Day 67, Aloe Vera Juice Works

March 27, 2014 By Joseph Burke

Well, the mild but subtle side effects continue on. After dinner tonight, I had an overwhelming pain and pressure in my upper chest. Almost felt like my heart was going to blow right out of my chest cavity. Luckily, and thank God, my wife is a Registered Nurse, and she assessed me and ruled out any sort of heart related issues, which only left GERD or acid reflux, which I have been having on and off while on treatment. But tonight, man... the worse night I've had in a long while with acid reflux. After taking two Gaviscon tablets (no relief), then taking my prescribed Protonix (no relief), the only tool in the box left was raw pure Aloe Vera juice. If you suffer with acid reflux, indigestion, GERD, irritable bowels, diarrhea, constipation or anything involving the digestive tract, then Aloe Vera Juice is the answer you're looking for. Within 2 minutes of drinking 8oz of the juice straight up, I felt the cooling and the acid neutralize in my stomach, and the heart throbbing sensations in my neck and chest finally went away. Keep in mind, the stuff tastes down right atrocious, so I recommend mixing it with a grape or cranberry juice to control the harshness. I'm accustomed to it, so I drink it straight up (*don't breath, hold your breath and down the hatch*). I keep a gallon of this juice in the fridge at all times, even before treatment we keep it stocked up just for such occasions. Take it from someone has has multiple stomach issues, and also my wife who swears by the stuff; within 2 minutes, **RELIEF!**

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.hepmag.com/blog/day-67-aloe-vera-juice