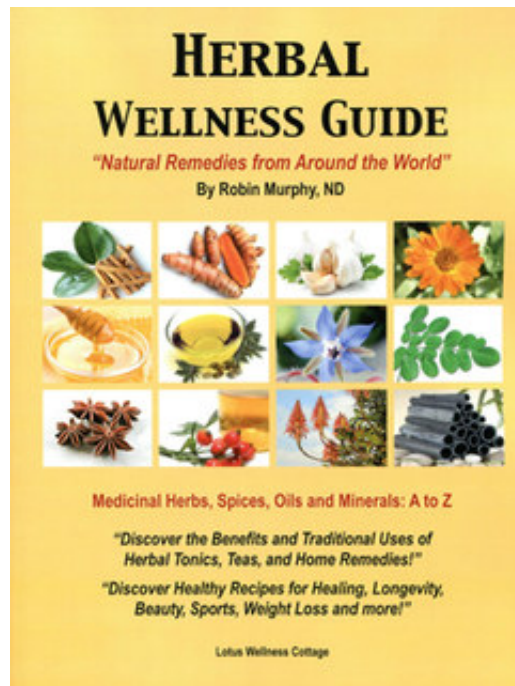


# Robin Murphy

## Herbal Wellness Guide

Extrait du livre  
[Herbal Wellness Guide](#)  
de [Robin Murphy](#)  
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## ALOE VERA (Aloe Barbadenis)



**Aloe Vera - Profile**

**Botanical Name** - aloe-v. Aloe Vera. Aloe barbadensis. Aloe vulgaris. The name Aloe Vera or True Aloe probably stems from the Arabic word Alloeh meaning "**Shining bitter substance**".

**Common Names** - True Aloe. First Aid Plant. Bum Aloe. Chinese Aloe. Indian Aloe. Barbados Aloe.

**Description** - Aloe vera is a species of succulent plants that probably originated in northern Africa. A succulent (Liliaceae Sub species aloinae), a member of the lily and onion family, also related to garlic and asparagus. Aloe vera gel is the colorless mucilaginous gel obtained from the fresh leaves of aloe vera. The bulk of the aloe vera leaf is filled with a clear gel-like substance, which is approximately 99% water.

**Nutrition** - Aloe vera gel and juice consists primarily of water and polysaccharides (pectins, hemicelluloses, glucomannan, acemannan, and mannose derivatives). It also contains amino acids, lipids, sterols (lupeol, campesterol, and Beta-sitosterol), tannins, and enzymes. Mannose 6-phosphate is a major sugar component.

**Actions** - Anti-inflammatory, hydrating, nourishing, and protective. Anti-bacterial, anti-fungal, anti-viral and antioxidant properties. The application of aloe gel to the irritated area increases oxygen flow to the area, helping speed the process of healing.

**Clinical** - **Abrasions. Acid reflux. Acne. Anemia. Angina pectoris. Arthritis. Asthma. Atherosclerosis. Bites. Blindness. Blood, sugar. Blood, pressure. Bruises. Burns. Candida. Cholesterol, high. Colon, disorders. Colitis. Crohn's disease. Cuts. Dehydration. Dermatitis. Diabetes. Diarrhea. Food, allergies. Fungal, infections. Gastrointestinal, disorders. Glaucoma. Heart, disease. Heartburn. Hemorrhoids. Hypoglycemia. Indigestion. Insect, bites. Itching. Irritable bowel syndrome. Liver, disorders. Poison ivy. Poison oak. Psoriasis, Radiation, burns. Rashes. Scars. Seborrhic dermatitis. Skin, disorders. Sore, throat. Sores. Stamina. Stings. Stomach, ulcers. Sunburns. Tuberculosis. Ulcers. Weight, loss. Wounds.**

**Preparations** - Aloe leaf gel or juice externally or internally.

## Aloe Vera

**History** - Early records of Aloe vera use appear in the Ebers Papyrus from 16th century BC, in both Dioscorides' De Materia Medica and Pliny the Elder's Natural History written in the mid-first century AD. The Aloe vera plant is used widely in the traditional herbal medicine of many countries.

Over 4,000 years have passed since the Egyptians referred to the common houseplant Aloe vera as the "**plant of immortality**," due to its myriad of uses for everything from acne to baldness, insomnia, digestive upsets, sepsis and cancer.

