



Apple Cider Vinegar and Aloe Vera Juice

Apple cider vinegar is a type of vinegar made from apple cider that has undergone fermentation to form health-promoting probiotics and enzymes, giving it significantly less sugar and fewer calories than apple cider or apple juice. In fact, it only takes one to two tablespoons of ACV to take advantage of the health benefits of apple cider vinegar and each tablespoon clocks in at just 3–5 calories and contains minimal sugar.

ACV has been consumed for thousands of years. In fact, records show that we've been fermenting apple juice into vinegar since well before 5,000 B.C.

Historically, ACV has been used for a variety of different purposes, such as helping to detoxify the liver, purifying blood, cleansing the lymph nodes and boosting immunity. In ancient Greece, Hippocrates even prescribed it mixed with a bit of honey to help cure coughs and colds.

In the 17th century, Europeans began using vinegar medicinally. They started preparing it in syrups and antiseptics and even used it as a gargle to kill off germs.

Today, ACV has re-entered the spotlight and is beginning to gain some well-deserved recognition for its potent health-promoting properties. Not only can it be used as a natural remedy to treat a variety of ailments, but it can also be added to salad dressings and marinades or used as an effective all-natural household cleaner and disinfectant.

Despite its recent surge in popularity, the extensive list of apple cider vinegar benefits has been well-known for centuries. It's been shown to keep blood sugar in check, amp up weight loss, and even improve the appearance of acne and scarring, among other apple cider vinegar benefits.

But is apple cider vinegar good for you? And what is Bragg's apple cider vinegar good for? Apple cider vinegar (ACV) uses range from soothing sunburns to giving your gut health a boost. Some even suggest that ACV cures cold symptoms and seasonal allergies as well as acid reflux.

With at least 30 potential uses and a host of proven health benefits, this is a must-have item in your medicine cabinet.



There are many health benefits of apple cider vinegar, also known as ACV, including keeping your blood sugar in check, amping up weight loss, soothing skin issues, and helping keep your gut and your heart healthy. It contains a wide range of vitamins, minerals, and amino acids¹ that help this liquid do so many things.

ACV has relatively low acidity compared to other types of vinegar, at around 5% acetic acid. Unlike other kinds of vinegar like red wine and balsamic, apple cider vinegar is made from apple cider that has been fermented with a bacteria that produces health-promoting probiotics and enzymes. The apples themselves have been shown to have very strong antioxidant activity thanks to their quercetin, catechin, phloridzin and chlorogenic acid content.

Benefits

ACV has TONS of benefits as a home remedy, from killing bugs such as fleas to helping soothe a poison ivy rash to preventing infections. It's one of the best natural cleaning products because of its acidity, anti-stain action, and ability to prevent streaks on windows and mirrors. It's also been used as a food preservative.

Thanks to its healing properties, Hippocrates, the father of medicine, used vinegar to clean wounds over two thousand years ago. It's traditionally been pressed into service for treating nail fungus, lice, warts, ear infections, and gut issues. Here's why it's so beneficial.

Antimicrobial Activity: With so many people suffering from the bloating, brain fog, and discomfort of gut issues such as *Candida overgrowth*, natural antimicrobials are becoming more popular. Vinegar has antimicrobial effects on bacteria and yeasts such as *E. coli*, *S. aureus*, and *Candida albicans*, and restricts their growth.³ What's more, ACV has been shown to break down bacterial biofilms, which are glue-like substances that bacteria use to stick to surfaces in your body. In a study on *Streptococcus pyogenes* and ACV, this vinegar helped eradicate the bacteria's biofilm.



Acid reflux can cause heartburn, bloating, burping, nausea, weight loss, the sensation that food is stuck in your throat, and other symptoms.⁵ In some cases, it's thought to be caused by low stomach acid levels. Drinking diluted ACV can provide some relief from these symptoms.

