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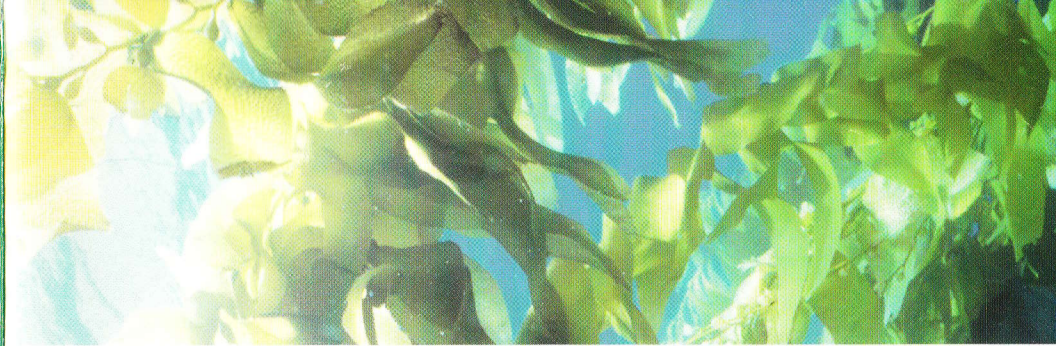
Getting Started with an Aloe Vera and Sea Plant Liquid Nutritional Supplement provides you with the essential step-by-step procedures for drinking aloe vera and sea plant supplement and applying it topically.

This booklet will help you:

- Decide how much aloe-sea plant supplement to take each day based on your body's needs.
- Evaluate your health improvement so that you can objectively measure how well the supplement is working for you.
- Become comfortable using a liquid nutritional supplement, as opposed to pills and capsules.
- Learn how to take aloe-sea plant supplement orally and apply it topically.
- Get the best and the most from every serving that you take.



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GETTING STARTED

with an Aloe Vera and Sea Plant
Liquid Nutritional Supplement



Isa Navarre

OUT OF PRINT

IMPORTANT NOTICE

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Published by Sound Concepts
15 E 400 S
Orem, Utah 84058
www.cornerstonetools.com
1-800-461-7090

PRINTED IN THE UNITED STATES OF AMERICA

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Introduction

Aloe Vera and Sea Plants Through the Ages

People around the world have been enjoying the medicinal benefits of aloe vera and sea plants for thousands of years. Let's take a look first at the history of aloe vera.

Aloe vera has been used by many ancient civilizations including those of Persia, Egypt, Greece, Italy, India, Africa, China and Asia Minor. Written references to aloe's medicinal value begin with the "Papyrus Ebers," an Egyptian document which was authored sometime around 1550 B.C., and the "Greek Herbal" written by the physician, Dioscorides, sometime between 41-68 A.D. By the end of the Second Century A.D., aloe had become an important part of Western pharmacopoeia and was also used throughout the Middle East.¹ It is uncertain whether aloe vera was native to the Caribbean Islands, South and Central America and the American Southwest. Or, whether it was brought there by Spanish missionaries who followed the Conquistadors and who always planted aloe around their settlements and carried it with them to aid the sick.² Today, aloe vera thrives in arid climates around the globe.

Sea plants have also been used for centuries not only as medicine but also for food. In the Western World, sea plants were common in the diets of the Vikings and the early Celtic monks. Sea plants were also used in ancient Scotland, Ireland, Wales, Western England, Iceland and the Faroe Islands northwest of Scotland. An adage from the Orkney Islands, northeast of Scotland, supports the use of sea plants, particularly dulse, as medicine: "He who eats of the Dulse of Guerdie and drinks of the wells of Kildingie will escape all maladies except the

Black Death.”³ In the Hebrides, stalks of sea plants were chewed to cleanse and strengthen the teeth. Ancient Greek physicians used seaweed for goiter, Romans bound it to the wounds and burns of soldiers and sailors, and the Irish used it for colds, chronic cough, bronchitis, croup and chest colds. In the East, sea plants have been most popular. At least 5000 years ago, the Chinese harvested sea plants for food, tea and medicine. Shen Nung, the “Father of Chinese Medicine,” prescribed sea plants, and Confucius praised their curative virtues.⁴ In modern times, sea plants continue to be used as food and medicine, particularly in countries of the Far East and the Pacific Islands including Japan, the Philippines, Korea, Vietnam, Burma, Malaysia, Thailand and Hawaii.⁵

Aloe Vera and Sea Plants In The Laboratory

The time-proven medicinal uses of aloe vera and sea plants have not gone unnoticed by scientists. Research on aloe vera began in 1934⁶ and continues to the present day. Hundreds of studies have been done on animals and humans, including control group, double-blind, in vitro and in vivo testing. According to Bill C. Coats, R.Ph., C.C.N. and Robert Ahola, authors of the book, *Aloe Vera The New Millennium*, “After decades of research, reporting and volumes of tests it [aloe vera] has come to be embraced by the scientific community with consistent, if cautious, praise for its proven effectiveness. What’s more, even the community of allopaths, the M.D.s previously skeptical of Aloe folklore and word-of-mouth, have come to recognize the healing plant’s benefits...”⁷

As for sea plants, formal research may have begun in 1945 when French scientists discovered that the fluid under the human skin has an affinity with seaweed.⁸ Since then, many studies have been done on the benefits of adding sea plants to the diet, particularly to that of animals and livestock, to enhance their health and vitality as well as increase their production capacity. Research on the medicinal aspects of sea plants tends to focus on the unique components of sea plants, such as carageenan, alginates, agar⁹, D-aspartic acid, fucans and fucoidans.¹⁰

How This Booklet Will Help You

Through the ages, aloe and sea plants have obviously helped a lot of people, and scientific research proves it. Yet, you may ask yourself, how can a nutritional supplement made of aloe vera and sea plants help *me*? How much would I need in order to improve my health? Surely, the same amount won’t work for everyone. Furthermore, if I decide to try it, then how should I take it? I’m familiar with taking pills and capsules, but what are the guidelines for drinking a *liquid* nutritional supplement?

The answers to these questions and more can be found in this booklet. This booklet will help you:

1. Decide how much aloe-sea plant supplement to take each day based on your body’s needs.
2. Evaluate your health improvement so that you can objectively measure how well the supplement is working for you.
3. Become comfortable using a liquid nutritional supplement, as opposed to pills and capsules.
4. Learn how to take aloe-sea plant supplement orally and apply it topically.
5. Get the best and the most from every serving that you take.

How do you get started? First, fill out the easy-to-do Health Evaluation Questionnaire in Chapter 1. Then turn to Chapter 2 to find your Health Index, which rates your present state of health. Over time, as your health improves by taking aloe-sea plant supplement, your Health Index will also improve. The Health Evaluation Questionnaire will also give you the information you need to complete your Serving Chart. By taking a few moments to fill out this chart, you will find out which procedure for drinking aloe-sea plant supplement may be best for you.

