



Aloe vera



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Type of Plant/Fruit:

- Aloe vera is a perennial, succulent plant (its leaves hold large quantities of water). The plant can grow up to 4 feet tall. The plant's tough, fleshy, spearlike leaves can grow up to 36 inches long. The inner part of its leaves contain a clear, thick gel.
- It is grown in most subtropical and tropical locations, including South Africa, Latin America, and the Caribbean.

Origin and Native Uses:

- The use of aloe vera can be traced back 6,000 years to early Egyptian civilization where the plant was depicted on stone carvings. Known as the "plant of immortality," aloe was presented as a burial gift to deceased Egyptian pharaohs.
- Traditionally, Aloe vera has been used for supporting normal healing times in a variety of conditions, most notably burns, wounds, skin irritations and constipation. Aloe was one of the most frequently prescribed herbs throughout most of the 18th and 19th centuries and it remains one of the most commonly used botanicals in the United States today.
- Today, in addition to traditional uses, people take aloe orally for its soothing gastro-intestinal effects. People use aloe topically for burns and sunburns. These traditional uses are noted to qualify the nutrient benefits of the succulent and it is not intended to treat or cure any disease.

Form Used in Chiropractor's Choice:

- We use only the finest Aloe Vera grown in California, Aloe barbadensis Miller (leaf inner gel). It is hand-harvested and hand processed to ensure maximum benefits.

Primary Ingredients and Benefits:

- Aloe contains active compounds, glycoproteins, which may support normal low levels of pain and inflammation. Aloe vera also contains additional compounds such as polysaccharides, which may stimulate skin growth and support the immune system.
- Aloe vera is known for enhancing anti-oxidant activity, gastro-intestinal soothing, and powerful nourishing properties. Ongoing research also supports possible benefits in the areas of helping regulate normal blood sugar levels and cleansing the internal organs.
- Caution is advised when using herbs or supplements in relation to its effects on normal blood sugar levels. Blood glucose levels may require monitoring.

References:

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