

Digestive-Elimination System

Research summary on some of Aloe's Benefits to Digestive Health

The Gastrointestinal System is of primary importance to promote and maintain the health of all the systems of the body

Aloe Vera Restores and Maintains:

Balance of Stomach Acids

Aloe has been shown to promote and maintain the proper balance of stomach acids promoting complete digestion. Dr. Jeff Bland's study-whether hyper or hypo acidic aloe restored proper balance.

- Benefits:
- Prevention of hiatal hernia, acid reflux, ulcers, irritable bowel syndrome
 - Not only reduces symptoms of acidity but normalizes...
 - Proper acid balance -better nutritional absorption, kills bacteria and virus in stomach like they should.
 - Softens stool and reduces time in bowel
 - Improves protein digestion (no putrefaction of bowel)
 - Encourages friendly bacteria growth

Healthy Tissue Linings

Tissue Regeneration properties of aloe and cat's claw- actually rebuilds tissue of stomach, small, large intestine and colon tissue. Research has shown that Aloe stimulates the fibroblasts to produce new tissue in 3 different ways.

Fibroblasts, when stimulated, produce collagen, proteoglycans and other co-factors to make new tissue.

- Certain Aloe Polysaccharides directly stimulate fibroblasts
- Large Aloe polysaccharides stimulate macrophages of the immune/repair system which release human growth factor which, in turn, not only stimulate the fibroblasts to produce new tissue, but also "go" to the site where the new tissue is needed and signal the fibroblasts and Aloe Polysaccharides drawing them to the site in need.
- The Plant Growth factors (ex. gibberilli, auxin) directly stimulate fibroblasts.

Aloe's anti inflammatory and analgesic properties also aid in soothing irritated tissues and promoting healthy tissue linings and repair. Anti-inflammatory Properties are important for any "...itis"

Leukocytes produce inflammation. Aloe inhibits leukocyte recruitment in 3 different ways:

- plant sterols directly block leukocyte recruitment = anti inflammatory
- Polysaccharides - certain size polysaccharides act like steroids by blocking leukocyte recruitment directly.
- Large Aloe Polysaccharides stimulate Macrophages - the body's natural immune cells that control excessive inflammation by releasing factors to inhibit inflammation.

Aloe Polysaccharides have many properties that enhance the gastrointestinal system some include:

Improves Immune cells activity to:

- Kill bacteria and virus
- Kill yeast
- Kill parasites
- Cleanse and eliminate waste and toxic buildup
- Improves environment for complete digestion
- Creates environment for friendly bacteria growth

Nutritional Absorption and Penetration

Improves digestive functioning and tissues of the gastrointestinal system improving absorption of nutrients in general. Aloe dramatically moves through tissue bringing all its nutrients with it and thus is known for its effect of enhancing nutritional absorption.

Fat Metabolism - Healthy Cholesterol Balance

Promotes efficient fat metabolism important to maintain healthy cholesterol levels

Sugar Levels Balanced

Promotes healthy and balanced sugar metabolism to support and maintain balanced blood sugar levels

- Aloe Polysaccharides - Special Complex Carbohydrates Balance Sugar Metabolism
 - * rejuvenate cells that produce insulin and improves receptor sites responsivity to sugar.
(research by Dr. Ivan Danhof on Type I and Type II Diabetes)

Ingredients Supporting Digestive Health

Enzymes

Aloe also contains many digestive enzymes that support healthy digestion.

- Proteolytic Enzymes - help to break down and remove toxic build-up in colon.
- Helps to catalyze many digestive functions
- Helps to control yeast overgrowth

Aloe Polysaccharides

- Enhance cellular functioning throughout the body
- stimulate fibroblasts for tissue health
- stimulate macrophages of the immune system which:
 - * engulf toxic buildup and foreign bodies (yeast, bacteria, virus, abnormal cells...)
 - * stimulate fibroblasts promoting new tissue production
 - * control the inflammation process
 - * control all the other cells of the immune/repair system (regulates their activity)

All the 250+ naturally occurring nutrients and co-factors in fresh aloe all function together to bring aloe's soothing, healing, regenerating and rejuvenating properties into the cells of the body.

Elimination Health - Large Intestine / Colon Health

- Breaks down toxic buildup
- Antiinflammatory
- Rejuvenates lining of intestine and colon
- Normalizes bowel functioning - balances bowel (whether constipated or diarrhea)

Aloe's properties of soothing, promotion of tissue proliferation, strengthening the immune / repair system all function to support the rejuvenation and optimal health of the tissues and functioning of the stomach, small, large intestine and colon thus promoting optimal health and functioning of the entire digestion and elimination system.

This outline is taken from research information from:

Dr. Robert Davis, PhD; Dr Ivan Danhof, MD, PhD; Carrington Laboratories; Dr. Jeff Bland and others.

Elimination and Detoxification Outline

Response to requests for information on aloe, detox & allergies

Detoxification:

1. **Proteolytic enzymes** in fresh aloe help to break down built up toxic debris and waste throughout the body. (ex. colon & intestinal walls)
2. Aloe has been shown to **increase cellular metabolism** increasing cellular cleansing:
Very large polysaccharides in aloe penetrate cell walls and feed the cells increasing their cellular metabolism. The **cell pushes out its waste** and toxins (including heavy metals) at an increases rate.
3. Polysaccharides in fresh aloe **increase immune cells ability to remove toxic waste**.
Very large polysaccharides enhance macrophage activity so they engulf and remove up to 10 times more waste.

Elimination Processes:

Aloe enhances cellular functioning thus enhancing the tissues and organs and systems throughout the body.

1. Respiratory System:

Aloe supports the break down of built up mucous in the respiratory system and the regeneration of bronchial tissues.

2. Circulatory system:

Aloe supports healthy cholesterol balance in the blood, cleanses the blood to be able to remove toxins more efficiently.

3. Liver, Kidneys and Skin System:

Aloe supports the regeneration and rejuvenation of proper organ functioning and healthy functioning, detox and elimination of toxins.

4. Gastrointestinal System:

a. Tissue lining health:

Aloe soothes and supports the regeneration of tissue linings throughout the gastrointestinal system. This helps to reduce the chances of undigested foods from leaking through.

b. Complete digestion of foods:

Aloe supports the proper acid balance and bacterial and flora balance supporting complete and healthy digestion and maintains a healthy yeast balance

c. Aloe enhances the absorption of digested foods and nutrients:

(over)

Allergies:

1. Enhanced cellular detox reduces cellular sensitivities.
2. Enhanced detox and elimination rids the body of built up toxins reducing sensitivities.
3. Aloe has natural plant antihistamines.
4. Complete digestion of foods reduces food allergy sensitivities and reactions.
5. Enhanced immune system activity can keep up with the body's functioning to avoid uncomfortable symptoms of inefficiency.

Thus, Aloe has been shown to support the entire elimination processes by breaking down built up mucous and waste, cells pushing out more toxins and supporting the proper elimination of these wastes through the blood, kidneys, liver, colon and skin systems as well as establishing healthy digestive processes and tissues.

The enhanced removal of toxins and supporting the rejuvenation of healthy and balanced digestive and elimination processes is what is needed to help to reduce sensitivities and allergic reactions. Aloe can support the cleansing and rejuvenation of all the systems of the body to function as they were originally designed and supported to stay strong in today's environment.

References:

Jefferey Bland, Ph.D., 1985

Robert Davis, Ph.D., 1997. Aloe Vera: A Scientific Approach. Vantage Press.

Ivan Danhof, PhD., M.D., The Therapeutic Component in Aloe Vera. (Lecture)