

*Reduce
Pain*

*No Stomach Pain
Or Intestinal
Distress*

*Diabetic
Improvement*

HEALTH TIMES

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Featuring Information on Aloe Vera

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ALOE VERA NATURE'S NATURAL WONDER!

**Aloe Vera Health Benefits
documented in Egypt over
3,500 years ago.**



The incredible health benefits of Aloe Vera were first documented in Egypt over 3,500 years ago. You can still see these writings at the Leipzig University in Germany.

What we now know is that Aloe Vera works inside your body just like it works on your skin. When the 200 nutrients from the Aloe Vera vegetable are unleashed inside your body, a flood of health benefits follows. A big cause of pain, aching joints and stiffness in your body is excess inflammation. Researchers have found that Aloe Vera greatly assists your body in its fight against inflammation.

Dr. Robert H. Davis of the University of Cincinnati School of Medicine said, "One morning my students and I were evaluating an extract we were working on for anti-arthritis activity. By accident, we used an Aloe Vera extract as a treatment control. It turned out that the Aloe Vera produced the best response we had ever seen from a natural substance."

Reduce Pain:

The pain killing properties of Aloe Vera are legendary. These are the seven ways clinical research has shown that Aloe Vera helps reduce the inflammation in your body.

- 1. Aloe Vera Contains Plant Sterols:** Plant sterols, like steroid drugs, have an anti-inflammatory effect, however, steroids also inhibit the healing of tissue. Aloe Vera does just the opposite - it promotes healing! Less inflammation = less pain.
- 2. Aloe Vera Contains Salicylic Acid:** The salicylic acid found naturally in Aloe Vera disrupts the production of inflammation causing prostaglandin hormones. Unlike aspirin, which contains synthetic salicylic acid, which can cause stomach or intestinal bleeding, Aloe Vera assists digestion and healing. Less inflammation = less pain.
- 3. Aloe Vera Breaks Down The Pain Chemicals:** Aloe Vera contains the enzyme "bradykinase", which breaks down the pain causing chemical bradykinin.
- 4. Aloe Vera Has a COX-2 Inhibiting Effect:** Researchers in Mexico found that Aloe Vera naturally inhibits COX-2, another enzyme that causes inflammation. Less inflammation = less pain.
- 5. Aloe Vera Improves Protein Absorption:** Poor absorption of proteins creates food remnants. Your body views them as a threat and it seeks "protection" through inflammation. Aloe Vera helps your body cut down on these "false alarms" that result in needless inflammation. Less inflammation = less pain.
- 6. Aloe Vera "Polysaccharides" Remove Toxic Waste:** Aloe Vera helps the immune system remove toxins. This has an anti-inflammatory benefit.
- 7. Aloe Vera Squashes Inflammation Causing Free Radicals:** Aloe Vera is a powerful antioxidant. It mops up excess free radicals or "pro-oxidants" before they can cause swelling and damage joints.

No Stomach Pain Or Intestinal Distress

More than 1 billion people worldwide take ant-acid pills! If you have a stomach problem or just want the benefits of good digestion, science is showing that Aloe Vera may help - and provide much needed relief. This is because researchers believe that Aloe Vera soothes the lining of the intestines and stomach in the same way that Aloe Vera used on the skin helps heal wounds and burns. This may explain why many people report that taking Aloe Vera helped their ulcers. Plus, Aloe Vera has been shown to inhibit the production of excess stomach acid and slow down the emptying of the stomach.

In a clinical trial, leading scientist Dr. Jeffrey Bland from Tufts University found that Aloe Vera helps your gastrointestinal function in these six ways:

- Makes your digestion easier without causing diarrhea
- Normalizes your pH by acting as an "alkaline" agent to balance acid levels
- Reduces yeast content Promotes a more favorable balance of good and bad bacteria in the gut.
- Improves bowel regularity
- Increases energy levels

