

REC 001: Aloe vera to the rescue

Introduction

Hello, it's really good to be back again! It's been a long time, hasn't it? I think the last time I was here speaking to you was back in 2010. And I think it's no coincidence that the topic of that episode was procrastination and perfectionism. I'm not going to bore you with a bunch of apologies and explanations; I think it's better to just dive right in with a new conversation. But before you listen, you're going to need some background context. So here's what I think it will be helpful for you to know as you go in to listening to the conversation.

You're going to hear me and my mom. And we are at my sister's house in Santa Barbara, California. It's early in the morning. In fact, I think we were meeting in the kitchen to get our first cup of coffee and we were still in our pajamas!

The night before, I had burned my arm really **bad*** when I was trying to make a cup of tea. And it wasn't a serious burn; I didn't have to go to the doctor, but it was super painful. So in the conversation, you're going to hear how my mom tried to help me and whether or not she was successful.

So if you're ready, let's get the ball rolling and get right into the conversation!

Conversation Transcript

Mom: How's your arm?

Lori: Oh my gosh! That aloe vera stuff is **freaking** witch-doctor voodoo magic.

M: I'm so glad! Really!

L: Seriously. Seriously, look! [Lori displays her burn] You can see...you can barely see it.

M: Well, I told you what the lady had told me about her leg...

L: Yeah.

M: ...and I've never tried it because I've never had a burn like that, but I mean, **any port in a storm**, it's all we had.

L: Yeah. Seriously, it hurt so...when I went in to you it hurt so bad. I was...really...

M: I know, I could tell you were almost **losing it**.

L: I was almost going to cry. If I didn't know that crying just doesn't help I would have been crying...and

M: Well, that never stops me! [laughs]



My burn and a piece of aloe vera leaf ready to be applied

- L: The very second you put on it was like, "Aah, relief, relief, oh!" And then it felt so much better than the ice -- it didn't hurt at all. And **I'm not going to lie**, as I lay there at night it started hurting again...
- M: You could feel it, yeah
- L: ... but it wasn't so bad; it was still painful enough [but] I could **deal with** it...And then when I, at one point in the night I woke up and realized, "Oh, it just doesn't hurt."



We didn't have any bandages. We had to cut up one of my sister's hair bands. (Any port in a storm!)

- M: Oh my gosh!
- L: Then I woke up again and realized the bandage had come off, and it had come off and the pieces [of aloe vera] were lying in the bed! And yeah, it still feels **tender** but...
- M: Oh my gosh...
- L: ..I really can't believe it...**I am sold on** the value of aloe vera.
- M: I am too. Oh, [walking over to the kitchen window] she [Lori's sister] keeps that big...it's this big plant right out here, you can see it...see that red thing...you can where I cut the leaves off...
- L: OK, yeah.

- M: So if you ever need any...
- L: And that's, really...well, any time that I tried to use it before, what I had done, is just cut the leaf and then I'd squeezed out the juice and just rubbed the juice on, but this was actually putting the cool flesh of the plant against the burn...

M: It...I wouldn't have known to do that if that lady hadn't told me about her leg...

L: Yeah, me neither.

M: And I just thought, "Well, pfft, let's try it" you know, so...

L: And I know they do sell...umm...in Holland I had seen special bandages that are, like, these gel bandages that are specifically for burns that you put on, and those **supposedly** work really well.

M: Well, they actually sell the bottles of the gel, I don't know, there might be other stuff in it, and I don't know if it works. But I remember I tried to fly with one of those bottles of that gel one time...they [the airport security] had to, like, have me open it up and they had to sniff it. This was before 9/11! **Can you imagine** now?



The aloe vera plant outside my sister's window

L: OK, wow. Now they would have taken it...maybe if...It would have had to have been under three ounces.

M: This was a *big* bottle.

Vocabulary notes

bad	Lori is using her informal southern California dialect here. More careful (and correct!) grammar would be "I burned my arm really badly..."
Freaking	A euphemism for the vulgar word "fucking". Used here as an expression of surprise. Example usage: "I can't believe how well the aloe vera worked; it's freaking amazing!"
Any port in a storm	When you are in an emergency situation, you have to choose whatever solution is available. Example usage: We didn't have a bandage, so we had to rip apart a t-shirt. "Hey, any port in a storm."
Losing it	To lose it means to break down and get very emotional, to lose control of yourself in a difficult situation. Example usage: "I was trying not to cry, but the pain was so bad I almost lost it."
I'm not going to lie	When a speaker is going to reveal something that might seem surprising or unexpected, they can signal this with phrases like "I'm not going to lie..." or "Believe it or not..." For example, "I'm not going to lie; when I first met him I thought he was a jerk. But boy was I wrong; he's a great guy."
Deal with	to cope, to manage. Example usage: "I can't stop the pain, so I'm just going to have to deal with it."
tender	sensitive, sore, painful. Example usage: "It's healing nicely, but the skin is still a little tender so I have to be careful."
sold on	To be sold on something means that you are convinced that it is good. Example usage: "I didn't believe aloe vera would do anything, but now I'm sold. It works great!"
supposedly	generally assumed to be true, but the speaker has some doubt that it is true. Example usage: "Supposedly people should drink 8 glasses of water a day. But where is the evidence? Why not just drink when you're thirsty?"
Can you imagine?	Another way of saying "Can you believe that?" Used for emphasis. Example usage: "I didn't have a backup so I lost everything when my hard disk crashed. Can you imagine? It was terrible."
a long night	It was a long ____ is an expression speakers use when a situation was uncomfortable or unpleasant. The idea is that time passes more slowly when you are uncomfortable or not enjoying yourself. Example usage: "If this burn keeps hurting like this it's going to be a long night." (On a plane) "If that baby doesn't stop crying it's going to be a long flight."

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