

For the past several months my family has become fond of including aloe vera in our daily green smoothies. The window sills in our home resemble an aloe farm. Each day we add one or two leaves of aloe into our green smoothies. I simply slice off an aloe leaf, give thanks to the plant for its gift of healing, then drop the leaf into my blender, then add the rest of the ingredients of whatever smoothie I am making.

We have eight big healthy plants in our home, each about one foot tall, and every day we cut leaves off different plants. Since aloe grows very fast, rotating the plants while harvesting allows all plants to re-grow. As a result of continuous harvesting, our aloe plants have mostly young leaves, which taste sweeter than the older ones. I think that if my family had only one aloe plant, four of us would probably consume it in about a month.

Below is a list of the many health benefits of aloe vera, listed on the website of Mike Adams, [The Health Ranger](http://www.newstarget.com/021858.html) (<http://www.newstarget.com/021858.html>)

Aloe Vera:

- Halts the growth of cancer tumors.
- Lowers high cholesterol.
- Repairs "sludge blood" and reverses "sticky blood".
- Boosts the oxygenation of your blood.
- Eases inflammation and soothes arthritis pain.
- Protects the body from oxidative stress.
- Prevents kidney stones and protects the body from oxalates in coffee and tea.
- Alkalizes the body, helping to balance overly acidic dietary habits.
- Cures ulcers, IBS, Chron's disease and other digestive disorders.
- Reduces high blood pressure natural, by treating the cause, not just the symptoms.
- Nourishes the body with minerals, vitamins, enzymes and glyconutrients.
- Accelerates healing from physical burns and radiation burns.
- Replaces dozens of first aid products, makes bandages and antibacterialsprays obsolete.
- Halts colon cancer, heals the intestines and lubricates the digestive tract.
- Ends constipation.
- Stabilizes blood sugar and reduces triglycerides in diabetics.
- Prevents and treats candida infections.
- Protects the kidneys from disease.
- Functions as nature's own "sports drink" for electrolyte balance, making common sports drinks obsolete.
- Boosts cardiovascular performance and physical endurance.
- Speeds recovery from injury or physical exertion.
- Hydrates the skin, accelerates skin repair.