

ALOE AND YOUR HEALTH

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Aloe and your health

More vehicles than ever on the road, more factories are producing more goods resulting in more toxins polluting the air that we breathe. Everyone owns a cell phone, we all live in cities, and eat food that has been genetically altered and chemically fortified. Modern farming techniques has given us more food, but this food results in the increase in pesticides, herbicides and chemical fertilizers that pollute the land and end up in our water supply. The meat that we eat is filled to the brim with growth hormones and antibiotics and comes from animals that have been eating processed foods or grazing on polluted land. The brave new information age has made all of us more aware of our health, yet our modern food industry practices only make all of us sicker.

On top of the woefully inadequate conditions of our food, the frenetic, fast paced world that we find ourselves in leads to a more stressful lifestyle that makes medieval serfdom seem more favorable. We are too busy with our modern age lives to bother with eating healthy and getting the proper amount of rest and exercise. Instead we merely pop a pill that some researcher in a lab has dreamed up to make us, sleep, eat, wake, or be happy. These drugs then enter our system and wreak havoc upon our bodies' natural defense mechanisms causing much bigger problems in the end.

To add to our distress, science is now uncovering the role that free radicals, which are found in things like cigarette smoke, exhaust fumes, herbicides, pesticides, and even tasty hamburgers, play in the rising number of cancer cases. Free radicals are oxidizers that enter the body and damage our cells. The link between the rise free radicals and certain types of cancer is too great to ignore. Something must be done to stop this onslaught. While increasing the amount of antioxidants in our diet in the form of fresh fruits and vegetables seems like an obvious solution, the diminishing nutrient value of our soil makes this idea a rather moot one.

The increasing demand for health products that are not only good for the modern consumer, but also good for the Earth is not a surprising development considering the trouble we have gotten ourselves into. We have painted ourselves into a corner by not looking far enough into the future, and now its time to fix the problem by taking proactive steps forward.

Aloe through the ages



The Aloe Vera plant is known by many different names by the multitude of cultures that have used it for their own benefit throughout the ages. This “lily of the desert” is a succulent member of the lily family that can be traced to the warm dry climates of Northern Africa. The 4000-year-old writings of the Ancient Sumerians mention this “wonder plant” citing its numerous qualities and uses. The ancient Egyptians also mention this “medicine plant”, and its use was also mentioned in the medical canons of the Greeks and the Romans (Cleopatra used it as a beauty aid). Caricatures of the plant drawn on the walls of tombs were thought to signify immortality and Medieval Monks used it as balm for wounds and bruises.

Throughout the ages right up to these modern times, the Aloe Vera plant has been used to treat a long list of ailments as well a host of cosmetic purposes. The inner gel has soothed flesh wounds such as burns, cuts, scrapes and stings; it has also been used for headaches, gum sores, hemorrhoids, skin disorders (dermatitis, psoriasis), acne, dandruff, and even baldness. Ingesting it was believed to cure indigestion, constipation, dysentery, and kidney disorders. The plant has spread throughout the world and has been used by cultures on every continent with the exception of Antarctica and has been regarded as a valuable medicinal plant right up until the modern era.

Researchers, Clinicians and medical investigators have been finding an increasing

number of valuable uses for the Aloe Vera plant. It has been studied for its effectiveness on:

- ✓ Bacterial infections such as staph , strep, conjunctivitis and yeast infection
- ✓ Viral infections such as Herpes simplex and shingles
- ✓ Fungal Infections
- ✓ Inflammations caused by arthritis, allergies, surgery, infections, burns, ulcerations, insect bites, ect.
- ✓ Pruritis
- ✓ Liver Spots

Aloe's role on the healing process and its ability to penetrate target areas and stimulate cell regeneration has also been scientifically documented along with a multitude of other properties that cement Aloe Vera's role as a healer, a restorer and a protector. It reveals to the world a plant that is both natural and completely safe to use without any side effects. It makes you wonder how one little green plant is capable of so many things.

The 1935 Atomic Energy Commission was one of the earliest instances of scientific analysis of the Aloe Vera plant. Researchers involved in this study concluded that Aloe Vera gel was the ideal product to effectively treat radiation burns. While they knew that it worked, the researchers had failed to uncover exactly how it helped heal. Aloe Vera's specific chemical make up was determined later on, and researchers discovered that it was a plant unlike any other. The Aloe's juice was far more complex than the simple sap of most plants and was instead, a composite of numerous biologically active ingredients.