Blood Sugar and Insulin Sensitivity: There's growing evidence about apple cider vinegar and diabetes. Blood sugar control is important for diabetics and those with reduced insulin sensitivity, which can lead to higher blood sugar levels. ACV has been shown to help with both of these issues. A small study showed that ACV can increase insulin sensitivity in type 2 diabetes patients and reduce blood sugar and insulin level fluctuations.

What about apple cider vinegar for weight loss? ACV may be a great ally if you're interested in reducing body fat and increasing your feeling of satiety.⁷ In a clinical trial, participants who drank 30 ml of ACV daily for 12 weeks and maintained a restricted-calorie diet were slimmer and had a reduced appetite score over those who only reduced their calories.⁸ A study on 175 people with obesity also showed that ACV consumption resulted in reduced belly fat, as well as weight loss.

Cholesterol Levels and Cardiovascular Benefits Adding ACV to your diet could help your cardiovascular health. Several studies show that the acetic acid in apple cider vinegar can help with high blood fat levels, high cholesterol, and high blood pressure by supporting your liver, which is responsible for making cholesterol. It's also thought that ACV's ability to lower your blood sugar levels is the key between apple cider vinegar and blood-pressure-lowering benefits.

In a small trial on polycystic ovarian syndrome (PCOS), women with the condition were given 15 grams of ACV for around 100 days. More than half of those women had ovulatory menstruation (menstruation that followed the release of an egg from the ovaries) within just 40 days, suggesting ACV may help restore ovulatory function.

Varicose veins can be painful and distressing. Simple, natural treatments for varicose veins can help reduce their symptoms. A study on the topical use of ACV showed that it reduced symptoms of



varicose veins such as pain, cramps, itching and the visual characteristics of the veins when compared to the control.

Looking for natural treatments for acne? ACV's antibacterial effects can help, on the inside as well as on the outside. ACV can also be used topically. A bacteria called Propionibacterium acnes that contributes to the development of a form of acne dies when exposed to ACV thanks to its acetic, citric, lactic and succinic acid content. It may also help prevent acne-related scarring.

Poison ivy rash is the most common allergic reaction in the United States. Around 85 percent of those who touch the plant develop a rash, causing severe itching, redness, blisters, and swelling. ACV is thought to dry up urushiol, the sticky oil that poison ivy secretes, although no study has been completed.

ACV Pitfalls to Avoid

There are some side effects of taking too much ACV, so be careful not to:

- Drink more than 2 tablespoons per day, or you may experience nausea
- Damage your tooth enamel. Always drink ACV diluted, and rinse your mouth afterward, or drink it through a straw.
- Burn your skin by applying it undiluted to your skin and not washing it after 10 minutes.
- Combine ACV with medications that lower your potassium levels, such as laxatives, diuretics, Albuterol, and Sudafed.

ACV is a great-tasting, economical, and healthy ingredient and all-purpose tool you can use for so many things from cleaning your home to symptom relief of ailments from acne to varicose veins to gut issues. Adding ACV to your diet is a great way to boost your health. You'll be delighted with the flavor and your body will thank you too.



Apple Cider Vinegar Benefits also include

1. Regulates Blood Sugar Levels

The ability of ACV to help maintain normal blood sugar is one of the most well-studied apple cider vinegar benefits.

In one study, vinegar consumption decreased blood sugar levels by an average of 31 percent after eating white bread. Similarly, an animal study showed that giving diabetic rats ACV for four weeks was found to significantly reduce blood sugar levels.

ACV may also increase insulin sensitivity. Insulin is the hormone responsible for transporting sugar from the blood to the tissues where it can be used as fuel. Sustaining high levels of insulin can cause resistance, which reduces its effectiveness and leads to high blood sugar and diabetes.

A study in *Diabetes Care* showed that vinegar ingestion helped significantly improve insulin sensitivity by up to 34 percent in those with either type 2 diabetes or insulin resistance.

2. Enhances Weight Loss

ACV has been in the limelight recently with fitness gurus and natural health experts alike recommending an apple cider vinegar diet to help drop unwanted pounds quickly. But is apple cider vinegar good for weight loss? And how much weight can you lose by drinking apple cider vinegar?

