

For those who just started their journey with Aloe Vera drinks

Aloe Vera Gel : For adults need to start with 15 - 30 ml (1 or 2 tablespoon) 2 times a day 25- 30 min before meal ; increase gradually (during 3 - 4 weeks) up to 80-120 ml for each intake. After that period - no dosing, we drink as much as we like and want (it is normal), just always better have it before meal. Keep it in a fridge after opening the bottle to prevent oxidizing and spoiling.

Note here:

This kind of fresh and live product such as Forever Stabilized Aloe Gel or any row Aloe vera inner gel drink may take to the surface and reveal **hidden chronic diseases** – as it belongs to remedies that cure through the crises.

Or if your body toxicated (which is the case for most people that live in civil live, experiencing the harmful environmental factors including the food that we have). Body does not manage remove the toxins any more that is why all kind of old and new diseases have flourished in now days.

There could be the reaction of the **toxins in your body** (most of us have that issue of toxication) because Aloe takes them in to the blood stream and tries to brake or remove them thanks to its live enzymes (Forever Stabilized Aloe Gel contains those enzymes because it is as fresh as possible).

So then taking in the first time people may experience constipation , nausea, diarrhea , headaches, dizziness , muscle aching, itching, rush and irritation

The only thing is that you should not stop intake, but you have to continue drinking Aloe Vera Gel not in the schedule of 30 ml before meal and increasing it up to 80-100 ml for each intake as recommended, but mixing 100 ml of aloe with around 80 ml of water in the separate bottle and take mouthful sip each hour during a day. It should be used this way until the uncomfortable symptoms are gone.

How to get the maximum benefit from Aloe Vera

Why Should everyone try Aloe Vera Gel?

If you feel healthy - keep maintaining your inner organs clean and you feel young and healthy always. If you feel sick - give your inner organs a chance to clean themselves.

Give Aloe Vera time to work

Aloe Vera is not an overnight cure, it is not medication and like any natural substance it takes time to work. Since our cells regenerate every 90 days you need to give Aloe Vera that time to work. But if you continue to smoke, eat unhealthy or if you have any specific problems, it might take up to 12 months to get the full result. Give your body time to adjust.

Consider the dosage

Dosage is very often where people make their first mistake. Always **start on a smaller dose** and build it up over the first week. You may start with as little as 30ml twice per day when you start. May increase to 100 ml (or more) , twice a day. Keep your open Aloe Vera drinks in your fridge for up to 3 months. If they are closed, then keep them at room temperature as per expiration date found on the bottom of the bottle.

Take Aloe Vera on an empty stomach

It is recommend that you take Aloe Vera first thing in the morning and then again last thing at night and avoid food and hot drinks for about one hour. Avoiding the drinks is not necessary, but it will optimize Aloe Vera.

Some say Aloe Vera improves digestion when taken just before or just after a meal. It's really up to the individual to determine how they take Aloe Vera, how often and how much.

The 'detox' effect

There are certain things which are part of the normal detox process, such as; skin rashes, headaches and diarrhea. Diarrhea, as part of the detoxification process of the body, is only a problem if it lasts longer than a couple of days, and will usually occur if you take a large amount of Aloe Vera at the beginning. If such is the case have 100 ml in separate bottle (of water) and sip each hour during a day for a several days.

Using Aloe Vera for constipation

Constipation can be improved by drinking more filtered water every day (to help flush through the system, rehydrate the body and soften the stool), and increasing the dose of Aloe Vera until the bowel is working comfortably again.

Can you take Aloe Vera while fasting?

Yes, you can definitely take Aloe Vera while fasting. When Mahatma Gandhi was asked what secrets he had that sustained him during his long fasts, he answered “It was my unshakable faith in God, my simple and frugal lifestyle, and the Aloe Vera whose benefits I discovered upon my arrival in South Africa”.

Aloe Vera – not a panacea for all ills

In spite of the wide ranging health benefits that can be derived from drinking Aloe Vera and applying it topically, don't think of aloe vera as a panacea for all ills – in reality there is no such thing. Aloe Vera's history and track record as a healer and the significant role that it has played in herbal medicine over the centuries is well documented. However, like most other 'natural remedies', it can often take longer to have any beneficial effect on some chronic symptoms than a chemically based drug, though there are no guarantees that such drugs may work or work any better than a natural remedy like Aloe Vera.

