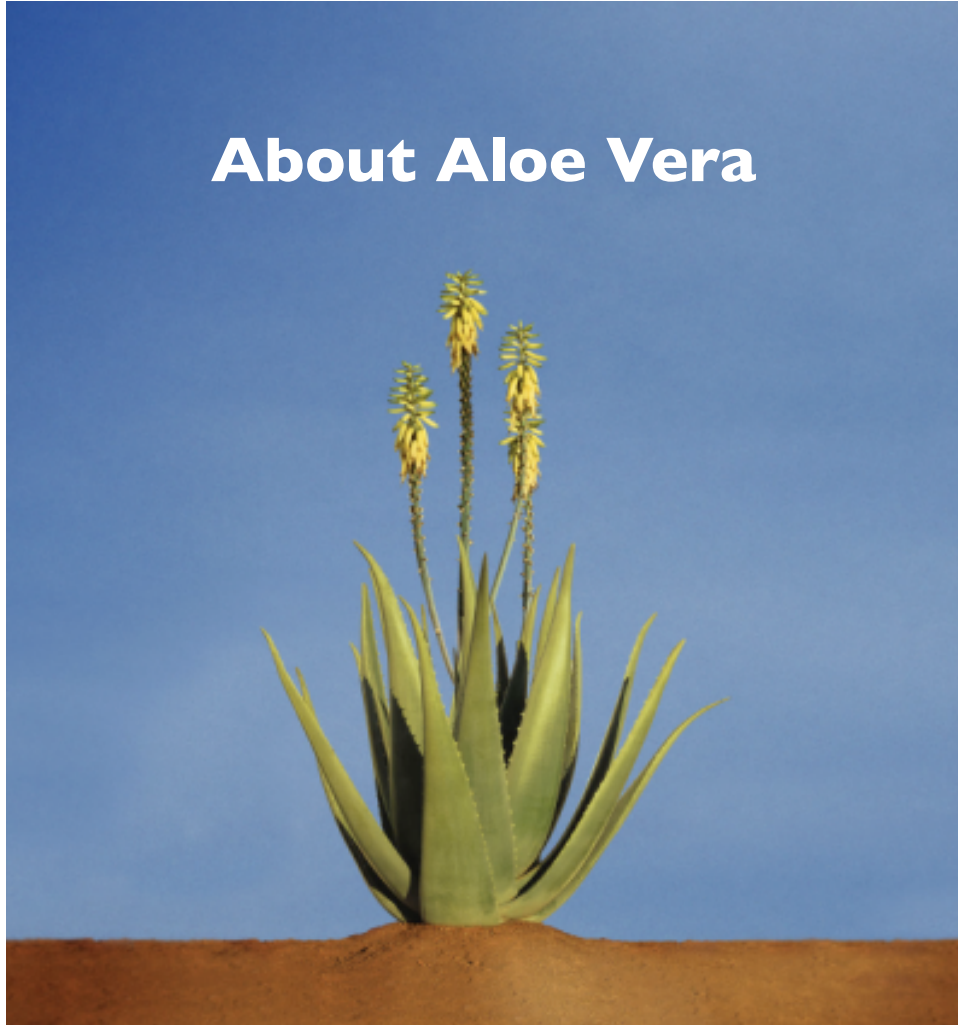




FOREVER™

CHRISTIAN DE QUINCEY

About Aloe Vera



Have you've ever wondered ... “**What is aloe vera?**” and, what is it about the gel inside the aloe vera leaf that makes it such a potent healing force?

Some History

The Maya Indians called aloe vera the “Forever Young” plant. It originally came from Africa and was brought to the Caribbean with the slave-ships — probably because the Africans were already familiar with its strong healing power. Although its origins are in Africa, the plant does very well in any dry and sunny climate. It does not need a very rich soil to perform well (Forever Living does not use chemical fertilizers or pesticides).

Aloe vera means “true aloe.” There are more than 500 types of aloe. The variety grown by Forever Living is called *Aloe Vera Barbadosensis Miller* — the sub-species with the highest concentration of healing ingredients.

Its reputation as a potent healing agent dates about 6000 years ago to ancient Egypt. History tells us that Cleopatra and Nofretete used aloe for their skin, and it has been reported that Alexander the Great encouraged his soldiers to drink aloe to help them recover faster from illness wounds.

The Greek Dioscorides, writing 100 years before Christ, documented the healing power of aloe, in the first known book about healing herbs. Columbus took the plant with him on his voyages of discovery as a remedy for various illnesses of sailors.

Only fairly recently has been discovered what exactly makes the plant so extraordinary.

Properties of Aloe

When the leaf is cut, it exudes a clear-yellowish liquid gel. It gets its color from the yellow aloin, which also tends to make it taste bitter. The aloe juice contains 17 amino acids, mineral salts, enzymes, and 10 different vitamins mostly from the B-group — including B12 — as well as vitamins A, C, and E.

