

April 30, 1986

Colitis

Dear Bill:

I have intended to write my testimony for a least a year now, so guess I better quit putting it off and just do it! I hope my sharing of experiences will help or encourage someone else with similar problems to try aloe vera.

TESTIMONY.....

I was introduced to Forever Living Products in December, 1980. I was looking for a means to provide a better income but was not interested in becoming a distributor or becoming involved with Forever Living Products when the program was first presented. However, because of my health problems, I was curious to see if the products could help me.

I had suffered with a degenerated disc in my lower back for many years. The pain had been increasing to the point of inhibiting my activities. I had been in pain for many years, but the last six years it had become a constant thing. In addition, I suffered with arthritis pain in my hips and thumbs. I was always very stiff in the morning and always awoke with great pain. I also had a lot of digestive problems, especially heart burn and colitis. I had been treated for all of these problems over a span of twenty years by several chiropractors, been prescribed muscle relaxers, gone to medical doctors, been put on exercise programs, cortisone shots in my back and had even resorted to trying acupuncture treatments. Nothing was of any lasting value.

I began drinking Forever Living Products aloe juice in December 1980 and within three days the arthritis pain in my hips just stopped!! The second week I increased my juice from one ounce to two ounces and I was beginning to see a difference in my digestive system. I had suffered with severe heart burn almost daily for 23 years and now it was gone. The third week I increased my juice to three ounces and was beginning to see a change in the amount of back pain I had.

Now I can tell you with much thankfulness, I have been using the products made by Forever Living for five years and my arthritis pain has stayed under control and I have not needed one doctor of any kind, muscle relaxers, cortisone shots, or exercise programs for my back and I am pain free most of the time. It

sure is great not having to roll out of bed each morning with all kinds of pain.

When you've suffered for as many years as I have, you can't help but be very thankful for a product that can make that kind of change in your life, and I am very thankful to Mr. Bill Coats who stabilized our wonderful aloe over 20 years ago and to Forever Living Products for making it available to us. In addition to the good health I've enjoyed, Jack and I have enjoyed a very good income and two company cars and many trips from Forever Living Products.

Gratefully,

Lynette Hudspeth

c.c. Harold Green
c.c. Tom Mace