



## The Benefits of Aloe Vera (Xanthorrhoeaceae)

Aloe Vera, also known as the 'plant of immortality' by the ancient Egyptians, was used for its healing properties since time

immemorial. Aloe Vera plants are commonly found in the African regions and belong to the family of Xanthorrhoeaceae, known for its succulent or fleshy leaves. This nontoxic plant stores water in its leaves and survives in low rainfall and arid regions. Aloe Vera leaf looks unique; it doesn't have any stems and the edges of leaves have tiny spikes.

Aloe Vera is considered to be a miracle plant. Since, it contains phytochemicals and other nutrients which are beneficial for hair, health and skin. Aloe Vera extracts are also used in food and energy drinks. It is a good habit to drink Aloe Vera juice on an empty stomach every morning, to get maximum benefits of this plant.

## Nutritional Value of Aloe Vera

Aloe Vera consists of as much as 75 nutrients, 20 minerals, 12 vitamins, 18 amino acids and 200 active enzymes. Aloe Vera contains Vitamin A, B1, B2, B6 and B12, Vitamin C and E, folic acid and Niacin. Minerals found in Aloe Vera include copper, iron, sodium, calcium, zinc, potassium, chromium, magnesium and manganese. The nutrients naturally present in Aloe Vera makes it a potential herbal product that can be safely used both internally and externally. This exotic plant contains other beneficial compounds like polysaccharides, mannans, anthraquinones and lectins. The presence of these nutrients makes it possible to use Aloe Vera for variety of therapeutic purposes. Aloe Vera not only cures the skin, health and hair problems, it so soothing that it also helps you to relax. Let's have a look at various Aloe Vera uses and benefits.

## Health Benefits of Aloe Vera

Aloe Vera is highly regarded as a miracle or wonder plant for its healing properties. You must have seen this ornamental plant in terrace gardens, but didn't realize its worth. The various healing properties make Aloe Vera a favourite choice among organic and fitness enthusiasts. This magical plant is used for the treatment of various kinds of diseases and illness. The health benefits of Aloe Vera include:

- 1) Lose weight quickly
- 2) Acne treatment
- 3) Reduce wrinkles
- 4) Face Cleanser
- 5) Hair treatment
- 6) Aids in digestion
- 7) Cleanses the whole body system
- 8) Alleviates Acidity
- 9) Eases inflammation
- 10) Heals Intestinal ulcers
- 11) So much more

## **1. Skin Benefits of Aloe Vera:**

Getting an Aloe Vera plant proves to be helpful in more than one way. It is worth a try as a natural approach to ageless skin. Aloe Vera has several properties that are effective in treating a variety of skin conditions like flaky or dry skin, cosmetic ailments, and hair and scalp problems.

Due to its many uses and benefits to the skin and hair, Aloe Vera has now gained more popularity and has become a staple ingredient in many beauty and skin care products. In order to achieve proper skin restoration, Aloe Vera needs to be applied every day. Applying Aloe Vera gel soon after taking a shower is advisable as the skin is clean. Aloe Vera benefits are in abundance.

## **2. Aloe Vera Helps Boost the Immune System:**

Aloe Vera is full of antioxidants, also known as natural immunity enhancers, which help to fight free radicals in the body. Free radicals cause several diseases and ailments which speeds up the ageing process. Consuming Aloe Vera juice regularly boosts immune system and helps you to stay young and fit.

## **3. Aloe Vera Helps Treat Inflammation, Wounds and Burns:**

Inflammation is the body's first reaction to damage. The damage can be caused by physical means or due to chemical reactions. Aloe Vera has been used in traditional medicine and general home remedies in the recent times to cure cuts, wounds, burns, abrasions, inflammations and skin breakage.

Aloe Vera contains plant steroids which help in reducing inflammation naturally. So Aloe Vera is used in orthodox or traditional medicine as steroidal drugs. Aloe Vera also contains salicylic acid and its salts salicylates; it helps to curb inflammation by inhibiting the production of hormones like prostaglandins. Salicylic acid is like aspirin and has the potential of reducing inflammation by destroying the bacteria that cause inflammation.

You can use Aloe Vera to reduce inflammation without the fear of side effects. Drinking Aloe Vera juice regularly eases swollen and painful joints and reduces the stiffness of bones. It is excellent for treating scars, burns and cuts. It also soothes wound or cuts and fights bacteria that occur due to wounds. The cooling effect of the plant helps to regenerate new cells and helps in rebuilding the damaged tissue.

## **4. Aloe Vera Juice is Beneficial for the Female Reproductive System:**

Aloe Vera tonic is wonderful for the female reproductive system. It helps to rejuvenate the uterus. It is very beneficial to drink Aloe Vera juice if you are experiencing painful menstrual cycle.

## **5. Aloe Vera Treats Respiratory Disorders:**

This versatile plant is also useful for treating respiratory disorders and is particularly useful for those who get frequent attacks of cold, flu, bronchitis herpes, running nose and other respiratory disorders. Aloe Vera contains a good amount of Vitamin C which helps to prevent colds, cough and flu.

## **6. Aloe Vera Gel Juice treats Diabetes:**

The gel of Aloe Vera is used to treat diabetes as it helps to lower blood sugar levels by decreasing insulin resistance and also lowers the triglyceride levels in the liver and plasma. Aloe Vera helps to improve the blood quality naturally by decreasing the levels of cholesterol and triglyceride. Since, Aloe Vera helps to control cholesterol, triglycerides and blood sugar; it directly helps to prevent cardiovascular disease. Aloe Vera keeps the blood fresh and rich in oxygen.

## **7. Aloe Vera Helps in Weight Loss:**

Aloe Vera juice also increases energy level and helps to maintain a healthy body weight. Drinking Aloe Vera juice regularly stimulates the metabolism and helps the body to burn calories more quickly. So Aloe Vera keeps you slim naturally. However, there is very little evidence that proves that Aloe Vera acts as a natural weight loss agent.

## **8. Aloe Vera Juice Maintains Good Oral Health:**


Aloe Vera juice also helps in maintaining healthy gums and oral hygiene. Its natural anti-bacterial and anti-microbial actions promote cell growth and healing. Aloe Vera juices are also used in a variety of tooth gels which prevent bleeding gums and mouth ulcers. It also provides quick relief to people who experience burning mouth symptoms. Its antifungal properties help greatly in the problem of denture stomatitis, aphthous ulcers, cracked and split corners of the mouth.

FIND OUT MORE

# health benefits of Aloe Vera



- helps heal skin wounds
- stimulates cellular rejuvenation of the skin
- hydrates the skin
- reduces pain of canker sores
- increases stomach mucosal production
- supports digestion & detoxification
- anti-obesity effect
- hypoglycemic activity
- powerful antioxidant
- helps with pre-diabetes & metabolic syndrome
- helps with high blood pressure



- helps with burning mouth syndrome
- anti-fungal properties
- anti-bacterial & antiseptic properties
- useful with burns - repairs skin tissue
- helps with joint & muscle pain
- anti-inflammatory properties
- high in essential amino acids
- boosts oxygenation of blood
- anti-aging properties

## Strawberry Aloe Juice

### Ingredients

- 1 cup of organic frozen or fresh strawberries
- 1/2 Juiced lemon
- 1 Cup cold coconut water or purified ice water
- 1-2 tablespoons raw honey
- 1-2 ounces R. PUR Aloe whole leaf aloe vera concentrate

### Instructions

Place ingredients into blender and blend until smooth.  
Enjoy!

