

## A Personal Note -

I am a developmental psychologist whose research and practice has always been dedicated to nurturing optimal development. A few years ago as part of my personal anti-aging efforts (in search of my lost energy) and with a mother's concern for my family's health in a deteriorating environment, I began examining the latest nutritional research. In my search for the "magic pill" I came across some fascinating information on drinking Aloe Vera! "Drink Aloe Vera??? I'm not drinking Aloe Vera!!!" That is - not until I examined what has turned out to be the most important research to impact my career, my life and the quality of lives of those around me.

I was stunned by what I discovered. There is extensive clinical and scientific research (even with AIDS and cancer) which demonstrates that properly processed aloe is antiviral and directly immune enhancing in many ways and has so many properties, it is mind boggling and enough to make any self-respecting skeptic take a good hard look; because the truth is - this research is real and has demonstrated miraculous nutritional benefits that support the body's ability to turn around even the most deteriorated systems. Could there really be a natural nutritional drink that can cleanse, nourish, fortify, enhance, balance, rejuvenate, and regenerate on the cellular level AND have only good side effects??! It was convincing enough to inspire me to give up my practice and begin Herbal Answers, Inc..

"How could this be real and we are not hearing more about it?" The original research on the immune system is real - but was done with a specially processed aloe that is not readily available to the public. This uniquely processed aloe vera is almost impossible to find. Thus its secret promise as an immune enhancer remains hidden. The accumulation of my answers has driven me to do everything in my power to bring this aloe truth to the world.

For some reason I have been given this information and this product. People are suffering and using aloe that doesn't work, or they don't even know about aloe at all. I can not sleep nights. I am broken hearted. I am outraged. I want to shout - scream - cry from the rooftops in every neighborhood of the world, every AIDS clinic, every oncologist's office, every children's ward... about what we have here. My heart aches to make this Truth known, available.

Herbal Answers' mission is to share these truths. I urge you to join us in this mission. I welcome your questions, thoughts and experiences. Please Take Care of Your Self.

*Jer*  
Jer L. Heyman, Ph.D., President

## Questions? Herbal Answers!

*Q. How do I find the most potent Aloe Vera? The research sounds amazing but I've tried aloe and it hasn't been that great, I'm confused?*

**A** The research and legendary promise of aloe is real. But damaging processing techniques have kept Nature's Promise a secret. Heat (above body temp) concentration and filtering processes compromise aloe's potency and effectiveness. BEWARE of misleading marketing information and clever wording:

- \* "Cold processed" does not always mean what you think it should. You need to see, in writing, the highest temperatures that are ever used in ALL parts of processing. Heat above body temperature can damage enzymes & polysaccharides.
- \* "Concentrated" is NOT "stronger" in the case of aloe vera.
- \* "MPS" does NOT measure mucopolysaccharides or potency of aloe.

Herbal Aloe Force® offers a written guarantee of ALL its processing procedures (from field to bottle) which includes:

- \* Never heated. Never any applied heat (zero heat) at any time
- \* Never concentrated. No water ever added or removed.
- \* No damaging filtering. Aloin (laxative) completely removed from the whole leaf without any damaging filtering.

*Q. I always hear warnings about drinking aloe. Is it safe to drink every day? Can I give it to my children and pets?*

**A** There are NO Contraindications for Herbal Aloe Force® Juice. It is safe for daily use (even at high dosages) for people and animals of ALL ages and sizes. All warnings about drinking aloe are about the "aloin" content in aloe products. We have a unique process that removes all the aloin (<1ppm) from both the leaf and gel of the plant thus removing ALL contraindications. Beware of tricky labeling "aloin removed" or "aloin free" may refer to "allowable levels" of aloin. Ask for, in writing, the exact amount of aloin from your aloe product.

