

COTTAGE HILL HERB FARM

THE WONDERS OF

ALOE VERA

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"ALOE BARBADENSIS"

THE MIRACLE PLANT

Aloe belongs to a class of plants known as the "Xeroids", so called because they have the ability to close their stomata (or pores) completely to avoid loss of water. They are able to survive long periods of drought stress. Almost all of the Xeroids are able to close over any wound almost immediately in order to conserve the plants precious water. The Aloe wound heals amazingly fast and the Aloe plant then begins to grow in another direction. This power to heal itself so rapidly points to its remarkable wound healing ability.

Much research has taken place on Aloe Vera and its many benefits over the last 45 years – much of that research has been undertaken in Russia, although we know from Sumerian clay tablets dating from 2100BC that it was being used then and possibly as far back as 5000BC. The early Egyptians revered Aloe and called it the "Plant of Immortality".

Aloe Vera is a veritable storehouse of nutritional compounds – more than 75 have so far been identified. It has been found to contain the most essential ingredients to the human body, but more importantly these "essentials" appear to work in a "synergistic" way to heal the body and skin.

SOME OF ALOE VERA'S WIDE RANGING PROPERTIES ARE...

- An efficient detoxifying agent
- A powerful immune system stimulant
- A strong anti-inflammatory agent
- An analgesic
- A stimulator of cell growth
- An antiseptic
- An elixir of longevity
- An accelerator of tissue healing
- A digestive system aid
- A powerful wound healer
- A rich source of nutrients
- A rejuvenating and anti-ageing herb
- A moisturiser and cohesive agent
- An absolutely essential herb for use in skin & hair care
- An effective veterinary herb
- A bactericidal agent, important in fighting tooth & gum disease
- An anti-arthritic herb
- Helpful for heart conditions, high blood pressure, high cholesterol, cancer, ulcers and much more.



SO WHY IS ALOE VERA SO AMAZING?

Let's take a look at its makeup!

•**Enzymes** - These are critical to human and animal life. Their function is to convert the proteins in the food we eat into amino acids, which then provides fuel for every cell in the body.

•**Vitamins** - Found in Aloe Vera are:

Vitamin A (Beta-carotene)

Vitamin B1 (Thiamine)

Vitamin B2 (Riboflavin)

Vitamin B3 (Niacin)

Choline (a B vitamin)

Vitamin B6 (Pyridoxine)

Vitamin B12 (rarely found in plants)

Vitamin C (an anti-oxidant)

Vitamin E

Folic Acid (vitamin B complex)

Also Zinc, Manganese and Chromium.

•**Fatty Acids** - Including Caprylic Acid.

•**Minerals** - 20 minerals are found in Aloe Vera. Essential for correct functions of enzyme systems.

•**Mono & Polysaccharides** - These are vital to Aloe Vera's healing power. In particular, "Acemannan" a Polysaccharide, which stimulates white blood cells to destroy bacteria, tumour cells and to boost immunity. They line the gut, helping to prevent leaky gut. These unique polysaccharides are absorbed straight into the bloodstream and quickly enhance immunity and in skincare terms they are the chief moisturisers of the plant. Aloe Vera contains approximately 90% or more of these Polysaccharides.

•**Lignins** - Responsible for Aloe's strong penetrating effect on the skin. Up to seven layers deep.

•**Saponins** - They are antiseptic, antimicrobial and cleansing. Very helpful for acne.

•**Anthraquinones** - These are anti-microbial and have an analgesic and laxative effect. They aid absorption in the digestive tract and have an antibiotic quality without side effects.

•**Salicylic Acid** - An anti-inflammatory and anti-bacterial. Aloe reduces pain.