Aloe and your skin



Aloe Vera was found to contain many important proteins, vitamins, minerals, and energy releasing substances, making it an excellent nutritional supplement. It was also found that Aloe Vera could rapidly penetrate into the skin and deliver vital nutrients to the epidermis. Several different enzymes were also found to reside within the plant whose activities have mystified researchers. They could not really explain it, but somehow Aloe Vera was helping promote the removal of dead skin and stimulate growth in living cells.

All of the above characteristics turn out to be vitally important when it comes to taking care of your skin. In order to understand why, it is important to take a closer look at the skin itself:

The skin is comprised of three different layers:

- Epidermis: The outer surface, which is comprised of living surface cells whose main job is to protect your body from the environment. The epidermis also

provides the body with an additional means of waste removal when the outermost layers of cells die and are shed. The epidermis receives no blood, the living cells depending upon the dermis below them for their nutritional needs.

- Dermis: Directly below the epidermis lies the dermis, which holds the blood supply and provides structure and strength to the skin. The hair shafts are contained within the dermis, along with tiny muscles and oil glands.
- Hypodermis: Below the dermis lies this soft layer of fatty tissue that helps insulate the body. Along with the dermis, the hypodermis houses the sweat glands, hair follicles, nerves and blood vessels.

As we age, the walls of our arteries and veins thicken and it becomes harder and harder for our blood system to deliver the vital nutrients that the outer lying skin cells need to keep the skin looking supple and youthful. Aloe Vera, with its unique above mentioned properties, helps improve the health of our skin by penetrating deep into the skin layers providing our epidermis with essential vitamins and proteins, stimulating cell growth and removing the dead skin cells.

Aloe: a super penetrator



Since the epidermis has no blood supply of its own, it is the layer in particular that is affected by Aloe Vera when the gel is used to nourish the skin from the outside. The skin of a person who uses a good Aloe Vera supplement will have a noticeably more youthful glow about it making the person look and feel younger. When taken internally, aloe vera helps promote healthy cell renewal and the manufacturing of collagen, a skin

supporting protein. It also helps fight off wrinkles and aging skin by helping the skin derma produce more human fibroblasts at rate of six to eight times faster than usual. When used on a regular basis, Aloe Vera can take five to seven years off how you look.

You may have wondered why Aloe is added to so many different moisturizers, shampoos and aftershave creams. It is because Aloe has super penetrating powers. According to E. Danhof PhD, MD, a retired physiology professor at the University of Texas, aloe vera gel penetrates through the human skin almost four times faster than water.

Aloe can also be found in deodorants because of its ability to neutralize odor-causing bacteria, reduce perspiration and keep the skin dry. It also has many other cosmetic uses: including being used as a skin tightening astringent, a complexion rejuvenator and a hair strengthener. In fact, you can find Aloe being used in just about every product from toiletries to tissues, in tights and other clothing. It is even added to toilet paper.

More research is needed



Due to the reports of this plant's wide array of medical properties, the scientific community has been paying closer attention to Aloe Vera over the last several decades. Publications in reputable scientific journals have shed light on how Aloe functions and how it can be further utilized to benefit humankind. Chemical analysis of the plant has revealed that it is made up of a wide range of different organic and inorganic components with glucomannans, a carbohydrate polymer, being one of the more notable substances it contains. Despite all of the recent scientific inquiry, researchers remain uncertain as to which of the components in the Aloe Vera plant are responsible for the reported physiological properties. Further study of Aloe Vera: "nature's gift", is needed in order to unravel the mystery surrounding the underlying functional properties of the plant.

Hot versus Cold

What scientific research has discovered recently is that the plant's outer leaf and rind actually contain 200% more of the active therapeutic ingredients than the inner gel itself. The vast majority (95%) of aloe products on the market today only utilize the inner gel, throwing away the nutrient valuable leaf and rind. To make things worse, many companies use a high heat process to stabilize the gel, degrading much of enzymes, polysaccharides and mucopolysaccharides. These high heat pasteurization/

autoclave methods end up breaking down many of the most valuable healing components within the gel and killing off the live enzymes that are necessary for digestion. Only a few Aloe products utilize the whole leaf and use cold processing to preserve the vital nutrients (“Brand A” whole leaf Aloe concentrate is one of these notable exceptions).