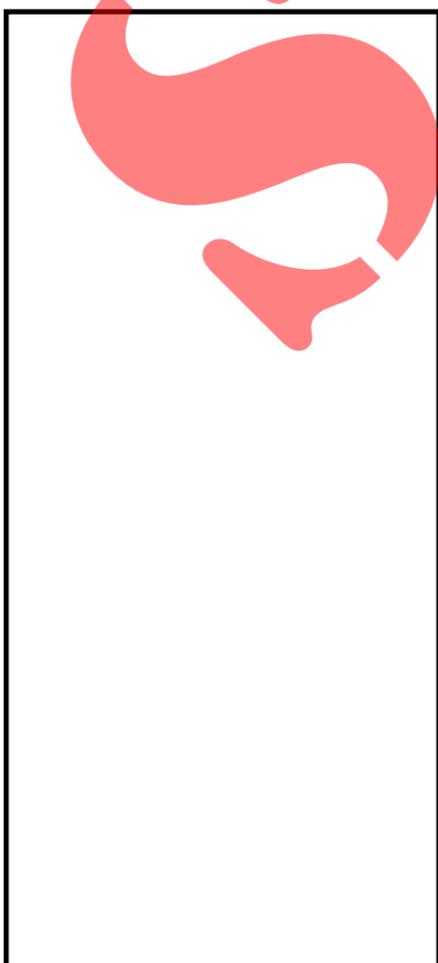
In the United Kingdom, a double blind, placebo controlled study was conducted involving people with mild to moderate ulcerative colitis (a type of Irritable Bowel Disease). In just four weeks, 47% of the participants taking Aloe vera twice daily experienced a complete remission of the condition or an improvement in symptoms.

A study in Russia involved giving Aloe Vera to ulcer patients. The researchers found that Aloe Vera treatment was just as effective as commonly used anti-ulcer drugs, but with the added advantage of no adverse effects.



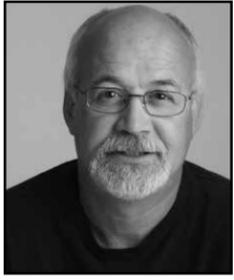
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**ALOE VERA
NATURE'S NATURAL WONDER!**



Personal Experiences With Aloe Vera

Body Rash



"I had a rash all over my body. I was allergic to everything. I had osteoarthritis. The drugs from the doctors were killing me. The vitamins were not offering any improvement. I started drinking Aloe Vera every day and everything changed. Since that day I have not had one day where I have had to lay down in bed sick. Keep in mind that I was incapacitated and out of work for months. Now I am on a roll. I believe that the Aloe Vera is the most powerful healing herb."

♥♥♥ Sal Brown, TX

Horses Stamina Greatly Improved

"We have been feeding Aloe Vera to all of our horses. We have seen an amazing improvement in physical endurance, stamina and performance. Aloe also minimizes post-event fatigue and the stress associated with competition. We now also have all our riders drinking Aloe Vera to increase their energy and to increase their immune system."

♥♥♥ John Ireland, KY

No More Colds Or Sore Throat

"My husband was frequently sick with colds. I got him drinking Aloe Vera and he hasn't been sick since. He said he loves me even more now. Aloe Juice is also excellent to sip if you have a sore throat. It stops anything from progressing further. Occasionally, I suffer from severe stomach cramps, I sip Aloe Vera con-

tinually and it eases the pain."

♥♥♥ Lisa Diaz, AZ

No More Doctor Visits

"My children were regular visitors to the doctor. I started giving them Aloe Vera every day and we haven't been to the doctor since. Aloe Vera is amazing."

♥♥♥ Lucy Disney, FL

Cured Chronic

Fatigue

"I first started drinking Aloe Vera 10 years ago when I had chronic fatigue. Aloe Vera helps keep my energy up. I was also bothered by Irritable Bowel Syndrome but Aloe Vera once again eliminated it."

♥♥♥ John Bussey, MD

Normal Creatinine

Levels

"I have been having problems keeping my creatinine blood levels at normal levels. Since I have been drinking Aloe Vera daily my creatinine levels are normal for the first time!"

♥♥♥ Maury Roswell, NM

Arthritis Gone

"I had bad arthritis in my knees. I started drinking Aloe Vera daily and after only two weeks it was gone. I had suffered with it for years, trying all kinds of drugs to no avail. I hope that my sharing of this will encourage others to give Aloe Vera a try."

♥♥♥ Alan Young, PA

Fixed Hormone Imbalance

"I have had my share of hormonal imbalances and gastro-intestinal problems but Aloe Vera has been my personal cure. It has also helped

me avoid colds and flu when my friends were succumbing to the latest "bug."

♥♥♥ Stella Boy, MO

Traveling Tonic

We always take Aloe Vera when we travel. It helps us to remain fit and healthy while away. With our evening meal we enjoy a "dinner cocktail", a wine glass of Aloe Vera and a lime. It helps us sleep better and keeps our immune system tuned to deal with the stress of traveling."

♥♥♥ Jane Daufelt, IA

Brain Tumor Gone



"My son was diagnosed as having a very rare brain tumor, called meningioma. A craniotomy was performed but there was no stopping this thing from growing and the doctors told us there was no cure. He started drinking Aloe Vera and there has been no re-growth of the tumor. You would never know he had a brain tumor. It is amazing."

