



# Treating Psoriasis with Aloe Vera

With reference to Michael Greger M.D. FACLM on November 1, 2022



Psoriasis is a chronic, inflammatory skin disease that affects about one in 40 people, making it “one of the most frequent chronic skin diseases worldwide.” There are a lot of different drugs for it, some of which cost more than \$100,000 a year to get a response. There are cheaper ones, like cyclosporine, but they carry long-term risks of kidney damage, hypertension, and malignancies. In fact, cyclosporine can cause cancer and kidney toxicity in more than 50 percent of the patients treated long-term, and, in terms of risk of malignancies, it carries up to 42 times the rate of cancer — and it doesn’t even work that well: It only keeps the disease at bay in a little more than half of the patients over a four-month period. There’s got to be a better way.

What about plants? “Topical botanical agents for the treatment of psoriasis?” Aloe vera gel is said to possess “anti-inflammatory, anti-pruritic [anti-itching], and wound-healing properties.” It actually made things worse when it was put to the test for healing wounds. “The exploitation of aloe preparations has been accompanied too often by misinformation and exaggerated claims in advertising literature and commercially-inspired articles in the press and popular periodicals.” There is some impressive evidence, though. For example, to test its anti-inflammatory properties, it was tested head-to-head against steroids for exposure to mustard gas.

Mustard gas is probably the most widely used chemical warfare agent. It was first used in World War I, and the last widespread military use was in the 1980s during the Iran-Iraq war, with more than 100,000 military veterans and civilians exposed, “and many of them are still suffering from long-term complications,” predominantly itching. Even decades after surviving a gas attack, 70 to 90 percent of victims are still suffering.

Topical steroids, the most frequently administered medications, do help, but long-term use is associated with a variety of side effects and is not recommended. How about safer agents, like aloe vera?

*“Aloe vera gel has been touted as being anti-inflammatory and anti-itching, as well as having wound-healing properties.”*

## healthbites

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## Best Food for Gingivitis and Periodontal Disease

nutritionfacts.org Nov 22, 2022

At least one tomato's worth of lycopene has proven to bring improvement in the healing of gingivitis.

Also, vitamin C the equivalent to 1 orange a day improved gum health. The equivalent intake of 10 oranges a day increased improvement.

## Does Smoking Cannabis Cause Lung Cancer?

nutritionfacts.org Sep 3, 2022

On a puff-by-puff basis cannabis deposits four times more tar in the lungs than tobacco, but does that translate into increased cancer risk?

Long time marijuana users do have more cancers - more lung cancer, oral cancer and voice-box cancer - but it seems that is only because they also tend to smoke tobacco as well. After cigarettes were taken out of the equation, no increased cancer risk was found.

## Blueberries to Benefit Mood and Mobility

nutritionfacts.org Nov.8 2022

The consumption of blueberries can enhance beneficial signaling in the brain.

In a study comparing drinking a placebo and drinking blueberry juice, there was no significant difference, but two hours after consuming about two cups of blueberries, their positive mood scores improved significantly. They felt more enthusiastic, alert, inspired and attentive.

## Link Chicken Consumption and Urinary Tract Infections

nutritionfacts.org Nov. 3, 2022

Multiple lines of evidence indicate poultry as a major food and animal reservoir for urinary tract infections. That is a source of the bacteria that cause UTI's in people.

People handling chicken then not washing hands in public places is a large contributor to contaminating other people.



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Sixty-seven veterans injured by chemical warfare were randomized to apply either steroids or an aloe vera and olive oil cream, and the aloe vera mixture appeared to work as well as the drug.

So, researchers decided to give it a try for the management of psoriasis. By the end of a month-long study, the aloe vera-based cream had cured 83 percent of the patients, compared to the placebo's cure rate of less than 10 percent, and resulted in "significant clearing of the psoriatic plaques," the skin lesions.

That's compared to an inactive placebo, though. How about compared to steroids? Aloe was found to be "more effective...in reducing the clinical symptoms of psoriasis."

In a double-blind, placebo-controlled study of a commercial aloe vera gel for the treatment of slight to moderate psoriasis, conditions improved in 70 percent of the sites treated with aloe, compared with 80 percent of the placebo-treated areas improving. The placebo beat out the aloe. Indeed, "the high response rate of placebo indicated a possible effect...in its own right, which would make the Aloe vera gel treatment appear less effective." The placebo was essentially xanthan gum and water, and the researchers figured that, instead of aloe failing, maybe xanthan gum works, too!

All in all, for psoriasis, the "results on the effectiveness of Aloe vera are contradictory," but applying it on the skin appears safe, so why not give it a try?



## Organic Barley Leaf Powder

Experience the goodness of this New Zealand-grown product.

Matakana Superfoods Organic Barley Leaf powder is a natural, nutritious green powder containing antioxidants, essential amino acids and protein.

It supplies valuable fibre and green phytonutrients making it an ideal plant-based wholefood.

Add 1 teaspoon to water, juice or smoothie and drink.

Two sizes available: **100g pack \$13.00**  
**1kg pack \$83.50**



## Carob Candy

### Ingredients:

|      |                             |          |                                    |
|------|-----------------------------|----------|------------------------------------|
| 1/2c | sunflower seeds             | 1/4-1/2c | carob powder                       |
| 1/4c | sesame seeds                | 1/2c     | coconut                            |
| 1/4c | walnuts or almonds, chopped | 1/2c     | raisins                            |
| 1/2c | honey                       | 1c       | peanut or almond butter, or tahini |
| 1t   | vanilla (opt)               |          |                                    |

### Method:

**Combine** sunflower, sesame seeds and walnuts.

**Lightly toast** in a dry pan or in a 150°C oven for about 15-20 mins.

Meanwhile **heat** honey, vanilla and nut butter on low heat briefly and **stir** until smooth.

**Stir** in carob and remaining ingredients.

**Press** mixture into a sprayed 20x20cm pan.

**Cover** and chill for several hours before cutting into squares.

**Enjoy** as a treat!