Step-by-step instructions for these procedures are given in Chapters 4, 5 and 6. You’ll learn how to take a First Serving, a Loading Serving, a Maintenance Serving, and how to increase your servings to address chronic and serious conditions. Complement your oral servings and get the most from aloe-sea plant supplement by using the topical applications discussed in Chapters 7, 8, 9 and 10.

More About This Booklet

Aloe vera contains over 21 key vitamins and minerals, all 22 amino acids and a potent complex of enzymes.¹¹ Sea plants are also a good source of vitamins and contain all essential minerals plus all the many trace-elements which are found in sea water. The correct combination of aloe vera and sea plants can provide all eight essential sugars. In addition, both aloe vera and sea plants contain a long list of “phytochemicals.” Phytochemicals are not yet classified as nutrients (substances necessary for sustaining life), but they are known to exhibit properties that aid in preventing disease.¹²

Throughout this book, I refer to these phytochemicals as “healing compounds.” In addition, for the sake of brevity, I have abbreviated aloe vera and refer to it simply as “aloe.” Hence, “aloe-sea plant supplement.”

Writing this booklet has allowed me to blend years of experience studying natural healing methods as a layperson with my personal experience with an aloe-sea plant supplement as well as feedback from others. This is a booklet of home remedies that may supplement, not replace, the treatments that your physician prescribes. These are guidelines meant to help you feel more comfortable and confident using an aloe-sea plant supplement every day. Feel free to modify the suggested methods and servings based on your individual needs.

Please begin this booklet with Chapter 1, and then continue reading chapter by chapter. Doing so will give you a good foundation for using an aloe-sea plant supplement and for guiding others toward a healthier lifestyle too.

Contact Information

When you are ready to try an aloe-sea plant supplement, please contact the person who gave you this booklet. They will be happy to answer any questions you may have. If they don't have the information you are looking for, they may be able to help you find it. At the very least, they can give you their firsthand personal experiences with aloe-sea plant supplement and tell you how to obtain some to try for yourself.

Contact Name

Email Address

Phone

Now, let's get Started on Your Journey to Greater Health!

Chapter 1

The Health Evaluation Questionnaire

I highly recommend completing the Health Evaluation Questionnaire as your first step with an aloe-sea plant supplement.

This two-minute questionnaire will:

1. Give you an objective view of your health.
2. Help you decide if you should add a nutritional supplement to your diet.
3. Give you the information you need in order to choose which procedure to start with when drinking the aloe-sea plant supplement.
4. Let you track your health progress over time.
5. Allow you to evaluate how well the aloe-sea plant supplement is helping you, so that you can adjust your serving if necessary to meet your body's changing needs.

Use the questionnaire as your personal testimony to the effects of the aloe-sea plant supplement. Keep it confidential or share it with your doctor and/or family, friends and associates.

Health Evaluation Questionnaire

Name

Date Body Weight

The primary condition/symptom that I want to address is:

Rate the following on a scale from 1 to 5 and circle your answer.

1 = No symptoms.

2 = Occasional symptoms or mild symptoms.

3 = Frequent symptoms or moderate symptoms.

4 = Daily symptoms that are tolerable.

5 = Daily symptoms that are limiting or very painful.

- | | | | | | |
|---|---|---|---|---|---|
| 1. My eyesight | 1 | 2 | 3 | 4 | 5 |
| 2. My hearing | 1 | 2 | 3 | 4 | 5 |
| 3. My mouth, gums and teeth | 1 | 2 | 3 | 4 | 5 |
| 4. My throat and neck | 1 | 2 | 3 | 4 | 5 |
| 5. My back and shoulders | 1 | 2 | 3 | 4 | 5 |
| 6. My arms and legs, including elbows and knees | 1 | 2 | 3 | 4 | 5 |
| 7. My hands and feet, including wrists and ankles | 1 | 2 | 3 | 4 | 5 |
| 8. My circulation | 1 | 2 | 3 | 4 | 5 |

- | | | | | | |
|---|---|---|---|---|---|
| 9. My heart and cardiovascular health | 1 | 2 | 3 | 4 | 5 |
| 10. My digestive tract, including stomach and colon | 1 | 2 | 3 | 4 | 5 |
| 11. My blood sugar level | 1 | 2 | 3 | 4 | 5 |
| 12. How I feel after I eat | 1 | 2 | 3 | 4 | 5 |
| 13. My bowel regularity | 1 | 2 | 3 | 4 | 5 |
| 14. My bladder and urinary tract | 1 | 2 | 3 | 4 | 5 |
| 15. My lungs and bronchial tubes | 1 | 2 | 3 | 4 | 5 |
| 16. Any allergies | 1 | 2 | 3 | 4 | 5 |
| 17. My skin | 1 | 2 | 3 | 4 | 5 |
| 18. How I feel when I wake up in the morning | 1 | 2 | 3 | 4 | 5 |
| 19. How I feel when I go to bed at night | 1 | 2 | 3 | 4 | 5 |
| 20. How often I have pain anywhere in my body | 1 | 2 | 3 | 4 | 5 |
| 21. How often I get headaches | 1 | 2 | 3 | 4 | 5 |
| 22. My reproductive organs | 1 | 2 | 3 | 4 | 5 |
| 23. My libido | 1 | 2 | 3 | 4 | 5 |
| 24. My menstrual cycles (women)
or My prostate (men) | 1 | 2 | 3 | 4 | 5 |
| 25. My emotional balance and self-control | 1 | 2 | 3 | 4 | 5 |
| 26. My memory and mental clarity | 1 | 2 | 3 | 4 | 5 |
| 27. Any feelings of depression | 1 | 2 | 3 | 4 | 5 |
| 28. My energy levels | 1 | 2 | 3 | 4 | 5 |
| 29. My stamina (my endurance or ability to withstand
illness, fatigue or stress) | 1 | 2 | 3 | 4 | 5 |
| 30. My immune system | 1 | 2 | 3 | 4 | 5 |

Your Aloe-Sea Plant Story

It is human nature to forget our symptoms, or how bad they were, once we start to feel better. Looking back at previous copies of this questionnaire will help you remember, so that you can better appreciate the differences in how you feel after taking an aloe-sea plant supplement.

Another effective way to remember how well the aloe-sea plant supplement is helping you is to write your own Aloe-Sea Plant Story. Everyone who has had any success with this supplement has a story to tell. Do not underestimate the importance of your story. It is something that you started to write the moment you heard about the aloe-sea plant supplement. You add a new chapter with each improvement in your health.

Your story is your legacy. It should inspire others when they hear it, and re-inspire you each time you tell it!

What to include in your story:

1. How you found out about the aloe-sea plant supplement.
2. How you took your first serving, what improvements you noticed immediately and what you began to notice over time.
3. How the aloe-sea plant supplement has helped you and your family.
4. The information on your Health Index Summary Sheet (page 18), and how it has given you objective evidence that aloe-sea plant supplement has indeed been helping to improve your health.

Chapter 2

Your Health Index and Serving Chart

Now that you have completed the Health Evaluation Questionnaire, you are ready to rate your health with a number that I call your “Health Index.” It is very rewarding to watch your Health Index number change as your health improves.

