



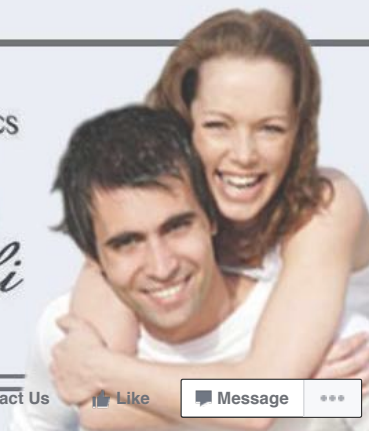
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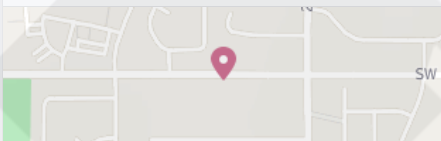
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Seasons by Dr. Yamaki

August 23, 2012 ·

Health Benefits of Aloe vera

* The Aloe vera plant relives burned skin caused by too much sun exposure. Try this Aloe vera benefit to treat sunburns naturally at home.

* Smooth and glowing skin can be achieved with the help of Aloe vera plant. Take advantage of this Aloe vera benefit by applying the aloe gel to your skin, including your face and neck.

* Healing properties of this plant make it very beneficial for any skin type or condition. Aloe vera plants are also helpful in curing inflammation. Aloe vera is gentle enough for people who have sensitive skin and can assist in treating acne blemishes and redness.

* Aloe vera provides oxygen to the cells which strengthen skin tissues and help to keep the it healthy, also used as a great moisturizer.

* Drinking Aloe vera juice on a regular basis replenishes your body naturally with essential amino acids and when taken regularly, supports both your digestion and immune system.

* The Aloe vera plant includes twelve natural substances that reduce inflammation without any side effects. Vitamins A, B1, B2, B6, B12, C and E, Folic Acid and Niacin. Drinking a daily dose of this juice can enhance your body's defense system against any kind of oxidative stress.

* Aloe vera plant provides anti-inflammatory properties which benefit joint and muscle mobility.

* Minerals found in the plant juice are copper, iron, sodium, calcium, zinc, potassium, chromium, magnesium, manganese. You can have a da of minerals just by drinking aloe vera juice.

* Aloe benefits also include relieving heartburn, arthritis, and lowering blood sugar levels.

* Aloe vera plant juice is also helpful for respiratory disorders. Aloe vera can help relieve those who frequently get colds, flues, bronchitis, herpes, stuffy noses.

* Aloe vera juice helps to strengthen gums and promotes strong, healthy teeth.

* Aloe vera plant juice is a wonderful tonic for the female reproductive system.

* Aloe vera plant gel used in shampoo can be used to treat dandruff as well as lice.

* Another benefit of Aloe Vera is a feeling of overall well-being, imparting energy and helps to build and maintain a healthy body weight.

Stop in today to try Aloe gel in the Raw and Aloe Gold beverage; these are a few of Univera's products that contain the highest grade of Aloe, processed to retain nutrient content and purity.

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