

## Aloe Vera

**Description:** Perennial succulent plant that looks like a cactus grown throughout the world.

**Botanical Name:** Aloe vera Barbadosensis Miller from the Lily (Liliaceae) family

Part Used: Aloe vera Gel (a clear, jelly-like material) is derived from tissue that comprises the inner portion of the leaves.

Aloe vera Latex ( Aloin a bitter tasting purgative, commonly known as bitter aloes. Aloin is destructive to healthy tissue and cells) is obtained from specialised cells known as pericyclic tubules that occur just beneath the epidermis or rind of the same leaves from which the juice is derived.)

### Health Benefits

#### Digestive System

Aloe vera (juice consumed orally) reduces acidity, detoxes, reduces pH levels and alleviates Heartburn.

Aloe vera (juice consumed orally) alleviates Constipation (by cleansing the Colon)

Alleviates the Inflammation of the Digestive Tract that is associated with Crohn's Disease Aloe vera is presently undergoing scientific investigation for the treatment of Crohn's Disease].

Aloe vera (juice consumed orally) alleviates the Inflammation of Digestive Tract associated with Ulcerative Colitis [Aloe vera is presently undergoing scientific investigation for the treatment of Ulcerative Colitis]. Alleviates some types of Peptic Ulcers (those between the Stomach and the Jejunum).

#### Immune System

Aloe vera (juice consumed orally) reduces tumour mass in some types of cancer and inhibits the metastasis of some types of cancer [scientific research - rats].

Aloe vera (juice consumed orally) reduces Fevers.

Aloe vera (gel applied topically for long periods) prevents Detrimental Bacteria from penetrating the Skin.

Aloe vera (gel applied topically for long periods) prevents Detrimental Fungi from penetrating the Skin.

Aloe vera (juice consumed orally) potentially reduces Inflammation (especially Inflammation that occurs within the Digestive Tract) [Aloe vera is presently undergoing scientific investigation of its anti-inflammatory powers in the treatment of various gastro-intestinal inflammatory ailments].

Aloe vera (juice consumed orally) inhibits some types of Viruses (**due to Acemannan**) [scientific research - in vitro]:

- Aloe vera (juice consumed orally) inhibits the HIV Virus that is implicated in Acquired Immune Deficiency Syndrome (AIDS) - due to **Acemannan** [scientific research - in vitro and in cats].
- Aloe vera (juice consumed orally) inhibits various forms of the Influenza Virus [scientific research - in vitro and in cats].
- Aloe vera (juice consumed orally) inhibits the Measles Virus [scientific research - in vitro and in cats].

#### Musculoskeletal System

Aloe vera (gel applied topically) accelerates the healing of Canker Sores (Mouth Ulcers) - due to **Acemannan** [scientific research - humans: **Acemannan Hydrogel** reduces the healing time for Canker Sores to 6 days maximum].

Aloe vera (gel applied topically) accelerates the healing of Decubitus Ulcers (Bed Sores).

Aloe vera (gel applied topically) accelerates the healing of Burns.

Aloe vera (ointment or gel applied topically) accelerates the healing of Herpes Simplex lesions.

Aloe vera (gel applied topically) alleviates the Itching associated with Hives.

Aloe vera (gel applied topically) alleviates the Itching associated with Insect Bites and Stings.

Aloe vera (gel applied topically) prevents Scarring.