

Aloe Vera: Nature's Silent Healer

By Mehwish Mahmood



Chances are you know about the effects aloe vera has on helping burns to heal. But, did you know many people drink its juice, too? Just as it can heal your exterior, aloe vera can also help your insides, too. The secret of aloe vera juice is slowly coming out, and it is becoming more popular each and every day. Soon you will probably see aloe vera juice in most juice aisles.

Here are some of the benefits of Aloe Vera juice:

Nutritious – There are very few calories in aloe vera juice. You won't have to drink very much of it (two to four ounces at a time) to receive the positive bounty from it. It contains many vitamins such as A, B, B12, C and E. There are also amino acids in aloe vera juice, which helps develop muscle mass.

Detoxification - It cleanses the body of toxins when it is consumed. You can get toxins in a variety of ways either externally or internally. The juice is full of antioxidants which helps your system rid itself of some of the bad stuff.

Prevents acid reflux - Aloe vera juice has mostly become popular because it helps against acid reflux and heartburn. Strong drugs are generally the only medical answer to these ailments. However, this juice is an organic alternative to these drugs. If you are going to drink it for this reason, you should drink two to four ounces about twenty minutes prior to each meal.

Intestinal help - Another benefit is an aid to your digestive system. It acts as a natural laxative that will clear the colon of blockages and help it stay cleaned out. Improved digestion is just one benefit. The juice also helps stomach ulcers heal.

Conclusion: Drinking aloe vera juice regularly has been proven to have positive effects on health. Try drinking some if you have one or more of the issues listed above. It has other benefits, too, such as making you more energetic, improving your moods and many more.

Visit Miracles of Aloe with Mehwish on Facebook for health updates.

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ALZHEIMER'S CAREGIVER SUPPORT GROUP

In Texas alone, roughly 1,270,000 caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones. Caregiving is a demanding undertaking and results in high levels of stress. One core service of Alzheimer's Texas is to provide support to caregivers through volunteer facilitated support groups.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

At 7:00 pm on the third Tuesday of every month, caregivers in the Austin area can gather at Tarrytown Methodist to share their experiences in a safe, supportive environment. Meetings last about an hour and there is no charge to attend.

"We provide a safe, confidential space for caregivers to share what only other caregivers might understand," says Barbara

Wiederaenders, facilitator at Tarrytown Methodist. "The mutual trust is precious and supportive."

Event Details:

When:

3rd Tuesday of Every Month, at 7:00 pm

Where:

Tarrytown Methodist, 2601 Exposition, Room 227, Austin, TX 78703

Contact:

Barbara Wiederaenders, (512) 451-0684 or (512) 845-6117

To find out more information about this program, Alzheimer's disease or Alzheimer's Texas, email vcardenas@TXAlz.org or call (512) 241-0420.



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Wildland Fire Precautions

With warmer temperatures and drying vegetation, residents need to be reminded of the need for wildfire/brush fire safety awareness and preparedness.

Do not park vehicles on the dry grass. The heat from the vehicle's exhaust system can cause the grass to catch fire.

Remove combustible materials from around your home. Keep grass mowed short.

Pack critical medicines, important documents, and family heirlooms to be ready to leave at a moment's notice.

Agree on an evacuation plan that includes what to do if you get separated and where you'll go in case of evacuation.

TEN SIMPLE STEPS TO PROTECT YOUR HOME FROM WILDLAND FIRE

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

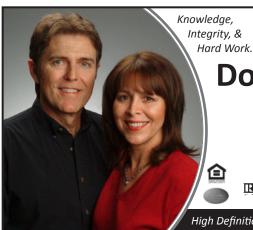
- 1. LPG/propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.
 - 2. Store gasoline in an approved safety can away from occupied

buildings.

- 3. All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.
- 4. Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.
 - 5. Remove branches from trees to a height of 15 feet or more.
- 6. In rural areas, clear a fuel break of at least three times the fuel length around all structures.
- 7. Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.
- 8. Place connected garden hoses at all sides of your home for emergency use.
- 9. Assure that you and your family know all emergency exits from
- 10. Assure that you and your family know all emergency exits from your neighborhood.

Each family should be proactive to prepare for emergencies: Prepare a Basic Emergency Supply Kit; Make a Plan for Safety and Communicating with Family; Be Informed; and Get Involved in Preparing the Community.

A wealth of information to help you is available at: http://www.ready.gov/wildfires http://txforestservice.tamu.edu/main/article.aspx?id=8512



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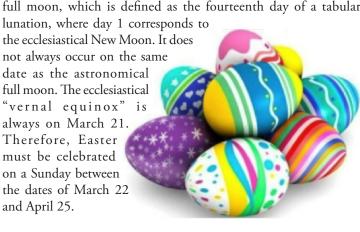
THE TRADITIONS OF EASTER

As with almost all "Christian" holidays, Easter has been secularized and commercialized. The dichotomous nature of Easter and its symbols, however, is not necessarily a modern fabrication. Since its conception as a holy celebration in the second century, Easter has had its non-religious side. In fact, Easter was originally a pagan festival.

