

Summary

Often aloe Vera plant is called the 'miracle plant' or the 'natural healer'. There are around 400 species of Aloe plant which has been of most use to mankind because of the medicinal properties it displays. Ancient records show that the benefits of Aloe Vera have been known for centuries, with its therapeutic advantages and healing properties surviving for over 4000 years. Phytochemicals are naturally present in many foods except some refined foods such as sugar or alcohol. Aloe Vera juice contains about 240 nutritional and medicinal ingredients: Vitamins A, B1, B2, B3, B6, B9, B12, C, E, folic acid, minerals, calcium, potassium, magnesium, iron, amino acids, enzymes, saponins, etc. Aloe vera also contains salicylic acid. Salicylic acid is like aspirin and has the potential of reducing inflammation by destroying the bacteria that cause inflammation. This plant has got many health benefits.