it soaks well into animals' coats and quickly gets down to the skin. It also gives great shine for those of you wanting to show your animals.

**Aloe Gelly** will calm irritated and sore skin, excellent for any type of bite, soothing the area and stopping the rubbing and scratching that leads to more problems. Also like all our products recommended for animals is totally safe ingested when they lick themselves.

**Propolis Cream** is a rich cream. Its soothing and healing properties which come from the propolis which we harvest from our bee hives and which keeps the skin protected from infection which allows the area to heal that much faster and with minimal scarring.

**Heat Lotion**, as with humans this soothes and warms, encouraging the blood flow to the area and soothing the muscles, joints and ligaments helping the healing process but it must be applied directly to the skin to have any benefit.

**MSM gel** is fast acting and soothing suitable for joints, ligaments and, tendons and muscles, methylsulphonylmethane is a rich source of organic sulphur which is essential for the correct functions of the connective tissues and joints, again apply directly onto the skin.

**Sunscreen**, this can be used on sensitive ears and noses to protect from the effects of the sun - soothing and cooling as well as moisturising.

**Jojoba shampoo**, is a mild but cleansing shampoo, the aloe combined with the jojoba leaves your animal's coat tangle free and shiny!

**Toothgel**, well animals also get smelly breath as well as tartar on their teeth, this when really bad can mean an anaesthetic so if this can be avoided then it is both cheaper and safer, it also has propolis in it and so protects the gums from infections - especially good for dogs that seem to eat and chew all manner of nasty stuff.

**Bee propolis**, this is what we put in the cream and toothgel and this is what the bees use to keep their hives clean, it will maintain a healthy immune system and supports the body's natural defences!

**Bee pollen**, direct from the hive is an excellent way of keeping the body free from allergic reactions to pollen, mosquitoes and bites, it is also a great energy replacement at the end of a long day suitable for jockeys, handlers and trainers.

**Q: What should I take it for?**

A: The law states that no one can make medicinal claims for any product unless there is good clinical evidence for such a claim. This is quite proper. Having said that Aloe Vera has been clinically proven to work in two areas: the Skin (both inside and out) and the Immune system. An example is the clinical trial for Ulcerative Colitis which you can find in this site. There are however a multitude of clinical trials on Aloe Vera both for people and for animals (see this site). Just search the internet to find them.

**Q: How much Aloe Vera should I drink?**

A: There is no set amount of Aloe Vera to drink. Each individual should drink as much Aloe Vera as they need. Amounts will vary according to age, size, if there is a health problem or if it is just for a tonic, how each individual reacts to taking Aloe Vera internally and the quality of the brand being drunk. As with everything there is a huge selection of Aloe Vera drinks ranging from the excellent to the poor. Generally the lower the Aloe content the more you would have to drink to compensate.

**Q: What is the recommended amount for a good Aloe Vera drink?**

A: 30mls twice a day - 60mls twice a day for a person aged 12 or over.

Ages 6-12 should have half the adult amount.

Ages 1-6 should have a quarter of the adult amount.

An infant under 1 year old should not be given oral aloe vera.

There are exceptions, such as if someone has a very sensitive stomach they may want to start on a lower amount and build up. The lowest I have started someone on aloe vera is 2mls and it took them 6 months to build up to a 'normal' amount. Conversely it may be that a person or animal needs a large amount as quickly as possible. That's alright except there may be a 'laxative effect' if you do this at least at first.

**Q: How much should be given to an animal?**

A: It depends again on the factors above, but most importantly on size. For instance:

A hamster would be given 2mls daily

A 30kg dog would have 60mls daily

A 500kg horse would have 250mls daily.

**Q: How do I give it to my pet/animal?**

A: For small animals such as hamsters and rabbits put it into their droppers as a daily tonic or use a syringe if there is a problem.

For dogs most will either lap it up neat or will take it mixed with their food.

Cats however will not normally take it this way. Either use a syringe (if you can!) or put some on their fur and they will lick it off!  
Horses can be given it in their feed.

**Q: When should I drink it?**

A: It is best drunk first thing in the morning and last thing at night on an empty stomach. You should avoid drinking warm substances for at least 15-20 minutes after taking the Aloe Vera Gel, as the heat will damage the nutrients. However some people with digestive problems may benefit from taking it 30 minutes before each meal as well as last thing at night. How much each person drinks depends on that individual. Everyone is unique and therefore bodies react differently to different amounts of the gel. Some people with sensitive systems find it may mildly upset their stomach, at least at first. If so they can drink their aloe vera with their meals. You may also develop a headache when you start drinking the gel, this is normal and is a sign that you must drink more liquids, preferably water. Skin conditions and body odour may get worse, this is also a normal reaction caused by the body getting rid of the toxins.

**REFRIGERATE ONCE OPEN.** The Aloe Vera Gel has a much better taste once cooled.

**Q: Might I be allergic to it?**

A: There has been one recorded case that I know of where one person had an allergic reaction, but considering it is the most widely used herbal product in the World it is unlikely. However if you are concerned then you can dip your finger into the drink and put it onto the skin on the inside of your wrist. Wait for a few minutes to see if there is any kind of reaction such as a rash or lumps developing. If not then you should be alright to drink it.

**Q: Is there anyone who should not drink Aloe Vera?**

A: Women should not start drinking Aloe Vera when they are pregnant. If they drank Aloe Vera before the pregnancy then they can continue to drink it throughout the pregnancy. It should not be given directly to babies under one year old.

**YOU SHOULD ALWAYS CONSULT YOUR DOCTOR OR MIDWIFE REGARDING THE USE OF ALOE VERA DURING PREGNANCY.**

**Q: Are there any side effects?**

Q: I am not aware of any except that there might be a slight laxative effect for some people and some animals. However in my experience most people think this is a good thing! You should be aware that there may be a HEALING CRISIS usually during the first two weeks but can happen anytime. This is when if you have a condition aloe vera may make your symptoms worse for a while before they then may improve.

**Q: Are there any contra-indications with synthetic medicines?**

A: For people taking Warfirin the Aloe Berry Nectar should be avoided. Diabetics should monitor their blood-sugar very carefully as the aloe vera drinking gel can have a positive effect, causing it necessary to lower insuline levels.

*The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.*