



Brampton: 220 Wexford Road Unit 2 Brampton, ON L6Z-4N7
Ph: (905) 840-WELL Fax: (905) 840 -LIFE
www.drjustineblainey.com
www.blaineywellness.com

Plants Migrate, Too: On The Trail of Aloe Vera August 10, 2015 |By Dr. Mercola

Aloe's Been Prized for Its Medicinal Properties Since Ancient Times

Some of the earliest uses of aloe vera involved the use of its sap, which is different from the gel. The sap, found just beneath the leaf's epidermis, was used as a powerful purgative during the 18th and 19th centuries. This effect might be due to the anthraquinones it contains, which also happen to give rhubarb and senna pods a laxative effect. The use of aloe vera gel, which is found inside the leaves, surged soon after, first as a skin salve for burned and damaged skin and later as a treatment for cancer and eczema. According to *New Scientist*:

“Long before this, however, the Chinese applied Aloe vera gel to clear dermatitis. In India, people have dabbed it on sore eyes and inflamed joints for centuries. The Javanese slathered chopped gel on burns and drank it mixed with rosewater as a treatment for TB [tuberculosis] and gonorrhea. Malaysians and Mexicans pressed slabs of gel to both aching foreheads and tumors. Jamaicans boiled the leaves with salt to cure constipation and applied cut leaves to treat damaged nerves and tendons. Coughs, colds, bruises, bronchitis, and even baldness – there were few complaints that someone somewhere didn't treat with Aloe vera.”

Aloe for Digestive Health

Aloe vera shows promise for soothing a variety of digestive complaints, from ulcers to acid reflux. If you want to give it a try, add 1/2 to one ounce of aloe vera gel into a daily smoothie. It does have a bitter taste, which is why lemon or lime juice works well to mask it. You can also blend the gel with a bit of water and drink it down as a digestive tonic.

What You Need to Know About Using Aloe Internally: Look for Decolorized (Purified) Aloe

You need to be cautious when consuming aloe vera, as drinking too much in its unpurified form can lead to cramping and diarrhea. The Center for Science in the Public Interest (CSPI) has actually listed aloe vera in its “Avoid” category for food additives, along with deserved toxins like aspartame, artificial colorings and partially hydrogenated vegetable oil.

How to Use Aloe to Soothe a Sunburn

If you accidentally spend too much time in the sun and end up with a sunburn, one of the most effective first-aid strategies I know of is to apply raw aloe vera gel topically to the burn. It's loaded with powerful glyconutrients that accelerate healing. Research has shown applying aloe to sunburn offers both anti-inflammatory and pain-relieving effects, likely due to its antioxidant components.

To apply to burns, after cutting the leaf from the plant, cut off the prickly edges. Then, using a peeler, peel the skin off one side. You can now rub the jelly side directly on your sunburn. Apply it five times a day until your condition improves. This also works well for other skin irritations, such as minor burns, poison ivy, and insect bites. Aloe is also easy to grow if you live in a southern location, and is an excellent medicinal plant to keep in your home garden (or keep one in a pot on your balcony).

Impressive Health Benefits of Aloe Vera

Fresh aloe vera gel is rich in enzymes and has antibacterial, anti-fungal, and anti-viral properties. It's also a powerful anti-inflammatory, making it useful for soothing a number of digestive complaints. Aloe vera juice can be helpful for acid reflux, for example, but ideally should be made from homegrown aloe with leaves that are 18 inches long before harvesting. Species that produce thick leaves (1/2 to 1 inch thick, ideally, but at least 1/4 inch) are best. Aloe also contains high amounts of an immune-stimulating polysaccharide, especially mannose, which has been shown to induce white blood cells to secrete interferon, tumor necrosis factor, and beneficial cytokines.

The benefits come from the inner gel of the plant, not the outer leaf. The inner gel can be combined with a lime or lemon and blended with a hand blender to make it more palatable when drinking. When taken internally, you'll get the benefits of aloe vera's 20 minerals, 12 vitamins, 18 amino acids, and 200 active plant compounds, including not only polysaccharides but also enzymes, triterpenes, and more. In addition, aloe vera has been found to be helpful for:

Easing inflammation and soothing arthritic pain	Ulcers, including those caused by H. pylori bacteria	Crohn's disease, colitis, irritable bowel syndrome (IBS), and other digestive disorders
Helping treat and prevent candida and parasite infections	Accelerating healing from wounds, burns, and ulcers (externally and internally)	Relieving constipation
Stabilizing blood sugar	Protecting kidneys	Oxygenating the blood and protecting the body from oxidative stress
Helping repair "sludge blood" and reversing "sticky blood"	Reducing high blood pressure	Providing electrolytes
Improving physical performance and recovery	Improving skin	Helping reduce and reverse acid reflux
Helping heal gum disease	Reducing heart attacks and strokes	Helping halt growth of cancer tumors

Live Well For Life!

Our mission is to serve our families with love, education and life enhancing care so that they may innately express their true potential and optimal health throughout life!

Follow Blainey Wellness on  