



ALOE

THE HEALING PLANT



Aloe, the healing plant

Aloe plants belong to the Liliaceae family and originate from Africa.

Since its origins, Aloe was considered a **therapeutic remedy** thanks to its healing, soothing, moisturizing, anti-inflammatory and antihistaminic properties.



Therapeutic **properties** of Aloe are numerous and act on the whole human organism, that is:

- They improve the immunologic system.
- They provide an antiseptic, antibiotic and detoxifying action in gastro-enteric diseases.
- They control the cholesterol-triglycerides and glucose levels, also normalizing blood pressure.
- They improve the general tone of the cardio-circulatory system.
- They improve the quality of skin, nails and hair.

The most effective use was introduced by **Father Zago**, a Brazilian Franciscan monk, who borrowed from the Brazilian culture an ancient recipe composed of Aloe leaves mixed with honey and distillate.

The constant assumption of this juice brings great beneficial effects to the human body, preventing many diseases and even reducing the side effects of debilitating treatments as chemotherapy.



From the original recipe, Dester Gardens created two variations of the juice: one alcohol free, thought for those people with hepatic impairments, people who can't assume alcohol, children or animals and the other with half the amount of honey, suitable for those who are on a diet.

The Aloe juice can be easily prepared even at home, you only need an Aloe arborescens plant at least 4/5 years old which leaves must be mixed with the honey and distillate.



BODY CARE our Aloe cosmetic line



Aloe is also an excellent ingredient for **cosmetic products**, thanks to its moisturizing, anti-inflammatory and antiredness properties.

In this regard, we introduced our own cosmetic line for skin, lips and hair care.

All of our products are based on our organic Aloe gel.

For 20 years, Dester Gardens has been the major producer of Aloe vera and arborescens plants in Italy.

The collaboration with the Università del Sacro Cuore of Piacenza started in 2009 and goes on with new projects of research to deepen the scientific knowledge about this plant.

Since May 2010, further studies have been assigned to a medicinal plants expert of the Mendel University of Brno.

OUR RESEARCHES

Research results about bio-active molecules in *Aloe barbadensis* (vera) and *Aloe arborescens* plants, performed from the Agricultural and Environmental Chemistry Institute – Università del Sacro Cuore of Piacenza (ITALY) and from the Mendel University of Brno (CZECH REPUBLIC).



BIO-ACTIVITY

The main bio-active substances present in Aloe plants are:


- **Essential amino acids**
- **Mineral salts**
- **Antraquinones (Aloin and Aloe-emodin)**
with antioxidant, antitumoral and laxative properties.
- **Polysaccharides (Sugars and Soluble fibres)**
that stimulate the Immune System, reduce the intensity of gastro-enteric inflammatory process, provide cicatricial, antidiabetic and antioxidant activity and prevent cellular damage caused by ionizing radiations.


These molecules act in **synergy**, providing numerous therapeutic and pharmacological effects.

PLANTS ANALYSYS


 The content of active ingredients depends on several factors:

The LEAF PORTION and its POSITION on the plant


 By testing several leaf sections and different leaves of the same plant, researchers found that more than the 90% of Aloin is concentrated in the green part on the surface of the leaf, while the Polysaccharides are only found in the inner, jelly portion.

 The young leaves have up to 20% more Aloin than the old ones and the basal leaves contain almost 50% less Polysaccharides than the apical ones. For the same reason, side branches of *Aloe arborescens* have more Aloin than the main ones.

Difference between Aloe SPECIES

 The results of our researches, prove that *arborescens* species have 30% more Aloin than *vera* species, which have 50% higher content in Polysaccharides. The reason is in the proportion between the leaf surface and the jelly part of it: *Aloe arborescens* has smaller leaves and a higher amount of skin, while *Aloe vera*'s leaves are fatter and more juicy.

The AGE of the plants

 Plants of different ages were tested and the results proved that 3 years old plants already contain a significant amount of bioactive molecules.

OUR ALOE JUICES

Our Aloe Juice is made according to Father Romano Zago's ancient recipe that is entirely composed of fresh, organic ingredients mixed with organic Aloe leaves. The Juice is stored in a glass jar and put inside a metal can, to prevent it from light oxidation.



If correctly stored, the stability of the product, once opened, is granted up to 60 days both on a microbiological and on a biochemical level.

RECIPE

Remove the thorns from 350 g of Aloe leaves and clean the surface with a moist cloth. Chop the leaves to peaces, put them in a mixer with 500 g of honey and 6 spoons of distillate and whip them up. The juice must be kept in the refrigerator and kept away from light and oxygen exposure.

AVERAGE DOSE

Take a tablespoon 20-30 minutes before the main meals (breakfast, lunch and dinner), shaking well the jar before drinking. Once you begin the treatment, it's very important to assume the whole content of the jar.

There are two variations of the basic recipe:

ALCOHOL FREE juice, suitable for people with hepatic impairment or intolerance, for children and for animals.

A "lighter" juice, also suitable for diabetics, made with 250 g of HONEY, instead of 500 g.

ALCOOL
FREE

250 g
HONEY

EXTERNAL USE

There are several applications for the Aloe vera's fresh gel. Slice the leaf deeply with a knife and collect the juice: you can apply it locally for an immediate beneficial effect against burns, stings or dermatitis.

ALOE HISTORY

Aloe vera and Aloe arborescens have a long association with herbal medicine, we find that the healing use of Aloe plants appears throughout history; early records of Aloe vera use come from the Egyptians: in their culture, Aloe was the "Plant of Immortality", both on a symbolic way (at the entrance of the pyramids, Aloe plants showed Pharaohs the right way to the next world) and on a practical one (Aloe juice was indispensable for the mummification process).

Aloe plants originates from Africa and spread in America after Columbus expeditions; he used to say "Four vegetables are indispensable for the well being of man: Wheat, the Grape, the Olive and Aloe. The first nourishes him, the second raises his spirit, the third brings him harmony, and the fourth cures him".

These species are still widely used in the traditional herbal medicine in China, Japan, Russia, South Africa, The United States, Jamaica, Latin America and India.

ALOE CULTIVATION

Aloe plants are easy to be grown.

From November to March, they are best kept indoors from a minimum temperature of 8°C. From April, these succulent plants can live outside, in a half-shadow position.

The use of cacti and succulent mixed soil is recommended, as it assures good drainage.

Potted plants should be allowed to completely dry prior to re-watering.



DESTER
G A R D E N S

Garden location:

Crociale di Manerba - Manerba del Garda (BS)

Tel. 0365.651056 - Fax 0365.651812

www.gardendester.it

E-mail: info@gardendester.it

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