



IMAGE AWARENESS WELLNESS INSTITUTE

All About Aloe

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MAILBOX

GERD

I recently experienced a 2-month long bout of acid reflux, which was so bad that I could not lie down, or even recline, for 8 hours after eating even a light meal. The only thing that did not bother me too much was fruit.

I called Jim, and he suggested exercise and aloe. The daily swimming and yoga, I was doing, was apparently not enough to stimulate digestion. I immediately started biking and a little walking. Within 3 days, I could lie down 6 hours after eating. Within one week, the acid reflux was totally gone. Whenever I get a recurrence, I use the Aloe Plus. That and Betagest are very helpful.

Thanks, Jim, for all your help....
Rose (4/4/2008)

JIM'S COMMENT

We have had numerous people

tell us that the Aloe Drink has alleviated digestive distress. This is probably due to the natural healing properties of the aloe and its mild anti-acid properties. Digestive difficulties often begin when we overeat, or when we suffer a loss of digestive substances.

HEARTBURN

I was having problems after eating. It was uncomfortable and painful even to drink water. I was using powerful medications to try and deal with this problem--trying to alleviate it. I was on my way to my physician's office when one of your distributors mentioned that I should try the Aloe drink. I came by the Image Awareness office and bought a small container of the Aloe juice. I took it home and took it 15 minutes before I left for the doctor's office. I was relieved of my problem within two minutes of taking it. By the time I got to the doctor's office I felt like I did not need the appointment. So then I discussed with my family physician what I had done. He was interested in what I had taken and was going to get some for himself that night.

Margaret 11/13/2001

JIM'S COMMENT

Aloe will often provide relief from heartburn very rapidly. The rapidity of improvement is often remarkable.

ARTHRITIS

Leslie has suffered from Rheumatoid Arthritis for the past 15 years. She also has bloating and severe stomach distress, mostly from the Arthritis medicines. Her pain from the arthritis covers her entire body, especially her hands and feet. Her hands are very deformed with spongy nodules on them.

Leslie's results from using the products have been remarkable! She no longer experiences pain or swelling in her knees, hands, or feet. The spongy nodules on her hands have decreased. Leslie is able to actually put on a pair of shoes and walk without difficulty... her stomach problems have all but disappeared with acidophilus and Aloe drink and she is no longer taking Tagament and Zantac.

JIM'S COMMENT

Recent research suggests that arthritis may be associated with overgrowth of harmful bacteria such as Klebsiella in the digestive tract. I suspect that Leslie's improved digestion resulted from the fact that the Acidophilus provided beneficial microbes to compete with harmful ones while the Aloe drink provided a nutrient medium which promoted the growth of beneficial microbes and discouraged the harmful ones. The aloe would also promote healing of the gut which enabled Leslie to discontinue the antacids. Use of antacids predisposes to harmful gut

microbes which can contribute to a wide variety of health problems.

ALOE VERA

I was first introduced to Aloe vera as the result of a talk by Ivan Danhoff, M.D., Ph.D. who ran a research laboratory in Texas. He researched this remarkable herb for 30 years. He commented that he always applied the aloe to the back of his left hand while testing formulations. The hand to which he applied the aloe did not have the blemishes, thinning, and wrinkling typical of old skin and readily observable on his right hand which did not receive the aloe applications.

Aloe vera is probably native to Africa. The plant has a long history of therapeutic use. It is mentioned in



the Bible as one of the herbs to treat Christ's body at the time of his burial.

Aloe consists of beads or chains of polysaccharides which are basically carbohydrates. The chains can have as few as 60 links or as many as thousands of links. The length of the aloe chains determines the characteristics of how the aloe will affect the body. Small chains appear to reduce inflammation and benefit the functioning of the pancreas. Intermediate size chains appear to protect against viruses, bac-

teria, and fungus. The longer chains modify and enhance the immune response. It had been suggested that some of these larger chains help the body resist tumor development.

THE ALOE PUZZLE

Those who are of the persuasion that all nutritional products are created equal are due for a rude awakening when they begin experimenting with *Aloe vera* products. There are several factors which can make a tremendous difference in how one responds to such products.