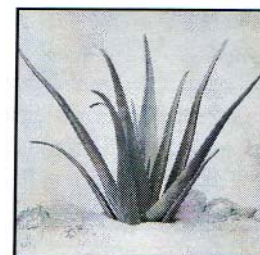
For centuries, Aloe Vera (Aloe Barbadenis) has been used to treat a number of medical and skin conditions. This miracle plant is also known as the 'harmonious remedy' by the Chinese people, the '**elixir of youth**' by the Russians. It originated in North Africa and can now be found almost anywhere which has a mild climate.

Aloe vera plants produce a variety of substances with antibacterial, anti-fungal, anti-viral and antioxidant properties; earning it a spot in the pantheon of super-foods and super herbs alongside companions such as echinacea, garlic, turmeric and ginger.

Aloe vera contains over 200 active components including vitamins, minerals, amino acids, enzymes, polysaccharide, and fatty acids. The plant provides high amounts of vitamins and minerals. Regular consumption of Aloe vera juice supplies the eight essential amino acids not made by the body plus a wide range of enzymes.

Aloe vera gel is used in the cosmetics industry as a hydrating ingredient in liquids, creams, sun lotions, shaving creams, lip balms, healing ointments, and face packs. It is common practice for cosmetic companies to add Aloe vera sap or other Aloe vera derivatives to products such as makeup, tissues, moisturizers, soaps, sunscreens, incense, shaving cream, and shampoos.

Aloe vera has commonly been kept as a houseplant and the sap of the plant has been used to **soothe the pain of bums, rashes, insect bites, and other skin irritations**. The therapeutic effects of Aloe vera gel also include prevention of progressive skin blood loss caused by burns, frostbite, electrical injury and drug abuse.



**Acemannan** - Acemannan, a complex carbohydrate isolated from Aloe leaves, has been shown to accelerate wound healing and reduce radiation induced skin reactions. Acemannan is a potent macrophage-activating agent and therefore may stimulate the release of fibrogenic cytokines. Also, growth factors may directly bind to acemannan, promoting their stability and prolonging their stimulation of new tissue.

**Acid reflux** - Heartburn or acid reflux is a condition in which some of the acid content of the stomach periodically backs up into the esophagus. Testimonials abound about the effectiveness of using Aloe vera to relieve heartburn. To relieve occasional heartburn, try drinking the Aloe vera juice before each meal.

**Adaptogen** - Aloe vera is a well-known adaptogen. An adaptogen is something that boosts the body's natural ability to adapt to external changes and resist illness. It is thought that aloe's power as an adaptogen balances the body's system, stimulating the defense and adaptive mechanisms of the body. This helps increase the ability to cope with stress (physical, emotional and environmental stress)

**Alkaline** - Drinking aloe juice is an excellent general detoxifier for the entire system that helps establish a healthy, alkaline pH. Most people are living and subsisting on mostly acidic foods. Aloe vera is an alkaline forming food. It alkalizes the body, helping to balance overly acidic dietary habits. Disease cannot manifest in an alkaline environment.

**Amino acids** - Amino acids are the building blocks of protein. There are about 22 amino acids that are necessary for the human body and it is said that 8 of these are essential. Estimates of the amino acids found in aloe range from 18-20 amino acids, with all 8 essential amino acids.

**Angina pectoris** - (Angina is chest pain from insufficient delivery of oxygen to the heart.) Decreased frequency of angina attacks.

**Anti-inflammatory** - Research also suggests that specific plant sterols may also contribute to the anti-inflammatory activity of Aloe vera gel. Fresh Aloe vera gel and juice are known significantly reduced acute inflammation. Three plant sterols in Aloe vera gel reduced inflammation by up to 37% in studies. Lupeol, one of the sterol compounds found in Aloe vera, was the most active and reduced inflammation in a dose dependent manner.

**Atherosclerosis** - Several studies have suggested that the ingestion of Aloe juice may have a beneficial effect by lowering serum cholesterol, serum triglycerides, and serum phospholipids, which, when elevated, seem to accelerate the deposition of fatty materials in the large and medium-sized arteries, including the coronary arteries of the heart.

**Arthritis** - Aloe juice can help prevent arthritis and reduce the inflammation in joints already affected by arthritis, according to the Journal of the American Podiatric Medical Association. Aloe can also inhibit the autoimmune reaction associated with certain forms of arthritis, in which the body attacks its own tissues.

