

**ALOE, WHAT IS IT? :** The aloe is a medicinal plant, used to obtain relief from burns, a plant of first aid, a plant which is a strong laxative. In fact it has so many medicinal properties, that it is also known colloquially as The Miracle Plant. It is a plant with fleshy spiny toothed leaves. It is chiefly native to southern Africa although different varieties grow all over the world.

- Its botanical Latin name is Aloe Barbadenisis. In Spanish it is known as Aloe Vera. In Indian it is Gharita-Kumari, in Malaysian it is Jadam, Lu-hui in Chinese, Erva Babosa (slobbering herb) in Portuguese, the American variety of aloe is known as the century plant, but in Greek, Latin, Italian, German, Russian, French, Hawaiian and indeed in English it is Aloe.

- **WHAT IS ALOE, AND HOW IT CURES:** Due to its growing use in commercial application the well known consultant Dr. Albert T. Leun, Ph.D., established that cosmetics manufacturers were increasingly using aloe plant due to its reputation as skin cure, skin softener and hydrophiliser (moisturiser). These properties are due to the presence of polysaccharides in aloe.

- The aloe is excellent as a first-aid treatment. It reduces pain and the likelihood of infection and scarring while treating for burns and scalding, sunburn, cuts and wounds. The wound should be cleaned, pulp of aloe applied on it, bandaged firmly and the bandage kept moistened with aloe juice.

- **CARING FOR HAIR AND SCALP:** The aloe juice used mixed into a neutral shampoo, hair cream or setting solution is excellent for the hair as well for the scalp. It gives body and sheen to the hair and renders the hair more easily manageable.

- **PILES, DRY AND BLEEDING:** Take a little bit of aloe ointment on the index finger and insert it softly into the rectum so that it can act well on the affected area. The application can be repeated as many times as desired. The relief is fast, even immediate.

- **POISON IVY AND ALLERGIES:** As aloe acts as a painkiller, it immediately reduces sharply the itching problem. It is therefore a very effective cure for poison ivy as well as similar itching and burning caused by allergy.

- **PSORIASIS AND EXZEMATIC ERUPTIONS:** It has been said that psoriasis may be controlled but it is incurable. But aloe juice either orally taken (a teaspoon or two, once or twice a day) or externally applied on the affected area, makes the inflammation disappear.

- **SCARS CAUSED BY CUTS AND WOUNDS:** Aloe juice applied in the morning and at night helps heal scarred skin, although the action is quite slow, it is helped along faster if aloe juice is mixed with vitamin E.

- **VERICOSE VEINS:** In many cases the external application of aloe juice has proved to be very effective.

- **SKIN CANCER:** There are many reports of skin cancer having been completely cleaned up by application of aloe juice 2 to 4 times a day over a period of few months.

- **BITES OF INSECTS, JELLYFISH, ANTS ETC.:** If you have an aloe plant conveniently available, slice off a leaf and apply the slobber of the plant on the bite. This reduces pain and swelling. If a plant is not available, aloe juice or ointment may be used.

- **BROWN SKIN SPOTS:** These spots which appear on the skin (facial and other parts) as a person grows older can be reduced and possibly even made to disappear by applying the juice or gel of aloe twice a day.

- **ACNE:** Cleanse properly the affected parts if possible with aloe soap. Apply aloe juice or ointment. One has to have patience with the cure as it takes some time. Also it could cause more itch during the first few days as aloe stimulates the deeper strata of the skin.

- As can be seen most skin diseases such as JOCKEY'S ITCH (FUNGUS AT THE UPPER PART OF THE LEGS), ATHLETE'S FOOT (also variously known as HONG KONG FOOT, SINGAPORE FOOT ETC.), RINGWORM, other FUNGUS INFECTIONS, TIRED AND ACHING FEET, TWISTED and ACHING JOINTS, HEADACHES, FACE SKIN AND CUTIS CARE (FOR WRINKLES, TEXTURE AND TONING UP), LABIAL HERPES, DAMAGED NERVES, CHILDRENS DISEASES (CHICKEN POX, SMALLPOX ETC.) PAINFUL FLUTING DURING PREGNANCY; in all these above-mentioned skin diseases, application of either the juice or ointment of aloe has proved to be extremely helpful.

- **ALOE AS A HEALTH AND HEALTH-GIVING BEVERAGE:** For all digestive problems, ulcers, arthritis, sinusitis, angina pectoris, ulceration in the mouth and gums, apoplexy, high blood pressure, hypothyroids, kidney stones, painful menses take a spoon or two of aloe juice every morning and night and one can see wonderful improvement quickly.

- **ASTHMA:** Boil a few leaves of aloe in a saucepan and sniff the vapour thereof for excellent results. (Follow article 21).

- **EYES AND EARS:** A few drop of aloe juice in each ear works wonders for earache. Similarly, a few drops in the eyes are very beneficial. See (!) below.

- **THE LEAF IS BETTER THAN PRODUCTS CONTAINING ALOE:** The slobber or direct juice is far more powerful, but normally packaged products are strong enough and at the same time very convenient to use as the chemists usually combine them with vitamin A and E, Lanolin, Alantoin in order to increase their efficiency.

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1. Eye wash cups for Cleaning eyes by blinking your eyes 12 times in the eye wash Cup, half cup filled with water + 14 drops of fresh lemon juice, every day after the day's work. This cleanses the eyes in the natural way and improves your eyesight, also allowing Proper Sunlight into the eyes to activate the Pineal, Thyroid and Thymus Glands and producing and releasing miracle melatonin, keeping you active, alert, and free from sluggishness, Conjunctivitis: has also been cured with this.
2. Magnets for Angina (Heart) problems, Hundreds are able to avoid the surgical operation; also instant removal of Aches and Pains including Spondylitis (special sticker magnets), HEMOPHILIA & "DVT" DEEP VEIN THROMBOSIS (long air travel), Asthma, Allergies, Breathing, Bronchitis, Obstructive Sleep Apnea, Colds, Coughs, Nasal Congestions, Pneumonia, increase breathing capacity, Sinusitis, Sore throat, Lungs (and TB prevention), COPD (Chronic Obstructive pulmonary Disease) & Stomach problems, avoid acidity & ulcers, Infections, Flu, Hay Fever, "Glue Ears", Paralysis, Prostate problems, Tumours, Virus, Dysentery & Diabetes, Glaucoma, & Repetitive Strain Injury.
3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from Depressions, Insomnia, and Tumours & Tensions. For Computer Vision Syndrome, use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.

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