**Bio-Protective Aloe Processing™ Protects the "Life" in Nature's Original Designs**

TO PURCHASE PRODUCT CONTACT YOUR LOCAL REPRESENTATIVE

### Herbal Answers, Inc.

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*Finally*  
**Aloe Designed by Nature**  
Unbroken by Processing

*Experience*  
**The Full Force of Nature**  
The Truth of Health & Beauty

*Aloe Vera*  
**The True Promise of Health**  
Protected • Captured • Delivered

*As Nature Intends*  
**Bio-Protected • Raw Purified**  
**Herbal AloeForce**  
**Pure AloeForce Products**  
From the Inside Out & the Outside In



### Herbal Answers, Inc.

Inspired by Nature's Truth &  
Committed to Quality,  
Education & Research

## An Introduction to Herbal Aloe Force®

Herbal Answers, Inc., after 2 years of nutritional clinical research has developed a unique Aloe Vera product *Herbal Aloe Force®* whose effectiveness derives from 2 sources:

### A new method of processing Aloe Vera Juice:

In spite of its promise to be a world-class medicinal herb – other than for topical uses directly from the plant – Aloe Vera has not lived up to its promise. In spite of their claims, over 99% of the Aloe products now on the market are processed by methods that use excessive heat, do not completely remove the laxative properties, and in some way ‘break down’ the plant reducing the potential effectiveness of the Aloe plant. A unique technology has been developed which produces an Aloe product that is truly ‘new’ – an Aloe that is different and more effective than the product we have all called ‘Aloe’. Herbal Answers utilizes this unique process to produce the Aloe in our AloeForce® products.

### Specialized Herbs and Aloe Herbal Extraction:

Herbs and herbal combinations utilized by native cultures are becoming more prominent and more appreciated for their immune enhancing and health support with a long history of benefits with indigenous cultures. The herbs in Herbal AloeForce® are incorporated into the Aloe using the Aloe as the extracting agent. This unique extraction process creates an entirely ‘new’ product. It’s not Aloe and it’s not Herbs. It is more. The Aloe enhances the Herbs – the Herbs enhance the Aloe. This forceful Herbal combination demonstrates the True meaning of the “whole being greater than the sum of its parts.”

## Herbal Answers' Unique Bio-Protective™ Processing

Careful stabilization and processing is crucial to retain and protect the potency, integrity and biological activity of the entire fresh aloe plant as originally designed by Nature.

Examination and use of this unique, cold processed, whole aloe has led to the discovery that fresh aloe contains unusually large polysaccharides which scientific studies have recently demonstrated to have numerous beneficial properties including immune system enhancement. These delicate, long-chain complex sugars (also known as beta-linked glucomannans and Acemannan) can be easily broken down by various processing methods and thus may or may not be plentiful in any given aloe product.

Additionally, many aloe scientists agree that it is the entire, intact aloe molecule that maximizes the biological action of all its nutrients (including these larger polysaccharides).

Nature's intricate balance of water, nutrients and polysaccharides is crucial for the dramatic synergism among all the constituents in the fresh, whole Aloe Vera plant in order for them to be optimally utilized as food for the cells.

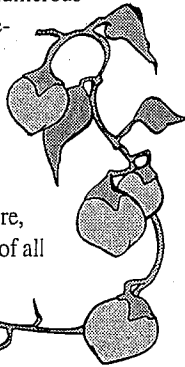
Our unique processing method both protects and provides the maximum potency of the entire fresh aloe plant and ensures the full potential of its many vital nutrients.

**Immediate stabilization:** Because aloe-polysaccharides begin to break down within the first 12 hours after being harvested, Herbal Answers', Inc. organically grown Aloe is stabilized within the first 2-6 hours after being cut.

**Carefully and delicately processed:** No strong solvents, damaging centrifuging or filtering is used on this product.

**Cold processing** is perhaps the most crucial aspect to protect both the integrity and biological activity of the many nutrients in the aloe including all the enzymes and particularly the long-chain aloe-polysaccharides recently discovered to be of a size able to survive the digestive system and be available to bring all its beneficial properties to all the cells of the body.

What does “cold” mean when talking about processing aloe? We have found that all aloe processing techniques use heat, at least for some period of time, in order to control for bacteria growth. Concentrated aloes may use additional heat to remove water from the aloe. When aloe is subjected to more than 100-110 degrees F the enzymes and the long-chain polysaccharides, the very constituents the new scientific research is based on, begin to break down. Presently, there is no industry-wide labeling regulation defining cold processing. We know of no other aloe processing that use temperatures lower than 135 degrees F and most, in spite of their claims, use even higher temperatures during parts of the processing. Herbal Aloe Force® is never subjected to more than 90 degrees F (body temperature) at any time during its processing - from field to bottle.



