

## Aloe Drinking Gel



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So I've started drinking the forever living aloe drinking gel and oh my days I won't ever go back to not drinking this!

I'll be honest the taste was a shock, the aloe drinking gel is definitely an acquired taste but you quickly get over that and the benefits are so worth it and far outweigh the unusual taste!

So I started drinking the aloe drinking gel more out of curiosity rather than thinking I needed it for something in particular. My mum is currently drinking the forever freedom aloe drinking gel which has glucosamine in it and is designed for people with mobility concerns and athletes. But I'll come back to that in a minute!

Anyway like I said I started the aloe drinking gel out of curiosity but what I actually discovered was that I wasn't a good sleeper. After a couple of weeks of taking a shot of the gel I noticed that I was falling asleep quickly, wasn't waking during the night and was waking in the morning feeling completely refreshed. I can't remember the last time that happened and now it's happening every day!!! I can only put this down to the aloe drinking gel!

My mum is also drinking the forever freedom aloe drinking gel which she is hoping will help with her arthritic knees (still early days yet but watch

this space!) But one thing she did say to me was that her hair has started to shine. She's always had quite dry hair from lots of colouring over the years but she said she looked in the mirror and had to do a double take because her hair had such a shine to it that she hasn't seen in years! Again she's not changed anything so can only attribute it to the aloe drinking gel!

How about you? Are you curious enough to try it?? Click [here](#) to try and buy!

Love Roo xx

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