



## **ALOE VERA**

*By, Sai Shreeya Vetsa (5<sup>th</sup> grade)*

### **Introduction:**

Aloe Vera, sometimes described as a "wonder plant," is a short-stemmed shrub. Aloe is a genus that contains more than 500 species of flowering succulent plants. Many Aloes occur naturally in North Africa. Many uses are made from the gel obtained from the plant's leaves. Aloe Vera is a stemless or very short-stemmed plant growing to 60-100 cm (24-39 in) tall, spreading by offsets.

### **Health benefits of Aloe Vera:**

- When used topically, as a gel from the leaves, Aloe Vera is an effective, natural treatment for a variety of skin conditions,
- Soothes Rashes and Skin Irritations. ...
- Treats Burns
- Heals Cold Sores
- Moisturizes Hair and Scalp
- Treats Constipation
- Helps with Digestion
- Boosts the Immune System
- Provides Antioxidants and Reduces Inflammation

### **Heartburn relief**

Gastroesophageal reflux disease (GERD) is a digestive disorder that often results in heartburn. A 2010 [review](#) suggested that consuming 1 to 3 ounces of aloe gel at mealtime

could reduce the severity of GERD. It may also ease other digestion-related problems. The plant's low toxicity makes it a safe and gentle remedy for heartburn.

## **FRESH PRODUCE**

A [2014 study](#) published online by the Cambridge University Press looked at tomato plants coated with aloe gel. The report showed evidence that the coating successfully blocked the growth of many types of harmful bacteria on the vegetables. Similar results were found in [a different study](#) with apples. This means that aloe gel could help fruits and vegetables stay fresh.

## **BLOOD SUGAR**

### **How much Aloe Vera juice should you take?**

Ingesting two tablespoons of aloe vera juice per day can cause blood sugar levels to fall in people with type 2 diabetes, according to [a study](#) in Phytomedicine. This could mean that aloe vera may have a future in diabetes treatment.

### **Important Notice:**

But people with diabetes, who take glucose-lowering medications, should use caution when consuming aloe vera. The juice along with diabetes medications could possibly lower your glucose count to dangerous levels.

If you have Crohn's disease, colitis, or hemorrhoids you shouldn't consume aloe vera. It can cause severe abdominal cramps and diarrhea. You should stop taking aloe vera if you're taking other medications. It may decrease your body's ability to absorb the drugs.