**Burns** - Aloe vera soothes and heals burns. In a study in the Journal of the Medical Association of Thailand, 27 patients with moderate burn wounds were treated with a gauze coated in either aloe gel or Vaseline™ (petroleum jelly). The burns healed more quickly in the aloe group, with an average healing time of 12 days compared to 18 days for the group using Vaseline. The Aloe vera gel treated lesions healed faster than the burns treated with petroleum jelly gauze.

**Cardiovascular** - By regulating blood pressure, improving circulation and oxidation of the blood, lowering cholesterol, and making blood less sticky, Aloe vera juice may be able to help lower the risk of cardiovascular disease.

**Cholesterol** - Several studies have suggested that the ingestion of Aloe vera juice may have a beneficial effect by lowering serum cholesterol, serum triglycerides, and serum phospholipids, which, when elevated, seem to accelerate the deposition of fatty materials in the large and medium-sized arteries, including the coronary arteries of the heart.

**Circulation** - Drinking aloe juice oxygenates the blood and promotes healthy circulatory system, it also strengthens the heart.

**Detox** - Aloe Vera is a gelatinous plant food, just like seaweeds and chia seeds. The benefit to consuming gelatinous plant foods in your diet is that these gels move through the intestinal tract absorbing toxins along the way and get eliminated through the colon. This will help the proper elimination of waste from your body and help the detoxification of your body.

**Diabetes** - Aloe vera juice helps to stabilize blood sugar. Relieves diabetic and peripheral neuropathy.

**Digestion** - Aloe is known to soothe and cleanse the digestive tract and help improve digestion. The interesting thing about taking aloe internally is that it helps with either constipation or diarrhea, helping to regulate your elimination cycles. Aloe also helps to decrease the amount of unfriendly bacteria and in our gut keeping your healthy intestinal flora in balance.





**Fatty acids** - Aloe vera also includes quite an impressive range of fatty acids. Aloe contains three plant sterols, which are important fatty acids: HCL cholesterol (which lowers fats in the blood), campesterol, and Beta-sitosterol. All are helpful in reducing symptoms of allergies and acid indigestion. Other fatty acids include linoleic, linolenic, myristic, caprylic, oleic, palmitic, and stearic.

**Fever** - Aloe vera is also an antipyretic which means it used to reduce or prevent fever.

**Heart** - Coronary heart disease associated with the accumulation of blood fats (Lipids) in the lining of the arteries is still one of the major causes of death in the Western world.

**Heartburn** - Heartburn is a condition in which some of the acid content of the stomach periodically backs up into the esophagus. Testimonials abound about the effectiveness of using Aloe vera to relieve heartburn. To relieve occasional heartburn, try drinking the Aloe vera juice before each meal.

**Indigestion** - Drink Aloe vera juice to relieve indigestion, heartburn, acid reflux, bloating, flatulence, peptic ulcers and constipation.

**Inflammation** - Aloe vera reduces inflammation throughout the body, especially in the joints and muscles, and restores tissue to its original state. Aloe Vera contains 12 substances, including Beta-sitosterol, which can help to slow down or inhibit inflammation. This may be able to help with painful joints due to stiffness and help improve joint flexibility.

**Immunity** - Aloe vera protects the body's immune system, destroying bacteria and slowing down the aging process. Aloe helps activate white blood cells and promotes the growth of healthy, non-cancerous cells in cancer patients. The polysaccharides in aloe vera juice stimulate macrophages, which are the white blood cells of your immune system that fight against viruses. Aloe is also an immune enhancer because of its high level of antioxidants, which help combat the unstable compounds known as free-radicals, contributing to the aging process.

**Irritable bowel syndrome** - Aloe vera helps the symptoms of IBS which are abdominal pain or discomfort in association with frequent diarrhea or constipation. There may also be urgency for bowel movements, a feeling of incomplete evacuation, bloating or abdominal distention.

**Itching** - Aloe vera for itching from allergies, bites and rashes.

**Mucopolysaccharides** - Aloe vera's mucopolysaccharides are long-chain sugars found in large amounts in the plant and pure whole leaf Aloe juice and juice concentrates. The healing activity is from the polysaccharides composed of several monosaccharides, predominantly mannose. Mannose 6-phosphate, the principal sugar component of Aloe Vera Gel, may be partly responsible for the wound healing properties of the gel.

