



Always Helpful Veterinary Services

Education for both ends of the lead!

The Benefits of Aloe Vera

Aloe Vera has been praised for centuries for the treatment of a multitude of ailments, and used as a daily supplement to promote good health in both humans and their animals. Aloe Vera can be beneficial when used both topically and internally.

The Egyptians referred to it as the “plant of immortality” and in Russia it’s known as the “elixir of youth.”

The gel like pulp inside the leaves of the Aloe Vera is soothing, cooling and anti-inflammatory, and offers healing support for most skin irritations when used topically.



The remarkable healing qualities accelerates the process of cell renewal and prevents further infections.

- **Insect/flea bites**
- **Minor burns/sun burns**
- **Rashes/eczema**
- **Lick granulomas**
- **Hot spots**
- **Poison Ivy**
- **Minor cuts/abrasions**
- **Surgical or old scars**
- **Abscesses**
- **Ulcers**

Aloe Vera products can be sprayed on your animals coat and massaged into the skin, to be used as a natural defense against mosquitoes, fleas, and ticks, and also creates a shiny, revitalized look.

- Some animals may have allergic reactions to aloe. Monitor for possible side effects including reddening of the skin or rash. If side effects occur discontinue use and consult with your veterinarian.
- **Warning: unprocessed and fresh aloe can cause severe diarrhea if given internally.**

Aloe Vera is naturally high in amino acids such as calcium, folate, iron, magnesium, chromium, phosphorous, selenium, beta carotene, potassium and zinc, and also vitamins A, C and E. When taken internally properly processed Aloe Vera juice can aid in the treatment and prevention of:

- **Digestive irritation**
- **Irritable bowel**
- **Intestinal worms**
- **Intestinal fungi**
- **Constipation**
- **Respiratory problems**
- **Joint mobility/arthritis**
- **High cholesterol**
- **Kidney, bladder, and urinary tract infections**
- **Low energy**
- **Poor appetite**
- **Tartar control**
- **Allergies**
- **Dull skin and coat**

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Soothes symptoms associated with inflammation, and maintains healthy intestinal bacteria.

Studies have shown that Aloe Vera can stimulate immunity and inhibit the growth of viruses. The Acemannan presence in Aloe Vera is a polysaccharide that has been identified as being an immune stimulant which can help with allergies, skin infections, and other diseases that suppress the immune system. Compounds found in Aloe Vera are also able to activate the white blood cells necessary to fight against the growth of cancer cells.

Introduce Aloe Vera juice to your animals gradually, until they become accustomed to the taste, which can be slightly bitter and astringent (especially if not using the recommended brand.) Aloe Vera is a natural laxative and may cause diarrhea in some animals, especially if given too much, too soon.

General maintenance dosage:

- 1 teaspoon of recommended Aloe Vera gel or juice product per 10 pounds of body weight daily.



Serious illness dosage:

- Increase the dosage up to 1 tablespoon per 10 pounds of body weight daily.

The recommended brand of Aloe Vera is **George's Always Active® Aloe Vera, which contains %100 Aloe Vera and it's:**

- **Made from fractionally distilled liquid from Aloe Vera leaves**
- **Has no unpleasant taste**
- **Is bitter free**
- **Has no preservatives**
- **Has no additives**

Link to purchase the 32 oz. liquid for internal use:

<http://www.vitacost.com/georges-always-active-aloe-vera-32-fl-oz#>

Link to purchase the 4 oz. gel for external use:

<http://www.vitacost.com/lily-of-the-desert-aloe-vera-gelly-soothing-moisturizer-4-oz>

Please contact Always Helpful Veterinary Services and Dr. Shoemaker for professional recommendations on the use of Aloe Vera for your animals.

Resources:

Aloe Medical Group International; <http://aloe-medical-group.com/tiere.html?&L=2>

Your Old Dog; <http://www.youolddog.com/10666/aloe-for-dogs/>

Aloe Vera for Dogs by dogherbalremedies.com; <https://www.smartlivingnetwork.com/dog-breeds/b/aloe-vera-for-dogs/>