

How You Can Benefit from Drinking Aloe Vera Juice



By Christina Sarich | [Natural Society](#)

You likely already know that aloe vera is a wonderful [home remedy for burns](#), cuts, and bruises, but did you know that *drinking* the juice of the aloe vera plant offers some amazing healing benefits as well?

To start, aloe vera [aids in digestive health](#) by **balancing stomach acids**, thereby helping your body to absorb the nutrients you consume. It also has laxative qualities, so if you ever have trouble with constipation, drinking a little juice from the aloe plant will help to get things moving again. What's more, aloe juice contains an anti-inflammatory glycoprotein called alprogen, which is responsible for healing internal wounds which hinder digestion.

This amazing plant also **offers support for those who suffer from diabetes** by naturally supporting insulin levels. In [a](#)

[well-known study](#) involving a group of 3,167 diabetics who supplemented their existing treatments with a natural remedy containing aloe gel and Psyllium seed husks, 94% of these patients experienced normalizing fasting blood glucose levels within two months.

Drinking aloe vera juice will also **enhances your immune system overall – helping to protect you against all forms of illness.** Some nutritionists recommend drinking aloe juice because it contains an enzyme called bradykinase, which helps the body to [rid itself of harmful waste products](#).

It also contains carrisyn, which stimulates the production of white blood cells to offer your body protection against disease-causing organisms. Carrisyn also has antifungal and antibacterial properties, which are important to your immunity system's defense activities.

Finally, aloe vera juice can help to ease joint and muscle pain since it is a strong anti-inflammatory plant. [Aloesin present in aloe vera](#) has anti-inflammatory, antioxidant, and free-radical scavenging properties which can help those with arthritis and other diseases that cause joint pain.

The [health benefits of aloe vera](#) are truly far-reaching, and you can even [grow it yourself!](#)