There is a plethora of research out there confirming the benefits of apple cider vinegar for weight loss. In one study, consuming just two tablespoons per day of ACV over 12 weeks resulted in nearly 4 pounds of weight loss with no other modifications to diet or lifestyle.

However, just because apple cider vinegar benefits weight loss doesn't mean that it should be used as a quick fix all on its own. In fact, if just drinking it alone, the amount of ACV weight loss will be minimal. To really see results, be sure to use it in combination with a healthy diet and active lifestyle.



3. Lowers Cholesterol

Cholesterol is a fat-like substance that can build up in the arteries, causing them to narrow and harden. High blood cholesterol puts a strain on your heart, forcing it to work harder to push blood throughout the body.

Apple cider vinegar can promote heart health by helping to keep cholesterol levels low. An animal study out of Iran showed that supplementing rats with ACV was able to lower bad LDL cholesterol while also increasing beneficial HDL.

4. Improves Skin Health

ACV doesn't just affect your internal health; it has also been shown to treat acne and reduce scarring. Certain strains of bacteria often contribute to the development of acne. Vinegar is well-known for its antibacterial properties and has been shown to be effective against many strains of harmful bacteria.

ACV also contains specific components like acetic acid, lactic acid and others, all of which have been shown to inhibit the growth of *Propionibacterium acnes*, the specific strain of bacteria responsible for causing acne.

These beneficial components may also reduce scarring. A study in the *Journal of Cosmetic Dermatology* showed that treating acne scars with lactic acid for three months led to improvements in the texture, pigmentation and appearance of treated skin as well as a lightening of scars.

5. Reduces Blood Pressure

High blood pressure is a major risk factor for heart disease. It forces the heart to work harder, causing the heart muscle to weaken and deteriorate over time.

Apple cider vinegar benefits your blood pressure levels, helping to keep your heart healthy and strong. An animal study in Japan showed that giving rats acetic acid, the main component in vinegar, resulted in reduced levels of blood pressure. Another animal study had similar findings, demonstrating that vinegar effectively blocked the actions of a specific enzyme that raises blood pressure.



6. Relieves Symptoms of Acid Reflux

Gastroesophageal reflux disease, also known as GERD or acid reflux, is a condition characterized by acid backflow from the stomach up into the esophagus, causing symptoms like heartburn, belching and nausea.

Acid reflux is often a result of having low levels of stomach acid. If this is the case for you, drinking apple cider vinegar may help provide relief from symptoms by introducing more acid into the digestive tract to prevent acid backflow.

What Is Apple Cider Vinegar Good For?

Now that you know how healthy ACV is for you, what are the best ways to use apple cider vinegar? Check out these 30 apple cider vinegar uses so you can take advantage of apple cider vinegar benefits:

1. Boosts Gut Health

By opting for organic raw apple cider vinegar, you can add a healthy dose of beneficial bacteria into your diet. This bacteria can enhance the health of your digestive system and deliver a host of added gut health like increased immunity and an improved ability to digest and absorb nutrients. Incorporate one to two tablespoons into your diet per day along with other fermented foods.

2. Soothes Sunburns

If you've spent a little too much time in the sun, ACV is a great natural remedy for soothing dry, sunburnt skin. Add a cup of ACV plus 1/4 cup coconut oil and some lavender essential oil to a lukewarm bath and soak to provide relief

3. Regulates Blood Sugar

Apple cider vinegar benefits your blood sugar levels and can even increase insulin sensitivity. Try making an apple cider vinegar drink by diluting one to two tablespoons in an 8-ounce cup of water and consuming before meals to keep blood sugar levels steady.



4. Fights Fungus

Fungal infections like athlete's foot, toenail fungus, jock itch or yeast infections can be easily treated with the help of ACV. Creating an antifungal spray is one of the most effective apple cider vinegar uses. Combined with other fungus-fighting ingredients, it can reduce symptoms and provide relief fast.

