

Aloe

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Aloe is also known as "lily of the desert," the "plant of immortality," and the "medicine plant." In 1500 B.C., Egyptians recorded use of the herbal plant in treating burns, infections and parasites. There are over 500 species worldwide. Research has shown that the clear gel has an ability to heal wounds, ulcers, and burns by putting a protective coating on the affected areas and speeding the healing rate. The Aloe plant is about 96% water, and the rest contains active ingredients including essential oil, amino acids, minerals, vitamins, enzymes, and glycoproteins. Aloe's value lies in its ability to regenerate damaged tissues. Parts usually used: Leaves. Aloe vera "extract" comes from pulverizing the whole leaves of the plant, while Aloe juice is made from the inner leaf.

Other Names:

- Aloe Vera

{mospagebreak title=Potential Uses}

Potential Uses:

- Excellent for burns, radiation burns, cuts and bruises. When the leaf is broken, its gel can be placed on burns to relieve pain and prevent blisters
- For singers and speakers, it clears the throat. Many liquid health treatments are made that combine aloe juice with other plants and herbs
- One of the best herbs to clean out the colon
- Promote menstruation when suppressed
- Naturally alkalizes digestive juices to prevent excess acidity
- Will expel worms after several doses
- May reduce inflammation, decrease swelling and redness, and accelerate healing
- To help keep the skin supple, has been used in acne and eczema
- May relieve itching from insect bites and allergies
- Believed to be effective against Herpes Simplex viruses due to Aloe's antibacterial qualities
- As a food supplement, Aloe is said to facilitate digestion and to aid in blood and lymphatic circulation as well as kidney, liver, and gall bladder functions

{mospagebreak title=Presumed Mechanisms}

Presumed Mechanisms:

- Aloe's healing power comes from increasing the availability of oxygen to the skin, and by increasing the synthesis (building) and strength of tissue.
- It helps cleanse the digestive tract by exerting a soothing, balancing effect.
- It cleans morbid matter from the stomach, liver, kidneys, spleen and bladder.
- Aloe contains at least 3 anti-inflammatory fatty acids helpful for the stomach, small intestine, and colon.
- A newly discovered compound in Aloe, acemannan, is being studied for its ability to strengthen the body's natural resistance.
- Studies have shown it to boost T-lymphocyte cells that aid the immune system.

{mospagebreak title=Precautions}

Precautions:

- DO NOT use if you are pregnant, menstruating, or by those with cold, weak spleen and stomach.
- Long term ingestion may lead to loss of electrolytes, in particular potassium.
- The possibility of potassium deficiency is increased when used with thiazide diuretics, licorice or corticosteroids.

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