

## Aloe Vera Juice - a small miracle.....

Allow me to shed light on another healing tonic — Aloe Vera Juice. When I was growing up, we used Aloe Vera leaves on burns since the sap acts as a pain reliever, reducing inflammation. But drinking actual Aloe Vera Juice? I'd noticed it in health food stores, but had never actually tried it before. After reading about Aloe Vera's healing benefits, I decided to pick up a bottle. Forewarning: Aloe Vera juice has a strong pungent taste, so if you can't cope with taking it straight, mix it in your morning smoothie or add it to a fruit drink. The recommended serving of this non-toxic beverage is two to eight ounces a day, so a couple ounces at each meal should do the trick. Once consumed, Aloe Vera Juice (organic, whole leaf is recommended) starts working its magic.

### **Here's are some reasons Aloe Vera Juice is good for you**

- **It's good for your digestive tract:**

Aloe Vera Juice encourages the bowels to move and helps with elimination if a person is constipated. And if you have diarrhea, it will help slow it down — amazing, right?

- **Assists the immune system:**

After this wild Winter, who doesn't want to boost their immune system? Aloe Vera Juice is especially great for those who have chronic immune disorders like Polysaccharides or Fibromyalgia since the Polysaccharides in Aloe Vera Juice stimulate Macrophages, the white blood cells that fight viruses.

- **Pain reliever and reduces inflammation:**

Aloe Vera Juice improves joint flexibility and comes filled with Mucopolysaccharides — the amino sugars needed for the regeneration of body cells. What else? Well it strengthens joint muscles, which therefore reduces pain and inflammation in weakened or aged joints.

Have you tried this juice? Buy the pure juice which is 99.8%. Do not buy the flavored as the purity goes down. You can get this at Walmart's in the pharmacy department in a gallon jug or quart. Drink 4 ounces 2 - 3 times a day morning and night time before you go to sleep.

You can't take too much as it's so good for you. But the nighttime is most important as night is when your body heals itself. *(I personally take it 3 times a day and drink a 1/2 cup due to my chronic joint pain, travel between so many time zones and stress due to job.....Scooter Lee)*