Your Health Index

Your Health Index is a numerical value that rates your current state of health based on your responses to the Health Evaluation Questionnaire. The lower your Health Index number, the healthier you probably are. The higher the number, the more support your body needs in order to heal.

As your health improves your index will get lower. According to the way the questionnaire was constructed, the lowest possible index number is 30 and the highest is 150. Because the range of possible index numbers is relatively narrow, even a small drop in points is significant.

If you calculate your index every month, you may notice that it may not constantly get lower even as your health continues to improve. Every now and then your index will stay the same or even rise. Don't despair. This does not mean that the aloe-sea plant supplement is not working for you anymore. Health improves in cycles and besides, sometimes your index will reflect acute symptoms such as an occasional flu or injury. However, a health index that rises over time can alert you to take better

care of yourself, increase your daily serving of the aloe-sea plant supplement, and to get the help of a physician if necessary.

How to Calculate Your Health Index

1. Refer to the Health Evaluation Questionnaire that you have just completed (pages 12-13).
2. Add up the numbers you have circled. Their sum is your Health Index.

My Health Index number is

Optional: List three symptoms, unique to your own state of health that you would like to keep track of. (If you plan to compare your Health Index with that of your friends and family, do not include these three optional numbers when calculating your Health Index. Then, everyone's Health Index will be based on the same thirty questions on pages 12-13.)

1. 1 2 3 4 5
2. 1 2 3 4 5
3. 1 2 3 4 5

The Health Index Summary Sheet

If you can measure your health, you can also measure how well your health is improving. Every month, monitor your health progress by completing another copy of the Health Evaluation Questionnaire. Compare the numbers you circled with those that you circled on previous questionnaires. Also compare your Health Index number. The Health Index

Summary Sheet on the following page will help you keep track of the changes in your Health Index over time.

Add to the chart each time you calculate a new Health Index number. Then compare any change in this number with the amount of aloe-sea plant supplement you have been taking that month. If you'd like, also complete a new Serving Chart (page 19) to find out which drinking procedure is best for you now. Experiment with different serving amounts and procedures to see how much your Health Index can improve!

ment #2 (page 41).

In any case, begin drinking the aloe-sea plant supplement according to the suggestions in the following chapter, “Your First Serving.”

Chapter 3

Your First Serving

This chapter gives suggestions for taking your first serving of aloe-sea plant supplement. It also shows you how to get the best and the most from every subsequent serving that you take.

How Much Should I take as my First Serving?

If you have completed the Health Evaluation Questionnaire, found your Health Index and filled in the Serving Chart, you have an idea which procedure for taking aloe-sea plant supplement would be best for you. Refer to the chapter that describes your chosen procedure. Your First Serving will be the serving amount suggested in that chapter.

Or, if you are simply tasting aloe-sea plant supplement that a friend has offered to you, a reasonable First Serving is about one ounce.

See also the guidelines for when to gradually introduce aloe-sea plant supplement to your diet, on page 24. If any of these guidelines apply to you, then you may want to start with only one teaspoonful.

How to Take a First Serving

Before you take your First Serving, be sure to complete the Health Evaluation Questionnaire (pages 12-13). This will help you track your health improvements.

Equivalents Helpful to Know
Four ounces = 1/2 of a cup
Two ounces = 1/4 of a cup
One ounce = 1/8 of a cup
Two tablespoonfuls = One ounce
Three teaspoonfuls = One tablespoonful

1. Gently shake the bottle of aloe-sea plant supplement. This will mix throughout the bottle the tiny bits of aloe and seaplant pulp that settle to the bottom. Do this every time you pour a serving.
2. Use a measuring cup to measure your serving of aloe-sea plant supplement. (A two-ounce serving is one-quarter of a cup.) Then pour it into a small drinking glass. Or, since this is your First Serving, why not celebrate this first step to better health and pour your serving into a special wine glass?
3. Take a very small sip and hold it under your tongue. Wait about ten seconds. Repeat this step several times.

Special cells under the tongue absorb nutrients directly into the bloodstream.¹³ You may be amazed how quickly your aloe-sea plant supplement seems to “disappear” after holding it under your tongue for only a few seconds. The more quickly your body absorbs the supplement, the more likely it is that your body needs it.

4. Finish your serving as described in Step 3, or simply drink the remainder.
5. Store your aloe-sea plant supplement in the refrigerator.

More About Your First Serving

How fast your body absorbs nutrients depends on two main factors. 1. What form the nutrients are in, for example pill verses liquid. Clearly, liquids deliver nutrients to your body far more efficiently than pills. 2. And, how the nutrients are introduced to the body. For example, you can drink or sip a liquid supplement or hold small amounts of it under your tongue.

When we drink aloe-sea plant supplement, its nutrients get absorbed by the gastro-intestinal tract. On the other hand, when we take aloe-sea plant supplement by holding small sips under the tongue, nutrients are absorbed by the blood vessels in the sublingual mucosa, which is the cellular lining underneath the tongue. These blood vessels allow substances to access the blood circulation more directly than via the digestive tract. Thus the gastric system and liver are avoided and problems in these organs cannot inhibit absorption. Sublingual absorption therefore benefits those who suffer from gastro-intestinal difficulties such as ulcers, hyperactive gut, celiac disease, as well as those with compromised digestion.¹⁴ It is also helpful for older adults because as we age, and especially after the age of 40, the absorption rate of our gastrointestinal tract lessens.¹⁵

Nutrients placed under the tongue can be absorbed rapidly and efficiently into the bloodstream, especially if there is a particular need for any of the aloe-sea plant supplement’s nutrients and healing compounds. It can seem as though after about ten seconds, the supplement you have been holding under your tongue mixes with saliva and dissipates significantly. This effect will become less dramatic over time, as you take aloe-sea plant supplement regularly and as a result, your body no longer has nutritional deficiencies to correct.

Because aloe-sea plant supplement is a whole food, it can be taken either on an empty stomach or with meals. However, taking it on an empty stomach may cause discomfort in those who have a stomach condition or any degree of stomach toxicity. It can also make your stomach feel queasy. If this occurs, overcome this feel-

ing simply by eating some food. You should also know that one can drink a serving following a meal to aid digestion and ease stomach upset and heartburn.

Some people experience a tingling sensation in their throats when they start drinking an aloe-sea plant supplement. This can discourage them from drinking it regularly. To avoid this, add the supplement to fruit juice or spring water. After drinking the supplement for awhile, your body should become accustomed to this sensation. Nevertheless, the best way to drink aloe-sea plant supplement is by taking sips and holding them under the tongue. This altogether avoids any discomfort.

Measure your servings of aloe-sea plant supplement with a one-cup glass measuring cup. Hold the cup at eye level to ensure an accurate amount. Then pour your serving into a small drinking glass. To make this process easier next time, mark the level of the supplement on the outside of the glass with a piece of masking tape or indelible marker. Use this same glass for future servings and you won't have to bother with a measuring cup again.