The juice has many healthful uses:

1. **Rapid Skin Healing.** Aloe is a wonderful healing agent for wounds and burns, especially because it reduces the forming of scar tissue. It has the ability to penetrate fast and deep into the skin. Due to the high amount of “aloe vera mucilaginous polysaccharides,” the skin is able to heal better and faster — leaving it radiantly healthy. Aloe also stimulates our immune system.
2. **Powerful Antiseptic.** Aloe contains 6 antiseptics that kill or slow down the growth of bacteria, viruses, and fungi. Depending on the amount used, aloe also stimulates cell-growth, which accounts for its unique wound healing effect.
3. **Soothes Nerves.** Aloe has a soothing effect on the nervous system, which helps you to concentrate better. As a drink at night, it helps you fall asleep easier and your body to rest better. During sleep, it soothes the bowel system. Taking it internally as a drink, it cleans, soothes, normalizes, and detoxicates stomach and bowels. It also relieves pain in muscles and

joints, suppresses inflammatory reactions (redness, swelling disappear). It is also effective against insect bites, stinging nettles, and jellyfish.

Scientifically Safe to Use

Aloe vera is very safe to use. It is a natural non-toxic food supplement, which has almost no contra indications. Very few cases have been reported of allergic reaction to aloe, and those registered, always go together with a non-tolerance of garlic and onion (aloe belongs to the lily and onion family). However, from the perspective of the medical establishment, it is not a medicine, and should not be used to replace prescribed medicines unless advised by a regular physician.

If you were to ask informed scientists today “What is aloe vera?”... you would hear that it is a rich mixture of **antioxidants, antibiotics, cell growth stimulators, adaptogens**, is an effective **scar inhibitors, anti-inflammatory, astringent, and coagulating agent** as well as a **pain inhibitor**.

Aloe vera is a highly nutritional storehouse. The gel contains more than 75 nutrients such as **minerals, amino acids**, and a number of **vitamins** including **B12, enzymes** and more. *Aloe vera is currently the only known natural source of vitamin B12.*

The combined action and balance of this rich cocktail of ingredients, in the aloe vera gel, make it so effective. This “synergism” is responsible for the numerous health benefits of aloe vera.

The International **Aloe Science Council**, in answering the question... “what is aloe vera?” describe it as an “orchestra” of the “**polysaccharides, enzymes, amino acids, glycoproteins, vitamins** and **minerals** intrinsic to the the aloe vera plant and its exudate (inner) gel.”

Health Benefits. Aloe, a pure natural product, is the # 6 most used plant for medicine and health products in the world. The demand for aloe vera and aloe products grows each year as more people become informed of its wide-ranging benefits.

How is Aloe Vera Used?

Extracting and stabilizing the health-inducing components of aloe vera (its polysaccharides) is achieved through a special process patented by Forever Living Products. Once the health-giving gel is processed, it forms the basis for a range of high-quality health and beauty products, including:

1. **Nutritious drinks** and juices for a healthy stomach and bowel system .
2. **Skin-care products** including gels, creams, lotions and sunscreens.
3. **Hygiene products** such as liquid soaps, shampoos, conditioners, and toothpaste.

4. **Health Maintenance** — especially effective for boosting the immune system and also works as a natural antibiotic.

5. **Weight loss.**



More About Aloe

Aloe vera is a member of the lily family, it is a succulent, perennial plant that closely resembles a cactus. It is a xerophyte, meaning that it thrives in warm, rather arid areas hence its African origins. It does not thrive in cold frosty conditions.

Aloe vera's thick, tapered, spiny leaves grow from a short stalk near ground level. Aloe vera is related to other members of the lily family such as the onion, garlic, and turnip families. Its relationship to the lily family is evident from the tubular yellow flowers produced annually in the Spring, resembling those of the Easter lily.

The typical aloe vera leaf grows from the base of the plant in the rosette pattern. Each plant usually has 12-16 leaves that, when mature, may weigh up to three pounds. Mature plants can grow as tall as two and a half inches to four feet with the average being around 28 to 36 inches in length.

More than 250 different species of aloe grow in different parts of the world — mainly in the dry regions of Africa, Asia, Europe, and America. Of these, five are recognized as having nutritional and medicinal value:

- ***Aloe Barbadensis Miller*** sometimes called Aloe Linne, Aloe Vulgaris, or the Curacao Aloe
- Aloe Perryi Baker also known as the Socotrine or Zanzibar Aloe
- Aloe Ferox also known as Cape Aloe
- Aloe Arborescens
- Aloe Saponaria

Aloe Barbadensis Miller is the most popular, while the last two are the least popular. Aloe Barbadensis Miller was introduced to the West Indies at the beginning of the 16th century.

Aloe Barbadensis Miller is the true aloe vera. It is the most potent – nutritionally and medicinally — and, today, is the type used in most commercial products containing aloe available.

Most species of aloe vera are non-toxic, but about 15 species contain a deadly, hemlock-like poison. Be sure you know what you are doing if you attempt to grow aloe vera at home — especially for internal use.

The outside of the aloe vera leaf is smooth and rubbery to touch, with the highly regarded gel inside. The gel appears to contain a “wound hormone” that accelerates healing of injured tissues.

The healing gel comes from mature aloe vera plant. — when they are four years old. It is important, therefore, that the gel is not extracted until the plant reaches this age.

