

# Success Forum

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# Aloe

Spend even a few minutes with any Herbalife Distributor and you will learn that Aloe has been inserted into our DNA. It's who we are. It in our language, "Shake, Aloe and Tea." It's part of our testimony. And as you will discover, it's there for good reason.

First let me introduce you to our newest flavor and our new labels!! All of our products will be having a face lift soon! And the new flavor? GRAPE!!! It's been a big hit at our nutrition club! The bottle below it is not a new flavor, but a new size. Now we can get the original Ready To Drink in the pint size! My fav in a smaller bottle. Thank you, Herbalife!

A website I have always found to be trustworthy is [www.GreenMedInfo.com](http://www.GreenMedInfo.com). There is SO much information out there that cannot be trusted. Anything you find on GreenMedInfo has been fully vetted and has scientific references. Typically, there isn't a great deal of research being done on nutritional products simply because there isn't a big pay off at the end. It is VERY expensive to do clinical research, so companies go for the big bucks, like pharmaceuticals. Although a bit older, a quick survey showed a lot of great research that has been done on the healthy benefits of aloe.

Research is expensive, and so is certification. One thing I really appreciate about my company

is that they don't do things half way. More and more of our products are being certified gluten free. When it comes to aloe products, there is a certification for that, too! The Herbalife manufacturing facilities in the USA are listed on

The International Aloe Science Council (IASC) website as being certified. On their website you will find this, "A manufacturing facility that obtains IASC facility certification has been inspected by an IASC auditor to ensure compliance of the facility to the program standards, including a review of manufacturing Standard Operating Procedures. Facilities earning the IASC certification satisfy the program requirements and establish that the facility is qualified to produce aloe raw materials or finished products." [iasc.org/Certification](http://iasc.org/Certification)

Time is the standard for some things. Aloe has been used medicinally for more than 2,000 years, and is found in the Bible six different times. Thanks to *GreenMedInfo.com*, I found a great review article in the *Journal of Traditional and Complementary Medicine* (Volume 5, Issue 1, January 2015, Pages 21-26), Evaluation of biological properties and clinical effectiveness of *Aloe vera*: A systematic review. The authors, who are from the University of Baroda, India, state that, "[T]he chemistry of the plant has revealed the presence of more than 200 different biologically active substances."

I want to take this opportunity to state that the use of Herbalife products does not diagnose, treat, cure or prevent disease. But it sure does a body good! Are you ready? Let's take a look at this amazing plant.



In the *Complementary Medicine* journal article. In section 2, they review 12 different areas of efficacy, along with the mechanism of action. We certainly will not cover all of those details here, just know that this article is extraordinarily well referenced. Here are some highlights.

1. Burn wound healing effect. I love my Aloe Soothing Gel. There are at least 2 open bottles in various places around the house, and 2 at the club. Some folks are surprised to learn that we drink aloe, but everyone knows that you can use aloe topically to soothe the skin. I love it for insect bites and rashes of all kinds. It has documented clinical application for burns and other wounds. “Polysaccharides from Aloe promote both the proliferation of fibroblasts and the production of hyaluronic acid and hydroxyproline in fibroblasts, which play important roles in extracellular matrix remodeling during wound healing.” A classic traditional medicine approach to burns is to use silver sulfadiazine cream as a dressing. One study looking at healing in superficial and partial-thickness burns reports that, “healing of burn wounds were remarkably earlier in A. vera treated patients than those patients treated with 1% silver sulfadiazine.” So you can only imagine what it will do for that little sunburn you got!

2. Immunomodulatory effect. What’s that? This is aloe’s effect on inflammation. They got very scientific and told how “A. vera directly inhibits the cyclooxygenase pathway and reduces prostaglandin E2 production, which plays an important role in inflammation.” They referenced several types of inflammation such as found with the burns, but also the type of inflammation seen in inflammatory bowel disease and its ability to decrease pain and increase wound healing in mouth sores. For mouth sores, you can use the soothing gel, or swish well before swallowing the aloe drink.

