

e.k5468

Liz from Australia, I bought 3 Aloa plants about 3 years ago. I don't have much land so have planted them in polystyrene boxes & also in an old bath. Probably have about 50 plants now.: they are so easy to grow but I do give them bottled seaweed in a weak solution. Every morning I take one leaf, one whole lemon, 2 tbs virgin olive oil(we have beautiful olive oil here, I don't live far from the Barossa Valley where they produce some of the best in the world) & small knob of ginger. All goes into the vita mix with warm water. My morning health tonic!

I have found, through experimentation that the easiest way to peel aloa is to do it on a piece of cling wrap as the gel sticks to everything: I just cut off the prickles & slice off the green part with a small knife. I really love my plants, they are so forgiving & after a cold winter bounce back again with lovely green leaves. A couple of times a week I also shred a rosemary stalk (supposed to be good for the brain) I have followed Dr. Mercola for about 5 years \$ am grateful for all that I have learned.

Posted On 08/13/2017

LeslitaAfilada

One thing you forgot to mention Dr M, is that you need to stand your harvested leaves in a vase or a tall glass (or whatever will hold the leaves up in a vertical position) to drain off the bitter yellow sap. Once that's drained off (it's only a little) you're left with the lovely clear gel. There are good videos on YouTube showing you how to fillet the leaves efficiently too. Or at least there were the last time I looked...

Posted On 08/14/2017

arjunayulife

Very Nice

Posted On 12/11/2019

Aloe vera has revealed its potential in managing various health conditions including skin problems, digestive problems, diabetes, immune system support and even related to cancer. Irritable bowel syndrome (IBS) is a common gastrointestinal disorder that is diagnosed based on symptoms such as changes in bowel habits and abdominal discomfort without any organic cause. Multiple factors, including altered brain-gut interactions, visceral hypersensitivity, intestinal dysbiosis, increased intestinal permeability, and psychosocial factors contribute to the pathogenesis of IBS.

Aloe vera (AV) is a herbal medicine used as a remedy for various diseases in traditional medicine. It has been shown to have hepatoprotective, anti-inflammatory and anti-ulcer benefits. The polysaccharides present in the pulp of Aloe vera, N-acetylglucosamine and N-acetylcysteine, have an anti-inflammatory action. It is advisable that when consuming Aloe vera pulp extracts, they are free of aloin, since this compound has a slight laxative effect.

The larger polysaccharides of Aloe vera and arabinogalactans (polysaccharides of larch) are capable of strengthening the immune system. The latter have been shown to increase the production of short-chain fatty acids, mainly butyrate and propionate, energy sources for colon epithelial cells. Evidence also indicates that human consumption of arabinogalactans from larch has a significant effect on improving beneficial gut microbiota, specifically increasing bifidobacteria and lactobacillus.

Posted On 04/18/2024

Guillermou

In these reviews and meta-analyses, AV showed an improvement in symptom scores in patients with diarrhea-predominant or mixed-type IBS, especially in terms of pain subscores and satisfaction with bowel habits. Recently, probiotics originated from AV leaves, such as *Lactobacillus brevis* strains, selectively inhibited the growth of harmful enteropathogens in the intestine. In a placebo-controlled trial, *L. brevis* KB290 significantly reduced the frequency of watery stools and abdominal pain in patients with IBS. These findings suggest that the efficacy of AVs in diarrhea-predominant or mixed-type IBS may be explained by the probiotic effects of AVs.

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Posted On 04/18/2024

billstri

Aloe Vera will not grow in a house where all of the windows are low-E glass that block all UV light, so it may need a small amount of time under a grow light if you have low-E windows. It does not require a lot of UV light, but it can't live indefinitely in a house that has low-E windows. Most building codes nowadays require low-E glass in windows of a house because it also blocks most IR light from the sun. However low-E glass is very ineffective of blocking IR radiation from indoors to outdoors in winter, contrary to government opinion that claims it saves energy in winter because of IR photos comparing low-E glass to pure glass.