### Natural Proportions - Never Concentrated, Diluted or Dried.

The Aloe's natural proportions are maintained throughout our entire processing and bottling. Water is never removed or added. Aloe researchers have found that the processes used to remove water to make a concentrated or dried aloe product can destroy the largest polysaccharides (which may also be further broken down due to the concentration of the remaining salts). Thus the high “solids” (MPS) count of these concentrated products may indicate a high concentration of these salts, sugars, smaller polysaccharides and other solids.

Our process retains the water in the proportions designed by nature, protecting the integrity of the larger polysaccharides and the aloe molecule's intricate balance (all its nutrients bound to the polysaccharides with water). This maximizes the Aloe's potency, its biological activity, and ensures the full potential of its many vital nutrients (including the water) as they are drawn into and utilized by the cells of the body.

### Using the Whole Leaf of the Barbadosis-Miller Plant

It was recently discovered that there are at least five times more of the key active ingredients in the leaf of the aloe than in the gel of the inner plant because the nutrients are manufactured and stored in the outer rind and leaf of the plant. Thus, using both the leaf and the gel produces a more potent aloe.

### Laxative properties removed

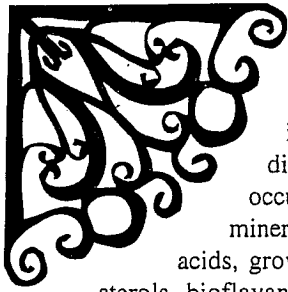
**Herbal Aloe Force® is effective, nontoxic and can be used daily.**

Aloin is a harsh, bitter substance found in aloe which has strong laxative properties. The labeling regulations are such that they allow products to contain large amounts of aloin while still being labeled “aloin removed” or “aloin free”. All common processing techniques trying to remove the aloin either cut away part or all of the leaf and/or try to filter it out. However those methods do not effectively remove the aloin from the product (both the leaf and the gel) and equally important, they may compromise the potency of the aloe itself by not truly using the whole leaf and/or by the harsh filtering processes used.

Herbal Answers, Inc. has a unique process which uses the entire aloe plant while effectively removing all of the aloin (to 1ppm or less) from both the leaf and the gel of the plant without compromising the integrity of the large polysaccharides. This process eliminates the bitter taste and any diarrhea or cramping due to the laxative properties which are still found in most aloe products.

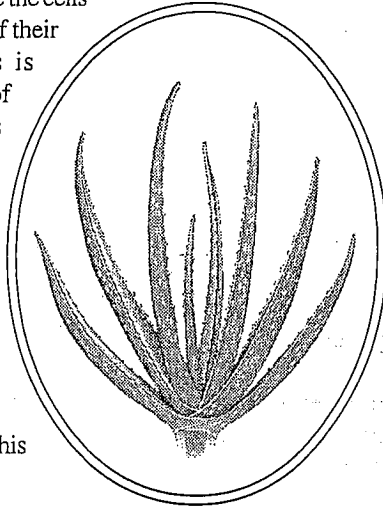
Although most published information about the internal use of aloe must still warn about the daily use of these laxative properties, for the reasons explained above, these warnings do not apply to Herbal Aloe Force®.





## Properly processed aloe vera

is a unique food for the cells that has been discovered to contain over 200 naturally occurring vital nutrients, including vitamins, minerals, enzymes, amino acids, essential fatty acids, growth factors, glycoproteins, natural plant sterols, bioflavonoids, and the full range of sizes of all polysaccharides (complex sugars). Understanding the way these nutrients work together to feed and stimulate the cells of the body together with some of their astounding direct properties is beginning to explain the myriad of benefits found when using this aloe topically and internally. It was this Aloe's dramatic effect on people's health (especially the enhancement of the immune system) that led to the scientific and clinical research that documents the beneficial properties of these remarkable nutrients (including the beta-linked glucomannans) found in this unique "food for the cells".