The FDA has no control over the labeling of Aloe products making the claims by many companies rather scrupulous. For instance, a company can have a product that contains only 10% Aloe and 90% water and still be able to label it as a 100% Aloe drink. The lack of regulations and guidelines allows Aloe Vera products that are devoid of any real nutrient and healing value to be sold on the market. Most scientist feel that the active enzymes and polysaccharides contained in unprocessed aloe are essential for the antiviral, anti fungal, anti inflammatory, immune enhancing and tissue healing properties of the plant.

Aloe Vera boosts immune function and fights cancer

Scientific research has shown that the polysaccharides within aloe vera have strong immune boosting and cancerous tumor fighting capabilities. A study published in the 1995 issue of International Immunopharmacology concluded that the polysaccharides in Aloe Vera exhibited potent macrophage activators and produce increased volumes of nitric oxide, a compound that has tumor fighting potential.

For parents of hotdog loving kids, this is an important finding. Many junk food companies lace hotdogs with sodium nitrate to help make meat turn red. Sodium nitrate is a known cause for various cancers such as leukemia and brain tumors.

Aloe Vera: the best treatment for colon polyps

Ingesting aloe gel helps soothe the intestinal tract and heal pre-cancerous growths. A raw juice diet of fruits and vegetables along with aloe gel is considered a miracle cure for early stage colon cancer.

Aloe helps against inflammation and arthritis

Aloe as a topical ointment to ease inflammation of the joints and reduce the pain of arthritis has been well documented. However, aloe can also be taken internally helping stop inflammation from the inside out. Drinking Aloe juice for two weeks will lead to a significant reduction in all inflammation symptoms. Aloe can be used to help with all types of inflammation that lead to joint and muscle pain. It works especially well when coupled with a healthier lifestyle and cutting out pro-inflammatory foods like red meat, milk, sugar, fried foods and white flour.

The healing process

The authors' laboratory has shown that A. Vera improves wound healing. Diabetic animals were used in this study because of their poor wound healing and anti-inflammatory capabilities. (*Journal of the American Podiatric Medical Association, Vol 79, Issue 1 24-26, Copyright © 1989 by American Podiatric Medical Association*)

Aloe Vera helps AIDS patients



Writing in "The Doctors' Vitamin and Mineral Encyclopedia", Sheldon Saul Hendler, M.D., Ph.D., reported that Aloe juices and gels have shown to have antibacterial and antifungal properties, and they appear to be active against a broad spectrum of microbes. As an example, he said, an extract of Aloe, carrisyn, has exhibited antiviral activity, inhibiting reproduction of herpes, measles and the HIV virus in test tubes. Further studies are underway to determine whether carrisyn may be helpful in the

treatment of AIDS. (*The Complete Book Of Vitamins And Minerals For Health*. Emmaus, Pa.: Rodale Press, 1988, p.135)

“There are a number of ways in which Aloe vera may produce therapeutic results,” Hendler said. “Salicylates, which have both anti-inflammatory and pain killing characteristics, are found in Aloe. So is magnesium lactate, a substance which can inhibit histamine reactions of the sort that can cause, among other things, itching and irritation of the skin. In addition, an enzyme in Aloe has been found to be a bradykinin inhibitor in test tube experiments. Bradykinin produces pain in inflamed tissue.”

He added that some HIV-infected and AIDS patients are regularly drinking an Aloe beverage that has a high content of carrisyn. He suggests that this therapy should be monitored by a professional. (*Hendler, Sheldon Saul, M.D., PhD The Doctor's Vitamin And Mineral Encyclopedia*. New York: Simon and Schuster, 1990, pp.277-278)