3. Antidiabetic effect. Please note! Do not change any medication dosing without your doctor’s permission, but I have to say that these studies are very interesting. “In a randomized controlled trial, A. vera gel complex reduced body weight, body fat mass, and insulin resistance in obese prediabetes and early nontreated diabetic patients. Further, in a pilot study,



two Aloe products in patients with prediabetes over an 8-week period, tended to revert the impaired fasting glucose and impaired glucose tolerance observed in conditions of prediabetes/metabolic syndrome.” Folks, that’s pretty amazing. If you struggle with keeping your blood sugar levels in check, you might want to make sure you’re hitting the aloe bottle a couple of times a day! And please monitor your blood sugar levels. Knowledge is power. It’s easy to have your blood sugar out of control and not know it. Drink your aloe; be healthy.

4. Antioxidant effect. “A. vera contains substantial amounts of antioxidants including  $\alpha$ -tocopherol (vitamin E), carotenoids, ascorbic acid (vitamin C), flavonoids, and tannins.” In addition, with aloe helping to control blood sugar levels, it “helps to prevent excessive formation of free radicals through various biochemical pathways.”

5. Hepato- and Cardio-protective effect. Hepato means liver. Cardio obviously refers to your cardiovascular system; heart and all of the vessels connected to it. We do not appreciate the amount of work done every day by our liver. It weighs about 3 pounds, but according to the University of Michigan [healthblog.uofmhealth.org/what-does-the-liver-do](http://healthblog.uofmhealth.org/what-does-the-liver-do), our liver performs about 500 different tasks to include food processing and detoxification. Ingesting aloe every day is one way to keep that vital organ healthy. “Isolated phytosterols found in aloe, namely lophenol and cycloartanol, have the ability to induce the downregulation of fatty acid synthesis and a tendency for upregulation of fatty acid oxidation in the liver, which favors the reduction in intra-abdominal fat and improvement of hyperlipidemia.” So ... drink aloe, reduce abdominal fat, optimize lipids. What a deal!

6. Anticancer activity. Okay, any time we mention cancer, the attorneys get nervous. Again, we do not prevent or cure cancer with Herbalife products. Nevertheless, “Aloin, derived from A. vera leaves, has been shown to possess anticancer potential activities, as it inhibits tumor angiogenesis and growth via blocking signal transducer and activator of transcription 3 activation, with the potential of a drug candidate for cancer therapy.” In the summary of the article they state that “The US

Food and Drug Administration has already approved the developmental study of A. vera in the treatment of cancer and AIDS.” WOW!

7. Effect on estrogen status. They set this one out separately, but the bottom line is that the research is showing that aloe may inhibit and/or prevent the spread of breast cancer. Seriously. Here’s the quote: “Isolated emodin and aloe-emodin from A. vera gel specifically suppress breast cancer cell proliferation by targeting estrogen receptor- $\alpha$  protein stability through distinct mechanisms, which suggests a possible application of anthraquinones in preventing breast cancer cell proliferation through estrogen receptor- $\alpha$  inhibition.”

8. Antimicrobial activity. In this section, they mainly referred to H. Pylori gastric infections, the bacteria that causes ulcers. It works. “A recent study demonstrated that the A. vera inner gel expresses antibacterial properties against both susceptible and resistant Helicobacter pylori strains and impact on the antimicrobial resistance phenomenon of H. pylori, proposing the A. vera inner gel as a novel effective natural agent for combination with antibiotics for the treatment of H. pylori gastric infection.”

Summary: Let your Food be your Medicine, and aloe is one plant that should be on your list. They did look at a study that tried to overdose rats on aloe to see if there are any toxicity issues. Even at doses of 500 mg per kilogram (HUGE dose!!), there were no toxicity issues.

With the Herbalife products, we have many ways to utilize the healing power of aloe. The one people probably think of first is our Aloe Ready to Drink and Aloe Concentrate liquid products. The claims we are allowed to make: soothes the stomach, supports healthy digestion, relieves occasional indigestion and supports nutrient absorption and intestinal health.

The gallon jug is Herbal Aloe Ready-to-Drink, and this is the one now available in pint size! This is actually my favorite. I keep a gallon in the fridge. Sometimes I drink it straight, but often mix it with Niteworks or Beverage Mix. This product is literally ready to drink. Do not dilute it. It is unflavored.



