

ALOE VERA PLUS & -GEL

Aloe Vera is a centuries old traditional medicine, which has many applications, although most commonly known as being used in cosmetics, soaps, skin lotions, shampoos, and suntan products.

With its powerful non-irritating, antibacterial, anti-fungal and anti-inflammatory properties it is little wonder that recorded use of Aloe Vera has been found in age-old rock paintings of Bushmen and in the hieroglyphics of the ancient Egyptians. Many ancient wars, in particular in Egypt, revolved in securing access to the aloe plant and its medicinal properties.

Aloe Vera has been available for some time now as a soothing, healing gel and as a liquid concentrate. Aloe has over 2000 constituents in its make-up. These include vitamins, nutrients, amino acids and enzymes. Its essential nutrients are Vitamins A, C and niacin, and are a source of selenium, zinc and polysaccharides. The herbs ginseng and camomile are added to the aloe juice, plus fructose for sweetening and instant energy.

The gel's main working constituents are allantoin, a powerful natural healing substance and mucopolysaccharides. Sailors in olden days took aloe with them on their long voyages to treat their skin injured by salt, tough ropes, canvas and exposure to the elements. Missionaries took aloes with them when they travelled into the unknown. African slaves took aloes as personal possessions to an unknown future in America. Aloe was used with great success in treating radiation burns from the atomic bomb in Japan in 1945.

Stress is one of modern man's health problems. We are daily exposed to physical, mental, emotional and environmental stress. People are constantly looking for ways to overcome their stressful lifestyles. They seek relief from depression, insomnia, nervous tension and headaches. People try to alleviate their condition by turning to chemical substances like drugs, alcohol or prescription drugs. For centuries people have turned to natural aloe to deal with the negative elements associated with modern lifestyles.

Taken medically aloe is praised as useful in the treatment of stomach ulcers and for all colon problems - although it may take time to have the desired results. It has been recommended as a hangover treatment and because of its anti-toxic properties, is also used to treat skin problems internally. Externally and internally, it is also recommended for arthritis as it reduces inflammation. It counteracts excess stomach acid, like heartburn, caused by pregnancy or eating habits. The juice concentrate is used for mouth sores, sore throats (gargle, swish in the mouth and swallow), dandruff and scalp problems. Studies have shown it inhibiting the reproduction of herpes, measles and the HIV virus.

Externally, it encourages skin regeneration by increasing the flow of blood to the area of application. It has been used for burns, skin irritations (wet eczema, radiation dermatitis, pressure sores, psoriasis, herpes and frostbite), open wounds, fungus, mouth ulceration and -sores, bites, hives, acne, insect bites, jellyfish and blue-bottle stings, pigmentation, sunburn and wound ulcers. The gel has been found useful in muscle, joint and ligament sprains, arthritic pain, for haemorrhoids and varicose veins. The salicylates (known for its pain killing and anti-inflammatory actions) are found in aloe and are beneficial for inflammation and bruising. An enzyme in aloe has been found which inhibits the forming of bradykinin. Bradykinin produces the pain in inflamed tissue.

The anti-microbial and perhaps the immune stimulating effects of aloe are less well understood. An extract of aloe, Carrisyn, appears to stimulate the body to produce more immune-protective substances and more T-lymphocyte helper cells.

Instead of using alcohol based products as an after shave, which burns and dries the skin, moisturise it with this soothing, odourless gel.

Recently, medicine has begun to recognise the important role that muco-polysaccharides play in the health process. They can be found in every cell of the body and play a significant role in the performance of bodily functions. They provide a strong barrier against bacterial invasion for each cell. They form a lining throughout the colon to keep toxic waste from re-entering the body. They are beneficial for the lubrication of joints. They are vital in the absorption of water, electrolytes and nutrition in the gastro-intestinal tract. The human body stops manufacturing muco-polysaccharides at about 13 years of age and from then on must obtain them from a nutrient source. Aloe is one of the best sources. It has also been discovered that Muco-polysaccharides promote the immune system and this has untold benefits for the body.

Aloe has an amazing list of benefits. It is a natural cleanser, while firming and toning with gentle astringency. It penetrates deeply into tissues. It relieves the pain deep beneath the skin surface. It is mildly antibiotic and is antibacterial. It is anti-inflammatory, its action being similar to steroids. It is antipyretic, relieving the heat associated with burns. It is antipruritic, relieves itching. It is nutritional, providing a wide range of nutrients. It is an effective humectant, promotes the retention of water in the skin tissues. It dissolves and digests dead cells through the action of proteolytic enzymes, enhancing the degenerative phase of healing. It stimulates normal cellular growth and re-balances skin pH.

Ginseng and Camomile have been added to Aloe Vera Plus for the following reasons:

Ginseng is one of the herbs containing a trace mineral called germanium, considered to be one of the superior anti-oxidants found in nature. It strengthens the emotional system, enabling one to cope with and to control stress. Experience shows that it helps in the process of learning, putting together of concepts and aiding in the making of practical thought patterns. It is considered as an aphrodisiac. Studies prove that pregnancies occur 50% more frequently and 28% fewer miscarriages after consistent use of this herb.

Camomile is known as a relaxant, which induces sleep, calms the nerves and alleviates headaches, which makes it good for people who are overfired and irritated. It helps to regulate and normalise females' monthly cycle, alleviate severe cramping and irregular flow. It is beneficial for bladder infection. It relieves distressing cold symptoms and feverishness. It aids digestion and will soothe upset stomachs caused by eating wrong foods.