

The usefulness of aloe vera

It is important to realise that Aloe Vera is not a drug or a medicine, it offers no substitute for orthodox treatment, although it may be used alongside other prescribed medication, after consultation with a physician.

Aloe Vera offers no wonder cure, even though it has been dubbed "**The Virgin Healer**" and "**Medicine Plant**" in certain parts of the world. It is not known precisely how Aloe Vera works. Perhaps one reason is the impressive array of essential ingredients, but it has been used for centuries, both internally and externally for a variety of ailments.

Although research continues into the apparent health-giving properties of Aloe Vera, it is evident, from numerous trials around the world that Aloe Vera, taken internally, has numerous beneficial effects on the body.

Detoxification - Certain active ingredients within Aloe Vera, such as Arginine and Cystine, assist the liver and kidneys in their prime function of detoxifying the system.

Digestion - Although much publicity has been given recently to its impact on sufferers of Irritable Bowel Syndrome. Aloe Vera may also help with other digestive problems, including peptic ulcers and colitis.

Bone and Joint Disorders - Aloe Vera's high mineral content, together with the presence of active ingredients such as Histidine, have been linked to the possible prevention and treatment of arthritis and rheumatism.

Blood Circulation - A number of the constituent parts of Aloe Vera have a beneficial effect on blood pressure and blood coagulation, including Choline and Alexin.

Immune System - With many active ingredients, including 20 of the 22 known Amino Acids, providing anti-bacterial, anti-viral and analgesic qualities. Aloe Vera is rich in elements which stimulate and boost the immune system.

However, the most common use of Aloe Vera throughout the world today is still in skin care, both for health and beauty. Because of its moisturising qualities and its ability to be absorbed swiftly, Aloe Vera is ideal for the treatment of all manner of skin complaints, to such a degree that the Federal Drug Administration even stated "upon review the FDA admits that Aloe Vera does actually regenerate skin tissue".

No longer is Aloe Vera just regarded as "**The Burns Plant**". It may even be what Bruce Eric Hedenal DC, PhD, a noted American Chiropractor, has stated it to be "**Almost a Panacea**".