

Aloe Vera

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Aloe Vera, native to the Africa continent, is also known as "lily of the desert", the "plant of immortality", and the "medicine plant". The name originated from the Arabic word alloeh, meaning "bitter", because of the bitter liquid found in the leaves. Aloe vera has been described in writings from many different cultures and as far back as the Greek, Egyptian, and Roman eras. References to aloe vera are found in writings from the Indian and Chinese early cultures. The benefits of aloe vera have been known for centuries, with knowledge of the therapeutic advantages and healing properties surviving for over 4000 years. Its antiquity was first discovered in 1862 in an Egyptian papyrus dated 1550BC. Egyptian Queens associated its use with their physical beauty. It was used to great effect by Greek and Roman physicians. Researchers have found that both the ancient Chinese and Indian used aloe vera. The earliest record of aloe vera is on a Sumerian tablet dating from 2100 BC.

Over 200 worldwide scientific research papers have been published on the effects of aloe vera. The three main categories of research include anti-inflammatory, anti- bacterial, and anti-viral actions of aloe vera. The juice is said to soothe digestive tract irritations such as colitis, ulcers and irritable bowel syndrome. Aloe's ability to encourage the release of pepsin, a gastric juice enzyme necessary for digestion, when the stomach is full is a possible reason for its ulcer-healing effects. In one study, oral use of aloe for six months helped mitigate asthma symptoms in almost half of the participants. Researchers think that the results might be due to stimulation of the immune system, as well as the naturally occurring anti-inflammatory agents in aloe vera.

Aloe vera contains protein, calcium, magnesium, zinc, vitamins A, B12 and E, essential fatty acids and is naturally rich in:

Vitamin C- which helps maintain tone of blood vessels and promotes good circulation. It is essential to the health of the adrenal gland, which supports our body in times of stress.

Amino acids- which are chains of atoms constructing protein in our body.

Enzymes- which rejuvenate aged tissues and promote healthy skin.

Germanium- which is a mineral that some health authorities claim therapeutic benefits for: immunodeficiency, pain, cardiac disorders, circulatory disturbances and eye problems.

It is used to ease heartburn, ulcers, diverticular disorders, and other types of digestive upset. It is used as an anti-inflammatory. Animal studies and anecdotal reports claim that drinking aloe vera juice or taking it as a tablet or capsule can reduce swelling and inflammation in arthritic joints. Drinking aloe vera juice may also help those asthmatic patients who are not dependent on cortico-steroids.

In 1997, University of San Antonio researcher Jeremiah Herlihy, Ph.D., conducted a study to observe any negative effects of drinking aloe vera juice daily. Rather than exhibiting negative effects, however, test animals receiving daily aloe showed a reduction in leukemia, heart disease, and kidney disease.



Aloe vera is about 95% water. The rest contains active ingredients including essential oil, amino acids, minerals, vitamins, enzymes and glycoproteins. The juice is comforting to digestive tract irritations, such as colitis and peptic ulcers. As a supplement, it helps digestion, blood and lymphatic circulation, and kidney, liver and gall bladder functions.

It contains three anti-inflammatory fatty acids that are helpful for the stomach, small intestine and colon. It naturally alkalizes digestive juices to prevent over acidity - a common cause of indigestion. It also helps clean the digestive tract.

A compound in the plant called acemannan, is being studied for its ability to help the bodies natural resistance. Studies have shown that acemannan helps improve the number of T-lymphocyte cells that assist the immune system. Aloe can help in keeping the skin flexible, and has been used in the control of acne and eczema. It can relieve itching from insect bites and allergies. The healing power is due to increasing the availability of oxygen to the skin, and by increasing the strength of skin tissue.

There is no single ingredient that makes aloe vera potent and healthful. Researcher Robert Davis, Ph.D., an endocrinologist-biologist, explains that fifteen different compound groups of nutrients work together to make the plant effective. This means that aloe vera's effects cannot be synthesized easily in a laboratory. Because the various elements that make aloe effective are nutrients rather than drugs, aloe vera may complement medical treatments. In fact some cancer patients state that aloe vera seems to reduce nausea, increase energy, and may help to minimize low blood counts caused by chemotherapy or radiation.

Aloe vera has been used for the following conditions:

Alzheimer's disease, antifungal, antimicrobial, antioxidant, antitumor, antiviral, arthritis (osteoarthritis, rheumatoid arthritis), asthma, bacterial skin infections, birth control, blood vessel disorders, bowel disorders, chronic fatigue syndrome, congestive heart failure, frostbite, gingivitis, hair loss, heart disease prevention, hepatitis, high cholesterol, human papilloma virus (HPV), itchiness (skin), kidney or bladder stones, leukemia, lichen planus (a skin condition), parasitic worm infections, Parkinson's disease, periodontal surgical rinse, scratches or superficial wounds of the eye, stomach acid reduction, sunburn, systemic lupus erythematosus (SLE), tic douloureux (trigeminal neuralgia, severe facial pain), untreatable tumors, vaginal contraceptive, yeast infections of the skin.

Some Topical Aloe Vera Uses:

- As a soothing body rub
- Treat minor burns
- Bruising
- Soothe and heal sunburns
- Insect bites

- Reduce tissue damage from frostbite
- Alleviate mysterious rashes
- Heal herpes outbreaks
- Fight athlete's foot
- Blisters
- Allergic skin reactions
- As a general moisturizer for dry skin
- Treat acne
- Soothe psoriasis
- Minor wounds
- Prevent scarring and stretch marks
- Help rosacea
- Herpes outbreak
- Shrink warts
- Reverse signs of aging skin and wrinkles
- Help eczema
- Decrease pigmentation and dark spots
- Speed up hair growth by massaging aloe into the scalp
- Condition hair
- Remove eye makeup
- Treat minor vaginal irritations

If you have a medical condition, or are taking other drugs, herbs, or supplements, you should speak with a qualified healthcare provider before starting a new therapy. Consult a healthcare provider immediately if you experience side effects.

If you are using oral corticosteroids, such as beclomethasone, methylprednisolone, or prednisone, it is important not to overuse or misuse aloe vera juice. A potassium deficiency can develop, and you may experience toxic effects from the medication.



Be sure to try the [Aloe Vera Gel \(8 fl. oz.\)](#), [Aloe Vera Juice \(32 fl. oz.\)](#) or the [Aloe Vera-Freeze Dried \(64 caps\)](#) from Nature's Sunshine. You can see other products that contain Aloe Vera by [clicking here](#).

References

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Yours in Good Health!

Sincerely,

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