

A to Z – Why Aloe Vera and Why It Works

An Article from Health Consciousness

It works because the Aloe vera plant produces at least six antiseptic agents: lupeol, salicylic acid, urea nitrogen, cinnamic acid, phenol, and sulfur. All of these substances are recognized as antiseptics, because together they exhibit antimicrobial activity. This explains why Aloe has the ability to eliminate many internal and external infections. Lupeol, salicylic acid and magnesium are also highly effective analgesics, and this explains why Aloe is an effective pain killer.

Aloe vera contains at least three anti-inflammatory fatty acids (cholesterol, campesterol and B-sitosterol, all of which are plant sterols), and this explains why Aloe is such an effective treatment for burns, cuts, scrapes, and abrasions, as well as a treatment for rheumatoid arthritis, rheumatic fever, and ulcers of all kinds, both internal and external. The presence of fatty acids may explain why some have stated that Aloe is highly effective for many inflammatory conditions of the digestive system and many other internal organs, including the stomach, small intestine, colon, liver, kidney, and pancreas. The presence of any one of these fatty acids, especially B-sitosterol, explains why it is often reported that Aloe juice is an effective treatment of allergic reactions and acid indigestion, and why it helps, in association with a low fat diet, to lower harmful cholesterol levels.

If the SYNERGISTIC RELATIONSHIP between the elements found in the plant's sap, its gel and throughout the entire plant does not explain why Aloe works, then NOTHING DOES! All of which explains why across time, lay persons and physicians alike have proclaimed that Aloe vera has the ability to heal, alleviate, eliminate or cure, a monumental list of human diseases and disorders, and therefore truly deserves the name Medicine Plant.

Five Unique Benefits to The Human Body:

1. Penetration – Aloe has the ability to reach the deepest body tissues, some seven layers deep.
2. Antiseptic – Aloe has six antiseptic agents: lupeol, salicylic acid, urea nitrogen, cinnamic acid, phenol and sulfur. Kills bacteria, viruses and fungus.
3. Stimulates cell growth – Aloe stimulates the birth of new, healthy tissue.
4. Settles nerves
5. Cleanses – Aloe detoxifies and normalizes your metabolism.

Most Lotions, Liquid Substances & Water Will Penetrate Only Two Layers. Aloe Penetrates All Seven!

Stimulates new cell growth six to eight times, as proven by Dr. Ivan E. Danhof.

Historically, we find that Aloe vera has been used to treat human and animal medical problems from A to Z, and many more uses for the leaf have been suggested in contemporary literature:

simply natural
PRODUCTS

A	allergies, abscesses, abrasions, asthma, acne, acid indigestion, allergic reactions, anemia, arterial insufficiency, arthritis, athlete's foot, AIDS
B	bad breath, burns, boils, bursitis, baldness, blisters / blistering, bruises, bronchitis, bloody scours in calves, body cleanser, bladder infections, blood pressure
C	corneal ulcers, contusions, canker sores (aphthous ulcers), cuts (lacerations), cataracts, chapped /chafed skin & lips, coughs, colds, colitis, carbuncles, colic, cradle cap, cystitis, candida, chemotherapy, constipation
D	dermatitis, dandruff, dry skin, denture (gum) sores, diaper rash, dishpan hands, dysentery, diabetes, depression
E-F	edema, erysipelas, epidermitis, Epstein-Barr virus, exanthema, enteritis in fowl, eyes, ear ache, favus, fissured nipples, fever blisters, fungus
G	genital Herpes, gingivitis, glaucoma, gangrene
H	heat rash / prickly heat, headache of all kinds, hemorrhoid, heart burn, high blood pressure
I	impetigo, inflamed joints, insomnia, ingrown toenails, infertility due to anovulatory cycles, indigestion, insect bites
J-K	jaundice, joints, keratosis follicularis, kidney infections
L	laxation, leprosy, laryngitis, lupus, liver ailments, leukemia
M	multiple sclerosis, mastitis in dairy cattle, mouth irritations, muscle cramps / strains, moles
N	nausea of all kinds
O	onycholysis, odor control of chronic ulcers, oral disorders
P	pin worms, psoriasis, prostatitis, poison ivy / oak, pancreas
R	razor burn, radiation burns, radiation dermatitis, rashes
S	stings, styes, sprains, senile moles, sores of all kind, seborrhea, stretch marks, sore throat, shingles, staph infections, sunburns, sciatic nerve, sickle-cell disease
T	tonsillitis, tendinitis, trachoma, tuberculosis
U	ulcerations of all kinds, urticaria, ulcers (peptic and duodenal)
V	vaginitis, venereal sores, venous stasis, varicose veins
W	wind burns, wheal, wounds of all kinds, warts
X-Y-Z	X-ray burns, yeast infections, zoster (shingles)

Aloe Vera, Miracle Healing Plant

The use of Aloe vera will be the most important single step forward in the treatment of diseases in the history of mankind.

H. Reginald McDaniel, M.D.

Hundreds of scientific papers describe the activities of Aloe vera gel taken internally or applied externally to skin and hair. These include:

- A natural cleanser
- Penetrates tissue
- Anesthetizes tissue, relieving pain associated with joints & sore muscles
- Bactericidal in high concentration with infectious bacteria – acts as strong antibiotic, destroying bacteria even when diluted
- Virucidal when in direct contact for long periods
- Fungicidal
- Anti-inflammatory
- Antipruritic – stops itching
- Nutritional – provides vitamins, minerals, sugars
- Dilates capillaries, increases circulation to area
- Breaks down and digests dead tissue, including pus (acne)
- Enhances normal cell proliferation. Hastens healing
- Moisturizes tissues
- Antipyretic – reduces heat of sores

Nutritional Information:

Vitamins / Minerals:

B-12, calcium, copper, iron, zinc, magnesium, phosphorus, potassium

Amino Acids:

Nine of ten essential amino acids (missing only tryptophan), plus alanine, aspartic acid, cystine, glutamic acid, glycine, hydroxy-proline, proline, serine and tyrosine

Fatty Acids Helpful In Tissue Maturation:

Linoleic, linolenic, myristic, caprylic, oleic, palmitic, stearic Antiseptic Cinnamic acid, lupeol (a natural salicylic acid), phenol, sulfur, urea nitrogen

Analgesic:

Lupeol, magnesium (as lactate)



Anti-inflammatory:

Brady kinase, B-sitosterol, campesterol, beneficial HDL cholesterol

Natural Defense System Enhancers:

A newly discovered component of the Aloe vera plant, called acemannan, shows preliminary evidence of strengthening the body's natural defenses

Enzymes:

Amylase, lactic dehydrogenase, lipase, SGP transaminase, SGO transaminase

Other:

Alkaline phosphatase, creatine phosphatase, creatinine, glucose, lactate, sodium, triglycerides

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