5. Improves Skin Health

Apple cider vinegar benefits for skin include treating acne and reducing scarring. Known for its antibacterial and healing properties, apple cider vinegar benefits skin health by killing off strains of acne-causing bacteria.

6. Enhances Circulation

Some studies have found that applying ACV to varicose veins could help reduce symptoms.

7. Treats Warts

Try soaking a cotton ball in ACV, applying directly to the wart and covering with a bandage overnight. Though it may take a while, repeating this a few times can cause the wart to eventually fall right off.

8. Heals Poison Ivy

ACV is a natural remedy that can help soothe poison ivy rash. This is because it contains potassium, which may help reduce the swelling associated with poison ivy. Try applying a teaspoon directly to the skin a few times per day until it is healed.

9. Kills Bugs and Fleas

If your dog or cat can't stop scratching themselves, ditch the chemical-laden flea killers and try this natural remedy instead. Add equal parts water and apple cider vinegar to a spray bottle and apply to the fur once per day until fleas are gone..



10. Wards off Seasonal Allergies

Many people use apple cider vinegar as a natural remedy for allergies. The healthy bacteria found in ACV may promote immunity and support healthy lymphatic drainage to kick seasonal sniffles and allergies to the curb. Try to drink two tablespoons diluted in water next time your allergies are acting up.

11. Acts as a Natural Deodorant

The armpits are a great breeding spot for bacteria, which can lead to a worsening of body odor. ACV possesses powerful antibacterial properties and makes an excellent natural deodorant. One of the simplest apple cider vinegar uses is to dab a bit on your fingers and apply under your arms to help neutralize odor and keep you smelling fresh.

12. Keeps Hair Shiny

For dull or dry hair, try using apple cider vinegar for hair.

13. Amps Up Weight Loss

ACV can boost satiety and kill cravings to kickstart weight loss. There are plenty of options for how to drink apple cider vinegar, but one of the easiest options is to make an apple cider vinegar weight loss drink by adding a dose of ACV to your favorite smoothie or tea

14. Reduces Acid Reflux and Heartburn

Many people experience acid reflux as a result of low levels of stomach acids. ACV can help increase levels of stomach acid to prevent backflow into the esophagus and reduce symptoms of heartburn. It works best to drink apple cider vinegar right before meals. Dilute a tablespoon or two of ACV in one 8-ounce cup of water and drink up to fight off acid reflux.



15. Balances Your pH

Although acetic acid, the primary component in ACV, is acidic, it has an alkalizing effect on the body. A few tablespoons of apple cider vinegar per day can keep your pH levels balanced to help optimize health.

16. Acts as a Household Cleaner

Mixing equal parts ACV with water to make an all-natural household cleaner is one of the easiest and most effective apple cider vinegar uses. Thanks to its antibacterial properties, it's perfect for killing off germs and keeping the house spotless.

17. Whitens Teeth

ACV can even brighten up your smile and natural teeth whitener For best results, try brushing with a bit of ACV, rinsing your mouth out. Keep in mind that overdoing it can actually erode your enamel, so use a moderate amount and avoid overdoing it.

18. Relieves Cold Symptoms

If you feel a case of the sniffles coming on, a few tablespoons of ACV may be a useful colds to relieve symptoms fast. This is because apple cider vinegar contains beneficial bacteria that can help give your immune system a quick boost, especially when you're feeling under the weather.

19. Lowers Blood Pressure

Acetic acid, the main component in ACV, has been shown to reduce blood pressure levels and help improve heart health. For best results, dilute a tablespoon of apple cider vinegar in an 8-ounce cup of water and consume three times daily to help drop blood pressure.

20. Aids in Detoxification

ACV can help balance your pH, encourage lymphatic drainage and enhance circulation, making it a great tool when it comes to detoxification. The typical apple cider vinegar dosage is one to two tablespoons mixed with water a few times per day,



21. Soothes Sore Throat

When you're feeling under the weather with a scratchy sore throat, you may want to consider reaching for the apple cider vinegar. With its potent antibacterial properties, ACV can soothe your throat to help get you back to feeling your best. However, be sure to dilute your ACV with water to maximize results and prevent the acidity from burning your throat.