The Herbal Aloe Concentrate is designed to be diluted in water - but you can drink it straight. If you have a bad case of heartburn, just take a hit straight. The Concentrate is where things get confusing, I guess because of the two sizes.

Pints - concentrate comes in pint bottles in Original flavor, Cranberry, Mandarin Orange, Mango, and now GRAPE. Following the instructions on the bottle, a pint will mix up into a full gallon of product.

Half Gallons - because we go through so much aloe in our Nutrition Clubs, Herbalife made the Mandarin Orange, Mango and Cranberry flavors available in a half gallon size to save us a little money. I do know many folks who buy the half gallon for personal use. It lasts a long time in the fridge.

You might be surprised to see the Cell Activator bottle here, but look closely and you’ll find aloe powder is the second ingredient! Our catalog says, “Formulated with aloe vera, which may help support the body’s absorption of micronutrients.” I feel very strongly about this product. The bottle says to take 1 capsule twice a day. I usually take 3 a day, just for a little added insurance!

Another place to find aloe is in our skin care lines. I already mentioned Herbal Aloe Soothing Gel. Love that stuff. Many of my clients love the Herbal Aloe Hand & Body Cream, which contains aloe and African shea butter to make your skin feel wonderful. Smells great, too! Don’t forget the Herbal Aloe Shampoo and Conditioner, and our Aloe Body Wash.

And then we also have our amazing Herbalife SKIN product line. From cleaners, toner, serum, eye products, moisturizers and a mask, they are all infused with herbal aloe. And know that **none** of our skin and hair care products contain any parabens or sulfates. They have all been tested - (but not on animals!) - to guarantee their safety and efficacy.

I hope this has been interesting and helpful for you.

\* Cheers and Blessings!

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## The Problem With Pain Part 2: Ozonated Oils

When I have a medical challenge, I always try Herbalife products first. And I've had a bunch of medical challenges! But there are times that Herbalife products are not sufficient. So in this issue, I want to introduce you to ozone and a company that has amazing ozonated products.

**What is ozone?** Ozone (O<sub>3</sub>) is a highly reactive gas composed of three oxygen atoms. It is both a natural and a man-made product. In alternative medicine, practitioners of ozone therapy use gas or liquid forms of ozone to treat medical conditions and as a topical disinfectant. It has a powerful anti-inflammatory effect on tissues. Some refer to it as "active oxygen."

**The PurO<sub>3</sub> Story:** "Over 100 years ago, ozonated olive oil was approved by the surgeon general to be used for healing purposes. Nikola Tesla was among the first to sell the oil in pharmacies under the name Glycozone. Nearly fourteen years ago our family began using ozonated olive oil and loved it so much we started telling our friends and family about the product. We also started offering the product through our family-run business. The feedback we received from our customers was astounding. They were seeing relief from a number of skin conditions, with a product so simple it only contained two ingredients: olive oil and ozone. Once we mastered ozonated olive oil, we expanded our line to include other products." PurO<sub>3</sub> uses revolutionary ozone technology called microfluidic platform technology fed with an ultra-pure oxygen source. What makes this method special is the pure form of ozone produced without any heat, creating the highest quality ozonated oil products on the market today.

**My PurO<sub>3</sub> Story:** Robert Rowen MD has been using, and teaching, the use of ozone both as an injection and IV for decades. I read an article of his titled *Can You Treat Your Own Severe Osteoarthritic Joints at Home with Ozone Absent Injection? Amazing Report!* I know a number of folks who struggle with joint pain, so I was very curious. In the study, the patients using ozonated oil showed "significant pain relief" by simply using the oil topically twice a day for 2 months. I ordered some

samples and started playing with them.

I have always struggled with rashes. Has it been my immune system? Or an overload of oxalates? Either way, I have always had rashes. Asking the dermatologist for help was ridiculous. He offered a tube of new prescription cream that insurance did not cover. That would be \$1,000 for an 8-ounce tube. I tried samples and found that it was only marginally helpful. The other option was an injectable biologic called Dupixent that would have been covered by insurance, but costs \$10,000 per month, and it would suppress my immune system! Not interested. I started using the ozonated oils on my face and neck. Yes! For literally pennies a day, my rash and peeling skin issues resolved within three days!

