

Red Clover

Latin Name: *Trifolium pratense*

Also known as: Purple Clover, Wild Clover, Meadow Clover, Clover Grass, Cow Grass, Trefoil

Scientific Classification

True clover plants number about 250 species, 80 or more are listed as indigenous to North America.

Family: Fabaceae – pea family
Genus: Trifolium – clover
Species: *T. pratense* – red clover

Influence on the Body	(PRINCIPAL ACTIONS are listed in CAPITAL LETTERS)
<i>Blood and Circulatory System</i>	BLOOD CLEANSER • BLOOD PURIFIER • depurative (cleanses blood by promoting eliminative functions)
<i>Body System</i>	insomnia • sedative • mild stimulant • deobstruent (removes obstructions)
<i>Cancer</i>	ANTI-CANCER • CANCER • TUMORS • LEUKEMIA
<i>Cleansing</i>	TOXINS • cleansing
<i>Digestive Tract</i>	nutritive • rickets (a Vitamin D deficiency) • appetite suppressant • digestive • anti- emetic (helps prevent vomiting) • constipation • laxative • rectal irritation
<i>Eyes</i>	eyewash
<i>First Aid</i>	fresh wounds • burns
<i>Infections and Immune System</i>	colds • coughs • flu • lymphatic congestion • mild antibiotic • anti-viral • anti-fungal • athlete's foot (use as a fomentation) • anti-microbial • childhood diseases • scarlet fever • whooping cough • AIDS • leprosy
<i>Inflammation</i>	anti-inflammatory • gout • rheumatism • rheumatoid arthritis
<i>Liver</i>	gallbladder • LIVER CONGESTION
<i>Lungs and Respiratory System</i>	expectorant (loosens and removes phlegm in the respiratory tract) • BRONCHITIS • inflamed lungs • tuberculous

<i>Muscles</i>	muscle cramps • SPASMS
<i>Nervous System</i>	nerves • NERVOUS CONDITIONS • St. Vitus Dance (a nervous disease characterized by involuntary movements) • anti-spasmodic
<i>Poisons</i>	poisonous bites • stings
<i>Reproductive System</i>	syphilis <i>Male:</i> • prostate health <i>Female:</i> • female tonic • strengthens ovaries • dysmenorrhea (painful or difficult menstruation) • vaginal irritation • improves lactation • mastitis (breast infection)
<i>Skin, Tissues & Hair</i>	ACNE • BOILS • SKIN DISORDERS • sores • skin ulcers • PSORIASIS • scrofuloderma (tuberculosis infection of the skin)
<i>Urinary Tract</i>	diuretic (increases urine flow) • urinary problems • BLADDER PROBLEMS • kidney problems
<i>Other Uses</i>	fodder for cattle • ground cover crop • nectar source for clover honey

Key Properties:

- ALTERATIVE – cleanses and purifies the blood, improves circulation, and gradually detoxifies the blood vessels, spleen, liver, kidneys, bowels, and lungs, improves digestion, respiration, heart and skin health
- ANTI-CANCER – traditionally used for cancerous tumors, skin ulcerations, and ridding the body of cancerous wastes
- hormone activity – has estrogenic properties that promote hormone balance and counteract bone loss in women
- nutritive – roots pull nutrients from deep within the earth, providing vitamins and minerals that sustain and restore weakened body systems

Primarily affecting: BLOOD • LIVER • LYMPH • NERVES • LUNGS

History	The genus name 'Trifolium' is derived from the Latin 'tres' meaning three and 'folium' for leaf. The species 'pratense' is Latin for 'growing in meadows.' Ancient Celtic Druids saw the three-leafed clover as a symbol of earth, sea, and heaven, Middle-Age Christians, as a symbol of the Trinity.
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Chinese physicians and Russian folk healers used red clover to treat cancer and respiratory problems.

Native Americans used red clover for food and as a remedy for burns and sore eyes. In the 19th century, it became popular among herbalists as an alterative blood purifier.

For over 100 years in America and Europe, red clover has been used to treat and prevent cancer, heal whooping cough, treat gout, and used as a diuretic and expectorant.

