

Aloe Vera – No Wonder They Call It The 'Miracle Plant'

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By Kay Blackiston

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Aloe Vera is a member of the Lily family. It is a succulent that looks a lot like a cactus and is known by various names such as the burnt plant, the miracle plant, the natural healer and the medicine plant. Although there are more than two hundred species of Aloe Vera, only a few have medicinal properties, and of these Aloe Vera Barbadosensis is the most beneficial.

The Aloe Vera plant reaches maturity at about four years of age. The outer leaf is smooth and rubbery and inside is the gel and sap which is harvested, preserved and bottled to give either a juice or when combined with other ingredients creams, lotions and gels. About 96% of the plant is water. The rest is made up of minerals such as magnesium, zinc, copper, chromium and the antioxidant selenium, vitamins including the antioxidants C, E and beta carotene, 20 of the 22 amino acids required by the body including 7 of the 8 that cannot be manufactured by the body, sugars, enzymes and fatty acids. The combination of these elements has a more powerful effect together than they would individually. This is because each enhances the effect of the other, an occurrence that is known as synergism.

Aloe Vera works in two different areas; by promoting healing or preventing injury to the epithelial tissues (the skin, the lining of the gut, the bronchial tubes, etc) and by balancing the immune system when its antioxidants fight the free radicals produced by our metabolism and pollutants in the environment.

When taken internally, Aloe Vera is soothing to digestive tract irritations, such as colitis and peptic ulcers. The anti-inflammatory fatty acids are also helpful for the stomach, small intestine and colon. It alkalises the digestive juices preventing overacidity - a common cause of indigestion. Amongst many other ailments that have been helped by Aloe Vera are diverticulitis, Irritable Bowel Syndrome, constipation and haemorrhoids. Conditions that are improved by balancing the immune system are arthritis, asthma, ME (post viral fatigue syndrome) and LE (lupus).

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When applied to the skin Aloe Vera improves a large variety of skin complaints such as eczema, psoriasis, ulcers, burns, stings, acne, bites, scrapes, abrasions, scalp care, sore muscles, cold sores, bruises, sprains and frostbite to name but a few!

More recent studies show Aloe Vera can help prolong survival time and stimulate the immune system of cancer patients. This is partly by fighting free radicals with its antioxidant properties and also by stimulating the white blood cells causing the release of immune-activating and anticancer substances such as interferons, interleukins and tumour necrosis factor. These properties of Aloe Vera have also made it an effective part of a nutrition support program for HIV patients; leading to fewer occurrences of infections such as thrush, fatigue and diarrhoea and an increase in the number of white blood cells meaning a boost to their immune system.

Kay Blackiston has had an interest in health and nutrition for several years. She is now a personal weight loss coach supporting anybody who wishes to take charge of their lives and lose their excess weight.

. Various Aloe products are available from:

Forgotten Remedies and the Health benefits The Benefits of Aloe Vera

By Aaron Wilmont

Over the years we as a society have gotten away from tried and true herbal cures and other traditional remedies and dismissed them as being "too folksy".

Once upon a time, we would turn to our parents or grandparents when something was different with our little ones. More often than not, now we turn to the family clinician. But they were never taught what our grandmothers learned from their own mothers, techniques that have been tried and true for a very long time.

Sometimes we tend to rely too much on modern technology, there are times when we need to get back to basics.

In this regard we would certainly be well advised to take a cue from the Far East where such inexpensive herbal cures are the norm—and often more effective than the costly high-tech approach that we in the West rely so heavily upon.

Take Asthma, for instance. One largely lost remedy is a very simple one: Just apply lobelia (either in liquid form or else mixed with a carrier such as aloe vera or massage oil) to the chest and simply rub in.

Why is the Aloe Vera so helpful and important?

Well first off, it should be noted that Aloe Vera has been noted for quite some time for its medical and

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wellness properties. It is a true health plant to be certain.

It can also be found in various supplements, liquids, drinks and so on. Ancient healers recorded the wonders of Aloe Vera in their written records. One such recorded benefit is its great ability to promote a healthier skin.

Despite the fact that the majority of individuals know aloe vera mainly for its topical use, it has quite a few additional benefits as well. Manufacturers utilize the plant in a variety of different ways.

Broadly speaking, individuals who ingest aloe internally on a routine schedule often report a heightened feeling of euphoria and calmness of being.

Perhaps one of the best features of aloe vera is the strong support it gives for the absorption of certain crucial minerals and gives of itself to maximize whatever vitamins, minerals, antioxidants or nutritional supplements the body is trying to process.

Aloe Vera is also a superb anti-inflammatory substance, which is why it is used on cuts and burns as well as in various nutritional supplements.

In addition to its noted wound-healing and anti-inflammatory properties Aloe is also known for its important immune-stimulatory activities.

Surprisingly, only a few aloe species out of more than three hundred total breeds are currently used in a commercial fashion.

One of the reasons that Aloe is so effective are due to important bioactive components called chromones.

The more you study it, the more you appreciate the natural wonder that is Aloe Vera.

Aaron Wilmont is a wellness writer. More info. at

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