♥♥♥ Marty Hammer, NJ

Diabetes-Alzheimer's -Cancer Cured

"My mother is a diabetic with Alzheimer's, arthritis and skin cancer. She started drinking 2 oz of Aloe Vera daily and applying the Aloe Vera to the skin cancer. To the amazement of her doctor, the cancer completely disappeared within a few weeks. Her arthritic pain vanished and she is now coherent most of her awake time where she was previously incoherent most of the time. She requires no insulin and her

blood sugar is normal. The doctors are baffled, but we know it was due to the Aloe Vera."

♥♥♥ Iola Monroe, MI

Lumps In Breast Disappear



"I have had lumps in my breasts for many years. The doctors suspected cancer. They said the breasts were fibrous so be careful. The pressure of mammograms was unbearable. I started taking Aloe Vera 2 oz daily. It only took 30 days for my breasts to be free of lumps. They remain soft to this day. Thank you Aloe Vera and the person who told me about it."

♥♥♥ Sally Carouthers, WV

Aloe Vera for HIV

"I was diagnosed with Non-Hodgkin's Lymphoma and began a course of chemotherapy and experimental drugs for my HIV. I have done much research on how to live with or defeat this disease. I am doing quite well while most of my friends facing the same disease are dead. The biggest difference is that I am taking Aloe Vera and they are not."

♥♥♥ Jerry Love, ME

Liver Cancer Defeated

"I was diagnosed with several tumors in my liver. They gave me only days to live, I was told to prepare my Will as well as my family. I started taking Aloe Vera and my tumors gradually receded. The doctors are shocked. The hospital workers are shocked. Of course, no one wants to give Aloe Vera the credit, but how else could this have happened? I don't care.

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Personal Experiences With Aloe Vera

I have my life back and I will never stop drinking Aloe Vera every day.”

♥♥♥ Matthew Amhurst, CT

Ulcerative Colitis Cured



“I suffered from ulcerative colitis for years., sometimes called Inflammatory

Bowel Disease (IBS). Ulcerative Colitis is a serious disease characterized by intestinal pain, bloody diarrhea and malabsorption of nutrients.

I was so ill that I was pretty much confined to my bed. I was unable to work. I prayed to God for relief, but nothing happened. One day, a friend told me about Aloe Vera. I started drinking it like water. Amazing things happened. Today, I am back at work, good as new. The doctors are baffled. Nothing they gave me worked. My Aloe Vera was the key. I recommend that everyone drink Aloe Vera every day, whether you think you need it or not.”

♥♥♥ Steve Palimar, CA

Multiple Sclerosis

“I was very scared when I was diagnosed with Multiple Sclerosis. I couldn't walk without falling and my doctor said I would never walk normally again. On the Internet, I met someone who had the same disease but cured it with Aloe Vera. It seemed far out to me so I ignored it. Things progressed and I was soon falling several times daily and found it difficult to drive because I couldn't control my muscles. I thought that was it. I remembered the Aloe Vera story and

began drinking it. It was unbelievable what happened. It was like it cleaned my blood and got rid of the toxins in my body that were responsible for the disease. I am now much more mobile, do not seem to be deteriorating and am on the way to improvement. All thanks to Aloe Vera. Now, when I meet someone who hears my story but I can tell they don't believe it, I just laugh to myself because I was once in the same position. But, I am living proof that Aloe Vera can work wonders. I will take it forever.”

♥♥♥ Janice Hurst, MI

Shattered Ankle Restored

“Doctors told me I wouldn't walk again because of my shattered ankle that happened while riding my bike. A friend told me about Aloe Vera so I started drinking it daily. I had incredible results. So much so that my doctor became a believer and now recommends Aloe Vera to all of his patients. It is funny how it takes a personal experience for these guys to believe in natural products and what they can do if they are quality made and are not diluted. I recommend Aloe Vera to all of my fellow athletes who may be having trouble recovering from injuries.”

♥♥♥ John Brown, GA

Joint Pain Gone

“I suffered from joint pain for years. It seemed to be worse in the autumn. I had resorted to pain-killers but that caused problems with my liver and stomach. I started drinking Aloe Vera and almost immediately started feeling better. I could move without pain and it

was wonderful. My back pain is gone and so is my joint pain. Other aspects of my health, such as cholesterol, blood pressure and general feeling of good health have improved so much since I started taking Aloe Vera. It is amazing that something so simple could have such a wonderful affect on my body. I totally recommend it to anyone suffering like I was.”