**Radiation, burns** - Aloe vera gel has been used for the treatment of radiation burns. Healing of radiation ulcers was observed in two patients treated with Aloe vera cream, although the fresh gel was more effective than the cream. Complete healing was observed, after treatment with fresh Aloe vera gel, in patients with radiation burns.

**Skin** - The legendary healing properties of aloe vera gel are to repair skin problems such as eczema, psoriasis, acne, and rosacea. Due to aloe's high water content (over 99% water) it is a great way to hydrate, moisturize and rejuvenate the skin. Aloe vera increases the elasticity of the skin making it more flexible through collagen and elastin repair. Aloe is an emollient, helping to soften and soothe the skin. It helps supply oxygen to the skin cells, increasing the strength and synthesis of skin tissue and induces improved blood flow to the skin through capillary dilation. Apply to burns, cuts, sores, boils and other skin infections to take advantage of its antibacterial properties.

**Stomach, ulcers** - Many have recommended internal Aloe gel or juice for the diseases of the stomach and intestines, but especially for stomach ulcers. Aloe vera soothes the stomach pains and relieves heartburn.

**Sunburn** - Aloe Vera Gel has been traditionally used as a natural remedy for sunburns. Aloe Vera Gel has been effectively used in the treatment of severe sunburns, which healed faster with less necrosis when treated with preparations containing Aloe Vera Gel.

**Weight loss** - Improving your digestion, and detoxifying your colon will have a secondary effect in promoting weight loss. When we improve our digestion we naturally eliminate more efficiently. This will increase our weight loss and will give us more energy.

**Worms** - Aloe is also a vermifuge, which means it helps to rid the body of intestinal worms.

**Wounds** - Clinical investigations suggest that Aloe Vera Gel preparations accelerate wound healing. In vivo studies have demonstrated that Aloe Vera Gel promotes wound healing by directly stimulating the activity of macrophages and fibroblasts. Fibroblast activation by Aloe Vera Gel has been reported to increase both collagen and proteoglycan synthesis, thereby promoting tissue repair.



## Aloe Vera

Notes - Aloe vera gel is not to be confused with the Aloe vera juice, which is the bitter yellow exudate originating from the bundle sheath of the leaf. If you intend to take Aloe vera orally, always choose an organic product or grow your own.

The plant provides high amounts of vitamins and minerals. Regular consumption of Aloe vera juice supplies the eight essential amino acids not made by the body plus a wide range of enzymes.

The gel from the Aloe vera gel have been used since ancient times for burns and skin problems. The transparent gel from a fresh-cut leaf helps the **healing cuts and bums**. It is used in shampoo, sunburn lotions, and bum ointments. Even the cut segment will heal over the end where it is sliced and retain its plumpness to remain green for several days. In a refrigerator it keeps for two or three weeks.

Aloe vera gel is widely used for the external treatment of minor wounds and inflammatory skin disorders. The gel is used in the treatment of minor skin irritations, including burns, bruises, and abrasions.

Aloe vera juice is used for ulcers and relief of digestive issues such as heartburn and irritable bowel syndrome. Aloe has been used successfully in the treatment of tuberculosis by giving the pure juice.

### Aloe Vera Lemonade



#### Ingredients:

- 1 cucumber
- 1 apple
- 1 lemon
- 2 tablespoons aloe vera gel

**Directions:** Blend the apple and the cucumber. Add the lemon juice. Cut open an aloe vera leaf and scoop out 2 tbsp of the gel and add it to the mixture. Enjoy!

## Aloe Vera

### Aloe Almond Bliss



#### Ingredients:

- 2 tablespoons aloe vera gel
- 2 cups almond milk
- 1-2 teaspoon coconut oil
- 1 tablespoon blackstrap molasses
- Add a few ice cubes

**Directions:** Blend it all together and Enjoy!



### Aloe Pineapple Juice



Aloe's ability to enhance nutrient absorption combined with the antioxidant rich cranberry juice. Pineapple juice helps with aloe's naturally sour flavor and cranberry juice's tartness.

#### Ingredients:

- ½ cup pineapple juice
- ¼ to ½ cup aloe vera juice
- 2 tablespoons cranberry juice
- 1 tablespoon agave nectar or honey
- Lime wedge, for garnish

**Directions:** Combine all ingredients in small pitcher. Pour over ice, and serve with lime and Enjoy!



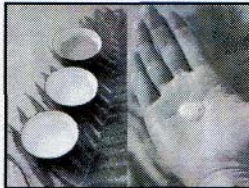
## Aloe Vera

Aloe is also a general detoxifier and has many health boosting qualities. Reverse signs of aging skin and wrinkles. Brighten the skin. Aloe can decrease pigmentation and dark spots. Replace creams and lotions as a general moisturizer for dry skin. Prevent pimples and treat acne. Soothe psoriasis. Prevent scarring and stretch marks. Help rid of rosacea. Shrink warts. Help eliminate eczema.