ALOIN

Aloe contains two powerful categories of substances, an exudate and a gel. The exudate is a yellowish fluid. The substances it contains are given the name aloin. Aloin is a potent and potentially toxic substance. Cells and tissues exposed to high concentrations of aloin will be damaged or killed.

Aloin will kill worms in the digestive tract, but most people want to steer clear of this powerful substance because when it comes in contact with the digestive tract it acts as a powerful laxative and purgative. Some people experience griping discomfort. No one would want to use a product with high levels of aloin on an ongoing basis.

GEL

The second component of the Aloe is the gel. The gel produces no harsh reactions and is devoid of harmful properties. As a matter of fact, the gel of the Aloe plant has a number of healing and beneficial properties.

BENEFICIAL EFFECTS

ANTI-INFLAMMATORY

Aloe gel has remarkable anti-inflammatory effects. It has been used to reduce pain and damage from

wounds, burns, corrosive chemicals, radiation, and infection. It has been used to benefit the inflammatory component of arthritis, Crohn's disease, colitis, hay fever, and asthma. Even if it does not always work it is a safe compound without the side effects of modern anti-inflammatory drugs. Anti-inflammatory medications will sometimes slow the healing process, while aloe gel has powerful healing properties.

It has also been suggested that aloe may increase the anti-inflammatory effects of topical steroids. (Brinker, F., *Contraindications and Drug Interactions*, 2nd ed., 1998.)

HEALING PROPERTIES

History suggests that Alexander the Great conquered the island of Socotra in order to secure the supply of Aloe to treat the wounds of his troops prior to going out to conquer the world. Studies demonstrating the healing properties of Aloe have been reproduced time after time. Application of Aloe gel to a surface will result in 50% or more healing than without application of the substance. GNLD has an aloe product in the skin care line which is designed to nourish and heal the skin.

Numerous papers have been published on the efficacy of Aloe gel for radiation and thermal burns. Modern interest in Aloe was stimulated by the fact that it was shown to help radiation burns heal after the atomic bomb was dropped on Hiroshima. All other attempts to heal radiation burns had failed.

A number of research papers suggest that Aloe vera may offer significant benefit for digestive conditions. Blitz and his colleagues studied 12 patients with peptic ulcer and used Aloe vera gel as the sole treatment.

The results were dramatic, "All of these patients had recovered completely... so that at this writing at least 1 year has elapsed since



the last treatment." The researchers also wrote, "Clinically, Aloe vera gel has dissipated all symptoms" and "Aloe vera gel provided complete recovery." Few herbs come close to aloe with regard to healing properties and none I know of match it.

No pharmaceutical company will finance trials of Aloe for stomach or intestinal disorders because herbal remedies can not be patented. Aloe offers so much promise it deserves to be further investigated.

A study by Bland found that 6 out of 10 subjects "showed markedly better stool microbiology" including a drop in yeast growth in the digestive tract. Aloe encourages the growth of the beneficial acid producing bacteria in the gut.

The ability to alter stool microbiology is highly significant. Substances which feed and encourage beneficial bacteria in the digestive tract are called probiotics. Overgrowth of harmful bacteria in the digestive tract has been associated with a wide variety of health problems including not only digestive disorders, but also arthritis and autoimmune disease.

Allergic responses result in an inflammatory response. Aloe vera's anti-inflammatory properties can be expected to benefit many with allergic tendencies for this reason.

HYPOGLYCEMIC EFFECT

Aloe has been reported to benefit diabetics, possibly due to its

tendency to lower blood sugar. Dried sap of the Aloe plant has been used as a treatment for diabetes in the Arabian peninsula. A study of a small group of patients demonstrated a drop of mean blood sugar from 273 mg/dl to 151 mg/dl. Insulin levels did not change suggesting that Aloe improved the responsiveness of tissues to insulin.

A study of diabetic mice showed a drop in blood glucose of 43%. Aloe may contain several components which work to lower blood sugar.

