

## **TEN REASONS WHY HEALTHY PEOPLE SHOULD DRINK ALOE VERA GEL**

### **10. Drinking Aloe Vera Gel is important for Colon, Cellular and Blood Detoxification processes in our body**

These days we get exposed to different kinds of toxins and pollutants each and every day. In reality, fruits and vegetables contain nitrates and pesticides, meat and dairy products contain hormones and antibiotics. Enzymes are responsible for detoxification of our body. That is why we are recommended to eat more fresh vegetables to clean our body. If only these vegetables did not contain so much chemicals... Fresh Aloe Vera Gel can give your body a lot of enzymes without chemicals or pesticides! Also Aloe has saponins, natural soapy substances, that have both cleansing and antiseptic properties.

### **9. Drinking Aloe Vera Gel provides Balanced Immune Support and Function**

Aloe Vera is especially rich in one such polysaccharide, known as acemannan. This polysaccharide works, it is believed, by interacting with the immune system, boosting it rather than overriding it. 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 and protects the body, with knock-on benefits for a whole cascade of different medical conditions.

### **8. Drinking Aloe Vera Gel has great effects on the Gut, its flora and assists in Healthy Digestion**

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.

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 normalize the situation.

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.

## **7. Drinking Aloe Vera Gel has 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. Drinking Aloe Vera Gel increases the Activity of Fibroblasts**

Fibroblasts are specialized cells found in the skin and their job is to produce fiber such as collagen and elastin. These fibers 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 fibers 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 fiber. The time taken for wounds to heal under the influence of Aloe Vera can be reduced by up to a third.

## **5. Drinking Aloe Vera Gel insures Antiviral Activity increase**

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. Drinking Aloe Vera Gel has 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. By Drinking Aloe Vera Gel you get 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. By Drinking Aloe Vera Gel you get 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 defense system against oxidative stress naturally?

**And my NUMBER ONE REASON for DRINKING ALOE VERA GEL is...**

**1. By Drinking Aloe Vera Gel you get 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. As you can see from these 10 great reasons, taken daily - either alone or mixed with fruit juice or our other wonderful antioxidant product Pomesteen Power - Aloe Vera Gel is one of the best nutritional supplements available!