

CHAPTER ONE

USES FOR ALOE VERA

The Egyptians, 6,000 years ago, called the aloe vera plant the 'plant of immortality'. This spiky, green gem has a rich history of various cultures and personalities who used the plant's moist middle for numerous practical uses. Cleopatra applied the gel to her body as part of her beauty regiment. The ancient Greeks used it to cure everything from baldness to insomnia. Even American Native Americans called the aloe vera plant the 'Wand of the Heaven'.

First, A few words about buying and growing your own aloe vera plant: If possible purchase a large more mature plant. If a young plant is your only option, you can still use it for first aid treatments but be patient, it will take a few years to get large. Aloe vera can be planted indoors or outdoors, but will turn brown in harsh sunlight so plant in indirect light. It is not suitable for wintering outdoors in cold weather zones. Use well-drained sandy potting soil, a good quality commercial potting mix with extra perlite, granite grit, or coarse sand. Cacti and succulent mixes may also be used. Be careful to not over water, the soil to be fairly dry before watering.

When cutting a leaf for use, remove the leaf from the plant with a sharp knife. Trim the thorny edges from the severed leaf then slice the leaf across its width. The inner transparent, gooey gel is ready to be applied directly to the afflicted area. Use generously, it will be absorbed by the skin within a few minutes. After the gel from the first layer of ruptured cells has run dry, you can scratch the surface with a clean knife to rupture more cells, releasing more juice. This can be continued until there is nothing but green skin left. Wrap partially used leaves in foil or plastic wrap and refrigerate. It will last for several days.

1. Skin care, body scrub – Slice aloe leaves lengthwise & use the inner sides as a biodegradable body scrub.
2. Medical, burns – Minor mishaps in the kitchen, grease splatters or hot utensils, rub with aloe vera. For more serious burns - Mix some aloe gel and vitamin E oil in a small jar for homemade burn healer.
3. Medical, bruises – Banish those black and blue bruises by swabbing them with aloe goo.
4. Medical, sunburns – Aloe contains cooling properties to soothe minor burns and sunburn.
5. Medical, insect bites – Aloe removes sting.
6. Medical/cold weather, frostbite – Reduce tissue damage by using aloe.
7. Medical, rashes – Aloe is helpful for rashes.
8. Foot care – to soften and sooth feet, mix together ½ cup oatmeal, ½ cup of cornmeal, 4 tablespoons of aloe vera gel and ½ cup of unscented body lotion.
9. Medical, herpes – Dab with aloe vera gel.
10. Medical/Foot care, athlete's foot – Coat with aloe.
11. Medical, blisters, Reduce pain w/aloe vera.
12. Medical/Skin care, allergies – coat with aloe vera gel.

13. Skin care, general – Replace cream & lotions with aloe.
14. Medical/skin care, acne – Prevent pimples with aloe,
15. Medical, psoriasis – Aloe is very soothing.
16. Medical, scarring/stretch marks – Use aloe daily to avoid these types of skin problems
17. Medical, warts – Aloe will shrink warts.
18. Skin care, aging/wrinkles -Reverse signs of aging & reduce wrinkles. It is said that Cleopatra used Aloe.
19. Skin care, dark spots – Aloe decreases dark spots with regular use.
20. Skin care, general – Make skin like new again. Mix two tablespoons of aloe vera, two tablespoons of organic brown sugar and 1 teaspoon organic lemon juice.
21. Skin care, general – Rough patches; mix two cups of sea salt, one cup of aloe vera, one cup of organic coconut oil and two tablespoons of local, organic honey.
22. Hair care, growth – to speed hair growth, massage aloe into the scalp, let it sit for 30 minutes and rinse.
23. Hair care, dandruff – Mix aloe juice with coconut milk & wheat germ oil. Massage it into the scalp, then rinse.
24. Hair care, general – For silkier smoother hair, replace your conditioner with aloe.
25. Beauty, makeup remover - Use a cotton ball to smooth aloe over the makeup then wipe it off.
26. Medical, indigestion – Drink aloe vera juice to relieve gastrointestinal disorders.
27. Medical, constipation – Sip aloe juice to relieve symptoms. It has often been used as a laxative.
28. Medical, irritable bowel syndrome – Take a swig to reduce bloating symptoms & general discomfort.
29. Medical, heartburn - Same as above.
30. Medical, arthritis - Same as above.
31. Medical, rheumatism pain - Same as above.
32. Medical, asthma – Boil leaves in a pan of water and breathe in the vapor.
33. Medical, blood sugar – Reduce levels by drinking aloe vera juice, especially if you are diabetic.
34. Dental, toothpaste - Promote strong, healthy teeth by using toothpaste with aloe vera ingredients. You will also strengthen your gums in the process.
35. Medical, Congestion – Drink aloe juice.
36. Medical, stomach ulcers - Same as above.
37. Medical, colitis - Same as above.
38. Medical, hemorrhoids - Same as above.
39. Medical, urinary tract infections - Same as above.
40. Medical, prostate problems - Same as above.
41. Medical, eye/ear infections - Sip aloe vera juice.