Decker’s Daily... Aloe?

April 26, 2009 By Shawn Decker

WARNING- if poo blogs upset you, turn away now
A week ago, I was in a bad way. For some strange reason, my body had forgotten how to create a turd. It really was a throwback to the old Viracept days a decade ago, when I first started on HIV meds.

By day three, I started to get worried, realizing that I would probably be risking dehydration if I didn’t help my body along somehow. A friend suggested cold pressed Aloe, Gwenn ran to Whole Foods and found some Orange Papaya flavored aloe. I had one glass (two teaspoons mixed with a half glass of water, didn’t taste like anything really) at 8 pm and another around midnight.

The next morning on Earth Day I made a turd.

It was an incredible turn around. I have no idea what threw my body out of whack, but man, I was reminded about what a drag those early days on HIV meds were, when I had diarrhea for *months*. So, if you are new to the idea of cold pressed aloe, but old to the dilemma of diarrhea, you may want to consider seeking this out and giving it a shot.

Positively Yours,
Shawn

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/blog/deckers-daily-aloe