

## **Aloe Vera, Aloe in Alternative Medicine Practice**

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Aloe vera can easily be incorporated into practice in Clinics of Nutritional Medicine, Naturopathy, Herbalism, Iridology, Kinesiology, Vega Testing and Mora Therapy, Colonics, Aromatherapy and Reflexology. It can be similarly used by Practitioners of Dowsing and Radionics. Within more orthodox practice, it can be used in conjunction with Physiotherapy.

This newsletter examines the rationale that lies behind the use of Aloe in these contexts. It looks at what is involved in incorporating Aloe into practice, gives guidance on the types of product that are needed and recommends a range of possible doses.

### **The Practitioner's Thinking Which Lies Beneath Treatment with Aloe**

Practitioners who have assimilated the contents of Aloe vera Information Service News Letters 1-4 will by this time have abundant reasons for regarding Aloe with a great deal of respect as a powerful herbal remedy with multifaceted potency within the widest field of "healing." At the same time many readers may have been quite properly impressed with Aloe's powers in specific healing directions, such as those applying to those named medical conditions which have been subjected to trials with Aloe for potential therapeutic application. For yet other people, who perhaps suffer from no illness or significant symptoms, the attraction of Aloe may well be its potential for maintaining good health by a general "toning up" effect, which is inherent in Aloe's fundamental actions, especially those having to do with maintaining or improving the condition of the immune system and increasing the oxygen consumption, and therefore the activity levels, within the tissues. These, effects, most emphatically, appear to offer a very positive route to the avoidance of the partially de-oxygenated, low-activity and toxic condition which is recognised, naturopathically and vitalistically, as constituting the state of "chronicity." Furthermore, whilst this state of "chronicity" is the major predisposing factor towards chronic illness, it does not yet form part of the philosophy and outlook of mainstream medicine. Notwithstanding this, the concept is nonetheless wholly compatible with the principles of modern medical biochemistry.

It will be clear why Aloe gets dubbed with emotive terms such as "The Silent Healer" and even "Panacea." This happens, even among quite well informed users of Aloe, not just people who are easily influenced by hype and imagination. It does so because the nature of the fundamental actions of Aloe is to improve the status of some vitally important systems of the body which affect many functions. In this way it improves, generally, the biochemical status, activity levels and metabolic and functional competence of cells. Obviously, any such influence will be a most positive factor in keeping the individual safer than they would otherwise be, from developing chronic diseases in general. The painstaking process, which no doubt will have to be gone through, of thoroughly testing Aloe in clinical trials against every known chronic disease, is, to a certain extent superfluous within the philosophy of anyone who truly understands the fundamental modes of action of this remarkable herb.

The fundamental changes which Aloe is capable of making within the body will help the body to fend off each and every chronic disease. Much though that may sound like a heresy to strictly orthodox clinicians, whose medical philosophy requires them to look at each and every labeled medical condition as though it were a separate entity, this author, who is himself so deeply rooted in medical science, now regards this as a truism, and that conclusion emanates from deep enquiry into the biochemical actions of Aloe at the cellular level. There is, indeed, every reason, through a process of scientific inference, to believe that each and every chronic disease will be found to respond to greater or lesser degree, to Aloe. The most likely exception to this is those genetic illnesses determined by genetic error, but even with these there is a chance that the overall medical condition of the patient will be better for a certain toning up of cellular metabolism, such as Aloe can bring. This author's exploration of the literature has found a general absence of negative results when people have tried the use of Aloe against chronic disease. Some of the papers on the subject report that 100% of patients responded to Aloe or very nearly so.

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