♥♥♥ Kelvie Harmond, FL

Bad Joint Pain



“My joint pain was so bad that I required full-time care. It was crazy because I

was a very active person before I developed debilitating joint pain. My neighbor told me about Aloe Vera. There are lots of different grades of this stuff. I had used some years before and it did nothing for me, but my neighbor insisted that what he had was high quality and that I should try it. After just a few bottles I was up and around like I used to be years ago. It was amazing. I have become an avid supporter of Aloe Vera and recommend it to my family and friends. The key is to drink it daily even when you think nothing is wrong with you.”

♥♥♥ Tom Stone, NV

Ovarian Cysts & Psoriasis Gone

“I am familiar with Aloe Vera healing properties. I was diagnosed with ovarian cysts and I got rid of them by drinking Aloe Vera. It also helped with my daughter's psoriasis which made her very self-conscious. The stuff is amazing, but

the quality is key. I found a company that uses a kind of chunky aloe that is excellent, but there might be others, I feel fortunate to have found such a simple cure for many problems. Aloe Vera has a permanent place in my refrigerator.”

♥♥♥ Stephanie, NY

No More Psoriasis

“I have been fighting psoriasis on my knuckles, elbows and knees for years. When it spread to my face I decided I had to find a cure. Medical treatment was a disaster and alternative treatments were worthless. A friend mentioned Aloe Vera. It took few months but now my psoriasis is the best it has been for 20 years. I have a few small spots here and there but it is all improving. I look amazing and I have Aloe Vera to thank for it.”

♥♥♥ George Spalling, MI

Menopause Relief

“Menopause was ruining my life. I ached all over my body. I was diagnosed with Fibromyalgia right in the middle of Menopause. Prescription medicines did nothing. A friend told me about Aloe Vera. I was desperate to try anything, especially something natural that had no side effects. It only took a week for positive things to start happening. After a couple weeks my pains were decreasing and my sleeping was better. I had fewer hot flashes. I am no longer depressed. No more constipation or hemorrhoids. My energy is amazing and I am telling everyone I meet who are having similar problems to be sure to start drinking Aloe Vera every day for the rest of their life.”

♥♥♥ Marcelle, VT

HEALTH♥TIMES



Diabetic Improvement

Numerous studies have shown that Aloe vera can be part of your solution to maintaining normal blood sugar levels. This is important because elevated blood sugar increases your risk of diabetes, heart disease and immune disorders. The anti-diabetic Aloe vera benefits were demonstrated in a double blind study of 78 people. The study was published in the journal *Phytomedicine*. After six weeks of taking Aloe daily, the average blood sugar level of the participants declined 43%. On the other hand, participants who did not take Aloe Vera had an average blood sugar increase of 2.4%.

Researchers at the Biochemical Research Laboratory in Tokyo, Japan conducted a clinical trial of 70 people who were diagnosed as borderline diabetic. The study results found that regular intake of Aloe Vera helped reduce levels of fasting blood sugar and glycated hemoglobin. The same Japanese researchers published an important study in the *Biological & Pharmaceutical Bulletin*. In this work, they discovered the secret to Aloe Vera anti-diabetic activity. They were able to trace the benefits to five phytosterol compounds (also known as plant sterols) found naturally in Aloe Vera. Other phytosterols tested did not produce the benefits of the five Aloe Vera phytosterols. Combined with good diet and exercise choices, Aloe Vera can be a great tool for helping you keep blood sugar in check.

Healthy Cholesterol & Triglycerides

O.P. Agarwal M.D. completed a landmark study in 1985. In that study, 5,000 patients with heart disease were studied over a five-year period. The participants were instructed to add Aloe Vera to their diet – it was added to bread eaten at lunch and dinner. After just three months, 93% of the patients experienced a significant improvement in serum cholesterol and triglyceride levels. Even better, during the five year study, not one of the 5,000 patients suffered a new heart attack. This is a great example of how the nutritional benefits of Aloe Vera and good lifestyle choices can have an immediate positive effect on your health.

In 2000, scientists at Kyung Hee University in Seoul, Korea conducted a double blind animal study. The purpose was to analyze the impact of Aloe Vera supplementation on cholesterol over an extended life period. The results were amazing. The test group that received Aloe Vera ended the study with an LDL cholesterol level that was 30% less than the control, or placebo, group. The cholesterol benefits of Aloe Vera can help your heart. Heart disease is still the #1 cause of worldwide death. Put the power of Aloe Vera to work for you!

Avoid Kidney Stones

Scientists at Khon Kaen University in Thailand gave a daily dose of Aloe Vera to 31 men in the test group. After just one week, the men in the test group had a significant decrease in the chemical “oxalate” in their urine. This is important because a high concentration of oxalate in the urine contributes to kidney stone formation. In addition, there was less calcium in the urine, which is another “marker” that indicates the Aloe Vera was helping to prevent kidney stone formation.