A couple of days later, I started making supper. I was using a mandolin or kitchen slicer. And yes, I sliced off the tips of two of my fingers. It took 90 minutes for them to stop bleeding. I was anticipating at least a week to 10 days before I could even use them again. The next day, I started dipping them into my sample pots of ozone oil. One week later, you could still see a little divot, but they were totally healed. Still a little sensitive, but totally healed. I was just shocked. Then I started sharing my little sample pots, and then placed a big order.

**Other PurO<sub>3</sub> Stories:** Stacey got overnight relief from a bad rash she picked up in the garden. Cora also had painful, peeling skin on her face. Within two days, it all cleared up. Linda fell on her hands, and generally has very painful thumb joints. Three months later, she is still pain free!! Janie had an itchy spot just inside her ear that was driving her nuts. It would often bleed then scab over. "I tried everything with no relief." She used ozonated oil and in just a few days it was totally healed and is no longer itchy.

A 14-year old young man was experiencing cystic acne on his upper back and shoulders. Ozonated oil cleared it up in short order. A little ozonated oil was life-changing for him.

For Carol, it hurt to talk due to inflammation of her vagus nerve. She consulted several physicians and endured multiple medical procedures to try to get



## The Problem With Pain Part 2: Ozonated Oils Continued

to the bottom of it. The only thing they came up with was that she had "silent GERD" or gastroesophageal reflux disease. In other words, they said stomach acid splashing up on her vocal cords was causing the pain. They prescribed stomach acid reducing medicine. Stuff like that infuriates me. We *need* stomach acid, and the "medical professionals" were just guessing.

Fortunately, Carol didn't take the medicine. She met with me right after I got my sample pots. I gave her one of the oils and told her to just apply a small amount twice a day to each side of her neck. At the one week point she said, "I think we might have a minor miracle going on here." Two weeks in she reported, "I'm singing in church again!" Last I talked with her, she said that her voice just continues to get better.

As for the couple of folks who tried topical ozone for knee pain, the results were not as excellent as we had hoped. It's the rash, injury and nerve pain testimonies that are the most abundant.

Next I tried their ozonated tooth cleaning powder and oil pulling solution and my trouble with a sore tooth and bleeding gums disappeared. The tooth powder has a lovely taste and texture.

PurO3 also has oral ozone capsules. Sherri has always struggled with high blood pressure issues. She starts her story with topical success. "I want to start out by saying that generally I'm a skeptic with new products until I see it work for myself when it comes to supplements, etc. With the O3 products, I was very hopeful but didn't expect miracles - which you mentioned it isn't. However, I'm thinking for myself it is a miracle!

"With the jar of oil, I've put it on my chest and sinuses and today I can finally taste and smell and

the congestion is almost completely gone. That's great in itself, but the capsules I'm labeling the miracle.

"I've been having issues with my blood pressure with all of the crap I've been dealing with this year. No matter what I did, I couldn't get it down into the "normal" range. I've been taking the O3 capsules for a few days now and I have some results:

"BP Prior to taking O3 caps (random times / various days): Average 138 / 80.8

Taking O3 capsules (random times / various days): Average 120.25 / 70.75

"The change showed up immediately. My BP dropped an average of 17.75 points on the top and 10.05 on the bottom! I can't make that up." I just checked in with her again, so she's been using the oral ozone capsules for about a month. "My blood pressure has been great! I had a couple of tough days (emotionally - which skewed it a bit), but the average is 122/69. Most days it hangs around 114 / 68. I'm still loving the ozonated oils!"

**Supplemental Wellness LLC** is the company I have for my private nursing practice. Do you have challenges Herbalife products don't address? Always contact me first before going to Amazon. Typically, I can get products for you at a better price, and like Herbalife products, the products I carry are always manufactured at the pharmaceutical grade. There is a lot of fraud and misinformation out there. And of course if you purchase from me, you also get me for any questions you might have!

Blessings!



[www.SupplementalWellness.com](http://www.SupplementalWellness.com)

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