Before you drink your First Serving, take a minute to examine how you feel. Sense your level of energy, the degree of pain you might have, plus how badly other symptoms may be bothering you. A few minutes after you take your First Serving, reassess how you feel. Some people enjoy the beneficial effects of aloe-sea plant supplement almost right away, or else within a few days. Most people will notice a significant difference within a few weeks. And a few must continue to take aloe-sea plant supplement for a few months before they enjoy the results they are looking for.

After you have taken your First Serving of aloe-sea plant supplement, start drinking it regularly following one of the procedures in this booklet. Refer to your Serving Chart on page 19 to find out which of these procedures you should start with.

When to Gradually Introduce Aloe-Sea Plant Supplement to Your Diet

It is preferable to start with a small amount of aloe-sea plant supplement

and gradually increase this amount to your diet if you are concerned about:

- Heavy metal poisoning or severe toxicity. If you have this condition, you may be concerned that aloe-sea plant supplement could start detoxifying you too quickly, leaving you with an uncomfortable cleansing reaction.
- A weak or hypersensitive stomach. Introduce aloe-sea plant supplement gradually to give your body time to become accustomed to it. During this introduction period, also try drinking it with meals.
- General sensitivity to the effects of supplements. In this case, you should start any new supplement slowly and gradually.
- Diabetes. Research has shown that aloe contains a hypoglycemic agent which lowers the blood glucose by as yet unknown mechanisms.¹⁶ Diabetics may want to gradually introduce the aloe-sea plant supplement to their diet if they are taking insulin and are concerned that the supplement may reduce their blood sugar levels too quickly. However, they could start with a Maintenance Serving as long as they check their blood sugar level frequently. Diabetics should take a portion of their total daily serving before each meal.
- Taking aloe-sea plant supplement with prescription medications. Aloe has received the coveted GRAS qualification, which means it is "Generally Regarded as Safe" by the USDA and therefore fit for human consumption without excessive FDA restriction or government oversight. In fact, aloe has been found to interact with only a few drugs. Pharmacist and medical rep for Pfizer, Dr. Ahmed N. El Garhi, states that aloe supports the drug function of corticosteroids by enhancing their anti-inflammatory properties, and supports the function of glyburide, helping to improve blood sugar and lipid levels for diabetics.¹⁷ In addition, the Hill Physicians Medical Group, Inc., suggests that aloe enhances the therapeutic effect of both hypoglycemic agents, both oral and insulin. However, they also warn that aloe can increase potassium loss when taking antiarrhythmics, cardiac glycosides, corticosteroids and diuretics. They also state that because aloe has a drug binding effect, it may decrease the therapeutic effect of all drugs.¹⁸ If you or your doctor is concerned

how aloe-sea plant supplement may affect you, yet you both feel it is worthwhile to try as a nutritional supplement, start with one teaspoonful a day and do not take it at the same time as you take your medications. Your confidence and comfort taking aloe-sea plant supplement should increase if you start to feel better.

- Taking aloe-sea plant supplement when pregnant. According to the authors of “Aloe Myth-Magic Medicine,” the American Medical Association and the American Pharmaceutical Association warn that aloe can “cause intestinal gripping, cramping, and colic and can affect smooth muscles such as the uterus, making it a dangerous drink for a pregnant woman.”¹⁹ Several sources, however, specify that it is a certain kind of aloe that should be avoided, namely, “aloe latex,” which is a potent laxative.^{20 21 22} Aloe latex is made from specialized cells in the aloe leaf. The flesh contained inside the aloe leaf, often called the “filet,” does not have the reputation of being a strong laxative, though it can have a laxative effect in some people (see following paragraph). You should also know that seaweed is often recommended for pregnant women as a good source of important nutrients.²³ Eating seaweed regularly can enhance fertility and improve the health of a pregnant woman, “strengthening her digestive system, increasing her overall energy, and helping to prevent constipation, muscle cramps, backaches, anemias, hemorrhoids, and depression.”²⁴

- The laxative effect of aloe. If you have been researching aloe vera, no doubt you have read about its laxative effect. Sea plants, on the other hand, can cause constipation in some people. Combining the two into one supplement may counterbalance these effects. However, aloe-sea plant supplement may still cause intestinal cleansing to varying degrees depending on the individual. If your stool becomes uncomfortably loose after taking a First Serving (or even a second or third serving), try the procedure for gradually introducing aloe-sea plant supplement to your diet. This will give your body time to adjust to the effects of aloe-sea plant supplement, so that you can enjoy the benefits of larger servings. (See also “Cleansing Reactions” on page 31)

How to Gradually Introduce Aloe-Sea Plant Supplement to Your Diet

1. Start by taking one-half to one teaspoonful of aloe-sea plant supplement. Divide this amount into two servings or drink it all at once.
2. Every few days increase your daily serving by one-half teaspoonful or one teaspoonful. Continue to increase your daily serving until you have reached Maintenance levels. If you like, you could continue to increase your serving to the levels suggested in the Procedures for Health Improvement (page 37).

Chapter 4

The Loading Serving

If on your Health Evaluation Questionnaire you circled any 3's but no 4's or 5's, your health is beginning to show signs of trouble. Begin with a Loading Serving as follows. Then continue to take aloe-sea plant supplement by drinking a daily Maintenance Serving (page 33).

The Loading Serving can Help You:

- Relieve possible nutritional deficiencies that you may have, which would take much longer to alleviate with only a Maintenance Serving (page 33).
- Saturate your body with the nutrients and healing compounds in aloe and sea plants in order to maximize the benefits of a subsequent Maintenance Serving.
- Test how well the aloe-sea plant supplement will help you clear minor health conditions and reduce chronic symptoms.

How to Take the Loading Serving:

To do this procedure, take two ounces (1/4 cup) of aloe-sea plant supplement two or three times a day.

1. Measure two ounces of supplement and pour it into a drinking glass. Drink this all at once or sip as desired.

2. Take your second two-ounce serving at least four to six hours after your first.
3. If you want to or feel you need to, try a third two-ounce serving.
4. Follow the Loading Serving Procedure for about one week. Then take a daily Maintenance Serving.

More About the Loading Serving

The Loading Serving calls for a relatively large amount of aloe-sea plant supplement. Likely, you won't have time to consume the entire amount by holding one sip at a time under your tongue as described in the chapter on "Your First Serving." Ideally, hold at least a few sips of each serving under your tongue, then go ahead and drink the remainder.

Another way to get the best and the most from your aloe-sea plant supplement is to spread your servings as much as possible throughout the day. For example, instead of taking two ounces three times a day, take one ounce six times a day. This gives your body a more consistent supply of nutrients and healing compounds, plus plenty of time to assimilate them. Spreading your servings like this can be especially important if you are taking only four ounces per day as a Loading Serving. However, if your schedule allows taking only two servings a day, try taking one in the morning and one in the afternoon. Avoid an evening serving if taking nutritional supplements at that time keeps you awake at night.

In general, teenagers can take the amount suggested for adults. Children over age six could try half the suggested serving for adults (two ounces a day). Give them servings no larger than one tablespoonful (one-half ounce) at a time, and be aware of their bowel movements. If their stools become too loose, cut back their serving. A Loading Serving is not recommended for children under age six.