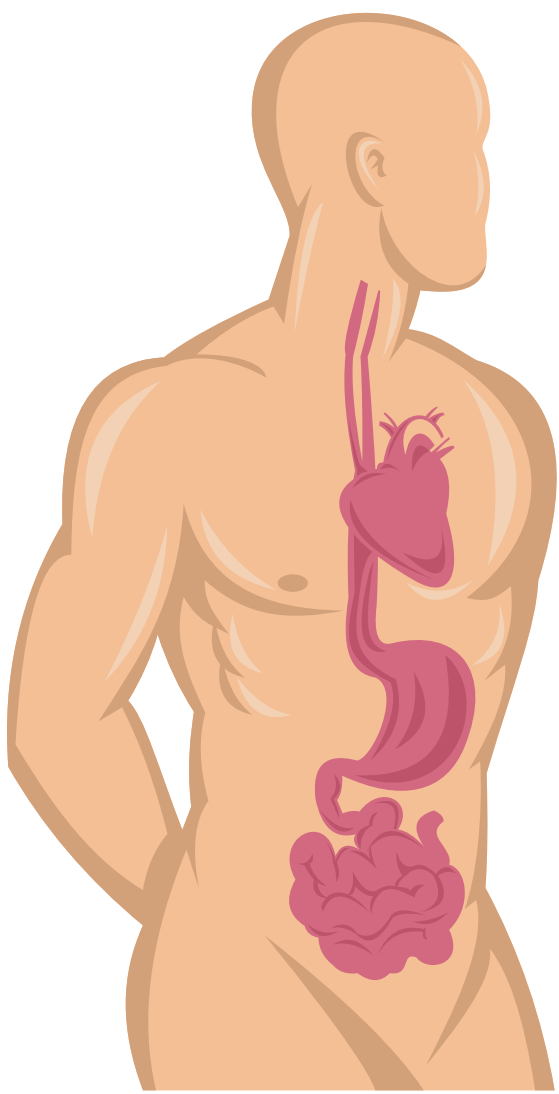
•**Amino Acids** - These affect the brain function and are crucial to all bodily functions. There are 8 amino acids which are essential to the body. These cannot be manufactured by the body - they must be consumed in some way. Seven of these "essential eight amino acids" are found in Aloe Vera. Also required are a further 14 secondary amino acids of which Aloe Vera supplies 11.

WHAT DOES THIS INCREDIBLE PLANT OFFER TO THE HUMAN BODY??

Let's look at the skincare benefits as a separate list later in this article - here we will look at Aloe Vera's effects medicinally.

As a detoxifier - Taken as a drink, Aloe Vera acts as a gentle cleanser and detoxifier. It helps to maintain correct hepatic function and to keep the kidneys working well. It assists to reduce blood sugar levels and has a beneficial effect on those with diabetes.

Digestion - Considered by Dr. Danhof, a world authority on Aloe Vera and its benefits to the human body. Dr. Danhof, a professor of physiology, believes Aloe Vera to be beneficial to the entire gastro-intestinal system. He maintains that due to its Magnesium Lactate content, Aloe Vera is able to lower activity in the stomach and is effective in reversing both occasional and chronic symptoms in the upper gastro-intestinal tract.



It improves digestion, normalizes the PH, reduces yeast content and promotes a more favourable balance of gastro-intestinal symbiotic bacteria. It can help specifically with disorders such as: Chron's disease, colitis, irritable bowel syndrome, diverticulitis, acid stomach, peptic ulcers. It can improve bowel regularity, nutrient absorption and may increase energy levels and well-being. Researchers have noted that Aloe Vera penetrates the wall of the digestive system, flushes out harmful bacteria and assists repopulation of the system with beneficial flora. Inflammation is therefore reduced and there is an increase in absorption of nutrients.

Please Note: If one stops taking the Aloe Vera, the symptoms return. Aloe Vera needs to be taken daily on a continuous basis.

Brain activity - Aloe Vera has been shown to boost memory retention and alertness, it aids in detoxifying ammonia out of the brain, it optimises cognitive activity and brain function and also acts as an antioxidant and maintains balance in the central nervous system.

Drug abuse recovery - The use of Aloe Vera with drug abusers in the early stages of recovery showed considerable improvement in depression levels, anxiety, sleep, appetite, nutritional intake, withdrawal symptoms and assisted energy levels.

Dental and mouth problems - Aloe Vera is effective as an antiseptic mouthwash, assisting inflammation in the mouth, around gums, for lips and roof or floor of the mouth. People with gum disease are usually deficient in vitamin D, so it is important to take vitamin D as well as to treat your gums. Aloe Vera gel is great under dentures for pain and inflammation due to poorly fitting dentures. It may also be used for soaking dentures to prevent infection.

