

THE HEALING POWER OF THE ALOE VERA

by Bargyla Rateaver, PH.D.

The list of experiences with healing by application of Aloe juice, gel or its preparations is very long. They are summarized and condensed below:

Poison Ivy cleared up completely and within hours.

Bites from Insects.

Acne, psoriasis, itches, eczema, erysipelas.

Rheumatism, inflamed joints.

Problems caused by **protozoa, virus, fungi, such as ringworm, athlete's foot.**

Dysentery. Add gel to milk.

Boils and abscesses.

Stomach ulcers. One pint a day of gel put through a blender to liquefy is taken on an empty stomach.

Liver toxicity. Activated to secrete more bile, with digestion enhancement.

Corns and calluses.

Aching feet. Ground leaves added to hot water for a foot soaking solution.

Cosmetic. Applied after shave lotion. Tightening of sagging facial skin.

Scalp cleansing. Gel used as soap for washing, or added to soap.

Baldness. Gel rubbed into scalp, left overnight, may stimulate hair growth.

Cathartic. Sliced young leaves are sliced in water and this solution drunk as a general conditioner. For stronger action, soak the peel.

Purify drinking water, remove waste of fluoridation. Keep chunks of gel in water in the refrigerator, replacing water as used until pulp disintegrates when it must be replaced.

Antibiotic. Heals cuts, wounds, nicks from shaving, skin cracks.

Astringent lotion.

Healing torn teat of animals.

Pain and inflammation after dental surgery. Healing of gingivitis.

Headaches. Apply gel to forehead and scalp.

Coating on legs to ward off insects.

Warding off flies by hanging up the leaves.

Wrinkles. Prevent cracks of skin around mouth and eyes, by moisturizing skin.

Burns. The curative principle is found in both the exterior of the leaf as well as the internal gelatinous tissue. Both sunburn and thermal burns respond, as tissues regenerate fast, with minimal or no scar tissue. Pain is relieved almost at once, swelling subsides and no blisters form.

Other ways Aloe has been used: On skin to absorb excessive oil without drying the tissue.

On gums to avoid denture irritation.

Hold chunk of gel in mouth against gums.

Diaper rash, heat rash.

To de lactate nursing child. Gel dried over nipples tastes bitter to the child.

Kidney infection. Add gel to milk and papaya and drink.

Allergies.

Blood infections.

Female troubles, amenorrhea. Even scars have been said to smooth out after use of Aloe gel.

Many of these remedies have been confirmed by medical people, particularly in Europe, Russia and Germany. Much of the interest lies in the

fact that Aloe leaves no side effects, the most common problem of synthetic drugs.

It is important to note that the gel and juice have powerful properties and for internal use are used diluted.

Although one can now buy stable forms of the gel in various formulations, chiefly cosmetic, it is easiest and probably most effective to use it as nature provided.

Anyone who cannot find a local source for the plant may write to me at Pauma Valley, California 92061. This spiny-leaved lily is very easy to grow so long as you plant it in well-drained soil, preferably sandy, and do not overwater it. Add water only when the soil feels dry for several weeks. However I never worry about splashing the water over it in a quick swish whenever I water the lawn. The plant will grow even if you leave it unplanted, but it does respond to organic fertilizers and good soil. It cannot withstand much frost. Propagation is automatic, for stolons creep through the soil from the original plant and come up very close by with new plants, very soon and very thickly. Yank them off and plant to get a colony. Growth is slow, but you can hasten the progress with good fertilizer.

If you buy a plant, and it turns out to be another species, with red flowers, for instance, don't let that worry you; your plant will probably work just as well. □

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What Does Aloe Vera Do For You?

The stories of the effects of Aloe Vera seem incredible. You may wonder how a simple plant juice can have so many different effects on the skin and body.

Some of the earliest scientific research on Aloe Vera was performed in 1935 by researchers for the Atomic Energy Commission. They concluded that Aloe Vera was the most effective product known for the treatment of radiation burns of the skin. Still, they did not uncover what actually happens when Aloe Vera comes into contact with the skin. Later, scientists began to analyze the specific chemical makeup of Aloe Vera. It was only then that the explanation for the many properties of Aloe Vera began to unfold.

First, Aloe Vera was shown to be very, very complex, not a simple juice like many plants, but a composite of numerous biologically active ingredients.

(1) Aloe Vera is an excellent nutrient. It contains important proteins, vitamins, minerals and substances essential to the release of energy.

(2) In addition, the chemical makeup of Aloe Vera causes it to penetrate into the skin rapidly, thus carrying the nutrients to the living cells of the Epidermis.

(3) Aloe Vera contains several enzymes, the activities of which are not fully understood. However, it has been demonstrated that Aloe Vera promotes the removal of dead skin and stimulates the normal growth of living cells.

In order to understand the importance of these characteristics it is necessary to comprehend the structure of the skin itself.

As you know, skin has three layers:

A. **Epidermis**—Consists of living surface cells which both protect the body against the environment and provide an additional means of removing waste products as the outermost layers die and slough off. All of the dead skin you remove when you bathe is the uppermost area of the Epidermis. Although the Epidermis contains living cells, it has no blood supply. Its nutrition must come from the Dermis below.

B. **Dermis**—Beneath the Epidermis is the Dermis which provides the strength and toughness of the skin and contains the blood supply. It also contains the hair shaft, tiny muscles and oil glands.

C. **Hypodermis**—Is comprised of a soft layer of fatty tissue. Along with the Dermis, it contains the sweat glands, hair follicles, nerves and blood vessels.

Considering, then, the structure of the human skin, and the makeup of the Aloe Vera, you can begin to see why the Aloe juice improves skin health. Nutritional elements in the Aloe Vera are carried deep into the layers of the skin, stimulating the growth of normal cells, removing dead cells and bringing in vitamins and proteins.

Why doesn't the body's blood stream do this same job from within? You might ask why is it necessary to "feed" the skin when that is the function of our blood system. The fact is that the youthful skin of a young child is well nourished, but as we pass from childhood to maturity, a process takes place within our blood vessels which thickens their walls and reduces their ability to supply nutrients to all body tissues.

This particularly effects the Epidermis. As you recall, it has no blood supply, but depends on the nutrients which come to it through the Dermis layer. Aging slows this down. By supplementing this nourishment to the skin, Aloe Vera creates a younger look. You may notice an actual youthful glow in the skin of a person who uses a good Aloe Vera skin care program. It can take five to seven years off the appearance of many adults.

