

Aloe vera



Aloe vera is a remarkable plant, but it is not a cure-all!
It is effective in two main areas:

1. On skin and membranes.

Aloe vera treats damage to the external skin and all internal membranes which line the entire gastrointestinal tract, the respiratory system and the genital tract.

Healing is due to three important functions:

- A. Aloe vera provides essential nutrients for tissue growth.**
- B. Aloe vera kills bacteria, viruses, fungi and yeasts,** particularly those that invade damaged skin, wounds and burns.



Aloe barbadensis in Remshalden – said to be the „true Aloe vera“



Cross-section through an aloe leaf, showing the wonderfully medicinal gel

C. Aloe vera reduces inflammation.

The result of these properties is that Aloe vera stimulates new cell growth and rapid healing, including hard to heal, chronic wounds. Internally it can treat a range of problems of the gastrointestinal tract, including gastric ulcers and both diarrhoea and constipation.

2. Conditions resulting from a disordered immune system.

Aloe vera modulates the immune system. If the immune system is weak, aloe strengthens it, thereby enabling it to find and destroy dangerous bacteria, viruses and fungi.

On the other hand, Aloe vera may reduce the any over-activity of the immune system. Common complaints resulting from such an autoimmune response include ulcerative colitis, lupus (a disease that causes inflammation of the connective tissue such as tendons and cartilage), allergies and rheumatoid arthritis.



This man in a hospital in Adi, Northeast Congo, was successfully treated for severe burns with aloe gel and honey.