Arthritis, joint and muscle pain – Aloe Vera may be used both internally and externally to reduce inflammation and joint flexibility. Dr Jeffrey Bland says the link between arthritis and the digestive system improves with Aloe Vera use and may explain the improvements felt by some arthritic and osteo-arthritic patients when using Aloe Vera. When there is poor digestion and poor protein absorption, the antigen – antibody complexes can be trapped in the liver and the joints and can create inflammatory processes such as pain and swelling.

Diabetes – It has been shown that diabetic patients who take Aloe Vera for 3 months experience a significant drop in fasting blood sugar levels. They also exhibit lower cholesterol levels and a boost of circulation to the extremities. Peripheral neuropathy (numb hands and feet) improves with regular intake of Aloe Vera.

Immune System – With its wide complex of vitamins and minerals and over 200 constituents, Aloe Vera is one of the most powerful immuno-stimulants available. It stimulates, modulates and supports the immune system in a most remarkable way. Dr Danhof reports that Aloe Vera causes the release of tumour necrosis factor alpha, which blocks the blood supply to cancerous growths and a study at the University of Okinawa in Japan, found that daily doses of Aloe Vera could help prevent the onset of lung cancer in smokers.

It has provided beneficial to AIDS sufferers, helping to restore the T and B lymphocyte balance. Aloe increases the number and intensity of action of the immune cells in the body and it both enhances the body’s capacity to fight diseases and enhances overall healing.

Weight loss and muscle development – Aloe Vera stimulates the metabolic rate in our liver cells, so that we burn more energy. It works to both reduce and stabilise the body mass index, it has a high content of collagen protein, in order for the body to assimilate its protein, it has to expend more energy. This extra expenditure of energy also supports weight loss and muscle development. It facilitates weight loss by helping to expel excess water from the cells – however cannot on its own take the weight off and keep it off. Correct nutrition and exercise is also necessary.



Contraindications – Generally pregnant and breastfeeding mothers and those with kidney problems should not use Aloe Vera internally.

ALOE VERA & SKINCARE

The skin is the largest organ of the human body. Skin accounts for 16% of the body's total weight – therefore what we apply to our skin has immense potential for good or for harm, depending on whether we use natural or chemically based products.

Aloe Vera is highly recommended for inclusion in almost all skin and hair care products because it has a powerful and amazing ability to regenerate new healthy cells anywhere on the body. Aloe Vera has in fact been called “The Facelift Plant” because it can when correctly used; take “10 years off the age” of the skin.



So – how do we use it and what exactly does it do??

Firstly, if you grow Aloe Vera and wish to use your fresh plant – this is fine when used freshly applied to the skin. However, the fresh plant cannot be added to skincare products. It will grow mould and bugs in your products within a week.

For inclusion of Aloe Vera into skin and hair care products, commercially prepared Aloe Vera ingredients must be used.

These are available as:

- Aloe Vera Gel
- Aloe Vera Liquid
- Aloe Vera Oil
- Aloe Vera Juice (high grade 99.7% pure)

NOTE: Using Aloe Vera at a ratio of more than 15% will contribute to a drying effect.

Products containing Aloe Vera need to include humectants to buffer Aloe Vera's drying effect.

How does Aloe Vera work its magic in skincare products??

Aloe Vera has a unique ability to penetrate the human skin up to 7 layers deep. In this action it is able to transport all ingredients incorporated in a skin cream/lotion etc through these layers to deep tissue for optimum regeneration.



One reason Aloe Vera penetrates the skin is because it **lowers the surface tension of water**, permitting water and other moisturising ingredients to submerge deeply into the skin to replenish fluids. As it penetrates, the hyaluronic acids found in Aloe Vera, sink deeply into the skin, removing toxins and allowing the regenerating properties of the plant to work in a more effective manner.

Aloe Vera helps to keep facial pores unclogged and gives skin a healthy glow because the enzymatic activity in the plant speeds up the blood circulation and sloughs off dead skin. The amino acids in the plant then help to promote the growth of new cells. Additionally, Aloe Vera furnishes the skin with a **protective coating** to help retard the growth of harmful bacteria.