Boost Potency Of Other Vitamins

Surprisingly, many people do not get the full benefit of nutrients from food and vitamins they take. Why? The nutrients simply do not get efficiently absorbed into the bloodstream. This is especially problematic as you get older. Dr. Joe A. Vinson at the University of Scranton showed that Aloe Vera increases human absorption of vitamin C and vitamin E by 204% and 269%, respectively. Researchers from the University of California at Davis Medical Center found that Aloe Vera intake increases the absorption, or bioavailability, of vitamin B-12.

This is just the start of a whole new area of Aloe Vera research. We expect that future researchers will find Aloe Vera helps you absorb other key nutrients as well. By taking Aloe Vera, you are getting a bonus dietary supplement for free! Your Aloe Vera actually pays for itself.

Many Researchers Praise Aloe Vera

1. Boost Heart Health: Over 5 years, O.P. Agarwal M.D. gave aloe to 5,000 heart patients. After just 3 months, 93% experienced significant improvement in serum cholesterol and triglycerides. Not 1 patient suffered a fresh heart attack!

2. Normalizes Cholesterol: Over eight weeks, University of California Davis researchers found Aloe Vera significantly improved total cholesterol by 20 points, from a borderline high 206 mg/dl to 186 mg/dl. Separately, University of Scranton researchers found that cranberry juice increased good HDL cholesterol by 10% -- an improvement thought to lower the risk of heart disease by 40%.

3. Blood Sugar Control: Researchers in Thailand tested whether Aloe Vera could help diabetic patients who were unresponsive to the blood sugar drug glibenclamide. After 6 weeks the Aloe Vera group experienced a 48% drop in blood sugar levels and a 52% drop in triglycerides.

4. Improves Digestion: Dr. Jeffrey Bland at the Linus Pauling Institute found in a clinical trial that Aloe Vera makes digestion easier, helps balance acid levels and improves bowel regularity. A Russian study found Aloe Vera to be just as effective as a commonly used anti-ulcer drug, but with no toxic adverse effects.

5. Protects Urinary Tract & Prostate: Creighton University researchers found Aloe Vera reduces the recurrence of urinary tract infections (UTIs) by up to 65%. A study in the *British Journal of Nutrition* found Aloe Vera significantly improved all six categories of prostate health tested, including PSA levels and urinary flow rates.

6. Smooths Wrinkles: A new study by the South Korean FDA found that taking aloe for 3 months significantly reduced facial wrinkles and improved elasticity of the skin.

7. Protects Against Kidney Stones: Scientists at Khon Kaen University in Thailand found that drinking Aloe Vera daily may help prevent kidney stone formation by decreasing oxalate and calcium in the urine.

8. Supports Tooth Health: Researchers from UCLA and the University of Rochester showed that Aloe Vera helps stop the formation of dental plaque and tooth decay by preventing the plaque causing bacteria *Streptococcus mutans* from sticking to teeth.

The Problem With Many Aloe Vera Products

Aloe Vera has so many important health benefits, just about everybody should use it, but, here is the problem: The Aloe Vera used in the clinical studies mentioned above is very high quality Aloe Vera. To be price competitive, much of the Aloe Vera sold today – as much as 75% according to industry sources – is not pure Aloe Vera! A lot of Aloe Vera sold has been “adulterated” in some way with “fillers” to save the manufacturer money, or beneficial nutrients in the Aloe Vera are destroyed by shortcuts taken during processing after the plant is harvested. Be sure that you are dealing with a reputable company, a company willing to disclose the polysaccharide count in their product. Anything less than 1400 mg polysaccharides per oz should be considered substandard.

Superior products deliver high quality, exceptional benefits. Today's savvy consumer expects more effective and consistent products. You also do not want an Aloe Vera product that contains fructose, corn syrup, sugar or artificial sweetener.

Only Use Whole Leaf Aloe

What separates a quality Aloe Vera from a substandard Aloe Vera product is whether or not it is made from the whole Aloe Vera leaf. This is important because the whole leaf gives you extra potency and effectiveness. Most Aloe Vera products are made from just the inner gel. You don't want that! The outer part of the Aloe Vera leaf contains up to 200% more of the beneficial Aloe Vera nutrients than the inner gel. The inner Aloe Vera gel is mostly water and functions as a “storage” place for the leaf's nutrients. The outer leaf is where Aloe Vera's 200 nutrients are manufactured in the plant, therefore, there is a very high concentration of nutrients in the outer leaf.

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