Aloe Vera stabilizes blood sugar in diabetics

Since Aloe contains at least two antidiabetic active compounds, it helped the blood glucose level to be reduced to the fasting level in diabetic mice, according to Hidehiko Beppu and colleagues in ‘Phytotherapy Research’. When Aloe was given to diabetic patients, the fasting blood glucose level went down, said the researchers from Fujita Health University in Japan. The Aloe extracts had a similar effect on those suffering with hypoglycemia. “These effects are attributed to the stimulation of insulin secretion from residual pancreatic islets beta-cells, but the mechanisms are still unknown,” said the researchers. (*Beppu, Hidehiko, et al. Hypoglycaemic and Antidiabetic Effects in Mice of Aloe Arborescens Miller var. Natalensis Berger*”, *Phytotherapy Research* 7:S37-S42, 1993)

Known for reversing “sludge blood” might also help people who suffer from diabetes by boosting circulation helping ease peripheral neuropathy, which is numbness of the arms and legs due to poor blood flow.

Aloe Vera reduces heart attacks and strokes



If you happen to know a thing or two about how heart attacks and strokes happen, it should not come as a surprise to you that Aloe's ability to enhance the quality of your blood helps prevent both of these illnesses. Using aloe vera gel as a daily supplement will help rebalance your blood chemistry and lower the cholesterol and total triglyceride levels in those who have elevated levels. It will also reverse "sludge blood" making your blood flow in a more frictionless manner. This in turn will help lower your blood pressure, which will put less strain on your heart.

Also, Aloe's ability to keep blood from clumping and to flow like it should also helps prevent strokes. Using the innovative, yet somewhat controversial techniques of dark field microscopy to view live human blood cells, doctors are actually able to see the structure and form of your cells. While the FDA does not approve this technique, making it hard for doctors to use it, many health professionals insist that it is the best way to determine the overall health of the blood. What they have found is that many peoples blood clumps together, thanks to a steady diet of fried foods, saturated and homogenized fats, and hydrogenated oils. These clumpy masses of blood cells end up slowing the blood flow and eventually get lodged in the capillaries where they act as a dam, keeping nutrients and oxygen from getting to your tissues and brain cells. Aloe Vera can reverse this trend, unsticking the blood and allowing it to flow one blood cell at a time like it should, allowing nutrients and oxygen to reach even the most remote

parts of your body (like the top of your head.)

This increase in blood flow to the brain is not only good for stroke prevention, it could also help keep Alzheimer's at bay as well as improve learning, enhance memory and lead to better cognitive function overall. While these benefits have yet to be proven in any scientific studies, or printed up in any renowned medical journals, does not mean that it is not already working for people who are taking Aloe daily. Truth is, since science cannot make any kind of profit from studying Aloe, the research on this plant is always going to be decades behind. The best thing that you can do is to be your own research scientist and try aloe for yourself and see the benefits firsthand. You may not get your findings published, but you will at least know for yourself the wonderful healing benefits of this miraculous plant.

Aloe amplifies antioxidants

Get this: taking Aloe actually makes antioxidants such as Vitamin C and E, work better. Research indicates that aloe increases the effectiveness of these free radical fighting vitamins because of its blood enhancing abilities. These vital nutrients are able to reach the most remote cells via this super charged blood cell free way. It is a sure bet that Aloe pretty much makes everything good, better because of this. The ability to improve the capabilities of the blood stream bodes well for cancer fighting herb remedies, allowing them to target tumors with extreme accuracy.

The pharmaceutical companies can only wish they could understand the advanced biotechnology that Aloe Vera plants holds within its spotted green lancelets. Nature, in her unimaginable wisdom, created this plant and then let mankind discover it. Aloe is fully safe and compatible with our bodies and it is better than anything that profit driven research could come up with. The only way you can benefit from this advanced technology is to try Aloe Vera for yourself.

Aloe aids all digestive disorders



The polysaccharides contained within the Aloe plant can help with a large number of digestive disorders. The Internet is full of information and testimonials pertaining to Aloe's effect on digestive disorders such as Crohns disease, IBS, ulcers, diarrhea, and other disorders of the digestive tract. It is also discussed in a multitude of relevant scientific journals and medical literature such as *Natural Health*, *Natural Medicine*:

In *Natural Health*, *Natural medicine*, Andrew Weil, M.D. of the University of Arizona at Tucson, reported that Aloe Vera is beneficial in the treatment of various gastrointestinal complaints. For diverticulitis, an inflammation of the walls of the colon, take Aloe vera gel after meals, staying below the dose that may cause any laxative effect.

