PLANTS & HERBS

Aloe Vera: Best Health Benefits & How to Grow it at Home

By bestfolkmedicine · 05/05/2019 · 2 min read



Without doubt, aloe vera is one of the plants with the most amazing healing characteristics. Used for thousands of years through different continents, this plant does not stop surprising us.

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The translucent gel in it which is slightly bitter is 96 percent water, has 18 amino acids, and vitamins A, B, C, and E.

One of the pivotal elements in aloe vera gel is the complex carb known as acemannan. It gives the nutrients a chance to go into the cells, nourish them, and alleviate toxins.

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If you still have doubts about whether to start using it or not, continue reading the article. We will present the best health benefits it has to offer. You will be amazed…

The Best Health Benefits of Aloe Vera

- **Strengthens the immunity**
- **Fights off illnesses**
- **Abundant in antioxidants**
- **Has anti-aging effects**
- **Helps protect from radiation damage**
- **It lowers arthritis and injury inflammation**
- **Possesses anti-viral protection**
- **Betters the digestion**
- **Helps keep the skin healthy and youthful**
- **Maintains the moisture**
- **Encourages the production of collagen and elastin**
- **Boosts the skin's elasticity and removes wrinkles**
- **It can be of aid for people with eczema**
- **It can help you fight off acne**
- **Relieves rashes, allergic reactions, and bug bites**
- **Speeds up the healing of burns and sunburns**
- **Good for the oral health**
- **Fights off bad breath and gum illness**
- **Beneficial in averting periodontal disease**

How to Grow Your Own Aloe Vera

If you want to start using aloe vera gel, you need not buy it from health stores or pharmacies- you can also grow your own plant at home and extract the gel in its purest form. Plus, taking care of an aloe vera plant is not demanding and everyone can do it.

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Being a succulent, aloe vera is not just easy to grow, but to harvest and propagate too. You can grow a new plant by transplanting the pups of a mature plant or purchase it from flower or cacti shops.

It needs the same soil as most cacti do. You can purchase a cacti soil mix or make it on your own. You need to combine 5 parts potting soil, 2 parts pumice, and 1 part coir or sand. Put the mixture into a well-draining pot.

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Though it can be kept indoors, aloe vera can also thrive outdoors. During the warmer months, the dew will suffice for its water needs. But, avoid leaving it on the rain. In colder months, move the plant inside because very low temperatures can harm it. Water it less frequently during these months. Water it once the top three inches of the soil are dry.

When the plant reaches 5 years, its properties are the best. You can transplant them then. If you have a new plant, you can relocate it once after its third year of life. Remember to wait for 6 days or so before you water your planted aloe.

Sources:

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