A placebo-controlled study in Thailand found that adding as little as a tablespoon of aloe juice twice daily to diabetics using the medication glyburide resulted in better blood sugar levels and blood fat levels that those using the drug alone. (Phytomed 1996; 3:245-48)

PHAGOCYTOSIS

Phagocytosis is a combination of two Greek words (phagos-eating and kutos-hollow body). The word refers to the process whereby white blood cells engulf and destroy invaders like bacteria and viruses or remove debris from the body.

Phagocytosis is the process by which the body not only defends itself, but also the core of the process of detoxification and internal cleansing. The ability of aloe to promote this process is one reason why aloe has been reported to benefit as many as 100 different conditions.

The immune enhancing properties of aloe are associated with the mannose-rich polysaccharides in aloe. The mannose binds to cell surface receptors of white blood cells and triggers beneficial immune activity.

Plaskett provides a useful quote on this mechanism of aloe function, "Specialized molecules in Aloe vera whole leaf extract interact with special 'receptor' substances that are embedded into the outer membrane of our immune system cells.

The result is that the immune system cells are galvanized into action. In particular, the class of cells known as 'phagocytes' increase the activities by which they attack and then engulf bacteria, waste products, and debris. This increase in scavenging activities cleanses the body, with knock-on benefits for a whole cascade of different medical conditions."

REFERENCE

Plaskett, Lawrence G., The Health and Medical Use of Aloe vera, Tacoma, WA: Life Sciences Press, 82. Plaskett is a primary reference for much of the information in this paper.

STOMACH DISORDERS

Aloe vera has a well deserved reputation as a regulator of stomach and bowel function. It stimulates bowel function and will often provide relief for constipation. Aloe speeds the healing of stomach disorders and ulcers. This is probably due to its ability to reduce inflammation, promote the health and vitality of epithelial cells (the cells that line the digestive tract) and increase overall wound healing.

The digestive tract is filled with bacteria. Increasing the speed of healing decreases exposure to potentially harmful organisms like *Candida albicans*, *H pylori* and other harmful organisms. In addition, food allergies are promoted and intensified by a damaged intestinal tract. As aloe speeds the healing of the digestive tract and promotes the overall health of the intestinal lining it decreases the likelihood of allergic responses and decreases the intensity of response.

Obviously, aloe will not be for everyone with digestive disorders, but it is well worth a try in any kind of bowel disorder. Aloe products which contain the aloin component can cause severe aggravation of digestive disorders. Only products containing the gel portion would tend



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to be helpful where healing or reduction of inflammation is desirable.

GNLD ALOE VERA PLUS

GNLD Aloe Vera Plus meets all requirements of the International Aloe Science Council, a voluntary industry group that establishes standards for aloe vera products. The company uses a "gel only" filleting process to avoid harmful substances found in the whole-leaf aloe.

Approximately half of the drink consists of GNLD's special 3-fold concentrate herbal blend consisting of ginseng, chamomile and passion flower to calm and relax the digestive tract.

The product also contains critically important electrolytes like potassium and magnesium which are vitally important for all the tissues of the body, especially the nerves and heart.

Aloe Vera Plus contains 170% of the Daily Value of vitamin C which works with a synergistic effect enhancing the healing properties of the aloe.

The aloe beverage also tastes good which will be important to anyone who has tried other aloe

products since most of them taste so bad they would gag a maggot. The product is concentrated and usually produces soothing effects on the digestive tract in very small doses.

CARBONATED ALOE DRINK

For those who are addicted to carbonated beverages, GNLD has a carbonated aloe. The product is not as effective for digestive problems as the Aloe Vera Plus, but some without digestive issues find this quite a relaxing and enjoyable beverage.

ALOE VERA GEL

Many GNLD customers are not familiar with the Aloe Vera Gel which is part of the Nutriance Skin Care line of products. This aloe product is designed to promote the health of the skin when externally applied. It provides soothing relief to skin overexposed to sun, wind, and cold.

This is an incredible product which has been clinically proven to calm the skin's surface and alleviate minor skin discomforts. The aloe is combined with allantoin and calendula which are known to promote enhanced cellular renewal.

The aloe ointment is also a

powerful skin moisturizer and has added linden extract and panthenol to enhance this property. The aloe ointment makes skin softer and promotes elasticity.

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