



# **Aloe Vera: The Green Golden Magic: The Wonder that Aloe Vera is in Ayurveda**

*Anand Gupta*

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## **Aloe Vera: The Green Golden Magic: The Wonder that Aloe Vera is in Ayurveda** Anand Gupta

Since man first learned that plants were nature's medicine, Aloe Vera has been celebrated as an almost miraculous plant – and with good reason. Useful for many applications, Aloe Vera has found a home in Ayurveda Medicine, one that treats this amazing herb with the respect and reverence that it truly deserves. Ayurveda Medicine is a practice that strives to find balance between the whole person, physically, mentally and spiritually. This engrossing guide sheds light on this ancient plant, revealing not only its extensive history, but its many uses in Ayurveda Practices, including: • Gastrointestinal issues • Female Reproductive Systems • Skin Problems, including acne and rashes • Respiratory Complications • The Immune System • Diabetes • Arthritis • High Cholesterol • And much, much more. With over 240 varieties of plant and well over 100 uses, Aloe Vera is rightfully known as the Plant of Immortality. Let this guide show you the hows and whys of this spectacular, even miraculous herb and teach you how “The Green Golden Magic” can help you.

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