Contradictions, are there any?

To our knowledge, and from the experience of others over the last twenty years or more, there are no contradictions. Please remember Aloe Vera is a nontoxic, natural substance and it is also unlikely to react with any conventional medication.

Aloe Vera works harmoniously

The reason for this is that it works harmoniously with the body's own self-regulating systems rather than overcoming them and leaving them depleted.

Aloe Vera works with the body to increase the absorption of nutrients and the bio-availability of vitamins and minerals and to boost the immune system, with no known detrimental side effects.

Once again, if you have any questions, concerns or want further clarification, please feel free to contact me via email.

How Can Aloe Vera Make You Healthier?

Aloe Vera is widely known, yet oddly it's little appreciated for all its possible health benefits.

Although it looks like a cactus, the Aloe Vera plant is actually a member of the lily and onion family. So it's a succulent – ie. it holds water in its fleshy leaves. It's been used medicinally for thousands of years, and has been known for its healing qualities for as long as records have been kept. Even as far back as 6500 B.C Aloe Vera was used and revered for its curative properties.

Still, it comes as a surprise to most people that Aloe vera is not just treatment for minor cuts and burns. Of course, it's very effective as a topical salve or ointment. However, taking aloe vera as a food supplement can offer enormous health benefits most people are completely unaware of.

To understand the benefits of Aloe vera, we need to understand that a lot of our health problems come from two areas—a weakened or compromised digestive system, and a weakened or compromised immune system.

We're not necessarily talking about clinical symptoms here; it's often the case that people might say they're fine, and there's nothing to worry the doctor about, but they're run down, or getting a lot of coughs and colds, or suffering from low-grade constipation, diarrhea and other digestive symptoms. Many people do have problems in their digestive tract and just think it's normal, or 'just how it is'.

It doesn't have to be.

Our diets in the Western world are generally very high in sugar, salt and saturated fats. There's also a heavy dependence on wheat and gluten – bread, pasta, cakes, etc. Over time, if there's not an adequate supply of roughage in the diet, or other vitamins and minerals are depleted, it can cause problems in the digestive system.

Many people have a mild sensitivity to wheat; and over time, the walls of the small intestine can become inflamed and consequently allow toxins and tiny food particles to escape into the bloodstream. This is known as 'Leaky Gut Syndrome'. The result is that the immune system and the liver are constantly forced to expend their energy fighting off these toxins and particles, which they see as foreign.

As you might expect, when the immune system is occupied fighting internal 'enemies', it becomes compromised and can't adequately fight off real intruders like viruses, bacteria, and other pathogens. Wound healing is affected as well, because the body's repair system is already stretched trying to repair the gut. Our immune system is an extraordinary mechanism, but it simply can't fight everything at once.

The overall result for most people is a sub-clinical (ie. nothing to worry the doctor about) set of symptoms which might include fuzzy headaches, lethargy, increased colds, coughs and sore throats, not sleeping well, stomach upsets, diarrhea, constipation, or alternating between the two, bloating, gas, generally feeling tired, run down and under-the-weather....

Most people think this is just a sign of getting older, or something they have to live with. In fact, because this happens over a long period of time, most people don't remember a time when they felt really great. So they consider it completely normal. It isn't!

The good news about leaky gut syndrome and the weakening of the digestive and immune systems is that Aloe Vera can help both problems; and it can do so relatively quickly. In doing so, it improves overall health and makes you feel better, more vibrant, refreshed and generally 'good'.

Aloe Vera gently cleanses and repairs your digestive tract, restoring the natural balance and regularity of your intestinal and digestive processes. This is much more important to overall health than many people realize. It might seem obvious, but adequately processing and digesting your food – and absorbing the vital vitamins and minerals from your food – is essential to good health. (Your food does contain lots of vitamins and minerals, doesn't it? The vitamins & minerals they add to sugared breakfast cereals don't count!)

When your digestive tract is healthy and is properly processing your food, then your liver and immune system can concentrate on doing their 'proper' job of cleansing the blood and defending and repairing your body.

By using Aloe Vera every day, you're improving your health naturally, and strengthening your immune system. And as you know, when you're feeling good and generally healthy, it's much easier to accomplish everything you want to during the day...

Aloe Vera can bring almost immediate results in feeling better. It's pure, non-allergenic, and completely safe.