

## QUICK REFERENCE SHEET

# RED CLOVER

*Trifolium pratense*



Part Utilized:  
Flower



### PROPERTIES:

Alterative (blood cleanser), Adaptogenic, Liver Cleansing

### SYSTEMS AFFECTED:

Immune, Endocrine/Glandular, Skeletal (cartilage), Digestive, Liver, Lymphatic

### POSSIBLE USES:

Crohn's disease, cartilage rebuilding, shingles, blood cleanse, strengthen immune system, jaundice

### INGREDIENT IN:

AC, AL, APL, BAC, BHM, BHM Salve, BHM Plus Salve, BP, CAC, CAN, CC, ESS, EW, HGL, IF, LB, LC, MULC, RC, RC-L, SN, Super C

### GENERAL INFORMATION:

Red Clover is considered a mild adaptogenic and blood cleansing herb. As such, Red Clover has action on the entire system through the gentle and gradual purifying of the blood. Red Clover specifically strengthens the immune system. This herb is generally an ingredient in anti-infectious formulas, rather than being used by itself as an infection fighter. Used in combination with Yarrow and Elderflower, Red Clover is very potent. In recent studies, Red Clover is showing promise as a treatment for cancer.

Red Clover is used to treat skin conditions. Red Clover can be used effectively for spasmodic coughs. In recent years Red Clover has been used for the treatment of menopausal symptoms, and is particularly useful in exerting a protective effect on the heart and on circulation. It is now thought that Red Clover may be helpful in preventing or treating breast cancer. Estrogenic-like herbs DO NOT create estrogen-like effects in women who have sufficient or too much estrogen. More studies need to be conducted on these herbs that produce estrogen-like effects, but the studies need to be done using the whole herb and not just the extracted constituents.

Interestingly, used by itself or with herbs such as Comfrey, Red Clover aids in the rebuilding of the cartilage in damaged knees or backs where the discs have been compressed.