

INFORMATION ABOUT ALOE VERA

Aloe Vera (Aloe Barbadensis) is a plant with the appearance of a cactus which flourishes in a warm dry climate and is part of the lily family. Inside the leaves of the Aloe Vera plant is a thick clear gel which has been found to be a natural source of many nutrients and can be taken as a liquid dietary supplement or combined with other ingredients to form creams and lotions.

This gel contains 75 different components. These include:

- ◆ Vitamins A, B1, B2, B3, B5, B6, B12, C & E
- ◆ Minerals such as calcium, zinc, and potassium
- ◆ Amino acids for protein building
- ◆ Enzymes used in the digestive system
- ◆ Saponins which have natural cleansing and antiseptic qualities
- ◆ Lignin which has the ability to enter the skin
- ◆ Anthraquinones which are said to have antibiotic, antiviral, antibacterial and anti-inflammatory properties.

Therefore it has been stated that Aloe Vera increases healing by providing nutrients, reducing infection, promoting cell growth and by its anti-inflammatory action.

Aloe Vera is said to be most effective in skin disease such as burns, ulcers, eczema and bowel complaints especially diarrhoea, constipation, colitis.

Aloe Vera was used by early Greek Doctors and ancient Egyptians to treat wounds, infections, burns and stomach disorders. In 1968 Dr Bill Coats was successful in patenting a stabilisation process that preserves the gel in an "essentially identical" condition to the raw gel from the plant as processing destroys many of the essential properties. The International Aloe Science Council monitors and examines the quality of Aloe Vera products and therefore when buying a product it should have this Seal of Approval:



It is important to note that although there has been much written on the benefits of Aloe Vera there is currently no validated research to prove or disprove these claims however some have found it very helpful. Some people with bowel control difficulties have found that it helps to reduce flatus (wind).

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Useful addresses for information & products

**John & Kath Mitchinson
Forever Living Products
3 Great Calcroft
Persnore
Worcester
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Tel: 01386 553484**

**ESI Laboratories
38/39 St Mary Street
Cardiff
CF1 2AD
Tel: 01222 388422**

**Bee Well Health Care
M27/28/29
Bolsover Business Park
Station Road
Bolsover
Chesterfield
Derbyshire
S44 6BD
Tel: 01246 824634**