Aloe Vera will also grow well outdoors in the summer and in climate zones where there is little to no danger of frost. I also wonder what the benefits are of Wheat Grass and how it might compare or complement Aloe Vera, except Wheat Grass is a lot more trouble to grow and harvest, but it does have lots of Choline. Much easier to pick off a piece of aloe vera and apply to minor burns and sunburn. Low-E glass saves furniture, carpets, wood floors, and paint from fading due to years of exposure to UV light, but it blocks full spectrum lighting which is very harmful to those who spend their days indoors and rarely go out in nature.

Low-E glass prevents you from starting tomato plants indoors as most plants also need full spectrum lighting and full spectrum sunshine to live. But most building codes nowadays require low-E glass and Aloe Vera plants will not live a long time from lighting that comes through low-E glass when that is the only source of nature light.

Posted On 04/18/2024

grulla

Your mention of "low-E" glass caught my attention, so I did a quick search. Apparently, low-E glass is the opposite of low iron glass. Low iron glass won't block, filter, or refract sunlight and is the preferable choice of the solar energy and green house grower people, as was once explained to me at a solar energy/grower 6 week conference course I once took back in 2010. Low iron glass does not display the green edge of the glass pane due to an iron oxide content. www.fabglassandmirror.com/blog/low-iron-glass-vs-clear-glass-which-one..

Posted On 04/18/2024

billstri

Normal glass windows block at least 50% of the light passing through it due to the nature of glass. But Low-E takes it further by adding ingredients to the glass or surface of the glass to block certain parts of the light spectrum more than other parts, mainly blocking IR and UV light. It should not be used in green houses where plants are grown that need sunlight. It is used to save furniture from long term UV damage and to save energy. What the government fails to understand is that a 70 degree house does not emit enough IR light to the outdoors on a cold winter day to make a significant savings on your heating bill.

Where blocking IR does save a lot of energy is in the summer where a hot sun in the millions of degrees of a nuclear reaction really can heat up a house fast requiring lots of energy to run the air conditioner to keep it cool. Triple pane glass instead of double pane saves lots of energy on cold winter days. To prevent IR heat from radiating out in winter, close the curtains or blinds at night. In Triple pane glass, the inner pane stays warmer in winter so you don't get the cold draft off the window onto the floor, so it greatly reduces having a cold floor and cold feet, which allows you to keep your house a few degrees colder for the same comfort level and that saves energy.

Of course, if you live in southern Florida, it is not cold enough in winter to benefit from triple pane glass and may not benefit much from double pane glass. I spent tons of time studying all of this when learning how to build an Energy Star sunroom that stays warm and comfortable in winter in a cold climate and does not get hot in summer when it is 100+ degrees outside and uses very little energy compared to standard sunrooms.

Posted On 04/18/2024

1rennalls

Aloe Vera grows abundantly where I reside in the Caribbean, I have loads growing wild in my garden. Unfortunately the gel is very bitter and I'm unable to get past the taste, are there any ideas how to disguise the bitterness? Thankyou

Posted On 04/18/2024

Greebo

The aloe gel close to the skin is bitter and irritating to the bowels. Perhaps a different type of aloe vera will be less bitter. Not all of them have the same medicinal properties. I have two types that look the same except one grows in a fan, or sideways direction and the other grows outward from the center so the leaves all stay close to the center. Different types vary in their needs as well. My central growing ones seem able to be grown in a jar of water for years, while my fan shaped ones are likely to rot with too much water. Both seem to have the same medicinal properties though I have many years more experience with the centrally growing type. I read that not all of the aloes have medicinal properties. That could be true. I have only grown two types. When aloe vera is prepared for marketing, the processing can vary and may produce a more bitter juice. I do not know how they process it to remove the bitterness. Mine do not seem bitter unless it is the gel near the skin.

