

### *About Aloe*

The first clinical use of penicillin in the United States occurred with the survivors of the Coconut Grove fire in 1942. Burn victims are notoriously prone to severe *Staphylococcus aureus* infections, and before the early sulfa drugs and penicillin, allopathic physicians knew little about how to prevent them. Aloe and honey are perhaps the two most powerful substances that can be applied externally to speed wound healing and prevent infections in burn victims. One especially important attribute possessed by both substances is that they are liquid. They keep burn tissue moist, soothe the damaged tissues, and restore lost body fluids (a problem for burn victims) directly through the skin. At the same time they are potent anti-inflammatories and antibacterials. It is nearly impossible for a staph infection to get started when either substance is used on burned skin. Clinical practitioners who regularly use aloe report excellent results when it is used on skin wounds of any degree of severity and from any source.

### *Preparation and Dosage*

Aloe is very simple to prepare. Just slice or break open the leaves of the fresh plant and apply liberally to any wound or burn until well covered. Use as often as needed for burns of any degree of severity (keeping the burn moist), staph infections of the skin of any degree of severity, and herpes sores.

### *Side Effects and Contraindications*

**External Use:** none.

**Internal Use:** hemorrhoids (produces irritation and heat around anus when taken internally), pregnancy (stimulates smooth muscle contractions), active gastrointestinal tract inflammation.

### A Note on the Use of Aloe

The dried plant was historically used for constipation in Western medical practice. It is almost never used this way now; the plant is strongly active, with potential unpleasant side effects from internal use, and there are easier alternatives. For burns and infected wounds, aloe and honey are both powerful choices. Several research studies have noted that the fresh aloe juice alone is active; activity declines with time and with any change in color of the juice. The dried plant, with the juice extracted, has been found to be inert against staph bacteria.