

# Benefit #1 – Alkalizes Your Body

Our bodies maintain a [healthy balance between acidity and alkalinity](#) which is influenced by the foods we eat. Luckily, this juice makes our inner system more alkaline.

The optimum structure of foods should be 80% alkaline and 20 % acidic!

**Keep in mind:** It helps by alkalizing our organism, and since diseases do not survive in such an environment, this can stave off various illnesses and other health complications.

# Benefit #2 – Removes Various Toxins

When the aloe vera juice is produced, it has a natural gel-like consistency. If you split its leaf and allow liquids to flow out, you can see how it does not run quickly like water but more slowly.

**Pay attention:** This consistency allows for this juice to absorb [toxins from your gastrointestinal tract](#) and they just travel through your organism to get discarded.

## **Benefit #3 – Supports Your Immune System**

Our immunity is always ready to fend off attacks from the environment we live in. This juice can help [ramp it up with polysaccharides](#). These substances help our bodies to produce macrophages, which is our tool to defend against viruses and other nasty stuff.

**Keep in mind:** Besides polysaccharides, aloe vera juice has also a lot of anti-oxidants, that reduce a lot of free-radicals flowing within our organisms. This even helps with [slowing the effects of aging](#) and cell damage!

## **Benefit #4 – Drink Aloe Vera Juice to Lose Weight**

We all would like to find [the easiest formula for skinny body](#), but unfortunately, this juice isn't your magic bullet. Instead of directly contributing to weight loss, the many benefits of this plant make losing those stubborn pounds a secondary effect!

**Keep in mind:** It removes toxins, enhances your immune system, and [maintains a healthy digestion](#). All of these enable us to stay well and shed body mass as a side-effect.

## Benefit #5 – Lowers High Cholesterol

Aloe vera juice includes a substance [that is called beta \( \$\beta\$ \) sitosterol](#). Medical studies have shown that it can bring high cholesterol levels in your blood under control.

**Pay attention:** This is a type of sterol with a similar chemical structure that stops cholesterol absorption helping to reduce its overall levels in your body, hence promoting [good cardiovascular health](#).

## Benefit #6 – Fights Against Inflammation

A variety of factors [can cause inflammation](#) in your body. There could be an injury, or it could be an auto-immune response. Either way, it makes our bodies experience pain and minimizes our capabilities.

The next time you are suffering from inflammation just drink some aloe vera juice. It contains over 12 different substances that can help you get rid of it.

**Keep in mind:** The one that works is *beta-sitosterol* that has been used by many runners to minimize swelling after a competition.

## Benefit #7 – Improves Digestive Tract & Reduces Its Irritation

We all face issues with our digestive tracts such as ulcers, acid reflux, [and general irritation](#). This natural liquid has three properties that can improve stomach health and reduce its irritation:

1. [This plant is an adaptogen](#) that can regulate your organism and make your bowel movements more regular.
2. It may ease acid reflux and irritable bowel syndrome by soothing your systems.
3. It may help your body get rid of worms because [it is a vermifuge as well](#).

**Keep in mind:** All of these work together to promote proper digestion that is crucial for effective weight loss and overall health.

## Benefit #8 – Bye-Bye Constipation

If you've [ever been constipated](#), you know that it's not pleasant at all. However, drinking this juice can boost regulation of your digestive system and get both diarrhea and constipation under control.

**Keep in mind:** Furthermore, it helps you to get rid of dangerous bacteria that may have entered your organism. You will become more regular, and your overall health and feelings of well-being will improve.

## Benefit #9 – Stabilizes Blood Sugar

[If you are struggling with diabetes](#), this liquid can regulate your blood sugar. Three compounds in it help provide this benefit:

1. Lectins
2. Mannans
3. Anthraquinones

**Pay attention:** [Some studies have been done](#) to show some improvements in glucose levels when patients drank aloe vera juice.

## **Benefit #10 – Boosts Your Vitamin & Mineral Intake**

Did you know that this juice is a rich mixture of vitamins and minerals? Very few drinks or foods can boast such large amounts of vitamins (A, B1, B2, B3, B6, B12, C, E); folic acid; and choline.

Moreover, it has over twenty different minerals. For example, there is calcium, sodium, potassium, selenium, and iron.

**Keep in mind:** It also contains [fatty acids](#) and eight [essential amino acids](#). Overall, this one has “*more bang for the buck*” than any other choice on the market right now.

## Benefit #11 – Hydrates Your Body

Aloe vera gel has many applications when used as a topical solution to treat skin conditions. It also has significant secondary benefits because:

1. It works as a moisturizer.
2. Has anti-aging properties that keep your [skin looking young and fresh](#).

**Pay attention:** Drinking AV juice can keep you hydrated which is good for keeping your skin healthy. Additionally, it gives your body the building blocks it needs to replenish old cells and regenerate.

## Benefit #12 – Cures Your Gums

Did you know that countless benefits of this juice extend even to the area of your mouth? Its ability to reduce the inflammation and eliminate harmful bacteria also apply to your gums.

There is even evidence to show that aloe plant can help reduce bleeding of your gums and even cure ulcers!

Medical studies have shown [that maintaining healthy gums](#) is essential **to our overall well-being**. Food and pathogens can enter through your mouth, but if we allow them to take up residence and grow, then we provide an open gateway to our organism.

**Keep in mind:** Aloe gel is starting to become more popular in toothpaste because of the benefits it provides for good dental care.

## **Benefit #13 – Reduces Acne & Blemishes**

Aloe Vera juice combined with its gel is an excellent way to [combat acne and blemishes](#) on your skin. It works internally to supply vitamins and nutrients your body needs.



Not only that, but it also helps to:

1. Reduce inflammation
2. Fight bacteria
3. Hydrate your body (because of its high water content)

**Keep in mind:** Its gel form (when applied topically) helps to make your skin supple, heal blemishes, moisturize and minimize inflammation due to shaving [or sun burns](#). All of these improve the overall health of your skin and eliminate acne.

## Benefit #14 – Improves Your Hair Growth

If you've always wanted to have long silky hair then maybe you should try drinking some aloe vera. It assists to keep your pH balance in the correct range to [boost growth and helps to retain its moisture](#).

It may also help if you apply this liquid directly to your scalp. There are two things that it does:

1. Clears dead skin clogging your pores.
2. Removes sebum which can lead to baldness.

**Pay attention:** Overall, both liquid and gel combined can help you to have the full head of hair that you've always wanted to have.

## Final Verdict: Amazing Super Food

Aloe vera juice has become [the new super-food in the health food industry](#). Very few natural liquids have such a long list of benefits that this one has.

However, you always need to choose a product that is all natural, cold pressed, not pasteurized and was not made from concentrate. Additionally, you should stay away from brands that use dangerous preservatives.

*Just keep in mind that this plant does not just provide a topical solution that you can use to heal cuts, burns and bites. It has a broad range of other advantages when ingested.*