

Jan de Vries



IT WAS by pure luck that I met up with a fellow Dutchman who had carried out case studies in aloe vera. He has since brought out a 100 per cent natural aloe vera product, launched in the UK in August 2004 after three years of scientific trials.

The result is Aloeride — a very effective remedy which I begged him to let me use in the clinic where I saw astonishing results for several problems, particularly IBS, Crohn's disease and diverticulitis.

It also proved effective for skin problems like eczema and burns injuries and even helped with general well-being.

The aloe vera plant has long been used for its healing properties. Alexander the Great used it to treat wounded soldiers, the Egyptians experimented with it in their quest for health, youth and beauty. And today we turn to aloe vera mainly to prolong youth and vitality of the skin and promote a healthy digestion.

Aloe vera soothes a variety of problems related to the epithelial tissue. Our largest epithelium is the skin but also includes the lining of the digestive tract, the bronchial tree and the genital tract.

In the days of Cleopatra and

Alexander aloe vera was commonly used directly from the plant. Nowadays many of the products on the market, from drinks to pills, contain processed aloe vera extract. However, laboratory tests have suggested that in many cases the beneficial ingredients are no longer present after processing.

Aloeride is a 100 per cent pure and natural product from the aloe barbadensis miller variety — the most nutritious species — manufactured to high pharmaceutical standards.

I've been amazed by some of the testimonials I've heard. One patient who had suffered from IBS for 16 years said, "While my condition didn't stop me from working, it was painful. Driving was difficult and I would often go 10 days without going to the toilet."

Aloe vera soothes the body inside and out

"About five years ago my abdomen started to swell up during the day making my clothes tight and uncomfortable. Eight months ago I began to alternate between diarrhoea and constipation with severe abdominal pain.

"But after taking Aloeride for just two weeks I noticed a difference. The pain stopped and my bowels now work normally and regularly. I still have some occasional bloating but all other symptoms have gone."

A fair-skinned patient took two capsules every day for a week before flying to Cyprus, and then took two a day during his holiday. He said, "Normally I would wear a very high-factor sun cream, and even then I would feel burned in the evening."

"This time I put on sun cream and didn't burn at all — even on the hottest days. In the evenings I had a healthy glow and felt great. After returning to the UK, I kept my colour for much longer and didn't peel — people even commented on how healthy I looked. I'll

definitely take Aloeride when I travel again."

An aloe vera leaf has different substances in it and to get the most nutritional value from each substance, they need to be processed differently.

Whole-leaf aloe vera processing treats aloe substances indiscriminately and people mistakenly believe this is the best they can buy. But to get the best product the hard, outer rind of the leaf needs to be processed differently to the inner fillet (gel). This makes all the difference to how effective the product is.

That's why Aloeride processes all parts of the leaves separately. This is twice as much work and more costly but compared to even some of the better whole leaf manufacturers Aloeride delivers more than double the working ingredients.

This product can help with the digestive, skeletal and cardiovascular systems, the healing of wounds and burns, it improves your immune response, promotes cell growth, has an

anti-inflammatory and antimicrobial effect, helps with diabetes and reduces damage from UV light.

You may have heard the expression "Nature recognises Nature". This means the uptake of and response to foodstuffs is best when they're taken in their most natural form.

There may be nothing new about aloe vera, but Aloeride is delivered exactly the way nature grows it, making it highly effective.

This remedy can be bought for £15.99 from www.kentgarden.co.uk

● Jan will try to answer all your health queries personally. Just send your letters with an SAE to Jan de Vries, The Sunday Post, 2 Albert Square, Dundee DD1 9QJ. You can phone Jan's helpline on 01292 318846 from 9 am — 4.30 pm Mon — Fri or email him at info@jandevrieshealth.co.uk

the doc replies

What's happened to his wife's eyebrows?

MY wife has a full head of healthy hair, but over the past 15 months she has lost virtually all her eyebrow hair. The doc is baffled. She's 61 and in good health otherwise.

This is an unusual problem. Since she hasn't lost any hair from her scalp it's likely the problem is local to the eyebrow area. Some skin conditions can cause hair loss in specific parts of the body. It could be a fungal infection or some other dry skin condition. Your doc could refer her to a dermatologist.

WHEN I wake in the morning I have a stomach full of gas and can't stop burping. It makes me feel sick.

Something could be irritating your stomach. Other symptoms to look out for are changes in appetite, weight loss and indigestion, heartburn or reflux. Avoid alcohol, smoking, spicy foods and caffeine. Simple antacids from the chemist may help. If symptoms persist see your doc.

I'VE HAD two mini-strokes and because of this I need a Zimmer frame to walk and I drag my right leg. My speech is slurred and saliva runs from my mouth. The doc says there's nothing they can do for me.

Physiotherapy can help your mobility and staying active is essential. Speech and language therapists may be able to help and you can still look for improvement for up to a few months after a stroke.

