

Aloe Vera Juice - Health Benefits of Drinking Aloe Vera Juice

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Aloe Vera Plant

Aloe Vera is usually known as an Ayurvedic plant that is a type of lily family and belongs to cactus category. There are over 200 species of Aloe Vera plant in world however the main origin is known to be Africa. Flowers of Aloe Vera plant are usually yellow in color. Aloe Vera is grown through Greenhouse medium in America where temperature should be 70 to 80 degree centigrade. Aloe Vera is used by young generation for skincare. Aloe Vera has a very high importance in today's world due to its medicinal properties. It not only makes your skin shine but it is also useful in curing diabetes, stomach pain, wrinkles, joint pains and purifying blood. Global business of Aloe Vera and its products is about 60 billion dollars which is expected to reach 400 to 500 million dollars by 2050. Aloe Vera is a fully ayurvedic medicine so its demand has increased in modern era. Its main business market is Australia, America, India and all of Europe.

Aloe Vera Benefits



Aloe Vera is used to make skin crèmes and skincare gel. Aloe Vera acts a moisturizer that makes our skin smooth and cleans it. It also acts as an antioxidant that saves our skin from unwanted wrinkles. Aloe Vera is also known to remove normal marks and bad spots on skin. Aloe Vera's leaves are very important as they produce juice which is known to cure unwanted spots and skin marks. This juice also acts an anti-pigmentation agent which helps to prevent pigmentation. Aloe Vera Juice is used in anti-pigmentation crème and lotion. Aloe Vera juice helps rid the intestinal tract of materials that prevent them from absorbing nutrients from the foods and supplements we consume. It takes approximately 10 pounds of aloe leaves to make 1 gallon of 100% Aloe Vera juice. Aloe Vera is extracted from the aloe plant and has been credited with the ability to serve a medicinal purpose. Aloe vera has been used for centuries as a medicinal substance. Aloe vera is a herbal, natural method and when used properly will cause no side effects. Aloe vera juice can be used by almost anyone without consulting a doctor, but in certain cases a doctor should be consulted before using aloe vera. These certain cases include persons suffering from diabetes or pain in joints. Aloe Vera juice is not advised to pregnant and breast feeding mothers.

Aloe Vera Uses

Apart from these benefits, Aloe Vera is used in various types of shampoos, oils, eye liners, lip colors, powders and foundations. Aloe Vera's oil is used to create many types of pain-killer medicines which cure

diseases such as arthritis, cholesterol and blood sugar. Regular intake of Aloe Vera juice increases tendency of the body to fight with diseases (Powerful immune enhancing effects). Aloe Vera is shown to keep the intestinal tract (lining) clean. It contains uronic acids that strip toxic materials of their harmful effects. A lot of minerals are found in Aloe Vera such as Magnesium, Sodium. Enzymes and Amino Acids are also present in Aloe Vera in their natural form. Aloe is a good source of calcium and magnesium as well as many other trace minerals.

How to make Aloe Vera Juice?

Aloe Vera Juice for Weight Loss

Aloe Vera Drink

Aloe Vera Gel, Lotion and Skin Care Products



The healing properties of aloe vera come from the 18 amino acids it contains. It is used as a gel to heal skin that has been damaged. A common usage of **aloe vera gel** is to soothe sunburned skin. Aloe vera can also be made into juices, gels, powders and is often added to products. Aloe vera can be found in cosmetics, shampoos, lotions and many other common household aloe vera products.