DRINKS & SMOOTHIES

Raw Aloe Vera Juice: This Happens to Your Body when You Drink It

By bestfolkmedicine · 04/04/2019 · 1 min read



Did you know that aloe vera is not just amazing for topical application, but it can also be consumed internally and do wonders for your organs?

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Though raw aloe vera juice is a bit sour and it requires getting used to, it is definitely worth it. It is rich in vitamins B, C, and E, as well as folic acid which is a potent antioxidant and that can strengthen your

immunity.

If you still have doubts whether to add this juice to your daily diet or not, continue reading our article to learn its best health advantages.

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The Health Benefits of Aloe Vera Juice

- **It will help you balance the cholesterol and blood sugar so it is great for patients who are obese and those who suffer from diabetes**
- **Consuming aloe vera juice will boost your hair quality thanks to its abundance of nutrients like vitamins and enzymes**
- **Regular intake of aloe vera juice is great in relieving IBS symptoms**
- **Aloe vera juice is known to be a natural detoxifier so it will help eliminate toxins and chemicals from the body. This may be highly beneficial for problems like IBS, rosacea, and acne**

How to Consume Aloe Vera Juice?

If you are still not used to its rather unique taste, no worries- you can still reap its benefits. Combine 3 to 6 tbsp with your DIY fruit juice or a smoothie. As it is a potent laxative, make sure you go slowly- begin with 2 to 3 tbsp and gradually increase the amount to 6 tbsp.

Before heading out, do not forget to check out the video below and learn more about aloe vera juice and its amazing health properties:

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https://www.youtube.com/watch?v=08n0IcvJMpc

Sources:

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