

## QUICK REFERENCE SHEET

# CLEAVERS

*Galium aparine*



Part Utilized:  
Aerial Portion



### PROPERTIES:

Diuretic, Alterative, Astringent, Diaphoretic, Sudorific, Tonic, Vulnerary

### SYSTEMS AFFECTED:

Urinary, Integumentary, Reproductive, Endocrine/Glandular, Lymphatic

### POSSIBLE USES:

skin problems, wound healing, cystitis, tonsillitis, edema, swollen glands, cysts

### INGREDIENT IN:

EUST, KB

### GENERAL INFORMATION:

Cleavers has a long history of use as an herbal medicinal agent. It is used both internally and externally. As an effective diuretic it not only aids the kidneys, but is often taken to treat the skin problems that are so often the result of the kidneys not filtering the blood properly and the skin having to act as an eliminative organ.

Cleavers acts as a mild laxative and stimulates the lymphatic system. Cleavers is also used to treat liver problems. Cleavers has antispasmodic properties and is an effective treatment for irritable bowel syndrome as well as for the cystitis that it is known for.