For hemorrhoids, Weil advises to apply Aloe Vera gel to the area frequently, and take one teaspoon of liquid Aloe Vera after meals. For peptic, gastric or duodenal ulcers, he recommends 1 teaspoon of Aloe Vera juice after meals. And for ulcerative colitis, he says to take a teaspoon of Aloe Vera juice after meals, unless that amount is laxative. (Weil, Andrew, M.D. *Natural Health*, *Natural Medicine*. Boston: Houghton Mifflin Co., 1990, pp. 281, 293, 326, 328)

Gastric ulcers happen when the juices in your stomach that are secreted to digest food, start to eat away at your stomach lining instead. The neutral mucous membrane lining your stomach usually prevents this, but sometimes a hole develops and the juices, which contain active enzyme pepsin, find its way to the gastric walls. The

pepsin then begins to work on the stomach lining resulting in ulceration. Stress is one of the leading causes of gastric ulcers, which is why this ailment is becoming an increasing problem in this fast paced world of high expectations.

Ingested Aloe helps suppress the action of the pepsin, limiting the size of the ulceration. The polysaccharides, which are long chain sugars within the aloe, then penetrate the cells of the protective mucous membrane and help promote its repair.

IBS is another modern day problem that is brought upon us because of our diets, as well as stress. The anti-inflammatory actions of aloe vera gel in vitro provide support for the proposal that it may have a therapeutic effect in inflammatory bowel disease.

(Centre for Adult and Pediatric Gastroenterology, Institute of Cellular and Molecular Science, Barts and the London, Queen Mary School of Medicine and Dentistry, London, UK)

Aloe boosts immunity with acemannan

Ian Tizard of Texas A&M University at College Station, who is on temporary assignment at the University of California at San Francisco, reported in the August, 1991 issue of Medical Tribune that acemannan, a compound in Aloe Vera, “helps AZT (the AIDS drug) block the human immunodeficiency virus from spreading to other cells, and may interfere with HIV replication.” (*“Aloe Vera May boost AZT”, Medical Tribune, August 21, 1991*)

Acemannan, a phytonutrient found in Aloe, has been the subject of numerous cancer research studies as of late. In one study, it was given to cats and dogs that were being treated for cancer through radiation therapy. The animals that were given acemannan as adjunctive not only healed faster, but also survived longer after treatment.

In another study, researchers combined lymphocytes from the bloods of two different people together with acemannan. Lymphocytes are white blood cells, whose main job is to respond to the invasion of antigens (foreigners). The purpose of the study was to see if acemannan affected the response of the lymphocytes when they confronted a foreign invader (in this case the other lymphocytes). After the study, researchers concluded that “acemannan, the active ingredient of the aloe vera plant, is an important immunoenhancer”.

In another study, which was presented Fourth International conference on AIDS in

Stockholm, acemannan was also found to stimulate T-cells. The T-Cells are the foot soldiers of the body that seek out and destroy the virally infected cells. The HIV virus targets these specific fighter cells, destroying them making it increasingly hard for the body to fight off infection. Acemannan has been marketed under the name of Carrisyn by Carrington Industries. The drug has been tested on patients in Belgium, and has been approved by the FDA to be tested on AIDS patients in the United States.

Aloe Vera: the best first aid kit around



Aloe Vera can virtually replace your entire first aid kit allowing you to do away with toxic antibacterial sprays, bandages and lotions. Packing small chunks of aloe vera gel into wound will allow them to heal with zero scarring. When the aloe dries, it actually pulls the wound shut, and keeps it free of any dangerous bacteria. The gel will also help provide nourishment to the damaged area and aid in the overall repair process. Aloe is perfect to use on animals that get hurt, because it is non-toxic and will not harm them if they lick it.

Here is a little story about the healing power of aloe from Dr. John C. Pittman, the founder and medical director of the Carolina Center for Bio-Oxidative Medicine in Raleigh, N.C., who became intrigued with the plant while working in the emergency room. One morning he was treating a patient who had burned both of her hands while cooking. At the time, the hospital was conducting a study on aloe vera, so Dr. Pittman asked the patient if he could treat her right hand with Silvadene, the traditional

treatment, and dress her left hand with a purified form of liquid aloe vera concentrate. The patient agreed, was treated and then left. That same evening the patient returned to the hospital and demanded to have her right hand treated with the same stuff that was on her left one. She told the good doctor that her right hand was still throbbing while her left hand was completely free of pain. While redressing the wounds, Dr Pittman was surprised to find that the redness and swelling of the aloe treated hand had been significantly reduced while the one treated with Silvadene showed no signs of progress.

