

# Amazing Benefits of ALOE VERA

by *totalhealth* editors

*Aloe vera* is an ancient medicinal plant whose anti-inflammatory, antiseptic, wound-healing, antidiabetic, antioxidant, and cancer chemopreventive qualities have attracted significant scientific interest.

For thousands of years, native healers have used the leaves, roots, bark, flowers, and fruit of indigenous plants to prepare effective remedies for hundreds of diseases and health challenges.

From centuries of miracles in the natural world to scrutiny by scientists in the laboratory, these substances have produced significant results. Over the past few decades, research has been done that make it easier to study and document the beneficial effects and nutritional make up of natural substances found in these plants. This research has shown that the compounds and con-

stituents of Aloe vera play a vital role in the prevention and control of numerous diseases, especially those related to aging, such as cancer, coronary vascular disease, and diabetes, as well as immune system enhancers and in the management of oxidative stress.

Topically applied Aloe vera gel has remarkable wound healing and anti-inflammatory properties, however other evidence indicates its medicinal properties are even more remarkable when the "gel" is orally ingested, as a juice.

Both clinical studies of diabetic patients and animal studies have demonstrated that ingested Aloe vera gel is able to reduce blood glucose levels and plasma triglycerides, as well as many of the secondary symptoms of numerous diseases that are associated with oxidative stress.

## Protection from Oxidative Stress

Oxidative stress refers to chemical reactions in which compounds have their oxidative state changed. In the simplest case, oxidation describes the loss of electrons by a molecule, which then becomes what are termed as free radicals. This

results in a pro-oxidative shift in cellular balance which has been implicated in the cause of many serious diseases, including cancer, cardiovascular diseases

such as hypertension and atherosclerosis, neurodegenerative diseases such as Parkinson's disease and Alzheimer's dementias, diabetes, ischemia/reperfusion injuries, rheumatoid arthritis, and even the process of aging.

However, nature has evolved elegant regulatory mechanisms for countering this free radical damage. These primarily involve antioxidant reducing agents that can slow or stop oxidation reaction. Some antioxidants are part of the body's natural regulating machinery while other dietary antioxidants are derived from dietary sources. Aloe vera is an excellent example of a functional food that plays a significant role in protection from oxidative stress. Not only does Aloe vera contain a number of antioxidant constituents, but it is also able to activate the body's natural protective systems.

### **Antioxidants in Food**

Aloe vera contains vitamin C, E, zinc and seven superoxide dismutases.

These antioxidants work primarily by scavenging free radicals.

Studies have demonstrated an inverse relationship between dietary antioxidant intake and the development of cardiovascular diseases. Dietary antioxidants also play an important role in the reduction of the risk of cancer. An epidemiologic review of 200 cancer studies found that fruit and vegetable consumption was correlated with reduced risk of cancers of the lung, colon, breast, cervix, esophagus, oral cavity, stomach, bladder, pancreas, and ovary. Still other studies have shown preventive or attenuating effects of dietary antioxidant consumption in virtually every other chronic disease related to oxidative stress.

### **Additional Internal Benefits of Aloe Vera for Arthritis, Joint and Muscle Pain**

Biologically active Aloe is believed to reduce severe joint and muscle pain associated with arthritis, as well as pain related to tendonitis and injuries. Studies have found that ingestion of biologically active Aloe on a daily basis can help prevent and cause a regression of chronic arthritis.

### **Relieve Gastrointestinal Problems**

Aloe vera juice can relieve gastrointestinal problems and may be one of the plant's most ancient uses. Even today, people drink the juice to help relieve ulcerous, gastrointestinal and kidney problems. People have described improved regularity, greater intestinal comfort and enhanced energy levels after ingesting biologically active Aloe juice. In addition, many who have suffered from indigestion, irritable bowel syndrome, increased stomach acid, peptic and duodenal ulcers, and colitis have reported relief from these conditions following ingestion of Aloe vera juice.

### **Coronary Heart Disease**

Coronary heart disease is one of the major causes of death in the United States. However, studies suggest that ingestion of Aloe vera gel may have a beneficial effect on the accumulation of blood fat lipids associated with the disease. Test groups given Aloe vera showed a decrease in total cholesterol, triglycerides, phospholipids and non-esterified fatty acid levels, each of which, when elevated, seem to accelerate the accumulation of fatty material in large and medium-sized arteries, including the coronary arteries of the heart.

### **Diabetes**

Diabetes is the fifth leading cause of death in the United States and health policy experts believe that mortality attributed to diabetes is vastly under reported. The overall risk of death for diabetics is about twice that for non-diabetics and diabetes is associated with a number of complications that increase the risk of death, including heart disease and stroke, obesity, cancer, high blood pressure, kidney failure, neurological diseases, traumatic amputations and metabolic imbalances.

Preclinical and clinical research shows the Aloe vera has significant antidiabetic activity including normalization of blood glucose and protection from oxidative stress. Aloe vera has been shown in human clinical trials to be as effective as the antidiabetic drug glibenclamide in controlling blood glucose and in one study Aloe supplementation was shown

effective in patients' unresponsive glibenclamide. In animal studies, Aloe supplementation showed significant reductions in blood triglycerides, free fatty acids and phospholipids, and significant reductions in LDL and VLDL while increasing HDL without weight gain normally associated with conventional medications.

Elevated blood sugar, indicative of diabetes, leads to increased oxidative stress, which is associated with the pathogenesis of diabetes. Oxidative damage has been demonstrated in arterial samples from human diabetic subjects.

Patients with diabetes have decreased antioxidant defenses and lower levels of antioxidants such as vitamins C and E as well as reduced activities of Phase II antioxidant enzymes. Oral supplementation with Aloe vera has been shown to naturally stimulate production of these Phase II enzymes and, in human clinical studies, increase the bioavailability and half-life of vitamins C and E in the blood.

### **ACTIVAlloe The Standard**

Consumers demand quality products—products containing the strongest, most biologically active and effective ingredients available. ACTIVAlloe is just such an ingredient. Groundbreaking research and state-of-the-art manufacturing preserve, and even enhance Aloe vera's natural benefits in the form of ACTIVAlloe by controlling the Aloe vera every step of the way, from growing and harvesting through processing and delivery. The purity and quality of ACTIVAlloe can be verified by scientific analysis and is certified for content and purity by the International Aloe Science Council. However, certification doesn't guarantee biological activity or the retention of polysaccharides. Aloecorp, the producer of ACTIVAlloe, is the first and only Aloe vera manufacturer to go a step beyond chemical analysis by guaranteeing biological activity and efficacy in its products, assuring the beneficial properties of the plant have been preserved and even enhanced.

The result is that ACTIVAlloe is guaranteed to retain biological activity to help deliver the healing properties of Aloe vera that manufacturers and consumers of nutritional products demand. ■

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