

The Aloe plant is a part of the lily family but it is *Aloe Barbadensis* which is commonly called **ALOE VERA**. It is the most efficacious natural plant of our time used both externally and internally and there are numerous benefits that are derived from this wonderful plant. The health benefits of aloe Vera have been propagated throughout the world and there are but very few places where it has not made a dent.

Aloe has the ability to penetrate the deepest body tissues some 7 layers deep. It has 6 antiseptic agents, which kill bacteria, viruses and fungus. The gel of aloe Vera is potent and it is got from the leaves. This Aloe gel has as many as 75 nutrients, which augur good health. It stimulates the growth of new health tissues. It has calming effect on the body’s nervous system and cleanses, detoxifies and normalizes the body’s metabolism. It has been discovered that this plant ALOE VERA has been very result oriented for the past 30 Centuries and there are beautiful – testimonies from users who have now become part of this naturally efficacious plant.

**THERE IS NOW SCIENTIFIC PROOF THAT ALOE VERA: -**

1. *Contains constituents that accelerate wound healing.*
2. *Helps reduce inflammation, pain and itching.*
3. *Is a wonderful moisturizing agent and penetrant.*
4. *Is a naturally hypo-allergic and about the same pH as skin.*
5. *Was recently proven to stimulate the body’s immune system.*

Aloe Vera (Latin for “True Aloe”) is one of the oldest known medicinal plants. The semi-tropical plant, Aloe Vera, has a long and illustrious history dating back to pre-biblical times. It has been mentioned throughout recorded history and given a high ranking as an all purpose herbal plant. It was originally a plant indigenous to South-Central Africa. However some articles claim the Cape Verde Islands as the original source. Why is this, because knowing about the details of “True Aloe” is knowing the details about “True History”.

The ancient Nile Valley civilization of Kemet (“Land of the blacks” now referred to as ancient Egypt which derived from Greek name Aigyptos later Latinized

under Roman rule to Aegyptus which derived from the name “Hekaptah” which means “Lands of the temple of Ptah”) used Aloe for medical treatments, beauty care and embalming, while the early Greek doctors used it in their prescriptions. Queen Nefertiti (1353BCE) advertised as “the most beautiful woman who ever lived” and wife of Amenhotep IV (Akhenaton), the Nubian Queen Nefetari chief wife of Remeses II “the Great” (1290 BCE) and Queen Cleopatra VII (69-30 BCE) who reigned over the Aloe harvest Island of Socotra were said to have used it extensively in their cosmetics and medicines.

Two of the oldest and most profound medical documents known to civilization, the Ebers Papyrus and the Edwin Smith Papyrus (ca. 1552 BCE) recorded Kemetic (ancient Egyptian) medical men using Aloe Vera. The Ebers Papyrus explores a broad range of medical science and includes chapters on the pulse and cardiovascular system, dermatology, dentistry, gynecology, obstetrics, ophthalmology, tumors, burns, fractures, intestinal disorders and much more. The Edwin Smith Papyrus (ca. 1552 BCE) is the oldest medical treatise in existence (published in 1930 by James Henry Breasted, who spent ten years translating the document) and it describes 48 different injuries to the head, face, neck, thorax and spinal column and the appropriate surgical methods for attending to them. There are more than 90 anatomical terms referenced in the Edwin Smith Papyrus, and there are more than 200 terms listed in other various ancient Nile Valley medical literatures. This papyrus is also of great importance because of its use of the word “brain” and references to the neurological relationship between the brain (spinal cord and nervous system) and the body.

Aloe Vera (*Barbadensis* Miller) is not a cactus but is a cactus like plant with a rubber touch growing in the warmer tropical climates of the world. Aloes’ thick, tapered, green, spiny leaves grow from a short stalk near ground level. It is a sub-tropical plant and member of the tree Lily family known as *Aloe Barbadensis*. Aloe is closely related to other members of the Lily family such as onions, leeks, garlic, tulips, turnips and asparagus.

Aloes’ relationship to the lily family is evident from the tubular yellow flowers produced annually in spring that resembles those of Easter Lily.

There are over 250 different species of Aloe Vera plants grown around the world, ranging from tiny little one-inch plants to others as tall as a tree. However, only two species are grown today commercially, with *Aloe Barbadensis* Miller and *Aloe Aborescense* being the most popular. In the United States most of the Aloe is grown in the Rio Grande Valley of South Texas, Florida and Southern California. Internationally Aloe can be found in Mexico. The Pacific Rim countries, India, South America, Central America, the Caribbean, Australia and Africa.