22. May Help Remove Chemical Residue

Many people wash fruits and veggies with ACV instead of water due to its ability to kill off bacteria and prevent foodborne illness. Some also use ACV to remove chemical residue and reduce pesticide exposure, although more research is needed to determine whether this is more effective than water alone.

23. Extends Shelf-Life

Thanks to its acidic pH, ACV is often used as an effective food preservative, helping to extend shelf-life by killing off bacteria and blocking food spoilage. Try using ACV to pickle your favorite veggies, such as cucumbers, carrots, radish or squash by boiling the vinegar with water, salt and sugar and then mixing with your favorite herbs and spices.

24. Keeps Dishes Clean

Adding a bit of ACV to your detergent when washing the dishes can be an easy and effective way to kill off bacteria and keep dishes clean. If using a dishwasher, some even recommend adding it directly to the water a few minutes after starting it up to boost the bacteria-busting effects.

25. Adds Flavor to Homemade Salad Dressings

ACV can bring a zesty burst of flavor to your favorite homemade salad dressings and vinaigrettes. Simply mix with some oil, salt, pepper and spices for an easy way to dress up your salads.



26. Decreases Dandruff

For an easy alternative to chemical-laden soaps and shampoos used to target dandruff, give ACV a try. Massaging it into the scalp is thought to help inhibit the growth of *Malassezia*, a specific strain of fungus that contributes to dandruff and the dry, itchy scalp that comes with it.

27. Promotes Oral Hygiene

Some claim that apple cider vinegar can help battle bad breath by killing off the harmful bacteria in your mouth. Use it as a mouthwash by diluting one tablespoon in a cup of water and rinsing your mouth one to two times daily.

28. Boosts Bubble Baths

In addition to keeping skin healthy and clear as a natural toner, many also add ACV to bubble baths to increase circulation, support hair and skin health and fight odor naturally. Ideally, add about 1-2 cups of apple cider vinegar to your healing bath and soak for 20–30 minutes. Then, be sure to take a shower to help rinse off any excess vinegar from the skin.

29. Stops Hiccups

For an easy natural hiccup remedy, try combining a teaspoon of sugar with just a few drops of apple cider vinegar. Supposedly, the sour taste of the ACV mixed with the coarse texture of the sugar can help ease hiccups by triggering a specific set of nerves responsible for the contractions that cause them.

30. Kills Weeds Naturally

Gardeners and green thumbs can use ACV as a natural, pet-friendly weed killer to help protect plants. There are plenty of resources available for how to make apple cider vinegar weed killer, but it's typically either used alone or mixed with soap, salt, lemon juice or even essential oils and sprayed directly on weeds. Be sure to spray carefully and avoid getting the solution on healthy plants as it can potentially harm the other plants in your garden.



Aloe Vera Juice: The Gut-Friendly, Detoxifying Drink

The aloe vera plant has been used for centuries for its medicinal properties and to improve skin and hair health. Each leaf of the plant has three layers: the inner clear gel, middle layer of latex and outer rind.

Aloe vera juice comes from all three layers of the leaf, which are crushed, ground and then filtered to create a thick, gooey liquid. This means that you are getting all of the impressive benefits from ingesting the plant's juice.

From fighting infections and boosting the health of your skin, to relieving constipation and promoting detoxification — consuming juice made from aloe leaves can be a great addition to your daily health regime.

What Is Aloe Vera Juice?

Aloe vera juice is made with the leaves of the aloe plant. The whole aloe vera leaf is crushed and ground to produce a juice.

This is followed by the filtration and stabilization process that's used to achieve the desired texture, which is usually a thick liquid.

Drinking aloe vera juice alone or adding it to other liquids, like smoothies or green juices, has become a popular way to boost hydration and nutrient-intake, support digestive health and promote skin health.

Aloe Vera Juice vs. Aloe Vera Water

Aloe vera juice and aloe vera water are essentially the same thing. Both are terms used to describe crushed and ground aloe gel.