Now, do not think that aloe can completely replace hospital visits. If you accidentally hack off the tip of your finger while dicing an onion, you cannot simply glue it back on with Aloe (now, that would be cool). Or if one of your children falls while horsing around and gets a big gash on their forehead, they are probably still going to need stitches at the ER. However, before you cart yourself or your kid off to the hospital, aloe vera gel can help protect the wound and accelerate the healing process. Minor conditions such as cuts, scrapes, burns, bites, stings, punctures, sprains, sunburns and bruises, however can be safely treated with aloe without the need of a doctor or a reliance on the multi-billion dollar pharmaceutical industry. Entire lines of chemical first aid and synthetic skin care products are rendered obsolete by aloe vera.

More on Dr. Pittman

Dr. Pittman went on to found the Carolina Center for Bio-Oxidative medicine where he helps his patients design individual and family wellness programs that combine the best of both allopathic and complementary medicines. "In 1994," says Dr. Pittman, "the state of North Carolina opened the door to the legal practice of holistic health care by a medical physician when it added a statute to its laws giving physicians the right to explore all types of treatment in order to best serve their patients. That made my center possible." Dr. Pittman now prescribes aloe vera juice on regular basis to patients who suffer from defective immune system conditions like Epstein-Barr virus, chronic fatigue syndrome, AIDS, and systemic candidiasis.

Leaky Gut Syndrome

Dr. Pittman has discovered that symptoms of digestive dysfunction and poor digestion go hand and hand with most immuno-depressive conditions. He remarks that the major sources of digestive dysfunctions are food allergies, especially dairy.

Poor digestion comes about when foods fail to be properly broken down and then cannot be used to help the body regenerate itself. This causes the intestines to inflame and the intestinal lining to swell leading to the increase in intestinal permeability, which allows partially digested food particles to enter the blood stream. Alternative health practitioners refer to this scenario as "leaky gut syndrome". These particles are seen as foreign invaders by the body, which triggers the immune system to start building up antibodies. The long drawn out battle with these food particles causes our immune system to enter into a chronic state of hyper-immunity. "The immune system becomes so overworked," says Dr. Pittman, "that it is similar to a draining battery."

This state of hyper-immunity can lead to painful ailments such as rheumatoid arthritis, lupus and connective tissue disorders. "In addition to a worn-out immune system," comments Dr. Pittman, "food remnants provide fuel for the overgrowth of fermentative fungal organisms such as *Candida albicans* and various types of parasites." Parasites like *Candida* can end up making our food allergies worse, set off hypoglycemia and digestive disturbances, and bring about bloating, flatulence, skin rashes, and extreme fatigue. These symptoms can then in turn damage the immune system even further.

Drinking aloe vera juice will help seal and heal the wall of the intestine, pretty much the same way applying aloe gel helps protect and repair a flesh wound or soothe a burn. "Aloe effectively heals the lining of the intestines," says Dr. Pittman. "It fixes the damaged membranes, intestinal swelling decreases, and the cells of the intestinal wall are tightened, which basically corrects intestinal weakness. The continual flow of protein to the blood is also stopped." In addition to drinking Aloe juice, Dr. Pittman also recommends a modified juice fast of three to ten day for people with leaky gut syndrome, to help give the GI tract a well-needed rest.

Pittman goes on to say that most people do not really know that they are suffering from leaky gut syndrome, "until one day they have organ system failure and just collapse." Dr. Pittman urges people to take notice of their health and to pay close attention to any long term or recurring infections that could indicate immune system failure. He also recommends that his patients have a comprehensive stool study done, which enables him to find out the aspects of their digestion and whether they could be suffering from any bacterial, yeast or parasitic infections. (*Reference: Howe, Maggy. (1996, July 1). Nature's cure-all: Aloe vera. Country Living.*)

Aloe as a food preservative



Aloe applications not only take years off of our bodies, it can also keep our food looking young and fresh. Dr. Daniel Valero, PhD, of the University of Miguel Hernandez in Alicante Spain, conducted research that showed that a thin layer of aloe vera gel could act as a highly effective food preservative. In the experiment, table grapes were dipped in aloe vera gel then stored at refrigerator temperatures. The grapes that were not treated went bad with a week, however the aloe dipped grapes maintained their tasty freshness for over a month (35 days in fact).