The leaves of the Aloe Vera plant grow from the base in the rosette pattern. Mature plants can grow as tall as two and one half inches to 4 feet with the average being around 28-38 inches in length. Each plant usually has 12-16 leaves that, when mature may weigh up to 3 pounds. The plants can be harvested every 6-8 weeks by removing 3 to 4 leaves per plant.

Aloe Vera is one of the most versatile plants on the face of the earth. It can be used to treat many ailments both external and internal and comes in tea, gel, juice, salve, capsule and decoction forms. It is effective for animals as it is for humans. It is found in almost every part of the world with a warm tropical climate and cannot survive freezing temperatures. The major ingredient in the internal gel of Aloe is water, making up 99+ percent of its content. The remaining 1 percent or so of solid is divided amongst 200 different constituents, constituting a marvelously diverse mixture of antibiotics, pain inhibitors, cell growth stimulators, inflammation fighters, burns healers, capillary dilators, vasoconstrictor inhibitors and moisturizers all having a remarkable degree of penetration. Thus Aloe possesses almost a complete drug store of medically useful ingredients along with pH reaction factor of pH 4.5 the same as human skin.

Scientists have not yet been able to isolate the one component in Aloe Vera responsible for its healing, moisturizing and cell regenerating powers. The sum of the parts creates a potential that is something greater than the whole. Knowledge of the extraordinary healing powers of the fresh Aloe Vera plant has been transmitted to the modern times in folklore medicine practices all over the world, but scientists have been unable to explain or duplicate the plant's effectiveness.

The original commercial use for the Aloe plant was in the production of a latex substance called Aloin, a yellow sap used for many years as a laxative ingredient. This product became synonymous with the name “Aloe” and recorded in the trade in the trade, technical, and government literature during the early 20<sup>th</sup> century. This terminology created much confusion later when Aloe's other main ingredient, Aloe Gel, beginning in the 50's, has gained respect as a useful commodity that is used as a base for nutritional drinks, as a moisturizer, a healing agent in cosmetics and OTC Drugs.

In 1964 however, Dr. Bill C. Coates a practicing pharmacist in Dallas, Texas, USA, became a man with a dream – to make the complete benefits of Aloe Vera available to the world and the millions of people who need it. Convinced the plant's “Gel” could be extracted and used without losing its potency, Dr. Coates dedicated himself to learning the secrets of the plant's chemistry – and to do what no one had ever been able to do in the plant's 4100 years plus known history – to extract and naturally stabilize the “Gel” while preserving its natural healing potency; and in 1968 he succeeded. Since then, new frontiers have opened for the

use of the stabilized Aloe Vera gel in medical, athletics, health and beauty, cosmetics and animal care.

Through chemical analysis this clear gel has been to contain Amino Acids, Minerals, Enzymes, Proteins, Polysaccharides and Biological stimulants. Public interest in Aloe has grown quickly and now there is a considerable amount of research into the various components of Aloe to find out more about their properties and to characterize these components so that more specific research can provide clues to the “magic” that is attributed to Aloe Vera.

This “magic” concept brought the industry under the US Federal Food And Drug Administration microscope in the late 70’s and early 80’s. Some of the claims made to the consumer about uses and effectiveness of Aloe were exaggerated.

The great success of Aloe as a commodity for use in nutritional foods, and cosmetics is due to the proper stabilizing procedures that enable processors to store and ship the Aloe Vera Gel without fear of spoilage throughout the market places of the world.

Research conducted around the world leaves little doubt that certain biochemical properties of Aloe Vera be proven facts. Such attributes as moisturizing and penetrating properties are known, but the attributes such as healing abilities and analgesic action to bacterial activity has not been clearly defined and documented through enough properly controlled scientific research of testing. Yet research is advancing in very conservative modes in groundbreaking areas such as HIV and AIDS

Today, the Aloe industry has established high ethical standards for business and their Aloe products. Through the International Aloe Science Council, the industry has solidified its dedication to providing world with the highest quality Aloe. The wide acceptance of Aloe by society in so many consumer products suggests that the IASC has a dedicated group of professionals who are committed to the further growth, research and marketing of quality Aloe Vera Gel and Aloe products made from this Gel. This is because the IASC knows that the future of Aloe is full of promise for those willing to make the necessary effort.

