



Dr Timothy Moore
D.D.S.



Aloe Vera has been used for thousands of years. Why is it so important for our health?

Lately, consumer demand and especially the alternative medical treatment endorsed by herb-enthusiasts as a home remedy, has heightened the proof of its potential for healing. But we, as professionals, require recent scientific research to verify the plant's powers. So, one can ask is there a new potential for wound healing and disease control in Periodontics, the branch of dentistry that deals with gum disease? Aloe Vera has been shown to enhance defensive mechanisms and it has a variety of components to help combat Periodontal Disease (gum disease). Some Aloe compounds are antibacterial, others provide nutritional support, some increase the regenerative potential of tissues while others act with anaesthetic qualities and anti-inflammatory responses.

Aloe Vera is truly a miraculous plant, which should be included in our medicines today

Its history of health benefits was first recorded in Egyptian medical writings in 1500BC. Even Cleopatra was said to have pampered her skin with Aloe gel. History reports that Alexander the Great captured the island of Socotra in the Red Sea, which had abundant Aloe fields, to help heal the battle wounds of his troops. (1) Aloe was applied to cuts, infections, blisters, insect bites and used for internal maladies. In America, Aloe Vera has been growing in Florida and the Rio Grande Valley of Texas for some 4000 years (2).

The initial credible research on Aloe Vera was done by Dr. C.E. Collins in 1934, where several cases of Roentgen Dermatitis, the ulcerated skin lesions were treated with Aloe Vera leaves split and wrapped around the wounds. A markedly improved rate of healing was observed. Some dermatologists began a series of comparable reports. In 1937, Dr J.E. Crewe presented a wider use for the application of Aloe Vera in treating chronic ulcers, eczema, burns, sunburn, poison ivy, and minor injuries. His findings recorded complete healings and tissue regeneration without scarring. (3) Many investigations were pursuing further Aloe Vera studies and in 1959, the FDA admitted that Aloe ointment actually did regenerate skin tissue. Since those studies, topical success with Aloe Vera is common place, as doctors use it to treat decubitous (bed sores), alopecia (hair loss) and acne vulgaris. Well, why does it have such a good track record? It is because of its unique, intricate chemical composition and its synergistic actions. (4)

My dental office had been seeking a product that would improve and accelerate healing, with less inflammation, have an anaesthetic capability and reduce the micro-organisms during the healing phase of the gum disease. In 1982, we were introduced to Forever Bright Toothgel and other Aloe Vera products from FLP with a promise of better healing and comfort to the patients. To our amazement, patients did respond positively.

The result of the use of these Forever Living Aloe Products, with over 10,000 documented periodontal cases in our patients, has proved that stabilised Aloe Vera is most effective in improving regeneration and providing a more comfortable result in patients with gum disease.

We have seen that Aloe:

- enhances defensive mechanisms
- is bacterial and virucidal
- provides nutritional support
- increases the regenerative potential
- provides anaesthetic qualities
- has an anti-inflammatory response



The components or elements in Aloe Vera are:

Lignins: Found in the pulp of the leaf gel. Has the capacity to penetrate tissue and carry elements with it.

Saponins: Glycosides that promote cleansing and provide an antiseptic quality.

Anthraquinones: Complex that has painkillers, antibacterial and antiviral agents.

Minerals: Act for the benefit of the overall health of our bodies and are interactive with the vitamins, co-enzymes and proteolytic enzymes.

Vitamins: Essential for maintenance of our health and function best as catalysing agents.

Mono and Polysaccharides: (carbohydrates) Essential nutrients.

Amino Acids: Building blocks for repair and regeneration of traumatised tissue.

Thus, a synergistic result occurs when the Aloe Vera complex is positioned next to the injured tissue. (5)

This office has observed remarkable healing, reduced oedema, and pain control. Thus far, no patient has experienced an allergic reaction or sensitive reaction to the use of these products.



All Forever Living Products carry a label bearing an accreditation "Seal of Approval of the International Aloe Science Council." The (IASC) was established to standardise and promote research activity for the

Aloe industry. It established standards in order that adulterations of Aloe could not occur, thus allowing the wary public to know that the amount of Aloe, quality and purity was acceptable when the certification stamp was placed on finished goods. The IASC has been instrumental in stimulating research and gathering data to establish the scientific basis of the many popular beliefs of the biological integrity of the processed Aloe products.

Momentum is gathering across the USA as researchers are becoming interested in alternative therapy and utilising natural products instead of synthetic agents. Aloe Vera research is currently being undertaken at Oklahoma University, Baylor University and Lorna Linda. Baylor has been investigating herpetic lesion reduction and Lorna Linda has tested Aloe Vera in Endodontic (study of teeth root) therapy. Aloe Vera has an unlimited future in new applications. I sense in dentistry we are on the cutting edge of promising better utilisation for anti-inflammatory procedures, antiviral and immunological benefits for our patients with Aloe Vera.

Bibliography:

1. Coates, Bill C, *The Silent Healer, 1981 A modern study of Aloe Vera* by Bill Coates, R.PH
2. Collins, C.E. 1935 Roentgen Dermatitis treated with fresh whole leaf Aloe Vera, AM. J Reontgenol.33.369.
3. Crewe, J.E. 1939. Aloe in the treatment of burns and scars. Minn. Medicine 22.588.
4. Max Skousen 1975, *The Aloe Vera Handbook* Independent Cambridge Enterprises 12881 Western Ave, Suite A Garden Grove Ca 92461.
5. Coates, Bill C, *Aloe Vera, The Inside Story, 1995 The Internal uses of Aloe Vera* by Bill Coates, R.P.H. C.C.N.