Town Gardener Aloe Vera has medicinal qualities

By TOM CAVAN

Aloe Vera or Medicine Plant (its true horticultural name is Aloe bardadensis) has been a popular house plant for years. In many home remedy circles it's called Medicine Plant or Healing Plant.

As a folk medicine, Aloe Vera has many practical uses and more people are beginning to appreciate its diverse applications.

Common uses: Burns and scalds - squeeze the clear gei from the leaf, make a poultice, and bind loosely over the affected area.

Insect bites, poison oak, ivy, or sumac - liberally apply the gel squeezed from the leaf on affected areas. In severe cases a poultice is recommended, the gel will reduce itching, swelling and irritation.

For improved drinking water add a teaspon of the Aloe Vera gel to a gallon of water. It will remove unpleasant falvors such as iron, flouride and chlorine, and give it the taste of water from a pure mountain stream.

As a laxative: a teaspoon of gel taken with a large glass of water, orange juice, or any liquid will act as a general health tonic, mild laxative and a bowel regulator.

For the hair: many people swear that faithful applications of Aloe Vera will wake up dormant hair follicles, thus restoring hair growth. Apply the gel liberally to the scalp and massage it in deeply for the best results. Hair follicles that are dead cannot be helped by this or any other method. Women also

use this as a hair set and rub it into the scalp as a conditioner.

For minor cuts: apply as you would any salve and bandage.

For shaving cuts and nicks: If you cut your face shaving, simply dab a bit of gel on to stop the bleeding. It can be peeled off after it dries.

For acne and skin blemishes: Make a facepack of the gel, let it dry for about 30 minutes, then peel off. Don't wash your face for at least eight hours after the application.

Aloe Vera Uses

From Around The World MEXICO: Aloe Vera pulp is applied in a poultice to relieve the pain, itching and hot sensation that accompanies crysipelas, or St. Anthony's Fire.

PHILIPPINES: The gel is mixed with milk for the treatment of dysentary, intestinal problems and kidney infections.

How To Use Aloe The easiest way to extract the

Cholesterol revolution not a fad

A new survey of physician attitudes and practices with regard to cholesterol-lowering therapy reveals that most U.S. physicians recognize the importance of cholesterol as a risk factor for coronary artery disease and take steps to treat it. More than threefifths of patients receiving therapy are on diet alone, while a little more than one-third are on diet and drug therapy. From Practical Cardiology, Nov. 1990.

gel from the plant is to cut off a leaf and squeeze it gently like a tube of toothpaste. As its healing qualities are affected by time, it is best to cut a fresh piece for every application.

If you have any questions call the Grapevine Hotline -519-833-2117 or write "The Town Gardener", R. R. 2 Erin, Ont., NOB 1TO.



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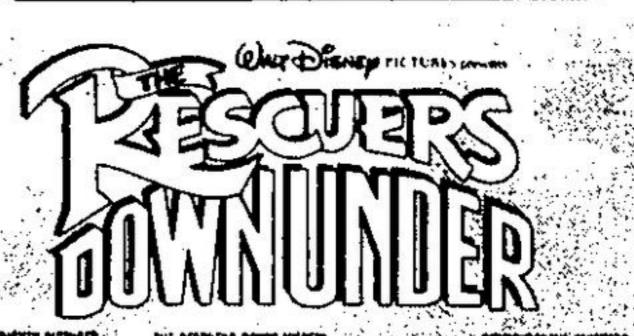
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