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Aloe Vera: Nature's Soothing Healer

Diane Gage

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The basis of a multimillion-dollar industry of health and beauty products, aloe vera has long been known for its healing attributes. Recently it has attracted the interest of the scientific and medical communities who are studying the plant and its powerful regenerative properties. Externally, aloe vera is used to expedite the healing of burns and other injuries, rejuvenate and soften skin and hair, relieve joint and muscle pain, and help control acne. It is commonly used by physicians to heal serious burn injuries and by dentists, dermatologists, and optometrists to reduce swelling and inflammation. Internally, aloe is effective as a treatment for constipation, stomach ulcers, arthritis, diabetes, high blood pressure, and a host of other health problems.
In this book, the author discusses the properties of aloe vera and explains why it is effective in healing. She also explores the ways the plant has been used throughout history by cultures as diverse as the ancient Egyptian and Native American. Gage demystifies the proven curative properties of aloe vera and shows how it can be used to best advantage for a wide variety of problems.

New edition of the popular classic

Citing case studies and current research, Diane Gage presents a balanced view of the many uses of aloe vera.

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