



What is it?

We often refer to this herb as simply 'aloe vera' but the full botanical name is *aloe barbadensis*.

Aloe vera belongs to the family of plants called Aloaceae / Asphodelaceae.

The parts of aloe vera that are used medicinally are the inner gel from the leaf and the latex, which is obtained from the outer part of the leaf. When you are choosing an aloe vera product it is important to take note of what part of the plant is being used.

The inner leaf is soothing and mainly contains polysaccharides, tannins, sterols, saponins, vitamins and minerals. It doesn't contain the anthraquinone compounds (aloin) that exert a laxative effect. Products using the inner leaf often indicate that they are low in aloin.

Aloe vera using the outer part of the leaf (latex) contain aloin and aloe-emodin, which are anthraquinone laxatives. Products may indicate on the label that the 'whole leaf is used' and the aloin content.

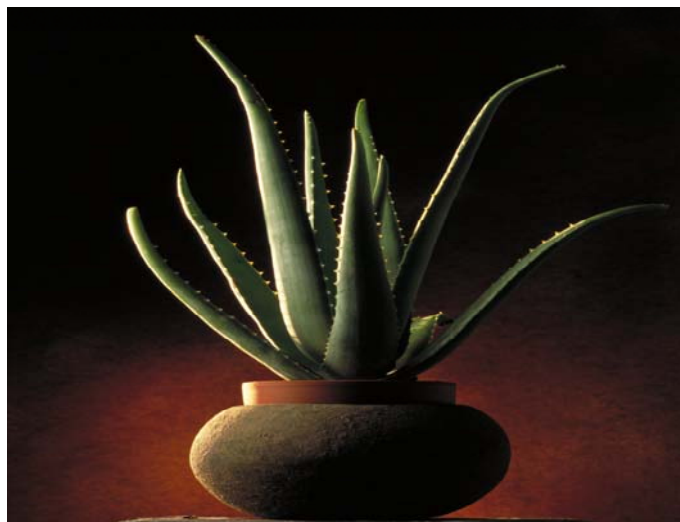
Why you may need aloe vera

Primary Uses

Irritable Bowel Syndrome (IBS) – the polysaccharides in aloe vera inner leaf help relieve symptoms of IBS such as diarrhoea, abdominal pain, bloating and flatulence.

Indigestion, heartburn – aloe vera inner gel helps soothe symptoms such as nausea and pain and aids digestion.

Ulcerative colitis – early studies are positive for people with ulcerative colitis. It reduces symptoms such as abdominal pain and diarrhoea.



Constipation – aloe latex works well as a laxative and the effect should be seen 10 -12 hours after taking aloe latex.

Burns – aloe vera gel is a good investment to any first aid kit. Applying aloe gel topically soothes and improves healing time. Choose gels that are 97-98% pure.

Psoriasis – topical use of aloe extract reduces scaling, redness and inflammation.

Other uses

Diabetes – aloe vera inner gel has been found to decrease blood glucose levels patients with type-2 diabetes.

High cholesterol – studies indicate a reduction in total cholesterol, low-density lipoprotein (LDL) cholesterol (bad fats) and triglycerides.

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How much to use?

Ulcerative colitis, IBS and indigestion: 25–50 ml aloe vera inner gel one to two times daily.

Diabetes: 15ml aloe vera inner gel daily.

High cholesterol: 10–20 ml aloe vera inner gel daily.

Constipation: 30–60 ml aloe latex daily.

Safety notes

Aloe vera inner gel is generally well tolerated.

If you have diabetes or high cholesterol always consult your healthcare practitioner before supplementing with aloe vera.

Aloe latex may cause abdominal pain, cramps, diarrhoea and potassium depletion. Long-term use of aloe latex or other laxatives may lead to dependence. Only resort to laxatives when it is absolutely necessary – your bowels can slacken off due to laxative abuse!!

Never use aloe latex if you have intestinal inflammation, abdominal pain, intestinal obstruction, haemorrhoids or cardiac disorders where potassium depletion may cause further problems.

Aloe vera is not recommended during pregnancy or while breastfeeding.

Read more

[Aloe vera ... your natural digestive aid](#)

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THIS INFORMATION IS NOT INTENDED TO TREAT OR DIAGNOSE. ALWAYS CONSULT YOUR HEALTHCARE PROFESSIONAL BEFORE TAKING NUTRITIONAL OR HERBAL SUPPLEMENTS.