A Loading Serving allows you to alleviate any sub-clinical deficiencies that you may have in the nutrients and healing compounds provided by aloe and sea plants—before you start a Maintenance Serving. Such deficiencies can lead to a host of health complaints. Sometimes a defi-

ciency in a single nutrient can cause many symptoms and discomforts. The Loading Serving procedure may alleviate these symptoms or reduce them significantly.

After taking the Loading Serving for a few days, you may sense that taking six ounces or even four ounces a day is too much. This will be a subjective feeling but trust it. Cut back to two ounces on that day. The next day, try to resume the Loading regimen. However, your body may simply be trying to tell you that it has finished "loading," and that it is ready for the Maintenance Procedure.

Sometimes your body will tell you blatantly to cut back. Aloe vera is very good at cleansing the body and particularly the digestive tract. If you notice cleansing reactions (see following paragraph), or if your stools become loose and watery after you begin to take the aloe-sea plant supplement, cut back your Loading Serving until your bowels normalize.

Cleansing Reactions

When you start taking aloe-sea plant supplement, or if you ever increase your daily serving, watch out for signs of a cleansing reaction. Common cleansing reactions include: bad breath, increased body odor, sinus or chest congestion, emotional releases, fatigue, foul smelling urine, headaches, heavier than usual menstruation, intestinal gas or bloating, loose stools, sudden onset of joint pain (not due to injury), mucus discharge, skin rashes and swollen glands. Of course, these symptoms can also indicate other health conditions, which may need the attention of a physician. But if these symptoms begin suddenly and within a day or two after you start a Loading Serving or increase your daily serving, it is possible that they are indeed cleansing reactions.

If you get a cleansing reaction, don't stop taking the aloe-sea plant supplement altogether, as it can support your body through the cleansing process. If you feel you can comfortably live with these cleansing symptoms, continue with the servings you have been taking. If you feel you need to manage these symptoms more closely, try cutting your servings in half temporarily. In either case, increase the amount of purified water that you drink in order to help your body flush the toxins it is trying to release.

Chapter 5

The Maintenance Serving

This is the basic daily serving ideal for relatively healthy people.

When to Take a Maintenance Serving

If you circled only 1's and 2's on your Health Evaluation Questionnaire, you are probably in very good health. Begin with a Maintenance Serving.

If you circled any 3's but no 4's or 5's on the questionnaire, your health is beginning to show signs of trouble. Begin with the Loading Serving (page 29) and then follow with the Maintenance Serving.

If you have been following a Health Improvement Procedure (pages 37-43), and your condition is substantially improved, it may be time to reduce your servings to a maintenance level.

A Maintenance Serving can do the following for you:

- Improve your overall health, energy level and feeling of well being.
- Support your body's natural healing processes.
- Boost your immune system as a preventive measure against future illness.
- Provide a natural approach to health and healing, when conventional methods have not worked as well as you had expected.

- Provide your body with a multitude of nutrients that are not found in high-enough quantities in the average diet, including a wide range of vitamins, minerals, trace-minerals, essential sugars, amino acids, enzymes and healing compounds.

How Much Is a Maintenance Serving?

A Maintenance Serving for the average adult is one or two ounces of aloe-sea plant supplement per day. However if you circled some 2's on the Questionnaire, consider taking two or three ounces a day until your Health Index (page 15) improves.

In addition:

- Athletes may prefer to take an extra ounce or two each day.
- Overweight adults can take an extra ounce for every 50 pounds of excess weight.
- Adults who have large frames, but who are not necessarily overweight, may try one or two extra ounces per day.
- Teenagers weighing more than 100 pounds can take the same serving amount as adults.
- Healthy adults or teenagers who weigh less than 100 pounds may only need one ounce per day.
- Healthy children age 6 to 12 (who weigh approximately 50 to 100 pounds) may need only about one tablespoonful a day for health maintenance.
- Healthy children under age 6 may need only about one teaspoonful a day as dietary supplement. If your aloe-sea plant supplement contains honey, you may prefer to avoid giving it to children under one year of age. Doctors warn that some honey can contain a bacterium called *clostridium botulinum*, which can cause serious illness in infants whose digestive system is not yet developed enough to protect against it.²⁵

- If you have previously been following the Health Improvement Procedure #2, your Maintenance Serving may need to be three or four ounces daily in order to help maintain your new level of health.

How to Take the Maintenance Serving

1. Decide how much supplement you should take each day using the guidelines above.
2. Measure this amount and pour it into a glass.
3. Drink half the serving and save the rest for later. Cover the glass with plastic wrap and store it in the refrigerator. Or, simply leave it on the kitchen counter. Since your second daily serving is already pre-poured, it is easier to remember and more convenient to take it. All you have to do is open the refrigerator, take out the pre-measured serving and drink.
4. Drink the second half of your Maintenance Serving about four to six hours later.

More About the Maintenance Serving

It is better to divide your daily Maintenance Serving in half so that you take some twice a day instead of all at one time. Spreading your servings allows your body to assimilate the nutrients and healing compounds in aloe-sea plant supplement more efficiently. I suggest pouring the entire serving in the morning and drinking only half, in order to make it easier to remember and more convenient to take the second serving later that day.

In general, it does not matter whether or not you drink a Maintenance Serving on an empty stomach. If you want to lose weight, try drinking a portion of your daily serving before each meal. Some people find that this reduces their appetite. As you provide your body with the nutrients it needs, your cravings for food may also decrease. Since those who

take a Maintenance Serving are relatively healthy, they can drink aloe-sea plant supplement as they desire: all at once or sipping it slowly, or mixing it with beverages or adding it to recipes.

Aloe-sea plant supplement provides a wealth of nutritional support. If you continue to take other nutritional supplements, take them at the same time as you take aloe-sea plant supplement. This can increase the effective assimilation of those nutrients into your system by as much as three to four times the normal rate of absorption.²⁶

It is not always necessary to measure an exact Maintenance Serving each day. After awhile, you will develop a style for drinking aloe-sea plant supplement. Some people do measure the exact amount that they want to take. Others pour into a glass an amount that seems “about right.” And some just drink a few gulps a day straight from the bottle! However there is wisdom in measuring your servings accurately so you know exactly how much aloe-sea plant supplement you are taking. This will help you stay within your budget and allow you to plan your next order of supplement.

A Maintenance Serving should supply nutrients and healing compounds to meet your body’s daily needs. When you are stressed or ill, these needs will increase. Double or triple your Maintenance Serving on these occasions.

Chapter 6

Procedures for Health Improvement

This chapter offers two procedures for health improvement using aloe-sea plant supplement. If you circled any 4’s or 5’s on your Health Evaluation Questionnaire, start with one of these procedures. Refer to your Serving Chart (page 19) to help you decide which of these procedures is most appropriate for you.

When to Try These Procedures for Health Improvement

Your aloe-sea plant supplement contains an impressive range of nutrients and healing compounds. Research on aloe vera²⁷ shows that aloe can be beneficial against inflammation, infection, pain and a broad spectrum of immune system diseases.

Sea plants, like aloe, serve as a rich source of natural vitamins, minerals and trace minerals. And also like aloe, they have a growing body of research into their healthful benefits.

