

Anneka Davis – aged 25 from Newcastle

Aloe vera helps keep my asthma at bay

From as long as I can remember, I have suffered from acute asthma and hayfever. I have also been prone to asthma attacks, some so severe they would leave me hospitalised. My dad started to give me aloe vera juice when I was young and we found it really used to work. He would come armed to the hospital with a bottle of aloe and it would help calm my symptoms almost immediately.

I started to take aloe daily as a preventative measure and if I felt the onset of symptoms such as tightening of the chest or difficulty in breathing, I would double my dose and it seemed to keep an asthma attack at bay.

When I left home when I was 19, I started to have bad asthma attacks again that would be triggered by various things such as animal fur, extreme weather (either really cold or really hot), when there was a high pollen count etc.

In that year, I went from having very few minor attacks to 5 or 6 bad attacks to the point I was about to be hospitalised for the first time in years. The doctors were also concerned because of the amount of inhalers I was working through. For some reason, it never occurred to me that it might be because I wasn't taking aloe any more. After one particularly bad attack, I phoned my dad and he came round immediately with some aloe. It provided me with instant relief.

Aloe has anti-inflammatory properties and I think it helps to relax the muscles in my lungs and windpipe. Since I have been taking aloe again I haven't had an attack since. It is natural and therefore feels better to take this than an anti-histamine. I could not be without it

Anneka takes Perfect Aloe Vera Juice – www.aloealoe.co.uk