



# Aloe Vera

The use of Aloe Vera can be traced back 6,000 years to ancient Egypt, where it was depicted on stone carvings and presented as a burial gift to deceased pharaohs.

Today the inner gel from the spear-like leaves is used in health and beauty products, juices and is even used as a food preservative.



## Aloe Vera at Casita Verde

We have over 1,000 Aloe Vera plants growing at Casita Verde and our climate and soil conditions are perfect for it to flourish.

Every year each plant produces between 5 and 20 baby plants, which are removed from the mother after a year to grow in other locations. It takes 3 years for a plant to mature and provide all the curative properties. On average it's possible to remove up to 12 leaves per year from each plant.

## The Benefits of Aloe Vera

- ♥ High in vitamins and minerals – A, C, E, folic acid, choline, B1, B2, B3, B6 and is one of the few plants with B12, keeping the nerve and blood cells healthy.
- ♥ Aloe Vera contains between 18 -20 amino acids, including all 8 essential amino acids, which are the building blocks of protein.
- ♥ It's a well-known adaptogen, boosting the body's natural ability to resist illness. The high level of anti-oxidants enhances the immune system.
- ♥ Soothes and cleanses the digestive tract and helps improve digestion.
- ♥ Detox – Aloe Vera is a gelatinous plant food, like seaweed. As the gel moves through the intestinal tract it absorbs and eliminates toxins.
- ♥ It provides an alkaline environment to balance our overly acidic diets.
- ♥ It's great for the skin – helping to heal wounds, sooth burns, abrasions, psoriasis and bug bites. Aloe is antipruritic, helping to relieve itching. The high water content hydrates, moisturises and rejuvenates the skin.