

# XYNERGY INFORMATION

## Aloe Vera Juice and Aloe Vera Gel

The Aloe Vera plant (*Aloe Barbadensis*) is another of Mother Nature's gifts that has been used for centuries to treat many ailments. These days, the juice is used widely for digestive disorders, balancing blood-sugar levels, as an anti-inflammatory and for helping with weight management.

But burn your skin and Aloe really come into its own. You can squeeze the gel from freshly cut leaves, and this will soothe and heal cuts, burns, abrasions quicker than most things.

Over 200 worldwide scientific research papers have been published on the effects of Aloe Vera. The three main categories of research include anti-inflammatory, anti-bacterial, and anti-viral actions of this wonder plant. The juice is said to soothe digestive tract irritations and the plant's ability to encourage the release of pepsin (a gastric juice enzyme necessary for digestion) when the stomach is full can also ease digestive discomfort.

### **Nutritional full house**

But what nutrients and properties does Aloe Vera actually contain? You can see from this list just how versatile it is:

Aloe Vera contains protein, calcium, magnesium, zinc, vitamins A, B12 and E, essential fatty acids and is naturally rich in:

*Vitamin C* - helps maintain the tone of blood vessels and promotes good circulation. It is also essential to the health of the adrenal gland which supports our body in times of stress.

*Amino Acids* - chains of atoms constructing protein in our body.

*Enzymes* - the life-principle in every live, organic atom and molecule of natural raw food, rejuvenate aged tissues and promote healthy skin.

*Germanium* - a mineral that some health authorities claim therapeutic benefits for: immunodeficiency, pain, cardiac disorders, circulatory disturbances and eye problems.

Aloe Vera Juice is said to be one of the finest body cleansers, cleaning morbid matter from the stomach, liver, kidneys, spleen, bladder, and is considered an effective colon cleanser. It is also a good internal tonic for energy and well being and may add greatly to the strength of the food fed, digestive tract, skin, and overall good health and happiness.

### **Use on your skin**

Aloe soothes the skin, hydrates it, nourishes it and accelerates the regeneration of

new skin tissue. (In fact, simply removing the gel from a living Aloe Vera leaf and placing the raw gel on your face is as good as if not better than even the most expensive eye cream or skin care product on the market.) Using Aloe topically is well known to ease inflammation of joints.

### **Aloe Vera amplifies the antioxidant effects of vitamins**

Aloe is believed to make vitamin C, vitamin E and other antioxidants work better! It actually potentiates antioxidants, probably due to its effect on enhancing blood quality and allowing the blood to more effectively transport oxygen and nutrients to the body's cells.

### **Available from Xynergy**

Both Aloe Juice and Gel are good all rounders. Lifestream Aloe Juice and Pukka Organic Aloe Juice are both available on the Xynergy website. Either search on Aloe Vera or go to Super Supplements and then Aloe Vera.

Aloe99 Gel has been popular with Xynergy customers for around twenty years. The pure Gel is cooling and soothing. You can find it by Search or under Skincare and Aloe Vera.