

# the miracle of Aloe



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*the 'burns plant'*

The most common nickname for Aloe Vera around the world is 'the burns plant'. It richly deserves this sobriquet as it does indeed both soothe and heal burnt skin. Research carried out in the USA began as early as the 1930s. Using fresh Aloe Vera Gel, a certain Dr Collins showed that regular application to a post-radiotherapy burn reduced the burning and itching sensation and then went on to promote faster healing, importantly with minimal scar formation.

Animal experiments in the 1950s and 1960s reinforced this discovery and by the 1980s Aloe was being used in several plastic surgery units across America. These surgeons of course were only prepared to use Aloe in their units when they had fully understood how it actually worked. It was these animal models that had revealed the mechanisms at work behind this improved healing. The main reason turned out to be that Aloe Vera blocked the formation of a powerful substance liberated into traumatised skin called Thromboxane. This substance constricts blood vessels and as a consequence reduces blood flow, so where there is less Thromboxane around, more blood enters the damaged tissue and thereby speeds up healing.

Japanese research in the late 1980s also unravelled the cause of the natural anti-inflammatory effect of Aloe which, together with the increased blood flow, combines to speed up healing and reduce scarring.

In practice, the sooner Aloe is applied to a burnt area the better and if the individual can be persuaded to drink the gel as well, the newly-forming skin will be provided with all the essential micro-nutrients necessary to make healthy and robust cells.

## Aloe Vera Gelly for burns

**For thousands of years, people have**

**used Aloe Vera**

**to support the**

**healing process**

**in burns - from**

**mild sunburn to**

**more serious**

**burns. Aloe has**

**been shown to**

**help speed up the**

**healing process**

**of burns and**

**stimulate healthy**

**new skin growth.**

**It can also help**

**soothe pain,**

**swelling, infection**

**and blisters. Aloe**

**Vera Gelly is the**

**topical, soothing**

**and cooling**

**stabilised clear Aloe Vera Gel from our**

**Forever range, which can be easily**

**spread onto the affected area without**

**touching or rubbing and is available in a**

**tube or handy sachet.**