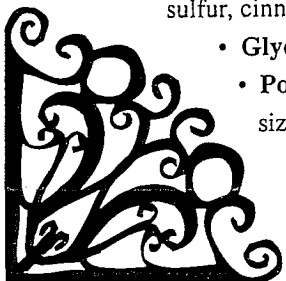
### The Properties: (Results from this protective processing)

Fresh Aloe and Aloe processed without heat has been found to contain uniquely large and complex aloe-polysaccharides. Research has demonstrated these aloe-polysaccharides, together with other natural nutrients including fatty acids, enzymes and plant sterols, to have the following beneficial properties:

- Anti viral
- Anti parasitic
- Anti fungal
- Anti inflammatory
- Anti pruritic (stops itch)
- Anti bacterial
- Anti pyretic (heat/pain)
- Anti oxidant
- Oxygenating

### Nutritional support from many naturally occurring nutrients:

- **Vitamins/Minerals** (vit C, A,E,B-1,2,6,12, zinc, beta carotene, calcium, niacinimide, folic acid, carotene, choline, copper, iron, magnesium, manganese, phosphorous, potassium...)
- **Enzymes** (including digestive enzymes, amylase, lipase, oxidase, lactic dehydrogenase...)
- **Growth factors** (gibberillin, auxin...)
- **Amino acids** 9 of 10 essential amino acids (only missing tryptophan) plus glutamic and glutanic acids, glycine, histidine, tyrosine....
- **Essential fatty acids**
- **Plant Sterols** (naturally anti inflammatory)
  - **Antiseptic & analgesic compounds** (salicylic acid, lupeol, sulfur, cinnamonic acid, phenol...)
  - **Glycoproteins**
  - **Polysaccharides** - including full range of all sizes of long-chain, complex polysaccharides and the beta-linked glucomannans (beta-1,3; beta-1,4 also known as Acemannan.



### Available to all the systems of the body :

Led by the large polysaccharides, the aloe, with all its nutrients intact, can survive the digestive process and be absorbed into the blood stream where it can be drawn into the cells, tissues, organs, and systems of the body. These "leaders" (polysaccharides), the beta-glucomannans have been found to:

- **Increase Absorption and Penetration:** A unique penetrating action acts as a biological vehicle drawing its nutrients dramatically through the tissues and cells of the body. Thus, can increase the effectiveness of other nutrients, supplements, medications, vaccines...
- **Promotes Tissue Growth and Regeneration** inside and out. Stimulates fibroblasts production of collagen and proteoglycans for new tissue growth. Contains and activates natural growth factors.
- **Cleanse and Detoxify:** Enhances the break-down and removal of excess waste, mucous, toxins, heavy metals and foreign buildup from cells, tissues, organs...
- **Fortify Cell Membranes** which may increase resistance to infection.
- **Improve cellular metabolism-** enhancing energy and optimal functioning of each cell of the body.

### Balances and Enhances the Functioning of All the Body's Systems at the cellular level:

- Digestion
- Circulatory
- Respiratory
- Skin
- Hormonal
- Metabolism
- Homeostasis
- Immune System
- Elimination

### The Immune System

*In addition to the above properties which all help enhance the functioning of the immune system, scientific research on the beta-1,3 and beta-1,4 glucomannans (Acemannan) have been shown to have direct immune enhancing and modulating properties:*

- Improves and stimulates the activity of white blood cells - macrophages, killer T-cells, monocytes (interleuking, interferon, TNF).
- Auto Immune/Immune Modulating depending on the body's needs, can stimulate and inhibit antibody formation and can stimulate and inhibit phagocytosis (engulfing of foreign bodies).
- Increases the number of immune cells produced.
- Increases circulation and draws immune cells to the site of injury and infection.
- Has direct and indirect anti viral and anti tumor actions and can disrupt viral replication and cancer cell replication.
- Attacks free oxygen radicals, and oxygenates the blood.
- kills viruses
- kills bacteria,
- kills parasites,
- kills fungus,
- kills yeast.