## **FIVE UNIQUE BENEFITS OF ALOE VERA TO THE BODY**




**Aloe Vera Plant 1**

- **PENETRATION** – Aloe has the ability to reach deepest body tissues some 7 layers deep
- **ANTICEPTIC** – Aloe has at least 6 anticeptic agents which kill bacteria, viruses and fungi
- **STIMULATES CELL GROWTH** – Aloe stimulates the birth of new healthy tissue
- **SETTLES NERVES** – Aloe has a clearing effect on the body’s nervous system
- **CLEANESS** – Aloe detoxifies and normalizes the body’s metabolism

## **ALOE VERA – THE MIRACLE HEALING PLANT**

Aloe vera is a nutritional storehouse, containing vitamins B1, B2, B6, C, niacinamide, choline and 18 amino acids, in addition to many other nutritional substances. Aloe vera juice is an ingredient in many commercial topical creams, lotions and shampoos.

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

- A neutral cleanser
  - Penetrates tissue
  - Anaesthesia tissue, relieving pain associated with joints and sore muscles
- 
- Bactericide in high concentration with infectious bacteria – acts as a strong anti-biotic, destroying bacteria even when diluted
  - Vericidal when in direct contact for long periods
  - Fungicidal
  - Anti inflammatory

Free Extract “Aloe Vera – The Magical Plant Amongst Us” by Dr. Reuben Titus

- Antipruritic – stops itching
- Nutritional – provides vitamins, minerals, sugar
- Breaks down and digests dead tissue including pus (acne)
- Enhances normal cell proliferation – hastens healing
- Moisturizes tissues
- Antipyretic – reduces heat of sores

ALOE VERA IS EXTREAMELY SAFE AND HAS NO KNOWN SIDE EFFECTS

### **SOME EXTERNAL USES OF ALOE VERA**

- Hair/Scalp
- Hands Feet and Nails
- Sprains and Strains
- Sunburn
- Scratches, Scars and Bruises
- Open Sores
- Herpes Simplex
- Burns of any degree
- Lines due to aging
- Irritations and Infections
- Ulcerated Skin Lesions
- Eczema

### **SOME INTERNAL USES OF ALOE VERA**

- Immune system, Stress symptoms
- Cancer
- Diabetes Mellitus
- Stomach problems, Constipation
- **AIDS/HIV** Infection
- Pain suppression
- Inflammation
- Surgical Incisions
- Call growth
- Leukemia, Anemia

### **SOME NUTRITIONAL INFLAMATION**

- Vitamins: A (Beta Carotene), C, E, B1 (Thiamine), b2 (Riboflavin), B3 (Niacin), B5, B6, B (Caronine) (Pyridoxine), B12 Folic Acid, Choline, Thiamine
- Minerals: Boron Calcium, Chloride, Chromium, Copper, Iron, Magnesium, Phosphorus, Potassium, Aluminum, Barium Sodium, Zinc

### **BRIEF BIBLICAL INFORMATION**

Aloe Vera has been used medically for a very long time. There are numerous biblical references to the use of various forms of Aloe including Numbers 24:6, Palms 45:8, Proverbs 7:17, Songs of Solomon 4:14, Genesis 1:29, Ezekiel 47:12 and John 19:39. Man has cultivated Aloe for its curative powers for over 3000 years. Drawings of the planet have been identified on the walls of the tombs of Pharaohs.

### **ALOE IN SKIN CARE**

In skin care, Aloe Vera’s power to penetrate deeply into the dermal layers (7 layers deep) is possibly its greatest asset. Without this ability, all the other properties it possesses would be much less effective. In relatively recent years, Aloe has become a key ingredient in cosmetic and bodycare products. Aloe serves to retain moisture in damaged tissue. Perhaps the most dramatic external use results with Aloe Vera to date have been found in treating burns. Studies have shown that healing is very rapid (one third of normal time) when Aloe Vera is used in preference to other medications. Aloe posses the type of enzymatic action that can absorb purulent matter and keep festering sores clean. The penetrating power of Aloe allows water and other moisturizers to sink deep into the skin, restoring lost fluids and replacing the fatty layer. It permits the uronic acids (which strip toxic materials of their harmful effects) to penetrate deeply and allows the cleansing astringent qualities of Aloe to perform more effectively.

