



## A HISTORY OF HOPE

After ten years to feeling the need to pee every 30 minutes, 24 hours a day, you forget what it feels like to sleep through the night. When you rate your pain level as a *six* or an *eight* or, in tears, as a *ten*, it is difficult to remember a life free of pain. When you beg your doctor to help you and think you can't stand it one more moment, you to begin to lose hope that anything will give you relief. Do you remember what was your life was like before Interstitial Cystitis (IC)? What is "normal" anyway?

Normal is urinating six or eight times per day (not per hour!). Normal is being able to eat whatever you feel hungry for, without having to worry about the consequences of pelvic or bladder pain and burning urination. Normal is getting eight hours of sleep without waking up more than once during the night. Normal is working a full-time job, playing with your children, taking a walk, going out at night with your husband, having pain-free intercourse, or taking a vacation (or just a trip to the grocery store) without worrying about the nearest lavatory.

Don't give up. There is hope that you can get most, and sometimes all, of your life back with a healthy alternative that clinical trials have shown works for 87.5% of IC sufferers. In 1993, an IC patient came across a concentrated, powdered form of aloe vera at a health fair in California. She asked the people manning the booth if they had heard of IC and whether they thought their product might help. Her desperation was clear, but they were honest that they had never heard of the disease and didn't have a clue if it would help. She bought a bottle anyway and took 21 capsules throughout that first day. She slept through the night for the first time in ten years!

Desert Harvest knew that they had a unique idea that could help millions of people, so they created a new, super-concentrated, freeze-dried aloe vera product just for IC that required only six capsules per day. They removed 100% of the water, the insoluble fiber, and the anthraquinones (the harsh chemicals in the aloe plant that cause diarrhea) and put the resulting powder in a vegetarian capsule without fillers or preservatives. Now that the product had been perfected, they funded a double-blind, placebo-controlled, crossover clinical trial with the following results:

1. 87.5% of patients received relief from at least some of their symptoms.
2. 50.0% of patients experienced significant relief from all or most of their symptoms.
3. Only 12.5% of patients had no response after completing all six months of the study.

A retrospective study in 2000 of 423 IC patients showed similar results, so don't give up! You might be one of the majority who have gotten their lives back with a simple, healthy plant that complements your current treatments. For more information, a free sample, and a copy of the study results, call toll free 800-222-3901 or check the website at [www.desertharvest.com](http://www.desertharvest.com).

