

10 great benefits of aloe vera you may not know yet

Here are 10 great benefits of aloe vera you may not know yet. Invite you to consult!

1. 10 reasons to make you uncomfortable in the eyes of others
2. 8 great things can happen to the body if drinking coconut water for 15 days
3. 9 great benefits from grapefruit you may not know yet

Do you know if aloe vera or other aloe vera can treat acne? Using aloe vera as juice is helpful in helping diabetic patients reduce blood sugar levels? Even aloe vera can help prevent certain diseases thanks to its excellent antioxidant mechanism.



When it comes to aloe vera, the first thing that many people often think of is the effect of **soothing cool skin and sunburn** . However, this rich, nutrient-rich plant is used all over the world in a variety of ways, to **provide great health benefits** . You will find this completely reasonable to know that in aloe vera contains more than 35 types of nutrients, vitamins, minerals, enzymes, sugar, phenol compounds, amino acids and many other health benefits.

Here are **10 great benefits of aloe vera you may not know yet** . Invite you to consult!

1. Prevent disease

Aloe vera contains a large amount of antioxidants . Antioxidants against free radicals (*unstable molecules or atoms, tend to capture electrons from nearby structures, causing aging and cell damage*) In the body, balance and prevent bad changes that create diseases like cancer.



Have you ever thought about aloe ' *age* ' also affecting its effectiveness for health? An interesting study in China showed that the older the aloe, the higher its antioxidant capacity. In particular, the study also found that the extract of 3-year-old aloe plants had the strongest free radical purification mechanism, up to 72.19%, compared to 2-year-old aloe vera and 4-year-old aloe vera. Basically, it shows that aloe vera will contain different active ingredients and antioxidant ingredients at different levels of development. So remember to nourish aloe vera for a few years to bring out the most effective effects.

2. Support for digestion

Aloe vera contains 8 special enzymes that help support the digestive system . In particular, the enzymes in aloe vera will help reduce the amount of sugar and fat present in food - that is, can basically support the digestive system and enhance the absorption of nutrients.

One of these enzymes is **lipase** and **protease** (an *enzyme found in plants and animal cells that functions to destroy proteins through hydrolysis*) and their use is to destroy food and aid digestion.

3. Contains essential amino acids



Did you know that aloe vera contains 19/20 natural amino acids that the human body needs? Usually the human body produces only 12 essential amino acids, the remaining 8 amino acids (*known as 'essential amino acids'*) need to be absorbed through food and drink. So, if there is any ' *aloe* ' drink at the store next time, using them is not a bad idea.

4. Help skin bright

Surely we all know about the miraculous use of ' *mineral cosmetics* ', right? But you've probably never heard that aloe vera contains up to 10 important minerals for your skin (*and it's much cheaper than mineral cosmetics*). The main minerals include calcium, chromium, copper, iron, magnesium, manganese, potassium, phosphorus, sodium and zinc. Therefore, it is not bad to apply gel or aloe vera extract on the face before going to bed to get **bright and vibrant skin** the next morning.

5. Help treat acne



As mentioned above, aloe contains lots of minerals, one of which is **zinc** - which can be found in many natural vitamins and skin care products to help **improve acne** . Both applying and using aloe vera can help treat acne.

Zinc will reduce the amount of natural oil or sebum produced by the skin. Aloe vera can also help heal acne lesions. Several studies have reported that acne formation is also caused by a lack of zinc in the diet.

6. Pain relief



Aloe vera contains many enzymes (*proteins*), but there is a special type that can help **with pain** . Its name is **kinase** - especially useful in reducing inflammation, which can help reduce pain when applied to the skin. Besides, there is another enzyme in aloe vera that also helps to reduce dead tissue in the wound, helps heal faster but kinase is still best known.

7. Recovers skin during cold frosting



Nothing is worse than being hurt directly or indirectly because of cold weather . In general, **cold weather has 4 stages** : (A) the skin is numb and red; (B) Ice formation, swelling, blisters and secretions of a substance called ' *thromboxane* ' (*substance that causes pain and spasms of blood vessels*); (C) The lesion will spread to the skin's bottom epidermis (*the bone joint layer to the skin, providing muscle tissue with blood vessels and*

nerves); (D) The thickness of tissue will lead to blood loss and even necrosis. It is recommended to use aloe vera to reduce the amount of ' *thromboxane* ' (which *also means pain relief*) and have used it clinically to treat more serious blisters (*such as when the structural layer is destroyed*).

An interesting clinical trial study found that providing aloe vera creams to patients with muscle tissue injury would enable them to recover completely by 68%. In contrast, only 33% of patients recovered completely if treated with the usual way. This study also found another surprising result that only 7% of the first group needed to cut the injury, the second group accounted for 33%.

8. Prevent cancer



We all know that aloe vera has a wonderful effect on **healing wounds, relieving pain and cleansing the skin** , but there are a few studies that have discovered that aloe vera also has a very good mechanism to prevent tumors. Although this study is not yet fully confirmed whether aloe vera actually cure cancer, there is a study in Japan conducted and the results are very prominent.

The study investigated a group of patients with lung cancer and smokers in Japan and found that drinking aloe vera juice, possibly a **cancer-suppressing gel in the lungs** (*cancer in the respiratory area*) *steaming*) and it is also thought to be able **to prevent stomach and intestinal cancer** .

9. Stimulate hair growth



Aloe vera helps **stimulate hair growth** as well as faster by increasing blood circulation on the scalp. Because aloe vera contains an enzyme that can help stimulate hair growth with people who fit it.

In addition, it also helps clean the scalp by balancing the pH on the scalp. When the scalp is clean and blood circulation on the scalp is good, nothing can prevent hair from growing faster, healthier and firmer.

10. Reduce blood sugar



Diabetes is caused by carbohydrate metabolism disorders, characterized by a **decrease in insulin secretion** (*as the body's pancreas is unlikely to metabolize sugar to energy*) . However, the causes, symptoms and treatments of this disease are numerous and need to be clearly distinguished.

There is an interesting study showing aloe vera use for diabetic patients or those who have difficulty controlling cravings / blood sugar levels. The study was conducted on 3,000 Indians with " *mild* " diabetes and showed that up to 90% of patients had **reduced blood sugar** after eating aloe vera bread in it.

Healed wounds are also one of the most common signs of diabetes . It has even been found that aloe vera gel can reduce the infection of mice infected with diabetes.

In later trials, it was found that if rats were given aloe diabetes or applied to their skin, both incisional or cut wounds would **heal faster than** mice that only reduced the method. common wounds.

As seen, aloe vera or aloe vera has countless great benefits. Help to be alert, clean, healthy, healthy and detoxify, so you should add aloe to your daily life to improve health.

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