This spectacular ability of aloe could revolutionize the concept of food safety. Dipping produce in aloe vera gel could help eliminate e-coli, preserve freshness and extend shelf life. Unfortunately for us, the food industry will probably never do this because aloe gel cannot be patented and right now it is easier and cheaper to simply use synthetic chemicals than to switch to something that is safe and natural like aloe vera gel.

Aloe extends our lifespan

A recent study on rats showed that aloe could extend a lifespan by 10 percent. Here is an abstract of the study:

Aloe ingestion, both crude and processed, was shown to extend (10%) the average life span and slow the mortality rate doubling time. Also, several beneficial effects from aloe ingestion on age-related disease were found: Group 2 and 3 showed a lower incidence of atrial thrombosis than Group 1. Furthermore, Group 2 showed a

significantly lower incidence of fatal chronic nephropathy (kidney disorders) and occurrence of multiple causes of death compared to the control group. All groups ingesting aloe showed a slightly lower incidence of fatal leukemia. Moreover, no adverse, toxic effects were found with the ingestion of aloe vera.

In layman's terms, what this abstract is saying is that aloe vera reduced the occurrence of kidney disease, leukemia and other age related diseases in the treated rats. Just imagine, you may be able to add an extra decade to your life just by taking aloe vera.

Stop heartburn with aloe vera

While doctors and pharmaceutical companies want you to believe that acid reflux is really a disease that can only be cured with expensive medications, the truth is that drinking aloe vera juice daily could help you rid yourself of heartburn in just a few days. Staying away from those fried and processed foods that gave you heartburn in the first place will also help.

Aloe vera helps heal burns caused by radiation therapy



For those people who decide resort to radiation therapies to help get rid of cancer, applying aloe vera gel will help accelerate the healing process. Taking aloe internally will also help heal the burns that are caused by this barbaric slash and burn technique that the medical profession uses to “cure” cancer.

Scientists conducted an experiment in which they injected aloe leaf extract in the testes of irradiated Swiss albino mice at 50 and 100 mg per kilogram. It was found that the irradiated mice which were injected with the extract not only lived longer than the control group, they also displayed less radiation induced damage to their germ cells and loss in body weight.

Aloe Vera helps gum disease

Sprinkle a little aloe vera powder on your toothbrush and find yourself effectively healing your gums and eliminating gum disease. Using aloe vera gel as a daily supplement will also heal your gums if you swish the liquid around in your mouth a few times before your swallow. This will bathe your gums in the healing gel, helping them heal rapidly. Making sure you are getting enough Vitamin D will accelerate the healing process even more. (Vitamin D deficiency is the leading cause of gum disease.)

Dress your wounds with Aloe Vera



Aloe Vera is one of the best treatments for burns, cuts and scrapes that has ever been found, being far more capable of healing and soothing than the most advanced medical treatments, Aloe will not only seal the wound, keeping out bacterial agents, it will also increase blood flow to the area, accelerating the healing process. There have

been cases in which aloe an application was used to heal third degree burns with no scarring. It can also be packed right into large wounds such as gunshot wounds or tissue tears. Every ER in the country should be stocked with this natural healing agent. But of course, since there is no real profit in using aloe (and we all know profit is what modern medical practice is all about), this wonder plant will never see widespread use by the medical establishment.

Aloe Vera for injuries



Brooks Johnson, a track coach at Stanford University in California, said that they use Aloe Vera much like DMSO for sprains and other sports injuries, according to Chuck Piper in the January 1983 issue of 'Runner's World'. "We clean off the area, crush some aspirin into a fine powder, then mix the two together and apply it to the injured area," Johnson said. 'The Aloe Vera penetrates right through the skin, taking the aspirin directly into the bloodstream. We've found it works a lot faster that way because it's not diluted."

