

Trifolium pratense
Family: *Fabaceae* – legume, pea, bean
Parts used: blossoms (most medicinal), leaves

As a spring sprouting perennial, red clover is well known for its cleansing properties, from the blood to lymph, lungs and digestive tract. As it cleanses it eliminates toxins by increasing the flow of urine and bile as well as moving mucus out of the lungs and other areas of the body. Because of its cleansing property this is a great herb for treating different chronic conditions and mystery illnesses.

Properties

Alterative, anti-inflammatory, antacid, antiemetic, antibiotic, antimicrobial, antirheumatic, antispasmodic, antitumor, aperient, demulcent, depurative, detoxing, discutient, diuretic, expectorant, nervine, nutritive, relaxant, tonic

Energetics: cooling, moistening
Systems Affected: lymph, liver, heart, lungs, skin

Uses

- Helps the body assimilate nutrients, remove waste, and rebuild; preventative, infection, swellings, chronic conditions, degenerative disease, mystery illness, wasting, weak conditions, illness recovery, restore vitality, accelerate healing, etc.
- Immune support, use for all types of illness, cold and flu season, etc.
- Blood and lymph cleanser and purifier.
- May reduce blood clotting and plaque in arteries, helps tone veins, may help with stroke prevention.
- Cleanses and expels waste; swollen glands, lymph, cysts, lumps, growths, tumors, etc.
- Removal of blockages, helps the flow of urine, mucus, bile, etc.
- Women's health; a natural source of phytoestrogens which help the body with hormone balance, premenstrual and menopause symptoms, hot flashes, mood swings, night sweats, breast health, etc.
- Vaginal itching, discomfort, infection, cysts, rectal irritation, etc. (douche or enema)
- Respiratory support; sore throat, coughs, bronchitis, asthma, whooping cough, tuberculosis and other conditions as it moves mucus from the lungs.
- Skin conditions; eczema, psoriasis, acne, sores, infection, rashes, burns, wounds, fungus, disorders, etc.

- Liver, kidney, gall bladder support and stimulant.
- Prostate health
- Eye conditions; pink eye, sties, inflammation, etc.
- Maintains healthy bone density; strengthens bones and teeth, protective effect on the spine.
- Inflammatory and rheumatic conditions both internal and external.
- Stomach and digestive issues including chronic constipation and chronic ulcers.
- Painful urination and urinary tract infection.
- Calming effect on the whole nervous system.
- Dr. Christopher, among other eclectic herbalists, praise this herb as a prevention and treatment for cancer. Red clover is the key ingredient in Dr. Christopher's cancer formula because of the cleansing, purifying properties it has on the blood.
- Antitumor compounds could be useful for cancer prevention.
- Blend leaves with water to make a hair and body wash that is filled with nutrients.

Herb Preparations

- Red clover, like other alteratives should be used consistently over a long period of time for gradual detox and purification. This could be from months to years depending on the body.
- Food; eat the blossoms, add to salads, soups, drinks, smoothies or any fresh dish, seeds can be soaked and sprouted or used for micro greens. (Mature leaves are harder to digest)
- Tea (1-3 teaspoons per cup of water – drink cold for hot flashes and heat conditions)
- Bath, soaks
- Poultice, compress
- Extracts, syrup, liniment
- Powder, sprinkle, capsules
- Honey (as food, medicine or skin ointment)
- Herbal oil, ointment, salve, cream
- Washes; eyewash, mouthwash, gargle
- Douche, enema

Foraging/Harvesting

Found in disturbed sites, fields, meadows, mountains, and lawns. There are a variety of species but red clover is the most medicinal. Leaves are oval shaped, ending in a point, with a whitish crescent in the center, divided into three leaflets (ternate). Flowers are pink to purple in a dense oval head. You can also find sprouting seeds to plant in your home garden.

- Red clover likes loamy, well-drained soil but will grow anywhere.

- Sprinkle seeds in full sun in the early spring or fall, keep moist until sprouted.
- Blossoms are ready to harvest right as they open, don't use browning blossoms.
- Harvest on a dry, sunny day, snipping right below the blossom head, it's okay to gather the top leaves as well, though they will affect the flavor as they get more potent as they mature.
- Spring blossoms have the sweetest flavor, come fall they lose some of the sweetness.
- Process or use immediately or dry thoroughly for storage.
- Roots have tiny nodules filled with nitrogen fixing bacteria, as the deep tap root pulls up minerals from the soil into the plant, it puts out nitrogen that nourishes the soil making it a great cover crop.

Safety

Coumarins in red clover may interact with blood thinning medications, use with caution. Herbalists contend that phytoestrogens may affect hormones in pregnancy and estrogen related conditions, yet others say they help balance and nourish those same conditions.

"*Red clover is one of God's greatest blessings to man…use it freely. It can be taken in place of water.*" Jethro Kloss