

The Magic of Aloe Vera

The Magic of Aloe Vera – Health



Knowing more about Aloe Vera
Grow Aloe Vera in your garden
How to use the Aloe Vera leaf?

Aloe Vera In Ancient Medicine

Diabetes

Arthritis

Liver Tonic

Sprain remedy

Aloe Vera in Cooking

Traditional Pickle

Traditional Aloe Vera Curry

Aloe Vera as A Beauty Product

alphahydroxy acids

facial mask

How to make Rose water

Exfoliating Aloe Vera Facial Scrub

Herbal Shampoo with Aloe Vera

Face wash powder

PH balanced skin toner

As a child, growing up in wild woody jungles and in mountain regions, where one had to continuously fight against the encroachment of the wild woods trying to take over one's gardens, I noticed that some plants grew only in our gardens,

while others grew only in the woods.

One such garden plant was the Aloe Vera, which was a must on every gardener's gardening list. It was always grown in a sunny area, outside the kitchen, and watered once every four or five days, or when one remembered to water it. This green plant was not very attractive to someone who liked flowers around them in their strictly regimented and well disciplined borders and beds. But it was extremely attractive to all those who wanted to know all about the medicinal qualities of this bitter tasting mucilaginous succulent. Also, it did not need lots of fussing to grow. Once it was planted, it flourished as an everlasting perennial

Aloe Vera has been used for millenniums in ancient medicine recipes and remedies, down the ages and in different ancient civilizations. There was a time when it was supposed to grow over large areas in the wild in North Africa, Morocco and other regions around the Sahara desert region, which was once covered with green forests. But as the now desert area began to dry, this plant started dying out in the wild.

Every ancient civilization's medical teachers would tell their students, "Do not underestimate the power of the humble Aloe Vera, my son, because this plant under your kitchen window is going to keep you and your family healthy. Your children shall never suffer from any grave disease internally or externally, your wife shall remain everlastingly beautiful and you shall live a happy and prosperous life, as long as you know all about the benefits of this magical plant." No wonder, it was considered to be a wonder plant by ancient herbalists and medicine men.

Women knew all about its skin rejuvenating quantities millenniums ago, and I am sure that any ancient Egyptian queen would have told her tire woman – are you making up a skin beautifying remedy for me, with asses milk and spices and attar of roses? Add some Aloe Vera to it so that I may look like a goddess for mankind to worship." Cleopatra did that and so did Nefertiti.

This book is going to tell you all about the magic of aloe

Vera, its beneficial health and beauty properties, the use of Aloe Vera in ancient medicine, and also how you can use it in cooking.

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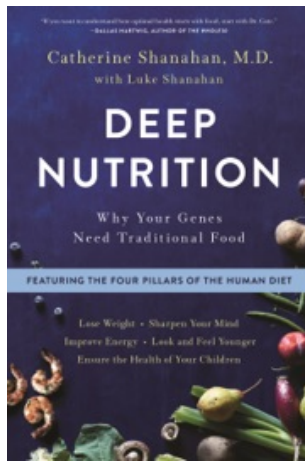
Best Tirupati Packages From Chennai

Balaji travels as pilgrim's likes on the [best tirupati package from Chennai](#).we shall organize the one day tirupati trip from chennai. ours services for your on the 24 hours will been have working , so you contact with my 7550017747 / 9944653334 ours aims was in safe and happy jouring in the pilgrims. Tirupati is a world famous pilgrim center. One of the pilgrimages in india is the tirupati venkateshwara temple. The most noted temple of south where people from all around Asian nation visit every year in tirupati. It's the noted temple of lord hindu deity. Where we are introduced to [chennai to tirupati packages](#) by balaji travel to take pilgrims. The number of pilgrims visiting the temple keeps growing year by year.

Balaji travels fulfills these two aspects in its own specialized manner and stands a role model of how a travel organization should be run, balaji travels is a excellent service for [one day package from chennai to tirupati](#). Padmavathi temple dedicate to goddess padmavathi or alamelumanga, the temple is situated in tiruchanur. There is a believe that the goddess lakshmi was born as alamelu to akasha king, he is the ruler of this region and weds venkateshwara of tirupati. Balaji travels one of the best travels operators among the field , our staff guide you until entire trip and also our driver guides you to tonsure, freshup and also for ear piercing etc,.. and we helps you to make darshan and also we arranging the car.

Deep Nutrition

**One of the Best Health and Wellness Books of 2017
– *Sports Illustrated***



If you are concerned on providing a better life for you and your family, this is an essential reading that can give you directions and motivation on making better, more informed choices and guide you to great results for you and the generations to come.

A self-published phenomenon examining the habits that kept our ancestors disease-free—now with a prescriptive plan for “The Human Diet” to help us all live long, vital, healthy lives.

Physician and biochemist Cate Shanahan, M.D. examined diets around the world known to help people live longer, healthier lives—diets like the Mediterranean, Okinawa, and “Blue Zone”—and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation. These four nutritional strategies—fresh food, fermented and sprouted foods, meat cooked on the bone, and organ meats—form the basis of what Dr. Cate calls “The Human Diet.”

Rooted in her experience as an elite athlete who used traditional foods to cure her own debilitating injuries, and combining her research with the latest discoveries in the field of epigenetics, Dr. Cate shows how all calories are not created equal; food is information that directs our cellular growth. Our family history does not determine our destiny: what you eat and how you live can alter your DNA in ways that affect your health and the health of your future children.

Deep Nutrition offers a prescriptive plan for how anyone can begin eating The Human Diet to:

- *Improve mood
- *Eliminate cravings and the need to snack
- *Boost fertility and have healthier children
- *Sharpen cognition and memory
- *Eliminate allergies and disease
- *Build stronger bones and joints
- *Get younger, smoother skin

Deep Nutrition cuts through today's culture of conflicting nutritional ideologies, showing how the habits of our ancestors can help us lead longer, healthier, more vital lives. [Equip yourself with this nutritional information](#)