Studies have shown that Aloe Vera's legendary anti-ageing properties lie in the plants amazing capacity to produce fibroblast cells six to eight times faster than normal cells. These cells manufacture collagen, which keeps skin firm. **Hands will become softer and smoother** as Aloe allows the skin to rejuvenate itself at a cellular level. Aloe's keratolytic action also breaks down and softens hard skin on the feet and hands, restoring its suppleness.

Retina A, known in the medical world as Retinoic Acid, has enjoyed popularity as a prescription drug with anti-ageing qualities. It has the same action as the polysaccharides in Aloe Vera, making the epidermal cells fit more tightly together. **This cell density reduces wrinkles**, but the drug has many side effects, one of them being skin irritation. Aloe Vera does not cause skin irritation – quite the opposite in fact.

Aloe Vera not only **penetrates deeply into tissue**, but it does so very fast, carrying all the other ingredients in your formula along with it, into the deep layers of tissue. On its own, Aloe Vera is not a good moisturiser; it must be combined with other emollients to best achieve its unique benefits.





Aloe Vera is an **excellent anti-acne treatment** product because its astringent, anti-inflammatory and anti-bacterial properties prohibit the growth of bacteria, including staphylococcus. It mops up excess oil, relieves pain and itching, reduces infection and scarring and may safely be used on even the most sensitive skin.

Eczema and Psoriasis – Again the anti-inflammatory, anti-itch action of Aloe Vera in a moisturising base is most effective at calming the skin, relieving redness, soothing pain, removing toxins and dead skin cells, plus it provides a protective coating to help retard the growth of harmful bacteria and fungi. The amino acids in Aloe Vera then help to promote the growth of new healthy cells. Drinking Aloe Vera juice at the same time will help provide new skin cells with the micronutrients needed to develop into strong and healthy cells.

Sunburn and Burns – Most sunscreens are loaded with toxic chemicals which are now being shown to cause more harm to our skin than was ever previously thought. Whilst Aloe Vera is not a sunscreen, it does however provide a protective coating on the skin which will reduce some of the damage caused by the sun rays. Aloe Vera is however the remedy against the pain, redness and skin damage caused by the sun, chemical or radiation burns and household accident burns. It takes the sting and pain out of sunburn, windburn and almost all burn types.

Aloe stimulates the **growth of healthy skin cells** and limits the body's production of scar tissue and it does this quickly. Researchers believe that the active ingredients in Aloe Vera probably act as a substrate inhibitor, which means it binds the enzyme system together to prevent the production of thromboxane, which causes cell death after a thermal injury. Aloe speeds up the healing of burns, including severe burns and revitalizes damaged skin cells.

Hair and scalp care – Aloe Vera benefits the hair and scalp in the same way that it benefits our skin. Hair is mostly composed of keratin, which contains amino acids, oxygen, carbon, traces of hydrogen, sulphur and nitrogen. Aloe Vera's chemical composition is very similar to keratin and this helps to revitalise the hair with nutrients.

The polysaccharides and lining in Aloe Vera have a deep penetrating action to bring **deep cleansing** to the scalp to allow nutrients to penetrate and work deep below the scalp surface to revitalise and stimulate **new hair root growth**. The saponins in Aloe Vera are naturally cleansing and soap producing agents which both clean and strengthen the hair follicles.

Scalp conditions, like dandruff, psoriasis and alopecia (hair falling out in patches) are all improved by the use of Aloe Vera. Add Aloe Vera to your shampoo, conditioners, or use it alone on scalp and hair. Aloe Vera gel is lovely to improve hair sheen or may be used as a straight gel which dries quickly improving hair and scalp quality.

This **amazing** plant is simply the most beneficial herb for use in products such as: facial masks, creams and lotions, anti-wrinkle creams and moisturisers, hand, nail and foot care products and all hair care. For salves and ointments, pain and eczema creams, sports injury and burn products.

THERE IS NO BETTER INGREDIENT

Available in our store as:

- 200X to 1 Pure Organic Inner Gel Powder
- Dried Whole leaf powder (in 50gm lots)
 - Organic liquid Extract
 - Organic Aloe Vera Tincture
 - Organic Aloe Infused Oil
- Organic Aloe Vera Juice 99.7% Pure
- Organic Aloe Vera Gel

AVAILABLE IN OUR STORE

COTTAGE HILL HERB FARM

04-526 4753

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