## The Herbs

*Herbal AloeForce® is 97% Pure "Live" Aloe and 3% Herbs. Our unique Aloe-Herbal Extraction process incorporates the herbs directly into the Aloe improving their absorption and gentle delivery into cells of the body while also increases the potency and effectiveness of the herbs. These herbs were chosen for their legendary reputations for immune enhancement and other nutritional benefits.*

### **Cats Claw (uña de gato)**

*This herb is derived from the inner bark (the optimum form of Cats Claw) of the Uncaria Tomentosa plant indigenous to the Peruvian rain forests. It has been used for centuries in South America to fight arthritis, rheumatism, diabetes, cancer, tumors and viruses. It contains compounds known as oxindole alkaloids which have been shown to have a wide variety of properties. The most effective on the immune system has been found to be isopteropodine (Isomer A).*

*Isomer A has been shown in laboratory testing to have a pronounced enhancement effect on phagocytosis (the ability of the white blood cells and macrophages to attack, engulf, and digest harmful micro-organisms, foreign matter, and debris). Studies on Cat's Claw being conducted all over the world have identified many beneficial isolated constituents, and like aloe, several of these have received pharmaceutical patents.*

### **The "Essiac" herbs, also known as "Caisse's Tea" (Sheep Sorrell, Burdock Root, Slippery Elm Bark, Rhubarb Root):**

*"Essiac" is widely known for its use with cancer by native Americans. Named by a nurse, René Caisse, who used it with her cancer patients in Canada, it is said to have received 55,000 written testimonials from those witnessing the many benefits of these herbs for cancer (its oxygenation properties), viruses, severe allergies, asthma, ulcers, general digestion improvement.... Recently practitioners and health conscious individuals have been using these herbs for a wide variety of health problems with astounding reports (references available).*

### **Astragalus:**

*Chinese herb used for centuries for a wide variety of ailments including diabetes, heart disease, and high blood pressure. Recent studies in Chinese medical journals suggest it may help activate the immune system, may prevent the spread of cancer cells to healthy tissue, and is routinely given to those undergoing chemotherapy and radiation.*

### **Pau d'Arco:**

*Known as a natural antibacterial agent, blood cleanser and immune enhancer. Known for its use against all types of infection and used for centuries in South America for cancer.*

### **Hawthorne Berry:**

*Known as a heart tonic for its enhancement of the circulatory system (heart muscle, blood vessel dilation, lowering cholesterol).*

### **Chamomile:**

*Known and used in Europe for its antibacterial, antiviral, antifungal, antiinflammatory, and nerve calming effects. Also known for its use as a digestive and irritable bowel aid.*

### **Pure AloeForce®**

*100% Pure Bio-Protected AloeForce® is the premier 'herb' in our Herbal AloeForce formulation. More than just a vehicle for the herbs, our Pure AloeForce® is processed to deliver the FULL PROMISE of the live Aloe Vera plant-as designed by Nature!*



## **Flavor and Color of Herbal Aloe Force® Juice**

**It doesn't have to taste "bad" to be "good"!** You will notice that our aloe tastes better than most. We pride ourselves on the total removal of the harsh, bitter, laxative qualities (from the aloin) which improves the purity, the taste, and eliminates diarrhea or cramping due to the laxative properties found in most aloes.


**The flavor and Color of Herbal Aloe Force® will vary slightly from batch to batch.** This variance in flavor and color assures you that no filtering methods are used to make the flavor more consistent and no heavy flavorings are used to cover over any variance or bitterness; thus their natural flavor will vary according to the seasonal growing conditions. We choose potency over consistency of flavor or color.

*Our Aloe is also never concentrated or diluted. Instead of concentrating the Aloe (which may compromise its potency) we fortify it with these herbs (whose flavor and color, not potency, may vary).*

*Herbal Answers, Inc. is committed to quality. The proof of our commitment to quality is the results you feel and experience. The Herbal Aloe Force® that you drink is the Herbal Aloe Force® used in our nutritional research.*

**The information in this brochure is taken from many resources including scientific research articles, professional magazines and journals, books, videos and cassette tapes.**

**This reference list is available upon request.**



# Drinking Herbal Aloe Force® Juice

**To get the most benefit from drinking Herbal Aloe Force®, it is important to find the right amount for you and to make a commitment to daily, consistent use to support your optimal level of health.**

Think about the beneficial properties of Herbal Aloe Force® as described in this brochure. Think about its qualities of absorption and penetration to be available to nourish, cleanse, fortify and enhance cellular functioning and bring these properties to the cells of your body.

Think about your own health (weaknesses, length of time of your complaints, how often you experience symptoms, what you are fighting off, stress...) and the different systems of your body.

