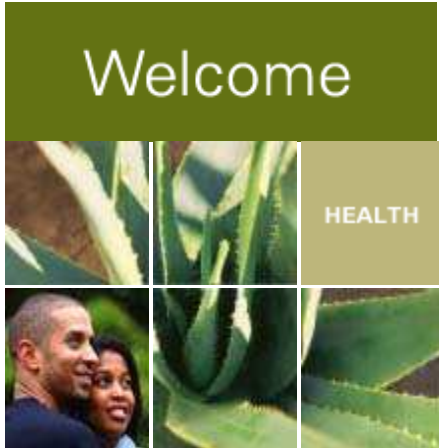


# SPIRITUALRAYS

Forever 18 | More About Aloe | Aloe To Go

## Aloe Vera - In Harmony with Nature!



## Aloe Vera - By Forever Living

For many centuries, civilisations around the world have used aloe vera for its health benefits. Aloe Vera contains over 75 known active ingredients (and probably many more). Also included are 19 of the 20 amino acids required by the human body and 7 of the 8 essential amino acids (that the body cannot make), as well as vitamins and minerals. The most nutritionally potent is the Aloe Barbadensis Miller - the only variety that we cultivate and use in our products. Our natural, patented stabilisation process allows our aloe to reach our consumers in its natural state. We were the first company to receive the prestigious International Aloe Science Council Seal of Approval for consistency and purity.

The benefits of Aloe Vera have long been tested throughout history. It is only in recent years that studies have scientifically proven many of the medicinal benefits of Aloe Vera. Perhaps the longer that scientist and botanists study the benefits of Aloe Vera, the more improvements it will create to human health and well-being.

**As I myself use these products, and have been taking the Aloe Vera Drink everyday for the last few months, I have seen the benefits to my health and I am very happy to be able to supply the full product range of Forever Living Products to you.**

**If you wish to purchase any of the products  
~(see the full range of products on  
[www.foreverliving.com](http://www.foreverliving.com))**

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**19/20 SEPT 2009**

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## STOP SMOKING WITH HYPNOSIS

**WANT TO STOP SMOKING & FEEL BETTER! GET FREE NOW FROM THIS ADDICTIVE WEED!**

**contact me on 087-7641818 and I can arrange to have these products supplied to you withing 3 working days.**

**If you would like an opportunity to learn more about Aloe Vera Products or about the opportunity to become a distributor of these wonderful natural healthy products, and earning extra income from the comfort of your own home, then please come along to my**

**ALOE VERA PARTY**  
**Thursday 10th September, 2009**  
**at 51 Chapel Gate Balbriggan.**  
**BOOKING IN ADVANCE BY TEXTING OR PHONING ME**  
**ON 0877641818 IS ESSENTIAL!**  
**PARTY STARTS AT 8PM**  
**PLACES ARE LIMITED!**

#### **MORE ABOUT ALOE VERA!**

Studies have found that there are 75 ingredients contained in the Aloe leaf. These ingredients have a variety of medical benefits. They are divided into the following categories:

- **Ligin** - This cellulose substance is found in the gel has no known medical properties except it possesses the property of penetrating the human skin.
- **Saponins** - These form soapy lathers when mixed and agitated with water. They have been used in detergents, foaming agents and contain antiseptic properties.
- **Anthraquinones** - There are 12 of these contained in the sap of Aloe Vera: *Aloin, Isobarbaloin, Anthracene, Emodin, Ester of Cinnamonic acid, Chrysophanic acid, Barbaloin, Anthranol, Aloetic acid, Aloe Emodin, Ethereal oil and Resistannol.*

These act as natural laxatives, painkillers and analgesics, and they contain powerful antibacterial, antifungal and virucidal properties.

- **Minerals** - Aloe Vera contains the following minerals:

- *Calcium* (essential for proper bone and teeth density)
- *Manganese* (a component of enzymes necessary for the activation of other enzymes)
- *Sodium* (ensures that the body fluids do not become too acidic or too alkaline)
- *Copper* (enables iron to work as oxygen carriers in the red blood cells)
- *Magnesium* (used by nerves and muscle membranes to

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help conduct electrical impulses)

- *Potassium* (regulates the acidic or alkaline levels of body fluid)

- *Zinc* (contributes to the metabolism of proteins, carbohydrates and fats)

- *Chromium* (necessary for the proper function of insulin, which in turn controls the sugar levels in the blood)

- *Iron* (controls the transportation of oxygen around the body via the red blood cells)

• **Vitamins** - Aloe Vera contains numerous vitamins:

- *Vitamins A, C, & E* (crucial antioxidants that combat dangerous free radicals in the body)

- *Vitamin B & Choline* (concerned with the production of energy, amino acid metabolism and developing muscle mass)

- *Vitamin B12* (responsible for the production of red blood cells)

- *Folic acid* (helps develop new blood cells)

• **Amino Acids** - *Amino Acids* are the building blocks of protein, which manufacture and repair muscle tissue. The human body requires 22 *amino acids* and needs 8 essential ones. Aloe Vera provides 20 of 22 required *amino acids* and 7 of 8 essential ones.

• **Enzymes** - Some of the most important enzymes in Aloe Vera are: *Peroxidase, Aliiase, Catalase, Lipase, Cellulase, Carboxypeptidase, Amylase and Alkaline Phosphatase*. Enzymes help to break down food and assist in digestion. Some enzymes help break down fats while others break down starches and sugars.

• **Sugars** - Aloe Vera contains both *monosaccharides*, such as glucose and fructose, and *polysaccharides*. *Polysaccharides* are the most important types of sugars. They aid in proper digestion, maintain cholesterol levels, improve liver functions and promote the strengthening of bones.

• **Sterols** - Sterols are important anti-inflammatory agents. The ones found in Aloe Vera are: *Cholesterol, Sitosterol, Campesterol and Lupeol*. These sterols contain antiseptic and analgesic properties. They also have pain killing properties similar to aspirin.

Aloe Vera has the ability to provide essential nutrients, kill bacteria, viruses, fungi, yeasts and reduce inflammation. Dr. Atherton claims, "Tissues that die and are renewed

rapidly such as the lining of the gut, which renews itself about every four days, and the skin every 21 to 28 days or so, need a rich and ready supply of building materials to produce and maintain healthy, efficient cells." A proper diet supplemented with Aloe Vera is an effective way to get these essential nutrients. Aloe Vera can also reduce inflammation to injured tissue. Inflammation occurs when healthy tissue is injured and blood begins to clot around the tissue to repair the injured tissue. Aloe Vera is a natural anti-inflammatory that is much more delicate on the human body.