You may see it described as either name on products in your health food or grocery store.



Nutrition

Every part of the aloe vera leaf is beneficial and filled with nutrients. The outermost layer is actually 15 cells thick, and it contains all 75 nutrients that are present within the plant.

The sap is rich in anthraquinones, which are organic compounds that have laxative effects. The sap layer actually acts as the plant's circulation system, and it carries materials up to the leaves and down to the roots.

The inner part of the leaf, which is the gel, is where the leaf stores all of its nutrients, including polysaccharides and anthraquinones.

To make aloe vera juice, all parts of the leaf are used, which adds to its beneficial effects. Part of the 75 nutrients that are found in the leaf include several vitamins and minerals, including:

- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin B1
- Vitamin B2
- Vitamin B3 (niacin)
- Vitamin B6
- Vitamin B12
- Choline
- Folic acid
- Alpha-tocopherol
- Beta-carotene



Aloe vera also contains 19 required and seven essential amino acids that are required for the body to form the building blocks of proteins. And it provides enzymes that aid digestion, sterols that work to reduce inflammation, salicylic acid that has pain-killing properties, and two types of sugars — monosaccharides (like glucose) and long-chained polysaccharides.

When it comes to amount of sugar and calories in juice made from aloe leaves, the amounts will vary depending on the product and added ingredients. When purchasing aloe vera water or juice, read the nutrition label and ingredient list carefully to be sure it isn't made with added sugars or artificial sweeteners.

Benefits

1. Rich in Nutrients

There are 75 nutrients present in the aloe vera leaf, including a range of vitamins and minerals. Aloe vera juice contains vitamins A, C and E, which all serve as important antioxidants that are needed to fight free radical damage within the body.

It's also one of only a few plants that contains vitamin B12. Vitamin B12 benefits your mood, energy levels, digestion and memory.

As described above, aloe vera juice also provides anti-inflammatory nutrients, such as bradykinase, an enzyme that's known for its ability to reduce skin inflammation, anthraquinones that work as laxatives and fatty acids. It contains required and essential amino acids, anti-inflammatory sterols and pain-reducing salicylic acid.

2. Supports Digestive Health

In traditional Indian medicine, aloe vera is used to treat constipation and other gastrointestinal complaints. Juice made from the plant's leaves helps to keep your digestion regular by maintaining the water content in your intestines.

This promotes the elimination of stool and helps to relieve constipation.



Research shows that consuming juice from aloe vera reduces abdominal pain and discomfort, as well as flatulence, in patients suffering from IBS symptoms.

3. Promotes Skin Health

Juice made from aloe vera leaves is high in antioxidants and vitamins that boost the health of your skin. It's also water-dense and works to hydrate the body, which also improves the health and appearance of your skin.

Studies conducted on mice have shown that ingesting aloe vera gel is effective for wound healing. And topical application of the plant's extract have shown to improve sunburn and skin conditions like herpes, psoriasis, frostbite, lichen planus and skin inflammation.

4. Boosts Immune Function

Aloe vera juice has antibacterial, antifungal and antiviral properties. By ingesting it or adding it to DIY skin and hair recipes, you are boosting your immune system and fighting infections.

Research shows that using juice or gel from the plant's leaves helps to control the growth of organisms that can cause inflammation and infections.

And an in vivo study published in *Annals of Dermatology* found that supplementing with aloe gel works to improve facial wrinkles and facial elasticity. Ingesting aloe helps to increase collagen production and improve the health of human skin that's been damaged by UVA and UVB rays.

5. Promotes Detoxification

Because aloe vera juice is water-dense, it keeps you hydrated and even promotes detoxification. By increasing your water intake, you're flushing toxins and other impurities out of the body naturally.

This boosts the health of your kidneys, liver, blood and skin.

If you are doing a liver cleanse adding aloe vera juice to raw vegetable juices is an excellent way to boost your nutrient intake while supporting a healthy digestive tract.



6. Supports Dental Health

Because of its antiviral, anti-inflammatory and immunomodulatory properties, aloe vera juice can play a significant role in dentistry.