Think about replenishing your body with the nourishment it needs to be functioning optimally.

*Remember, only Nature's own designs can properly nourish the body.*

## **Best to Drink on an empty stomach**

for optimal absorption before or between meals.

But can be mixed with your favorite fruit juice or any cold beverage (not hot water). (Kids love it in orange juice and fruit shakes).

**Split Dosages** It is best to drink throughout the day in smaller divided dosages (at least 2-4 times a day) rather than all at one time. This helps it to be best absorbed and keeps it available in your system.

## **Nutritional Usage established by Health Practitioners & Researchers:**

A small amount of this potent Herbal Aloe Force will exceed any traditional aloe product or any single nutritional supplement. As a nutritional supplement, 1/2 to 1 ounce a day (30¢) is all you may need to support your optimal health. As a therapeutic nutritional support, larger amounts may be used according to your body's needs:

1. **Average, healthy systems (occasionally symptomatic)**  
✧ 1-2 oz. once or twice a day  
(daily total of 1-4 oz)
2. **Weakened systems (often symptomatic)**  
✧ 2-3 oz taken 2, 3 or 4 times a day  
(daily total of 4-12 oz)
3. **Chronic symptoms, overburdened, failing or deteriorated systems**  
✧ 3-4 oz, 3 to 4 times a day  
(daily total of 9-16 ounces)

**You can also use additional Herbal Aloe Force® Juice on an occasional basis to address particular symptoms:**

- as a digestive aid at anytime (indigestion, pain, nausea)
- for particular aches and pains
- fatigue/energy
- cleansing/detoxification
- to "boost" your system when you feel you are fighting something off - "boost" your dosage (follow chronic usage).

## **Establishing your Usage**

(The bottle's cap is slightly less than one ounce.) It is important to slowly work up to find the dosage/usage that is right for you. This dosage will vary according to the severity of your nutritional needs and may also change as the systems of your body are supported and rejuvenated.

- **It is best to start out drinking a small amount** (1/2 to 1 oz.) once or twice a day.
- **Then slowly increase (by 1 or 2 oz per day)** to the amount you achieve the effects you desire, and/or symptoms back off.
- **Maintain this dosage** (several weeks or months) until you feel fortified and **then slowly back off** (by 1 oz at a time) to where you feel the benefits you have achieved are being maintained.
- **Maintenance dosage** will be where you continue to use this as nutritional support to maintain your optimal level of functioning.

Beginning slowly is recommended to be able to establish your needs and also to allow your body to cleanse at a comfortable rate. Try to be aware of any "cleansing symptoms" (usually from your weakest system or from toxic buildup) e.g mucous breakdown (respiratory, digestive) or excess gas or diarrhea (digestive/colon) or feeling "off". If you are experiencing "symptoms" or find yourself saying "I can't drink this it gives me \_\_\_\_" try to **drink plenty of water**. Some people like to lower their dosage to cleanse more slowly while others increase their aloe intake to help the cleansing (breakdown and elimination) process. Just remember "It" is not "giving" you diarrhea or "making" you gassy, but it may be stimulating the body's natural processes and producing an abundance of waste that needs to be eliminated - this is a "good" thing!

*Can also be used as a douche, enema, nose drops, ear drops, in mouth for canker sores, toothache, sore gums, etc.*

*Herbal Aloe Force is great for infants, children of all ages, pets, livestock...*

## Herbal Aloe Force® Topical Skin Gel - The Skin Gel for all your skin needs

We all know the relief we feel when we apply a fresh cut aloe plant to a burn or wound; yet when we go into a store and buy an aloe gel, it does not approximate the same results. Herbal Aloe Force gel will feel just like you put the plant on your burn and will work even better. The addition of the herbs and colloidal silver makes the application even more effective.

