

# ALOE VERA

*“The Medicine Plant”*

## HUMBER NURSERIES “GREEN THUMB GUIDE”



### USES

Aloe Vera is one of over 200 species of Aloe, a succulent member of the Lily family. Commonly known as a medicinal plant, Aloe Vera has been used since ancient times as a remedy and beauty aid. By splitting open a leaf, peeling back the skin, and rubbing the gel on a burn, open wound, or skin irritation, many people have found comforting relief.

*Rashes, poison ivy, insect stings, psoriasis, acne and even some internal ailments are said to have been cured using the pulpy gel of this “miracle” plant.*



### HOW IT WORKS

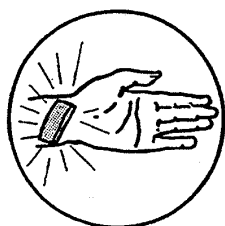
The chemical makeup of Aloe Vera is said to produce such things as antibiotics, astringents, a pain inhibitor and a stimulator which activates cell growth, speeding the healing process. Burns and wounds are even said to result in less scarring when treated with the Aloe Vera. Medical researchers are looking for ways to use the plant's properties in treating internal problems as well, such as digestive tract cancer and ulcers.

### A BEAUTIFUL ORNAMENTAL

Besides all the medicinal properties, Aloe Vera simply makes an attractive ornamental for your home or garden. The clusters of stiff, narrow leaves grow one to two feet long. Beautiful yellow, but rare, blooms form at the top of a tall stalk from the centre of the plant. Most plants do not bloom until the plant reaches maturity at 3 years of age.

### LIGHT AND LOCATION

Aloe Vera should be located in a West or South facing window providing bright light or full sun.



INSECT STINGS



SUNBURN RELIEF



HOUSEHOLD BURNS



SCRAPES &  
ABRASIONS



SORE THROAT

## THE ALOE VERA STORY

Aloe Vera is also known by many grateful laymen as the “Medicine Plant”, “Burn Plant”, “First Aid Plant” or “Miracle Plant”. Aloe resembles cactus in appearance, but is actually a perennial succulent belonging to the Lily family (*Liliaceae*).

The Aloe Vera could emerge as one of the loveliest and most beneficial plants ever discovered. It has been used extensively in many cultures because of the effective way it treats burns, heals wounds, and relieves aches and pains. Legends of long life and good health have accompanied Aloe throughout the world.

Aloe Vera has been rediscovered in recent years and owes its reemergence to its increased use in cosmetic, sunburn and sunscreen products. Much scientific research has been done on Aloe Vera in recent years and the inescapable conclusion is that Aloe works, although this comes as no surprise to those of us who have been using it for years.

### COMMON USES

**SUNBURN RELIEF** – Aloe Vera is an excellent first aid treatment for sunburns. For treatment of mild to fair sunburn, cover frequently with Aloe Vera juice from a spray bottle or cotton pad. Relieves pain and prevents blistering.

**BURNS AND SCALDS** - See above.

**HAIR AND SCALP CARE** – Aloe Vera juice can be used as a hair set or conditioner that improves hair sheen and manageability and helps scalp abrasions.

**SCRAPES AND ABRASIONS** – Treat the wound by spraying with Aloe Vera juice or tenderly applying split leaf.

**STINGS BY INSECTS** – When bitten by an insect, split a leaf immediately and lay over the area.

**DIGESTIVE PROBLEMS** – Many claim that Aloe Vera helps their digestive organs perk up and do the job they were designed to do. Taking one or two tablespoons, several times daily seems to act as a general tonic and mild regulator of the bowels.

**SORE THROAT** – Because Aloe Vera is not a medicine it is one gargle that can be swallowed. Taking little sips, while gargling, allows deeper penetration into the throat.

**POISON IVY** – Spray the affected area with Aloe Vera juice. Repeat frequently. Relieves the itching and spreading of poison ivy.

*NOTE: All of the above uses and treatments using Aloe Vera are reputed to work, but are not guaranteed. These suggestions constitute no guarantee of any sort.*

### DIRECTIONS FOR PLANT CARE

LIGHT	Place in a room where there is bright light Will tolerate full sun
FEEDING	In spring and summer fertilize monthly Do not fertilize in the fall and winter
WATER	In spring and summer allow soil to dry between waterings In fall and winter water sparingly, Keep your Aloe dry. Likes good drainage
TEMPERATURE	Ideal temperature – 65 – 77°F (19 – 25°C)

### DIRECTIONS FOR USE

1. Remove white bottom & tip



2. Slice off desired amount beginning at bottom of leaf.

3. Remove side edges.



4. Slip sharp knife just under the skin and peel off

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