**See charts on the following pages for specific conditions that have been treated with aloe vera and sea plants.*

Aloe has been used effectively to treat the following²⁶:

- Angina pectoris
- Anxiety
- Athletic injuries
- Autoimmune diseases
- Bronchial asthma
- Candidiasis
- Cancer
- Chronic fatigue syndrome
- Colitis
- Constipation
- Depression
- Diabetes
- Fibromyalgia
- Headache
- Heart conditions
- Heartburn
- High cholesterol
- HIV
- High blood pressure
- Indigestion
- Infection
- Insomnia
- Lupus erythematosus
- Multiple Sclerosis
- Prostatitis
- Rheumatoid arthritis
- Scleroderma
- Stress
- Tension
- Tuberculosis
- Tumors
- Ulcers
- Urinary tract infections
- Vaginitis
- Viral diseases
- Yeast infection

Healing compounds found in sea plants appear to do the following²⁷:

- Control allergies
- Correct anemia
- Act as an anti-inflammatory agent
- Exhibit anti-microbial, anti-fungal, and anti-viral effects
- Inhibit blood clotting and stabilize blood sugar levels
- Kill various human cancer cells
- Lower cholesterol and decrease high blood pressure
- Reduce the number of free radicals in the body
- Control gastroesophageal reflux disease (heartburn)
- Enhance immunity and promote healthy skin
- Improve and support liver function
- Help prevent neurological problems
- Have an anti-obesity effect
- Stimulate the production of red blood cells
- Reduce stomach acidity and relieve stomach disorders
- Help prevent arthritis, anemia, osteoporosis, and other inflammatory diseases
- Slows down and kills the human T cell lymphotropic virus (believed responsible for leukemia and other deadly diseases)
- Provide nutrients that stimulate the immune system, help prevent cardiovascular disease and maintain healthy nerve cells and improve overall strength and physical performance

The Procedure for Health Improvement #1

Try this procedure if you circled one or more 4's but no 5's on your Health Evaluation Questionnaire.

How to do the Procedure for Health Improvement #1:

1. Take three to five ounces of aloe-sea plant supplement a day. Spread the ounces throughout the day as much as possible.
2. After a month, re-calculate your Health Index and fill in another Serving Chart. If your numbers have improved, you may be ready to lower your daily serving. If so, lower your serving gradually by about one ounce every month until you reach a Maintenance level (page 33). If your symptoms return, start this procedure again with Step 1.

More About the Procedure for Health Improvement #1

When you are taking aloe-sea plant supplement for a particular health concern, it is best to take it on an empty stomach at least fifteen minutes before a meal and at least thirty minutes after one. In contrast, when you are taking it simply as a nutritional supplement for daily health maintenance, it is okay to drink it with food. If your health concerns involve stomach upset or indigestion, try drinking a serving of supplement immediately before or after meals.

It is better to spread your servings throughout the day as much as possible. Doing so gives your body a steady supply of aloe and sea plant healing compounds. One way to accomplish this is to pour your daily serving into a drinking glass and sip it all day long.

The most effective way to get the most and the best from aloe-sea plant supplement is to hold each sip you take under your tongue until it dissipates. This maximizes the absorption of the supplement's nutrients and healing compounds. When following the Procedure for Health Improvement #1, be sure to take a few sips under your tongue each time you take a serving of aloe-sea plant supplement. Then simply drink the rest of the serving.

It can be hard to know exactly how much aloe-sea plant supplement your body needs for maximum healing support. For chronic, long-standing conditions you could start with a smaller daily serving, for example, three ounces a day, and increase by one ounce each month until your symptoms are under control. You may want to take aloe-sea plant supplement for the rest of your life, so don't feel as though you have to hurry into finding your ideal daily serving from the start. Another factor in deciding how much to take is the fact that aloe is an effective laxative. The authors of the "Encyclopedia of Natural Medicine" suggest using aloe at levels just below those which can produce a laxative effect.³⁰

Make an investment in your health and plan your budget to include enough aloe-sea plant supplement for three months. This is a fair amount of time to test the effectiveness of any health supplement. After three months, again calculate your Health Index. Compare it with your previous results.

The Procedure for Health Improvement #2

Procedure #2 offers a more aggressive approach. Try it if you circled any 5's on your Health Evaluation Questionnaire or if you feel your condition is relatively severe.

How to do the Procedure for Health Improvement #2:

1. Take five to eight ounces of aloe-sea plant supplement a day. The more serious you consider your condition, the higher your daily serving should be. Divide your daily serving into one-ounce servings and spread them throughout the day. Be sure to sip each serving as much as possible, by holding each sip under your tongue.
2. After a month, complete another copy of the Health Evaluation Questionnaire and calculate a new Health Index. If your Health Index number has improved, reduce your daily serving by one ounce.
3. As your symptoms improve, continue to reduce your daily serving by another ounce every month until you reach a daily serving of three or four ounces. You may need to stay at this daily serving

for many months to help maintain your new level of health. If your symptoms start to return, repeat Procedure #2.

More About the Procedure for Health Improvement #2

Procedure #2 requires more aloe-sea plant supplement per day than Procedure #1. However, you could start more conservatively with Procedure #1. After a month, retake the Health Evaluation Questionnaire. If your Health Index has not improved, you owe it to yourself to try Procedure #2.

For acute conditions that are short-lived and often severe, don't hesitate to take a relatively large amount of aloe-sea plant supplement to help you through the immediate trauma, injury or illness. Once your acute symptoms abate, you can return to a much lower daily serving. High servings of as much as one liter a day can also be appropriate for flare-ups of chronic conditions such as active bleeding of an ulcer,³¹ or during bouts of viral diseases.³² Fortunately, high servings of aloe have not been found to be toxic despite every toxicology test to which it has been submitted. Even when mega servings were administered to test animals, they were unharmed and often their health improved.³³

Because the daily serving of aloe-sea plant supplement suggested in Procedure #2 is relatively large, it can be very time-consuming to drink the entire serving by holding each sip one at a time under your tongue. However, if you have a condition that is serious enough to warrant Procedure #2, it is important to your health that you take the time to do this as much as possible. One way to make sipping easier is to pour your entire daily serving into a drinking glass, thermos bottle or other plastic container. Keep it with you and sip it throughout the day.

Another method, which has many positive side benefits for your health, is called the "Anti-Stress Procedure." This procedure provides the ideal environment for sipping aloe-sea plant supplement. It can be particularly helpful for relaxing during stressful times. It can also open your body to healing energy and make it more receptive to positive changes.

How to Follow the Anti-Stress Procedure:

Find ten minutes in your daily schedule when you can routinely take a serving of aloe-sea plant supplement using this procedure. Ideally, it should be at the same time every day and at a time when the house is quiet and you can be alone.

