

THE HEALING POWERS OF ALOE VERA

Aundrea J Adams, N.D.

The healing powers of aloe vera have been known for centuries, but now we have the scientific foundation that allows appreciation of this amazing plant and its important role in restoring and maintaining our health.

The Aloe Vera plant is 99 percent water, leaving only 1 percent absorbable solid including over 200 bio-active constituents (vitamins, minerals, enzymes, amino acids, fatty acids, polysaccharides, and polymannans).

Glucomannan, a special complex polysaccharide composed largely of the sugar mannose, interacts with special cell-surface receptors on those cells which repair damaged tissues, called fibroblasts, stimulating them, activating their faster growth and replication. One molecule of Mannose acts to the immune system as a modulator, not just a stimulate. The modulation process controls and regulates the immune system to activate and fight off foreign invaders. This powerful molecule is on all cell surfaces, helping all other nutrients work even better.

How Aloe Vera works within the immune system

Science has shown a very powerful Phytochemical found in Aloe Vera which is in a special category of Mucopoly-saccharides. These are super antioxidants that bind free radicals on the outside of cells and unlike other antioxidants they also work inside the cell. There is a critical deficiency of these factors in our diet. Galactomannans are a class of long chain sugars derived from plants, which have been shown in laboratory and clinical studies to have a wide variety of immune stimulating and protective effects within the body, in studying the different sources of this polymer, it has been discovered that the Aloe Vera barbadensis plant contains the greatest concentration of acetylated mannan which is also the most active form of mannans. This "acemannan" has been shown to have many effects in the body, mostly impacting on the gastrointestinal and immune systems, which are intricately related. Before elaborating on acemannan's beneficial effects, it is appropriate to discuss the type of pathology often present in individuals experiencing immune system depression.

Cellular starvation and depressed immun function

The most striking commonality found in individuals

suffering with immune-depressive conditions (Epstein-Barr virus, Chronic Fatigue Syndrome, systemic candidiasis, HIV infection and others) is their high incidence of digestive dysfunction and maldigestion. This has several effects that contribute to stress on the immune system and therefore its weakening. Maldigestion means that the consumed food is not properly broken down into the elemental building blocks needed for the body to rebuild itself and to generate energy for metabolism. This results in a type of starvation at the cellular level, with all tissue suffering malnourishment and therefore decreased effectiveness of all internal chemical processes. These processes include breakdown and transport of toxins out of the cell, movement of nutrients into the cell, and energy production for cell functioning. This affects all cells in the body, including those of the immune system such as white blood cells, (macrophages, monocytes, and lymphocytes) and red blood cells which carry oxygen. Not only do we lack enough fuel but we're low on oxygen too.

Maldigestion and intestinal damage

However, it is not this cellular starvation alone that causes the immune depression. Maldigestion also
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About the Author

Aundrea Adams has been in the health care industry for over 25 years and is an ANMA Board-Certified Naturopathic Doctor, a Washington, DC Registered Naturopath, a clinical Nutritional Consultant [Diplomate Member of the AANC, American Association of Nutrition Consultants], a college instructor, and a licensed Registered Nurse with the state of Texas. She currently teaches on a graduate level at Canyon College and Breyer State University. She is also the owner of the International Institute of Holistic Healing [DoctorAJAdams.com], and has a private practice in Natural Health and Holistic Medicine in Dallas, Texas.

Aundrea Adams, International Institute of Holistic Healing, 2331 Gus Thomasson, Suite 115, Dallas, Tx 75228, USA, www.DoctorAJAdams.com
Business/Fax Telephone 972 279-5525