Aloe is a genus containing over 500 species of flowering succulent plants, the most well known of which is aloe vera.

Aloe vera is an incredibly versatile medicinal plant, boasting an enviable nutritional profile and offering an especially wide variety of topical and internal applications. There is documented proof of aloe vera’s medicinal use going back well over 5000 years. Indeed, different parts of the plant have been used in different therapeutic applications for centuries; chiefly the gel has been used as a treatment for all manner of skin conditions, burns and wounds, and the latex as a powerful and expedient laxative.

Biochemically speaking, the aloe vera plant is brimming with over 200 active components including copious vitamins (A, C, E, folic acid, choline, B1, B2, B3, B6 and B12); minerals (calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper and manganese); amino acids (18 including the 8 essential); enzymes, polysaccharides, fatty acids and hormones. Aloe vera also produces at least six naturally occurring antiseptics, which have scientifically shown to be able to kill many varieties of mold, bacteria, funguses and viruses.

The bulk of the aloe vera leaf is filled with a clear gel-like substance, which is approximately 99% water. This aloe vera gel is resplendent with medicinal properties. It is cooling and soothing, and thus an ideal choice for all sorts of skin conditions from burns, cuts, stings, bruises and rashes, to welts, blisters, infections, abrasions and pruritis.

Further, aloe also contains aloin, a bitter, yellow-brown colored compound found inside the latex, which has natural detoxification properties. ALOIN in fact, helps expel dirt, purify the blood and soften blood vessels, which in turn helps to lower blood pressure, promotes healthy blood circulation and prevents the occurrence of atherosclerosis and stroke.

Further however, is most highly prized for its natural laxative properties. As a matter of fact, aloin-rich aloe vera has scientifically shown to increase the water content in the intestine, to stimulate mucous secretions and to promote peristalsis, and thus offers very effective and expedient relief from constipation. So effective a laxative is aloe vera in fact, that is is recognized by the German Commission E, the ESCOP (European Scientific Cooperative on Phytotherapy), the WHO (World Health Organization) as well as Health Canada.

PATHOLOGIES

CHOLESTEROL & TRIGLYCERIDES: Aloe vera contains B-sitosterol, which has shown to block cholesterol absorption in the body. Indeed, many recent scientific studies have reported aloe’s unique benefits for cholesterol management. One such study published in the Journal of Nutritional Science and Vitamnology showed that aloe administration lowered liver production of cholesterol by about 30%. Additional research has shown that aloe vera decreases LDL cholesterol levels and reduces triglyceride levels while increasing blood HDL. This is very significant, as most natural
MEDICINAL PROPERTIES

- ADAPTOGEN
- ANTISEPTIC
- COOLING
- DETOXIFIER
- HYDRATING
- LAXATIVE
- MOISTURIZING
- REJUVENATING
- SOOTHING
- TONING

approaches to cholesterol management work exclusively at lowering LDL levels, without affecting HDL. As such, aloe vera supplementation may prove uniquely beneficial to those wanting to better manage their cholesterol and triglyceride levels.

CONSTITUTION: Aloe is a potent and effective stimulant laxative. In fact, the use of aloe latex as a laxative is exceedingly well-researched; the anthraquinones present in the plant’s latex naturally increase intestinal water content, stimulate mucus secretion and increase intestinal peristalsis, thus resulting in more frequent and softer stools. Additionally, aloe assists the digestion of protein and strengthens the body’s intestinal musculature, thus easing problems with frequent constipation and regularity.

DIABETES - GLYCEMIC CONTROL:
Compelling recent research suggests that aloe can help regulate and normalize chronic hyperglycemia and perturbed lipid profiles frequently seen in diabetics and a major risk factors for cardiovascular complications. There’s also emerging evidence that aloe may be helpful in prediabetes. Indeed, in a study published in the journal Nutrition in 2013, 136 obese people with prediabetes or untreated diabetes were either given aloe vera or placed in a control group for eight weeks. Study results revealed that participants in the aloe group experienced a significantly greater decrease in body weight and fat mass, as well as a greater improvement in blood glucose levels and in insulin resistance than the control group.

DIG EstION: Aloe vera is well known for soothing a variety of digestive complaints, from ulcers to acid reflux. In fact, because of its natural anti-inflammatory and laxative components, aloe vera is able to support the entirety of the digestive process, normalize acid/alkaline and pH balance, lessen the formation of mucus in digestive organs and regularize bowel processing.

IMMUNE FUNCTION: One of the active ingredients in alo vera is a complex carbohydrate called acemannan. Acemannan, an immune polysaccharide (sugar molecule), that belongs to a group of biological response modifiers that interact with the receptors on the surface of immune system cells, exerting a stimulatory effect. In studies, acemannan has demonstrated antiviral properties, and has been shown to directly interact with viruses and tumor cells, producing changes to their outer surface, directly marking them for destruction by the immune system.

CONCOMITANT PRODUCTS:

CONCOMITANT PRODUCTS: Aloe is a plant with a particularly wide scope of clinical applications. Boasting of several unique properties, the topical use of aloe is effective for treating a variety of skin conditions from dry skin, burns, wounds, cosmetic ailments and more. Internally, aloe is an especially effective treatment option for constipation. Aloe may be combined liberally with a wide variety of other plants or natural supplements, according to the condition to be treated. For regularity concerns, some of the most common combinations include dandelion, mallow, tamarind, black thorn, marshmallow, violet, oats, plantain, nettle, papaya and psyllium.

5. WHO Monographs on Selected Medicinal Plants, Volume 1, 1999