Soothe and heal sunburns the feel-good way. Treat burns from grease splatters or hot utensils. For more major kitchen mishaps like a scald, mix some aloe gel and vitamin E oil into a little jar for a homemade burn healer.

Take aloe gel orally to relieve heartburn, arthritis and rheumatism pain. Drink the aloe juice to help ease congestion, stomach ulcers, colitis, hemorrhoids, urinary tract infections and prostate problems. Take orally to reduce cholesterol and triglycerides for a healthy heart.

### Aloe Vera Skin Cleanser



#### Ingredients:

5 teaspoons aloe vera gel  
2 teaspoons sweet almond oil  
1 teaspoon castile soap  
20-30 drops essential oils

**Directions:** Add aloe vera gel (using funnel) to bottle. Shake to break up chunks. Combine rest of ingredients in bottle. Shake vigorously to mix. (May separate over time so just shake to mix - mine never does separate though).

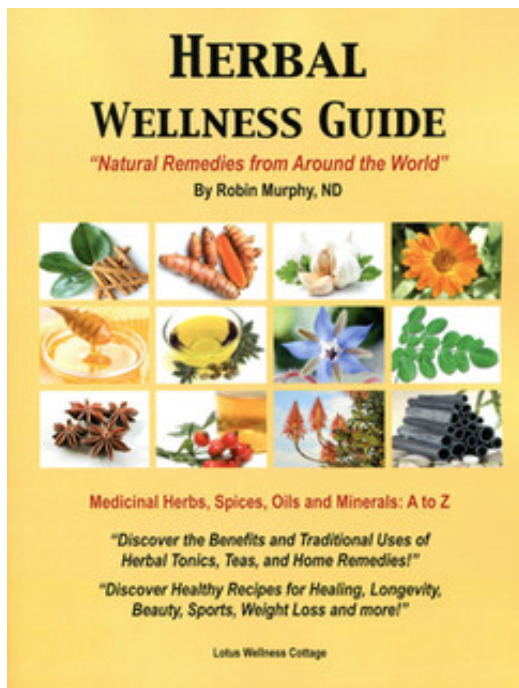
Wet face with warm water. Pour a small amount on your fingers rubbing them together. Start at your forehead, working toward your nose then out toward your cheeks and eventually down to your neck. Rinse your face with cooler water to help close pores. Pat dry with a clean towel. Enjoy!

## Aloe Vera

### External uses for Aloe vera



- Exfoliate dry skin by mixing two tablespoons each Aloe vera gel and organic brown sugar with two teaspoons lemon juice.
- For a more vigorous scrub, mix one cup each of Aloe gel and coconut oil with two cups sea salt and two tablespoons raw honey.
- Mix equal parts of Aloe gel with lemon juice to decrease freckles, dark spots and brighten skin.
- Apply straight Aloe vera gel to skin to eliminate warts, reduce age lines, remove scars and stretch marks
- Moisturize skin and remove eye makeup with Aloe gel.
- Relieve itching from allergies and rashes; soothe burns, poison ivy, and blisters. Swab over blisters for quick relief.
- Heal herpes orally and genitally; relieve athlete's foot and topical yeast infections.
- Exfoliate feet, knees and elbows with a mixture of 1/2 cup each oatmeal and organic corn meal, four tablespoons of Aloe vera gel, and 1/2 cup coconut oil.
- Drink aloe vera juice to relieve gastrointestinal disorders like indigestion. Sip it to aid in elimination. Take a drink to reduce symptoms of irritable bowel syndrome. Drink to lower blood sugar levels especially good for diabetics.
- Stimulate hair growth by applying Aloe gel to scalp after washing. Leave on for 30 minutes and rinse.
- Banish black and blue bruises by swapping on the gel. Take the sting or itch out of insect bites. Fight Athlete's Foot. Reduce tissue damage from frostbite..
- Replace shaving cream and use Aloe vera gel; soothe razor burn.



Robin Murphy

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