DO YOU have a problem you would like The Doc to answer? Send brief details to The Doc Replies, 144 Port Dundas Road, Glasgow, G4 0HZ. Please do not include an SAE as the Doc cannot send personal replies.

I'M FEMALE and have a problem with hair in my nose. I pluck them but now have a constant itch inside my nostril.

Plucking nasal hairs can cause irritation in the lining of the nostrils. It can also make you more prone to infection and bleeding. Try putting a small amount of Vaseline inside the nostril to calm it down. You could also try carefully clipping the hairs rather than plucking.

A FRIEND has been prescribed amitriptyline. What is this for and what are the side effects?

It was originally used in high doses as an antidepressant. Now that we have antidepressants with fewer side effects it's used mostly for pain relief, especially for those struggling to sleep because of pain. It can be useful for arthritis and nerve pain. Main side effects include dry mouth, drowsiness, dizziness and lethargy. It can also cause blurred vision, constipation, urinary problems, sweating, tremor and rashes.

I WAS recently prescribed perindopril for high blood pressure. I then got a sore throat, a chesty cough and thrush on my tongue. I asked for a change and got candesartan but it had the same side effects. Now I can't get rid of the thrush. I've been told I can't come off the HBP tablets, as that would be dangerous. I've had it for six weeks now and my tongue is cracked in places.

One of the main side effects of perindopril is a dry cough that can lead to a sore throat. I've never known anyone to get thrush from it, though. If your symptoms were caused by this, they'll probably take a few weeks to settle down. Candesartan shouldn't have these side effects so if they persist see your doc again.

I HAVE what I would call scabs on my legs. My skin is quite dry and I'm on warfarin. Are they down to old age and how should I treat them?

It's difficult to diagnose skin problems without seeing them. You should try a simple moisturiser or emollient from a chemist and apply this twice a day. If things don't improve over the next couple of weeks then let your doc have a look.

I'M ON medication for high blood pressure and get bad nosebleeds every six months or so.

Uncontrolled HBP can leave you prone to nosebleeds. But if your blood pressure is controlled then this is unlikely to be the cause. There may be a problem inside it and perhaps your doc could have a look.

FOR THE past three months I've had severe pain in my right big toe. It comes and goes and I can be walking or resting when it comes on. Is it gout?

This is the joint most commonly affected by gout. When you get a flare-up there will be some redness and swelling around the joint as well as severe pain. It usually settles within a few days with anti-inflammatory tablets. If you get recurrent episodes then your doc can start you on preventative medication called allopurinol. However, all pain in the big toe is not caused by gout. You could have some osteoarthritis — from wear and tear — or some other problem involving circulation, nerves or tendons. Let your doc see the toe to rule out other causes.

I THINK I have thrush and went to the chemist to get some cream. The pharmacist said that since I'm over 60 I must see my doc — is this true?

Pharmacists have certain rules about what medications they can sell to people from certain age groups. The reason you've been advised to see a doc is to rule out other conditions.

I'VE BEEN taking glucosamine sulphate for eight years but I heard recently that it's not advisable if you have high blood pressure.

Glucosamine is used by a lot of people for joint pain. There have been suggestions that it can make high blood pressure worse or interact with HBP medication. As far as I'm aware there's no scientific proof of this.

health checks

● EVERYBODY WANTS to keep their skin looking youthful and vibrant, but few are keen to go down the Botox or plastic surgery route.

Many women feel natural remedies can be more effective in the long run and are far less painful and risky, but with so many out there how do you choose?

Last month natural health and beauty experts Victoria Health gave their award for best anti-ageing product to GliSODin's Pure-XP. This new supplement naturally boosts your immune systems and fights the ageing process.

Pure-XP works by stimulating the body's own production of antioxidants while helping the body's cell renewal process. It also has an anti-inflammatory effect as well as neutralising the free radicals that lead to the signs of premature ageing and cell breakdown.

Pure-XP costs £24.99 for 30 capsules and £34.99 for 60 from www.victoriahealth.com, myhealthcentre.com, purexpigliSODin.com and some chemists and health shops. For your local stockist tel. 0800 328 4360.

The Sunday Post has teamed up with Pure-XP GliSODin to offer a 20 per cent discount on this product at www.myhealthcentre.com — simply visit this website and enter promotional code MHC16.

● THE LAVENDER TRUST at Breast Cancer Care raises money to support young women with breast cancer.

After the success of last year's Lavender Trust charm bracelet, Diva at Miss Selfridge are launching their second charm bracelet (right) for sale in store and online this month. This vintage inspired bracelet costs £10 and at least 60 per cent of the price will go to The Lavender Trust.

There are many other gorgeous items from perfumes and dresses to kitchen accessories and bath foams (below), which have been created by several generous supporters like lastminute.com and Nigella Lawson. Check them out at lavendertrust.org.uk