1. Pour a serving of aloe-sea plant supplement into a drinking glass.
2. Find a comfortable place to sit and bring your glass of supplement with you.
3. Close your eyes, relax and take three long, deep breaths. Let your worries slip away on each exhale. Breathe in new life and vitality on each inhale. Try to visualize stress and tension leaving your body when you exhale and youthful energy entering your body on the inhale.
4. Open your eyes and take a sip of aloe-sea plant supplement. Hold the sip under your tongue and repeat Step 3. Meanwhile, nurture a feeling of sincere appreciation for your body, for your health and for the circumstances that led you to new steps towards greater health. Try to give attention to each part of your body and feel grateful for it. If certain parts are not working as they should, send them healing energy by feeling love and appreciation for them. This technique can be magnified if you also touch or gently massage these areas as you give them attention.
5. Repeat Step 4 until your serving is finished.

Ideally, follow this procedure at least once a day. If you do not have time to follow all the steps in this procedure, at the very least, take a deep breath while holding a sip under your tongue. Do this with as many sips as you can. At the same time, practice feeling gratitude with each sip that you take.

Breathing deeply before taking a healthful supplement, such as aloe-sea plant supplement, opens pathways for nutrients and healing compounds to reach more cells and more deeply into the cells than with regular breathing. The extra oxygen brought into the body may also enhance the effects of that supplement.

Chapter 7

The Aloe-Sea Plant Rash Plaster

Aloe is probably the best known household remedy for burns and wounds. It can also be used for rashes and dermatitis as its anti-inflammatory action can alleviate redness, swelling and itching. Aloe is believed to enhance the process of wound healing by influencing phases such as inflammation, fibroplasias, collagen synthesis and maturation, and wound contraction.³⁴ Certain healing compounds in aloe also provide antiseptic and pain-relieving effects. Its antiseptic properties are useful against mold, bacteria, fungus and viruses, which are common causes of skin problems.

Sea plants also contain skin strengthening, rejuvenating and anti-aging properties.³⁵ Like aloe, seaplant extracts are often found in cosmetics and skin care products.

The Rash Plaster is intended for skin conditions, and can be used to cover a relatively large portion of the body.

How to Make a Rash Plaster

1. Select a plaster cloth that will cover the area you want to treat. You may use cheesecloth, an unfolded sterile gauze pad, a piece of an old T-shirt or a paper towel. You may need several cloths to cover a large area. A plaster cloth should be relatively thin, so don't fold it.
2. Gently shake a bottle of aloe-sea plant supplement, open it and

Try the Rash Plaster for any type of skin condition including the following:

- Abrasions
- Allergic skin reactions
- Burns: thermal, chemical, friction and radiation
- Chicken pox and other viral rashes
- Dermatitis
- Eczema
- Hives
- Poison Ivy
- Poison oak
- Prickly heat
- Psoriasis
- Rashes
- Skin ulcers
- Sunburn
- Wind burn

pour some into a bowl. If your plaster cloth is bigger than four inches square, pour the supplement onto a dinner plate. This will make it easier to distribute the liquid evenly throughout the plaster cloth. The amount of aloe-sea plant supplement you will need depends on the size of the plaster cloth you are using. Start with one teaspoonful and add more if needed.

3. Add an equal amount of water. Mix the aloe-sea plant supplement and water together.

Optional: Use boiling water to warm the supplement, so that the Rash Plaster won't feel so cold when you place it on the skin.

4. Press the plaster cloth into the liquid.

5. Hold the cloth over the bowl and squeeze the cloth gently to allow any excess liquid to drip off. The cloth should be very wet, but not dripping.

How to Apply a Rash Plaster:

1. Lay the wet plaster cloth over the affected skin to cover it. The plaster will feel cold at first, but should soon warm up with body heat.
2. Press the plaster cloth onto the skin and mold it around the contours of your body.
3. Apply additional plaster cloths as needed to completely cover the affected area.
4. Leave the plaster cloth in place until it dries.

More About the Rash Plaster:

The Rash Plaster can cover a relatively large area of the body. Apply smaller plaster cloths side by side as necessary.

Apply the Rash Plaster as often as needed. In cases of contagious rashes, such as poison ivy, you may leave the Rash Plaster in place even when it dries out. This may prevent the rash from spreading. However, keeping it wet may control itching.

A wet plaster cloth will cling to the skin; perhaps just enough that you won't need to secure it in order to move about. If you do need to secure it, try wrapping a gauze bandage or first aid tape around the plaster cloth and the area of your body it is placed upon.

When making a Rash Plaster, I suggest diluting aloe-sea plant supplement with water. There are two reasons for this. Foremost, some people may find that undiluted aloe-sea plant supplement will redden sensitive skin. Add even more water if you need to. Second, it is simply more economical, especially when you are using several plaster cloths to cover a large area of the body.

Drinking aloe-sea plant supplement enhances the effects of topical applications. Therefore, drink your daily servings during a topical treatment or immediately before it. Topical applications of aloe-sea plant supplement can be used in conjunction with any of the drinking procedures in this booklet.

Chapter 8

The Aloe-Sea Plant Poultice

Topical applications of an aloe-sea plant supplement are versatile. They can be used not only for skin conditions, but also to help the body heal, repair and detoxify organs and other tissue inside the body.

The skin is the largest organ of the body. Its primary functions are to protect the body and to release toxins. But the skin can also absorb substances that are applied topically. It absorbs them in order to nourish itself to ensure normal function, as well as to make these substances available to the body. Common pharmaceutical applications of this process include nicotine patches, birth control patches and morphine patches for pain relief. Nutrients and healing compounds also penetrate the skin and are absorbed into the systemic circulation. They pass through the epidermal and dermal layers of the skin via hair follicles, sebaceous glands and interstitial spaces, which are the gaps between skin cells. Some substances are effective carrying agents which, when combined with active ingredients, enable these ingredients to even better penetrate the skin's surface.³⁶

Such is the case of aloe vera. Aloe contains a substance called "lignin," which has a special ability to penetrate human skin, carrying along with it the nutrients and healing compounds of aloe as well any other substance combined with it.³⁷ Aloe is one of the most tissue-penetrating healants known today. Its penetrating property is particularly significant in the healing process, especially in the treatment of wounds, hematoma, injuries and areas not easily penetrated by normal topical medication.³⁸

The nature of a poultice also provides a way for nutrients and healing

Use a Poultice for Conditions such as:

- Athletic injuries
- Carpal tunnel syndrome
- Injuries and conditions of the bones and joints
- Painful areas
- Organ conditions
- Sprains
- Swelling and inflammation
- To accelerate healing in areas where surgery has occurred
- Tumors
- Ulcers of the skin
- Wounds

compounds to reach inside the body, specifically to the site of application. The extra volume of aloe-sea plant supplement in a poultice creates an environment whereby the poultice's healing compounds are more likely to penetrate the skin. Whereas the thinner Rash Plaster tends to treat only the surface of the skin. This principle is apparently true of all liquids with natural healing abilities: a thick pad enables greater penetration than a thin one.

The Aloe-sea plant Poultice consists of a thick poultice pad that has been saturated with a relatively generous amount of aloe-sea plant supplement. The Aloe-sea plant Poultice is therefore an ideal application for internal conditions plus more serious skin conditions.

