

QUICK REFERENCE SHEET

CLOVES

Syzygium aromaticum



Part Utilized:
Flower Buds



PROPERTIES:

Carminative, Stimulant, Expectorant,
Antispasmodic, Astringent, Antiseptic,
Analgesic, Vermifuge, Rubefacient, Antioxidant,
Pectoral

SYSTEMS AFFECTED:

Kidneys, Skin, Liver, Respiratory, Circulatory

POSSIBLE USES:

indigestion, arthritis, sore muscles, sinusitis,
coughs

INGREDIENT IN:

COMP, FC, VIB

GENERAL INFORMATION:

Cloves, like Cinnamon, is respected as a spice in the Western world but its healing properties and nutritive values are less well known. Like most spices, Cloves contains a powerful array of minerals including potassium, manganese, iron, selenium, and magnesium. Cloves also contains vitamins A, C, E, K and an impressive array of B vitamins.

Dr. Christopher says that Cloves is the most powerful of the aromatic and carminative herbs. Some of the medicinal uses of Cloves include treating flatulence and indigestion, and possibly ridding the body of parasites. Since Cloves brings circulation to the capillaries at the surface of the body and to the joints, it is a remedy for both sore muscles and arthritis. Cloves is also effective for sinusitis, coughs, and for the relief of flatulence.