

Aloe Vera



Uses	<p>Topical: Using the gel straight from the leaf, or as an ingredient in a salve or lotion for cuts, grazes, skin complaints like acne, dermatitis, psoriasis, bug bites and burns.</p> <p>Oral: Used for gut health, lowers blood sugar and blood pressure.</p>
Warnings	<p>The skin of the leaf is toxic. If a rash occurs during topical use, wash and discontinue use. Oral solutions can cause a variety of reactions and must be particularly avoided during pregnancy or by anyone allergic to onions or garlic.</p>
Soil	<p>Needs a well drained sandy, peat free potting soil with a neutral ph value.</p>
Sun	<p>Originates from warm climate areas and so requires alot of bright, indirect sunlight</p>
Temp.	<p>In temperate climates, Aloe is best grown indoors, or a greenhouse. Can be taken outdoors during summer months. Ideal temperatures are between 16 degrees celcius to 21 degrees celcius.</p>
Water	<p>To be watered sparingly, once soil is completely dried out in top 2 inches, water and leave until dry again.</p>
Care Tips	<p>This is a plant that takes very little care and attention. Ensure that the pot you put it into is heavy enough to withstand the weight of a top heavy plant like Aloe Vera.</p>
Pests	<p>Mealy bugs, spider mites and aphids are the most likely culprits. Using a mist spray with Neem Oil or Lavender are both excellent organic pest deterrents.</p>

Disease	<p>The only thing that really affects Aloe is root rot which can be avoided with excellent drainage and by watering sparingly.</p>
Propogate	<p>Aloe grows pups from its roots which can be pulled out and dried slightly to harden their root area which helps to avoid root rot when replanted.</p>
Harvest	<p>The leaves are best harvested in the morning for full moisture retention. Cut the leaves that are 6 inches or longer from the bottom, two inches from the stalk. Slice the leaf down the middle to scrape out the gel, taking great care not to carry any of the skin in the gel.</p>
Store	<p>The leaves can be frozen whole and thawed for use when required. Similarly, the gel can be frozen in ice cube trays on its own. The gel will last for a week in the refrigerator, this can be extended up to 2 months when mixed with either Vitamin C oil or Vitamin D oil.</p>
Science	<p>https://www.ncbi.nlm.nih.gov/books/NBK92765/ https://www.webmd.com/diet/supplement-guide-aloe-vera</p>