



Aloe Vera



To use aloe vera for wound healing, follow these steps:

- 1.Clean the wound gently with mild soap and water.
- 2.Apply a generous amount of aloe vera gel directly to the wound.
- 3.Cover the wound with a sterile bandage or gauze if necessary.
- 4.Repeat the application 2-3 times a day until the wound heals completely

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Chichewa



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