

DR PETER ATHERTON'S TOP 10 REASONS TO DRINK ALOE VERA GEL

10. Effect on the gut

Aloe Vera has a wonderfully beneficial action on bowel function which results in a smooth and efficient transit of contents, often eradicating inconvenient, colicky pain.

9. Assists in healthy digestion

A healthy digestive tract ensures that nutrients from the food we eat are absorbed into the bloodstream. There is clear, clinical evidence that by drinking Aloe Vera Gel the bowel is able to absorb these nutrients more efficiently, especially protein. I also suspect that many other substances are much better absorbed under its influence.

8. Effect on gut flora

Aloe Vera is a natural balancer in many areas and nowhere more so than inside the gut where it tends to regulate the proportion of bacteria and yeasts that inhabit it. At various times in life people can develop an imbalance through a variety of causes which can lead to problems and, as with probiotics, Aloe may often help to normalise the situation.

7. Effect on the skin

When they are first produced deep in the epidermis skin cells are rather large and very much alive, but by the time they reach the surface after 21–28 days (in normal skin) they are a shadow of their former selves and are transformed into just thin flakes of keratin which eventually fall off. Aloe Vera Gel provides the essential nutrition to feed the basal cells and therefore the skin remains healthy and is able to perform its vital functions more efficiently – as well as looking much better!

6. Increases the activity of fibroblasts

Fibroblasts are specialised cells found in the skin and their job is to produce fibre such as collagen and elastin. These fibres give the skin its structure and, of course, make it look plump and elastic. This is fine from a cosmetic point of view but they are also extremely important in wound healing, as these fibres create a mesh or network over which the new skin cells advance to close the wound. The effect of Aloe Vera is to stimulate them to reproduce faster and therefore, being more of them, they make more fibre. The time taken for wounds to heal under the influence of Aloe Vera can be reduced by up to a third.

5. Antiviral activity

Within the mucilage layer of the leaf which surrounds the inner gel there is a long chain sugar or polysaccharide. This has the capability of being able to help defend us against attacks by various viruses from the simple ones causing every day illnesses to the more complex ones. This sugar has actually been extracted from Aloe Vera in the USA and made into a drug but it is actually not necessary to extract the magic bullet. Drinking the Gel is just as effective.

4. Anti-inflammatory and pain killing effect

Among the substances that have been identified in Aloe Vera are several that are anti-inflammatory and pain killing which are very helpful for people experiencing these symptoms.

3. A useful source of minerals

Some of the minerals found in Aloe Vera include calcium, sodium, potassium, iron, chromium, magnesium, manganese, copper and zinc. This is because the plant tends to grow in areas where soils are rich in these minerals and its roots are able to absorb them and deliver them to us in a very available form.

2. A useful source of vitamins

Aloe Vera Gel contains a large range of vitamins – even trace elements of vitamin B12 which is rarely found in plants. Apart from vitamin A, it contains B-group vitamins, vitamin C, vitamin E and folic acid. Many of these vitamins cannot be stored by the body so we need to constantly top them up from the food that we eat. What better way than by drinking a daily amount of Aloe Vera Gel while at the same time building up the body's defence system against oxidative stress naturally?

And my number one reason for drinking Aloe Vera Gel is...

1. A general tonic for good health

By drinking the Gel with all its important ingredients (often now deficient in our food) including 19 of the 20 amino acids needed by the human body, and seven of the eight essential ones that just cannot be made, the body is able to get enough to allow complex enzyme systems to work really well. This means the body can function at 100%. The net result to the individual is a wonderful feeling of wellbeing which tends to go with an improved ability to withstand and even fight illness.