



"ART OF AWARENESS LIVING" 108 CIRCULAR SERIES. CIRCULATE DAILY- MULTIPLY NEW FRIENDS

HEALTH AWARENESS TIPS OF ALOOVERA

There are plenty of natural, easily available herbs around us. One of such easily, freely available herb is aloe vera. Aloe vera invaluable curing properties are many.

Aloe vera is a great stress fighter. It is a big boon for the present working class who are under going lots of stress in every day to day life.

It is an invaluable beauty aide. Many beauty creams, product's main content is aloe vera. Even it can be used in homes in a refined form to enhance one's face beauty.

Aloe vera is a great blessing for people who want to live long. It is a very good, natural life span enhancer.

It is a natural health tonic to the body. Aloe vera works as a wonderful general tonic in protecting the overall health of the body.

Aloe vera is a great pain reliever for those people who are suffering with joint pain, muscular pain as well as arthoroid pain.

It is an excellent ladies friendly. Aloe vera helps in relieving various problems of ladies during their periods.

Aloe vera is also a friend of psoriasis. In psoriasis patients aloe vera highly helps in reducing irritable itching.

It is an enemy for diabetes. Aloe vera fight against diabetes and controls sugar levels in the blood.

Majority of the people, particularly after middle age suffer with constipation problem. Aloe vera use gives great relief to the patients suffering with constipation.

Aloe vera is a warrior against ulcers. It fights against various ulcers in the body.

Due to stressful life, not only middle aged, now a days even students are suffering with blood pressure. Aloe vera helps in controlling blood circulation and keeps high blood pressure under control.

Aloe vera is a rich store of many vitamins such as A.B.C.E. folic acid, calcium, sodium, potassium, iron, copper, zinc, magnesium, chromium etc., minerals and metals. It fulfills the need of such vitamins and minerals requirement to the body to keep it healthy.

Human body needs many amino acids. Appreciable thing is aloe vera contains 7 amino acids out of primarily required amino acids. Maximum amino acids need is fulfilled by lone Aloe vera itself.

Aloe vera is a best friend of skin. Not only for young ladies, it is even useful for senior citizen. It helps in avoiding skin wrinkles, protects the skin and keeps it healthy.

It is a great blessing for over weight and obesity persons. Aloe vera juice helps in controlling body weight from further gain.

Aleovera is useful to every one, particularly for the senior citizens. It helps in maintaining the even energy level in the body for longer time.

Aleovera juice contains 12 different anti inflammation chemicals. By consuming Aleovera juice patients suffering with joint pains, arthritis gets great relief.

Since Aleovera contains antibacterial and microbial properties, it protects teeth and gums from various problems.

Aleovera is a very good protector from mouth ulcers.

It is a great immune booster. Since Aleovera contains plenty of anti oxidants, it is an excellent body's immunity booster.

Aleovera juice helps in reducing heart burn.

Majority of the population of middle age are suffering with the problem of indigestion. For them Aleovera is a boon. It helps in curing all digestion related problems and helps in keeping the entire digestion system in perfect condition.

Alcoholism affects people in many ways. Long term alcohol consumption leads to liver damage, called cirrhosis. Aleovera prevents long term alcoholics from cirrhosis.

It helps natural detoxification, increases beneficial intestinal flora, soothes and repairs damaged and inflamed tissues.

Aleovera increases regeneration of liver cells and repairs liver damage due to hepatitis, chemicals, medication and alcohol.

It's six antiseptic agents – Cinnamonic acid, lupeol, salicylic acid, Urea nitrogen, phenol and sulphur will strongly promote liver health and efficiency.

Aleovera fights against viral infection as it contains antiviral properties.

Warning: Consuming Aleovera is not advisable by children. Similarly it is not advisable for pregnant ladies as well as breast feeding mothers.

Using Aleovera raw, juice or various products will definitely help in boosting overall human health.

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