### **THE ALOE PLANT CAN:**

- Survive for more than 7 years without water  
Take the water it needs for survival and growth from dew collected on the surface of its leaves
- Repel attacking insects, rodents, snakes and deer by means of the bitter Aloin (the yellow colored part of the sap) just beneath the rind

### **ALOE EXTRACT**

By the late 1970's doctors of the former Soviet Union found Aloe extract effective against hearing impairments; application of the extract improved auditory function in patients with poor hearing by preventing the destruction of the remaining auditory nerve fibers. The Soviet's use of Aloe in treating people with tuberculosis was of its first kind. 75 patients were given inhalations of Aloe Vera extract, once in the morning and once at night. After only 2 to 3 days, X-rays showed that their lungs had already healed and temperature returned to normal.

### **SOME USES OF ALOE VERA**

#### **MEDICINAL DRINK**

1 stalk (20cm long) of lemongrass (cut into small pieces)  
4 passion fruits  
Juice of 4 limes  
2 Tablespoons water (for the syrup)  
200g sugar  
1 small slice of ginger  
1 piece of Aloe Vera (about  
4cm long)  
1,200ml drinking water

#### **Method:**

1. Put the pieces of lemon grass, juice of limes, ginger, sugar and 2 tablespoons of water in a saucepan over low heat. Stir the mixture gently with a wooden spoon until the sugar is melted. Let it simmer for 5 more minutes. Turn off the fire and let it stand covered for 10 minutes.
2. Cut open the passion fruit and scoop out the flesh. Skin the Aloe Vera, put the two in a blender and add 200ml of water. Blend the mixture on high speed, then

drain it (some like to drink it with the residue of the passion fruit seeds which are high in fibre) and pour into a jug or punch bowl.

3. Drain the lemon grass syrup and pour it into the passion fruit juice, add the remaining drinking water, and serve with crushed ice.

### AFTER MEALS

Aloe Vera has been used in everything: food, medicine and cosmetics. It is full of goodness. When mixed with honey and lemon, it can be refreshing to eat as a sweet after a meal.

### HONEY LEMON ALOE VERA

1 stalk of fresh organic Aloe Vera (approx. 800g)

150ml pure organic honey

Wedges of ½ organic lemon

Method:

1. Skin the Aloe Vera, cut the flesh into small cubes.
2. Add honey to the Aloe Vera cubes, mix well.
3. Add lemon wedges to the mixture, mix well.
4. Refrigerate the mixture for at least one hour (before serving) for the slimy mixture to settle and become watery.
5. When the slimy mixture has become watery and ready to be served, other fruits like peaches, strawberries or oranges can be added too.

Tips:

1. Buy the cheaper locally grown passion fruit available from the organic shops rather than the imported ones.
2. Fresh Aloe Vera is available in organic shops and some wet markets.
3. The Medicinal Drink and Honey Lemon Aloe Vera are cooling drinks. Do not have too much of them.

## OTHER USES

### 1. BAD BREATH

Grate a whole leaf of Aloe Vera  
Mix with garlic and ginger extract  
Extract juice from basil leaves and carrots  
Mix altogether and add honey  
Take 2 ounces twice daily  
Also chew garlic regularly

### 2. BLOOD BUILDING

Mix juice from Aloe Vera whole leaf (60%), nettle tea (30%) and 5% carrots  
and grape juice  
Mix with honey  
Take 2 ounces 3 times daily

### 3. CANCER

Extract the juice from the whole leaf at 80% and 20% of infusion of .....  
Add a little quantity of honey  
Mix together and refrigerate  
Take 4 ounces three times daily – continuously

### 4. WEAK BONES

Make juice out of Aloe Vera whole leaf  
Make infusion of ...  
Add...

### 5. TREMBLING HANDS

Add ginger and...

### 6. TYPHOID

Crush Aloe Vera whole leaf  
Sieve well  
Add juice of...

## 7. LABOUR INDUCEMENT

Extract the inner gel of Aloe Vera  
Extract juice from the...

## 8. LOW SPERM COUNT

Expel gel of Aloe Vera whole leaf  
Extract milk from young...

## 9. HIV INFECTION

Wash and clean properly some whole leaves of Aloe Vera  
Infuse juices of...

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