The ancient Saxons celebrated the return of spring with an uproarious festival commemorating their goddess of offspring and of springtime, Eastre. When the second century Christian missionaries encountered the tribes of the north with their pagan celebrations, they attempted to convert them to Christianity. They did so, however, in a clandestine manner. It would have been suicide for the very early Christian converts to celebrate their holy days with observances that did not coincide with celebrations that already existed. To save lives, the missionaries cleverly decided to spread their religious message slowly throughout the populations by allowing them to continue to celebrate pagan feasts, but to do so in a Christian manner. As it happened, the pagan festival of Eastre occurred at the same time of year as the Christian observance of the Resurrection of Christ. It made sense, therefore, to alter the festival itself, to make it a Christian celebration as converts were slowly won over. The early name, Eastre, was eventually changed to its modern spelling, Easter.

The Date of Easter, Prior to A.D. 325: Easter was variously celebrated on different days of the week, including Friday, Saturday, and Sunday. In that year, the Council of Nicaea was convened by emperor Constantine. It issued the Easter Rule which states that Easter shall be celebrated on the first Sunday that occurs after the first full moon on or after the vernal equinox. However, a caveat must be introduced here. The "full moon" in the rule is the ecclesiastical full moon, which is defined as the fourteenth day of a tabular

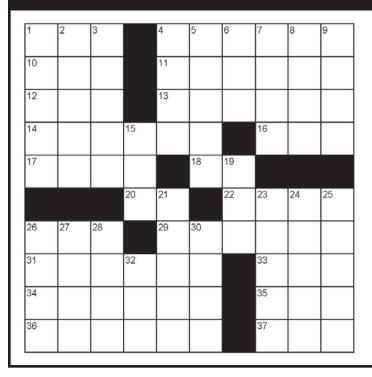
always on March 21 Therefore, Easter must be celebrated on a Sunday between the dates of March 22





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CROSSWORD PUZZLE



ACROSS

- 1. Owns
- 4. Short people
- 10. Grain
- 11. In the air
- 12. Single
- 13. Nun's headwear
- 14. Musician (3 wds.)
- 16. Homesick
- 17. Booty
- 18. Horsepower (abbr.)
- 20. Cincinnati locale
- 22. Hasten
- 26. Mountain Standard Time 23. Pimpled
- 29. Eras
- 31. Cover
- 33. Eccentric
- 34. Beaches
- 35. Vane direction 36. Hug upon greeting
- 37. Danish krone (abbr.)
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DOWN

- 1. Coat hangers
- 2. Root beer brand (3 wds.)
- 3. Stone
- 4. Aurora
- 5. Ponder
- 6. Build up
- 7. Holes
- 8. Syllables used in songs (2 wds.)
- 9. Sledge
- 15. Gone by
- 19. Not against
- 21. Cycles per second
- 24. Glob
- 25. Organic compound
- 26. Soft mineral
- 27. Prig
- 28. Tyrant
- 30. Mexican money
- 32. North American country

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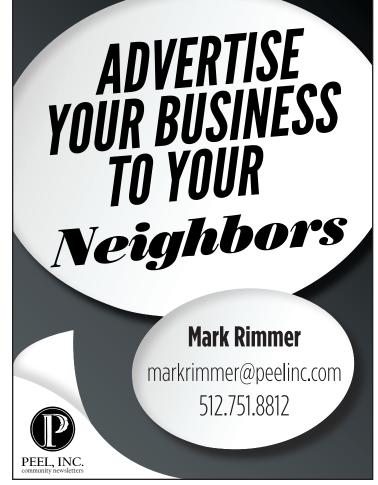


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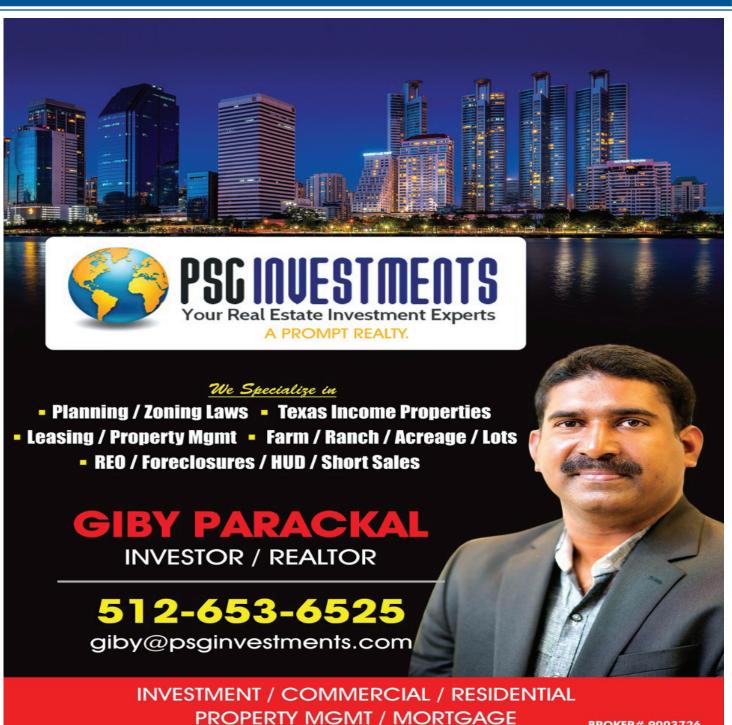
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