How to Make and Apply a Poultice

1. Select material for making a poultice pad. You could use cotton cloth, cheesecloth, gauze pad or even a paper towel. Fold the material into a square 4" wide and a few layers thick.
2. Pour a tablespoonful of aloe-sea plant supplement into a bowl.

3. Place the poultice pad on the aloe-sea plant supplement and gently press down on the pad to help it soak up all the liquid.

4. Center the wet pad over the treatment area. The poultice will feel cold.

5. *Optional:* Cover the poultice with plastic wrap and then with an old hand-towel. The plastic wrap and the towel will protect your clothing from being stained by any aloe-sea plant supplement that may leak out. The plastic also keeps the poultice moist and retains body heat. You could also cover the poultice with a towel that has been soaked in very hot water and then rung out. This will keep the poultice warm and may even enhance the absorption of some nutrients and healing compounds.

6. After thirty minutes, turn the poultice over to obtain the benefits of nutrients and healing compounds on the other side of the poultice pad.

7. If you want to move around while wearing the poultice, secure the poultice to your body. Use whatever materials works best for the area of the body that is wearing the poultice. For example, try using gauze bandage, first-aid tape, an ace bandage, a towel or a bandanna. Be sure not to tie the poultice on too tightly.

More About the Aloe-Sea Plant Poultice

How wet your poultice will be depends on how thick your poultice pad is and how much aloe-sea plant supplement you use. Ideally, the pad should be very wet but not dripping wet. A poultice that is too dry will not as readily yield its healing compounds to the body. If you find your poultice pad is too dry, add a bit more aloe-sea plant supplement.

An aloe-sea plant poultice may redden your skin as circulation to the area is increased. If this occurs and is uncomfortable, try diluting the aloe-sea plant supplement with a little water the next time you prepare the poultice. Or keep the poultice in place for a shorter period of time. Poultices should be worn for at least an hour, or overnight if you find that sleeping with the poultice is more convenient. Apply the poultice once or twice a day (or each night before bed) until the condition improves.

Aloe-sea plant supplement will stain some fabrics, so be careful to protect your clothing.

If a cold treatment is indicated, such as for sprains and certain injuries, wrap an ice pack in a thin towel and place it over the poultice.

When heat is indicated for a condition, place a hot pack over the poultice. Heat will encourage nutrients and healing compounds to penetrate the body as quickly and as deeply as possible. It will also increase circulation to the area, so check the treatment area frequently. Skin reactions such as a rash or pimples are more likely to occur if you apply a hot pack. These are toxins being released through the skin. Drink more purified water to help flush the toxins through the kidneys instead.

A poultice will feel cold when you first put it on your body. If you think this will be uncomfortable, you can warm the aloe-sea plant supplement first. There are several ways to do this. Before you do Step 2, pour boiling water into a glass bowl. Wait a few seconds for the glass to get hot, and then pour out the water. Proceed with Step 2 and pour the aloe-sea plant supplement into this hot glass bowl. You could also pour the aloe-sea plant supplement into a plastic baggie, and then hold it under hot water until the supplement warms. Then, instead of Steps 2 and 3, insert the poultice pad inside the baggie to absorb the liquid.

When you are finished with the poultice, remove it and throw it in the trash. However, if your poultice pad was made of cotton cloth, you can wash it for reuse.

Drinking aloe-sea plant supplement enhances the effects of topical applications. Therefore, drink your daily servings during a topical treatment or immediately before it. Topical applications of aloe-sea plant supplement can be used in conjunction with any of the drinking procedures in this booklet.

Chapter 9

The Mini-Poultice

This is an ideal topical treatment for small areas.

How to Make and Apply a Mini-Poultice

1. Tear off a one-half inch round piece of a cotton ball. Shape the piece of cotton so that it is somewhat flat and round. If the target area is a relatively large abscess, bruise or wound, for example, you may need to use a whole cotton ball. Also use a whole cotton ball if the target area is painful. This way, a greater volume of aloe-sea plant supplement will be available to the area.
2. Pour about one-half teaspoonful of aloe-sea plant supplement into a small bowl.
3. Dip the cotton into the supplement to wet half of it.
4. Place the wet side of the cotton over the target area.
5. The surface tension of the wet cotton may be enough to keep the cotton attached to your skin if you move around only a little. If the target area is underneath clothing, or if you are particularly active, secure the cotton with first-aid tape or with an adhesive bandage. Reapply the Mini-Poultice as often as necessary. Frequent applications can be particularly helpful, especially at first. Daily applications will be needed for long-standing conditions. In this case, try applying the Mini-Poultice each night before bed and removing it in the morning.

Use a Mini-Poultice for Conditions such as:

- Abscesses
- Athlete's foot
- Blisters and bruises
- Boils
- Cracked nipples
- Fungal infections
- Herpes lesions
- Infected pierced earring holes
- Insect and spider bites
- Irritated moles
- Puncture wounds
- Ringworm
- Single pimples or acne
- Small bruises and other wounds
- Small cuts
- Small scars
- Small ulcers
- Warts

More About the Mini-Poultice

Sometimes you may need to apply a mini-poultice in an emergency situation, for example, for a child who has run home with a bug bite or other small wound that is not serious enough to call for outside medical assistance. In this case, you have no time to measure aloe-sea plant supplement or find a cotton ball.

1. Grab a paper towel or paper napkin. Fold it in half.
2. Get the aloe-sea plant supplement bottle from the refrigerator. Give it a shake and open it.
3. Place the center of the paper towel over the opening of the bottle and hold it there securely.
4. Turn the bottle upside down for a few seconds. This will produce

a circle of aloe-sea plant supplement on the paper towel.

5. Apply the wet side of this impromptu mini-poultice directly over the area to be treated. Hold the mini-poultice in place.

6. When the wounded person has calmed down, go find a cotton ball and make a proper Mini-Poultice as described above. Cotton balls can hold more aloe-sea plant supplement than a paper towel, and can therefore provide an area with more healing compounds.

Chapter 10

Easy Skin Conditioner

For conditions that require ongoing, daily treatment, here is an easy way to apply aloe-sea plant supplement regularly.

How to Apply the Easy Skin Conditioner

1. Pour your regular daily serving of aloe-sea plant supplement. Drink all but a few drops.
2. Pour this leftover amount into the palm of your hand.
3. Spread the supplement over the skin you want to treat and allow it to soak in.

More About the Easy Aloe-Sea Plant Skin Conditioner

The Easy Aloe-Sea Plant Skin Conditioner technique is worth mentioning because it is so very easy to do and because its effects can be so beneficial for the skin. If you are drinking two or three servings of aloe-sea plant supplement a day, you would be supplying a problem area with healing compounds that many times. Consistent treatment is more likely to produce the results you are looking for. As a matter of course, I like to put the last drops of my aloe-sea plant servings on the backs of my hands

Try the Easy Skin Conditioner for the following:

- Daily skin-care maintenance
- Rashes
- Reducing itchiness
- Counter-acting the effects of aging
- Skin conditions of any kind
- Liver spots
- Sunburn and windburn

or under my chin to help keep the skin there healthy and youthful.

Endnotes

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