Spanky Stephens, an athletic trainer at the University of Texas, added that freezing the gel and using it in conjunction with a methyl salicylate product and a cold hydrocollator can stop the peripheral bleeding and pain often associated with muscle strains and sprains. In this frozen state, it acts an ice massage.

"Though Aloe vera's use as a healing agent is a novel idea, its application as a moisturizer is (also) well documented," Piper added. "Its high water and mineral content make it ideally suited for use as a skin cream and it can be found in a number of commercial beauty aids and suntan lotions. Its softening powers have recently been found to be helpful in breaking down calluses and blisters as well. One trainer even cured a severe case of athlete's foot through repeated applications of Aloe vera over a 3-day period," (Piper, Chuck and Baxter, Kevin "Treating Injuries With Aloe Vera," *Runner's World*, January

1983, pp.44-46)

Aloe Vera can save you from severe blood loss

The ability of the polymers within aloe to turn mucky oxygen depleted blood into smooth oxygen rich blood could help save you from dying of severe blood loss. The United States military is experimenting with aloe at this very moment to help save the lives of severely wounded soldiers on the battlefield.

Researchers first discovered this amazing ability of Aloe in an unethical experiment in which lab rats were bled out and then injected with an aloe vera polymer. The rats that were injected with the polymer showed remarkable improvements in resuscitation, blood pressure, and survival. The aloe vera made the rats remaining blood work better, and if you consider the fact that the average rat actually has a better diet than the average American, the potential of aloe is even more significant.

The improvement of the average American's sludge blood through the widespread use of aloe would be nothing less than phenomenal. However, the profit minded drug companies would rather isolate whatever beneficial chemical that is within aloe and turn it into a sellable drug. People need to understand that this method is completely frivolous, and that is way better just to partake in the plant itself instead of waiting for science to come up with a viable alternative. Besides, aloe's health benefits are not due to one specific chemical, but instead are made possible by the natural healing synergy of all the phytonutrients, vitamins and minerals that are contained within the plant.

Aloe vera gel has the potential to turn your blood into super-oxygenated blood, but you have to eat a whole lot of it. Some aloe experts suggest blending up an entire leaf into a smoothie on a daily basis in order to get the full benefits. Nibbling on the plant like it was a delicacy will not give you the full benefits; instead you need to eat aloe like it was food. Make raw aloe part of your diet and experience the difference.

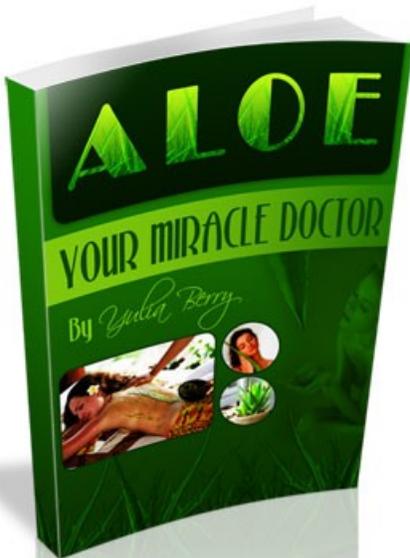
I hope you have gained some information and insight from this report, and are now willing to look at the aloe plant in a different light.

It is time to pull Aloe up from under the shadows where modern medicine wants to keep it and expose its life giving potential to the entire world.

It is an invaluable gift from nature with powers that we have only begun to understand.

[Do you have your copy of the Aloe – Your Miracle Doctor e-book?](#)

You took that all important first step and informed yourself on the powerful healing properties of aloe. Now take that next step and arm yourself with the remedies and preventatives to help you live a healthier, natural life.



Stop wasting your money on the poorly processed “over the counter” aloe products out there and put Nature’s Miracle to work for you with recipes you make yourself. You will get recipes for beauty remedies, the step-by-step Biogenic Stimulation Method for preparing aloe, and over 130 recipes for home remedies for over 80 ailments.

A DOCTOR'S TESTIMONIAL

Yulia Berry's book "Aloe- Your Miracle Doctor," contains an abundance of useful remedies and treatments. I prefer them to many of the more expensive commercial products.

Martha McFadden, M.D.