Posted On 04/18/2024

Dr. Mercola

Do not eat the green leaf. Only eat the inner gel.

Posted On 04/19/2024

pin9878

Is there a best variety for consuming? For topical?

Posted On 04/18/2024

mze07481

Aloe Vera is also good for ulcers. It cured my horse of them. About one cup a day .

Posted On 04/18/2024

impamdoc

You must be CAREFUL when using the aloe gel from the plants in your yard: you MUST turn the leaf (always cut it to the bottom as individual leaves do not grow back) upside down into a cup/bowl, etc and let the YELLOW SAP DRAIN out for about an hour, then wipe the cut edge with a napkin/etc. to get the last bit of the sap off, THEN use the inner gel. The sap will damage your skin/mouth/etc.

Posted On 04/19/2024

impamdoc

Forgot to mention this: you can FREEZE the gel once scraped out, for about 6 months. Or, you MUST REFRIGERATE the gel once scraped out- can keep for ~2 weeks.

Posted On 04/19/2024

seedsaver37

impamdoc, if you need it quickly for a burn there is no time to do that. I cut off a piece, remove the spiny bits, cut through the centre to expose the gel and use straight away. It has never damaged my skin. I once accidentally poured boiling water on my feet when cooking pasta (it was summer and I was barefoot). I used Aloe vera every half hour for a while which relieved the pain. Next day, not a blister or even pink skin, it was perfectly clear. I would never be without an Aloe vera plant, or several. It can relieve the pain and itching of some stings, and I have started using it on my face before I apply moisturizer.

Posted On 04/19/2024

Dr_Wawel

Hi Dr. Mercola, I am an alternative medicine proponent and working on it just over 13 years, I like your to read your newsletter as well, just one thing I want to study about how toothpaste harmful our teeth and gum. Gingival recession was happened on me so I have been changed to use fluoride free toothpaste. but I prefer to use Himalaya pink salt for brushing my teeth. I found my teeth and gum becoming better more than any toothpaste at all. Is chemical toothpaste causes our teeth and gum's issues? Is chemical toothpaste become the main issues that make dentists get more busy and income? :) let's find out. hope you will forgive my message was leaving here for you.

Posted On 04/19/2024

WaterKat

Porphyromonas gingivalis is a pathogenic bacterium commonly identified in the space between a tooth and the surrounding gums of the human oral cavity, and is strongly implicated in the pathogenesis of periodontal disease. This bacterium is known as a keystone pathogen, a major initiator and driver of periodontal disease. Research has explored the role of *P. gingivalis* in atherosclerosis (plaque build-up in artery walls), Alzheimer's disease, rheumatoid arthritis, diabetes, and adverse pregnancy outcomes. *P. gingivalis* produces proteins called gingipains that help *P. gingivalis* invade tissues and cause disease. Although a few results remain controversial, it is now evident that *P. gingivalis* should be regarded as a modifiable risk factor for several diseases.

These microbes are unable to grow in the presence of, or may be killed by reuterin. Reuterin is a small molecule created by *Lactobacillus reuteri*, a well-studied probiotic species that doesn't often colonize the mouth. However, in a probiotic tablet or as part of a food, *L. reuteri* can exert its effects simply through producing reuterin. The mechanism by which reuterin kills other bacteria is still being investigated. *L. reuteri* is fermented in milk. Takes 36 hrs. in 100 degree water. Has helped not only my gut but also my gingivitis. Mouth is connected to the gut is connected to the mouth. My oral microbiome saliva test was done by Bristle through my dentist. Worth having done.

Posted On 04/19/2024

RozanneB

Please google Dr Ellie Phillips. She is a dentist who has an amazing oral program, whihc rectifies many oral issues. The oral microbiome is vital to our health, and impacts outr gut microbiome. Xylitol is exceptional in correcting the oral microbiome.

Posted On 04/23/2024