Using the juice or gel of aloe vera helps to control bacteria that causes cavities. You can swish the juice in your mouth, just like you would a mouthwash.

Studies show that it's effective in controlling the growth of organisms that lead to dental infections. It can also help to clean dental impacts and control oral inflammation from bacteria contamination.

Aloe Vera Juice Recipe

There are two ways to enjoy aloe vera juice — you can purchase it from a trustworthy company or make your own. You'll be able to find juice from aloe leaves in most health food stores.

You'll want to opt for an organic, purified and safety tested product.

Although there are several benefits of aloe vera juice, when it goes through the filtration and stabilization process to achieve a certain consistency, it can lose the presence of many active ingredients, including polysaccharides. Some aloe vera juices are also made with fillers, like maltodextrin, glucose, glycerin and malic acid.

In order to keep the integrity of aloe vera products and ensure that they provide benefits to consumers, the International Aloe Science Council developed a certification program that's meant to validate and approve aloe vera commercial products. So if you are purchasing aloe vera juice, look for this certification on the bottle.

You'll also want to check out the ingredients on a store-bought aloe vera water or juice. Some of them contain added sweeteners, which would increase its sugar and calorie content. It's common for sweeteners to be added because crushed aloe gel alone has a pretty bitter taste, but a juice sweetened with lemon, lemon or another natural sweetener is your best option.



To make your own juice from aloe, you'll need a large aloe leaf and filtered water. Then follow these steps:

1. Let the aloe leaf sit in water or wash it by hand thoroughly.
2. Peel the skin or crystal from the leaf on both sides, until you expose the slimy inner gel.
3. Once the green peel has been removed, cut the inner part of the leaf into cubes.
4. Place about 6 cubes into a blender with about 6 cups of cool filtered water and blend until the gel and water is well combined.
5. For extra flavor, squeeze in some lemon or lime juice.

You can make a pitcher of aloe vera juice that you drink throughout the week. You can also freeze aloe gel cubes and pop them in a blender with fruit and veggies to make smoothies.

Risks and Side Effects

Drinking aloe vera juice is safe when you are ingesting appropriate amounts. If you drink too much of it, you may experience digestive issues, such as diarrhea, so stick to using it in moderation.

Drinking about eight ounces a day or adding it to your smoothie or fresh juice shouldn't cause digestive issues, but if you experience cramping or diarrhea, then reduce the amount of juice you're consuming in a day or week. Remember that aloe contains anthraquinone, which acts as a laxative and can cause side effects when it's ingested in high amounts.

If you are taking medications that depend on Cytochrome P450 3A4 and CYP2D6 enzymes, then talk to your doctor before ingesting aloe juice, as it may increase the risk of experiencing adverse side effects.

- Aloe vera juice is made with the leaves of the aloe plant. The aloe leaf is crushed and ground to produce a juice that can be ingested or applied topically.
- The thick, goeey and even bitter juice from aloe is consumed for its impressive nutrition profile, including high amounts of antioxidants, vitamins, anti-inflammatory enzymes and amino acids.



- What are the benefits of drinking aloe juice? Juice from crushed aloe can help to reduce inflammation, improve skin health, promote detoxification, aid digestive concerns like constipation and IBS symptoms, and improve dental health.
- It's easy to make your own aloe juice — simply peel the green outer skin with a knife, cut the thick inner gel into cubes and blend it with cold water.

Both Apple Cider Vinegar and Aloe Vera juice can be drank during fasting hours. Stay within the recommended does of 1-2 ounces of ACV and 4 ounces of Aloe Vera juice during fasting. I normally add 2 ounces of ACV to 24 ounces of water and sip it while I am fasting. I then add 4 ounces of Aloe Vera Juice to another 24 ounces of water and sip while fasting as well. If you add these to the healing tea you should be getting 70-80 ounces of water through out the day with tons of health and healing properties!! Add that to the 16 ounces when you first wake up and before you go to bed you should be super close or at your gallon of water a day!