*The Herbal Aloe Force Topical Skin Gel has the same herbs and colloidal silver as the Juice plus Hyaluronic Acid, Green Tea and Glycerith-26 making it even more moisturizing, humectant, antioxidant, penetrating and effective.*

Aloe penetrates through all 7 layers of skin to be available locally to the skin, tissue, joints, and muscles. Your skin drinks in this gel and feeds it with all of its nutrients that have been shown to provide the following properties (described earlier):

- *moisturizing* (bringing water into the cells)
- *Anti oxidant* (neutralizing free radical damage)
- *anti inflammatory* (arthritis, muscle soreness, sprains)
- *anti bacterial*
- *anti fungal*
- *soothing* (cooling)
- *anti viral* (warts)
- *pain and itch relieving*  
(sores, rashes, stings, bites, wounds)
- *increases circulation and draws immune cells to the site of infection*
- *stimulates new tissue growth*-stimulates fibroblasts to produce collagen.  
(wrinkles, scars, wounds, muscular injuries).

**Herbal Aloe Force Gel is non-clogging and non-sticky and can be used on and in: skin (face, hands, feet, scalp....), mouth, gums and sensitive areas.**

*The nutrients in this gel have properties that can be useful for pain and itch relief, skin dryness & irritation, wrinkles, age spots, psoriasis, eczema, chapped lips, canker sores, herpes sores, diaper rash, cradle cap, teething & gum soreness, stings, bites, rashes, chicken pox, acne (hormonal acne too), burns, razor burn, sunburn, sun damaged skin (is also an antioxidant), varicose veins, blisters, skin ulcers, bumps, lumps, KS, melanoma, warts, genital warts, hemorrhoids, fungus, antiseptic use, arthritis, muscle soreness, bruises and sports injuries....*

**Herbal Aloe Force Gel can be applied as often as desired.** More frequent applications of small amounts may be most effective. Best to rub it in until it is absorbed completely. In chronic situations apply as often as possible or cover with bandage.

Can also be used as an absorption aid with your other topical skin treatments and beauty aids.

The information in this brochure is for your education to support your nutritional supplement choices. The statements in this brochure have not been evaluated by the Food and Drug Administration. This product and brochure are not intended in any way to diagnose, cure, treat, or prevent any disease. Please consult with your health practitioner about using Herbal Aloe Force as a complement to your nutritional health care regimen.

## Nutritional Checklist

Herbal Aloe Force will best support your health if you establish a consistent dosage in accordance with your body's needs. Using this checklist can be helpful in establishing and maintaining the proper dosage to support your optimal health.

Circle all complaints that may apply to you.

Circle the letter that best describes your body's level of functioning before usage. Add your own notes - how often, how severe...

- A. Strong (asymptomatic, optimal functioning)
- B. Average (occasionally symptomatic)
- C. Weak (often symptomatic)
- D. Chronic (system failing, always symptomatic)

**Establish and note your dosage and usage:** continually evaluate and reevaluate the relative health of various functions and systems of your body.

**Digestive/Elimination:** indigestion, ulcers, hiatal hernia, acid reflux, colitis, ulcerative colitis, irritable bowel, chrohns, diarrhea, constipation, hemorrhoids, candidiasis (yeast), parasites, diabetes, nausea, reflux esophagitis, malabsorption, diverticulitis, overweight, others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

**Respiratory:** sinus (infections, excess mucous, drips, ear) colds, asthma, emphysema, allergies, bronchitis, others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

**Skin** - acne, dryness, itching, skin sensitivity, allergies, rashes, psoriasis, eczema, canker sores, scars, fungus, warts, wounds, sun damage, age spots, others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

**Immune:** virus (colds, flu, herpes, HIV...), fatigue, chronic fatigue/epstein barr/fibromyalgia, lupus, cancer, chemotherapy, radiation, lymes, MS, auto-immune, others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

**Muscular/Skeletal:** arthritis, bursitis, inflammation, muscle soreness, sports injuries, surgery, muscle/tissue, weakness & degeneration, others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

**Endocrine:** hormonal balance, PMS, metabolism (sugar, fats...) others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

**Others:** circulatory (cholesterol), heart weakness, headaches, toothaches, others/notes \_\_\_\_\_

**Before:** A B C D Date \_\_\_\_\_ #oz/day \_\_\_\_\_ #days \_\_\_\_\_

**After:** A B C D Notes \_\_\_\_\_

The nutrients in Herbal Aloe Force have many properties that feed the cells of the body to function optimally. Hence, when nourished properly, the tissues, glands, organs and systems of the body are able to function as they were originally designed.

Keep this brochure handy to reevaluate your nutritional health status and needs.