Attributes

Key Components: (including, but not limited to)

Nutrients

Vitamins A • B1 (thiamine) • B2 (riboflavin) • B3 (niacin) • B5 (pantothenic acid) • B6 (pyridoxine) • B9 (folic acid) • B12 (cobalamin) • Biotin • Choline • Inositol • PABA (Para-Amino Benzoic Acid) • C • Bioflavonoids • Calcium • Cobalt • Copper • Iron • Magnesium • Manganese • Molybdenum • Selenium • other Trace Minerals

Dietary Isoflavones: Formononetin, Daidzein, Genistein, and Biochanin A (as estrogen regulators) • Coumarins (thins blood)

The molybdenum (an essential trace element in nutrition) in red clover tops accelerates the discharge of nitrogenous wastes, aids in cleansing the system of impurities, and helps retard the spread of infection.

Nutritive

As with alfalfa, red clover sends roots far into the ground. This makes it possible to draw upon an abundance of vital nutrients, nitrogen, vitamins, and minerals. Clover is a dependable source of nutrients for all forms of degenerative diseases, relieving general weakness, and shortness of breath.

Red Clover is important for individuals suffering from anemia. Molybdenum and iron together can more rapidly produce hemoglobin than iron alone. Molybdenum and iron also help form protective antibodies against rattlesnake, scorpion and other poisonous bites and stings.

Cleansing

Red Clover is a blood-thinning and cleansing alternative. It is especially effective when combined with other blood purifiers, such as yellow dock, chaparral, dandelion root, buckthorn bark, or burdock root. Red Clover helps ease arthritic pain by increasing urine flow and ridding the system of uric acid (considered by some as a main cause of arthritis).

Red Clover flower infusions are recommended to efficiently

remove metabolic waste products, eliminate toxins from the liver and bowels, stimulate immune function, and inhibit the attachment and metastasis (spread of disease from one part of the body to another) of abnormal cells.

Red Clover is one of the best mucus clearing sources in nature and is often used for bronchitis and pulmonary congestion. It has expectorant properties. Taken as a warm infusion, red clover helps cleanse and soothe bronchial nerves, relieves dry coughs, wheezing, heals laryngitis, weak chests, bronchitis, and whooping cough.

Red Clover's antibiotic properties fight several bacteria, including tubercular bacilli. The tea is used as a gargle for infections and glandular swelling of the throat.

To promote the skin's healing process, use red clover in an herbal tea wash or salve externally for boils, sores, eczema, psoriasis, acne, and other kinds of dermatitis. Clover is used by Russian healers as a strong natural antiseptic, and in poultices for burns and abscesses. The fresh leaf juice and a dried leaf tea are used as an eye wash.

Drinking the tea helps cleanse the blood, liver and skin. Red Clover's cleansing properties can counter-act scrofuloderma and other skin diseases.

Circulation

Isoflavones found in red clover have numerous potential benefits. They help promote cardiovascular health and maintain normal blood pressure, cholesterol levels, and youthfulness.

An initial study in Australia reported red clover extract produced a 23 percent increase in elasticity of arteries compared to the placebo. Additional trials suggest that red clover has beneficial effects on lipid levels in men and women, including the following: a significant increase in high-density lipoprotein (HDL) cholesterol in post-menopausal women, a significant decrease in triglyceride levels among women, and a lowered low-density lipoprotein (LDL) cholesterol in men.

Digestion

Red Clover stimulates the liver, activates the gall bladder, and improves digestion. It has a slight laxative effect on the digestive system and is good for stomach problems and intestinal elimination.

Nervous System

Red Clover is a tonic for nerves and can help strengthen the systems of delicate children. It is beneficial in wasting diseases such as rickets (a Vitamin D deficiency disease) and lack of

	<p>vitality. A warm infusion of red clover is soothing and relaxing to nerves and the entire body. Red Clover calms nervous energy and exhaustion and has antispasmodic effects. It is an effective sedative.</p>
<i>Cancer</i>	<p>Red Clover is a powerful remedy for cancerous growth anywhere in the body. In combination with chaparral and other herbs, red clover is used to break up growths and tumors. Red Clover has been used effectively for both esophageal and breast cancer.</p> <p>Fomentations and poultices of red clover have been used for cancerous skin growths. Dr. Harry Hoxsey, N.D. (1901-1974), started the first cancer clinic in Mexico, using red clover in his treatments.</p> <p>Rich in phytoestrogenic compounds like genistein, red clover is an important component of well-respected formulas for assisting the body in its fight with cancer and for helping to prevent the disease.</p> <p>Red Clover extracts have also shown potential for promoting male prostate health. Population studies suggest that a high dietary intake of isoflavones reduces the risk of prostate cancer and supports general prostate health. A review of phytotherapies (plant-therapies) for men with benign prostatic hyperplasia (BPH) concluded that isoflavones, particularly from red clover extract, are potential therapies for prostate health in men with non-cancerous prostate growth associated with advancing age.</p>
<i>Women</i>	<p>The isoflavones found in red clover have hormone activity and help maintain normal estrogen levels. Red Clover has been used to restore fertility, alleviate bleeding of dysmenorrhea, and support the maintenance of healthy bones, skin, and arteries.</p> <p>Studies suggest that red clover isoflavones slow the rate of bone loss and may even build bone in post-menopausal women. One study showed decreased bone loss over 12 months compared to placebo, and the study concluded that red clover isoflavones may have a protective effect on the lumbar spine in women. Another trial demonstrated a significant increase in bone mass after 6 months of use.</p> <p>The mineral molybdenum affects mammary glands, which helps improve lactation in nursing mothers.</p>
<i>Other Uses</i>	<p>Clover has been cultivated as a ground cover crop, a forage</p>

	crop, and for making hay for centuries. Red Clover is recognized for its importance in soil conservation and crop rotation due to clover's ability to fix nitrogen in the soil.
Herb Parts Used	Flowering tops
Preparations and Remedies	Red Clover leaves are eaten as nutritious salad greens and the flowers are dried for use in teas. Leaves and flowers may be dried and powdered for encapsulation and inclusion in herb formulas and preparations.
<i>Infusions</i>	<p><i>Blood Cleansing Tea:</i> Make a strong tea by simmering 1 tablespoon of the herb for each cup of water for 15-20 minutes. Drink 1 cup, 2 or 3 times daily. Drink the infusion freely for soothing nerves and for bronchial, spasmodic, and whooping cough ailments.</p> <p><i>System Cleanse Tea:</i> (see CHAPARRAL preparations)</p>
<i>Gargle</i>	Make a strong tea as a gargle for a sore and inflamed throat. Gargle four to five times a day, swallowing a fresh mouthful after each cleansing.
<i>Enema or Douche</i>	Use a strong tea for rectal and vaginal irritations, making sure to hold in the solution for several minutes before releasing.
<i>Fomentation</i>	Use a strong tea as a wash or fomentation (towel soaked in infusion and placed on affected area) for athlete's foot, arthritic pain, psoriasis, eczema, deep burns, rashes, and hardened breasts of nursing mothers.
<i>Poultice</i>	Chop the fresh herb, combine with a little water, and mash or blend to make a poultice. Apply directly to lesions.
<i>Ointments</i>	Apply red clover ointment to scaly skin, as needed.
Safety	<p>Red Clover is on the U.S. Federal Drug Administration's GRAS (generally recognized as safe) list.</p> <p>Red Clover has blood thinning components that may affect blood-thinning medications.</p>
Plant Profile	<p><i>Natural Habitat:</i> Red Clover is indigenous to Europe, central Asia, northern Africa and naturalized in many other parts of the world. It is commonly found in pastures, lawns, roadsides, and meadows throughout the United States and Canada. Red Clover is the state flower of Vermont in the United States.</p>

<i>Description</i>	<p>The herb is a stout clover, with hairy, erect (or reclining), branching stems reaching 6-24 inches. The stem supports generous numbers of terminal, purplish-pink, sweet-scented, and rounded blossom heads that appear from April to November.</p> <p>The leaves grow on alternate sides of the stems in three-leaflet branches. Each fine-tooth edged leaf has a whitish crescent 'V' along the center.</p>
<i>Growing Red Clover</i>	<p>Red Clover is a biennial (germinates, flowers, sets seed and dies within a two-year cycle) that flowers in the second year. In warm winter climates, it may be sown in the fall for an overwintering cover, or in cold winter areas, it is best sown in the spring or summer. The plant is powerfully effective for loosening poor, rocky or clay soils and for fixing atmospheric nitrogen in its roots. It feeds crop plants after being turned under into the soil.</p>
<i>Planting</i>	<p>To sow seeds, scatter or drill them shallowly in early spring. Thin plants to one foot apart. Red Clover may be grown as a living mulch or a green fertilizing crop. The flowers attract beneficial insects, and the nitrogen-fixing bacteria on the roots work to enhance soil fertility.</p>
<i>Harvesting and Storage</i>	<p>Gather the flowers while in perfect bloom. Dry them on paper in the shade, and store in airtight containers.</p>