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Medicago sativa
Family: *Leguminosae*, includes beans and peas
Subfamily: *Trifoliate*, clovers
Parts used: Leaves and flowers, sprouts and roots can also be eaten but the healing properties lie in the aerial parts.

Alfalfa means - father of all foods. This is very fitting since it has the largest array of vitamins and minerals which feed every body system and in turn brings balance to the body. This is one herb that cannot be given a list of what it does (although I have tried to do that here) because it does so many things. I find myself putting this into many blends as I feel directed by the spirit, even though it may not "fit" into a certain category. Keep that in mind when learning about and using this "King of Herbs".

Properties:

Alterative, antipyretic, antifungal, anti-inflammatory, astringent, bitter, diuretic, nutritive, pectoral, refrigerant, tonic, estrogenic activity

Energetics: bitter, sweet, neutral to cooling
Systems Affected: digestive, urinary, cardiovascular, structural

Uses:

Alfalfa aids many health concerns due to the rich supply of vitamins and minerals that go throughout the body filling in gaps and supporting different systems to bring balance. Chronic and mystery conditions can be helped due to this very action. Alfalfa works best when used in addition to a whole foods diet. It is a perfect base for herbal formulas.

- Inflammatory conditions of all kinds: joint, prostate, injuries, pain, gout, etc.
- Blood cleansing and building, anemia
- Digestive problems, gastritis, constipation, appetite stimulant, bowel issues, etc.
- Ulcers and hemorrhoids
- Liver cleansing: helps with disorders and to strengthen and aid the liver
- Aids in water retention conditions due to diuretic properties
- Detoxifies kidneys, aids in cystitis and inflamed bladder conditions
- Skin conditions such as eczema and rashes due to cleansing action
- Reduces blood cholesterol levels, promotes normal blood clotting and reduction of plaque deposits on artery walls
- Helpful in controlling high blood sugar
- Allergies

- Body and breath odor due to its cleansing properties
- Bleeding gums
- Infections
- Burns, cuts, bruises, and prevention of scar tissue from forming
- Athlete's foot and other fungal infections
- Tonic for wasting conditions.
- Stimulates white blood cell production, strengthening the immune system
- Binds carcinogens in the colon and helps speed their elimination which may help prevent and fight cancer
- Alkalizes and detoxifies the body

Women's Health:

- Helps balance hormones
- Estrogen- deficiency osteoporosis
- Menopause and menstrual conditions
- Endometriosis
- Increase milk supply and nourishment in breastfeeding women

Nutrition:

- One of the most mineral rich foods known
- Digestive-aiding enzymes
- Provides essential amino acids that the body doesn't supply – great daily tonic
- Calcium, magnesium, phosphorus, potassium, folic acid, silicon, and other minerals
- Virtually all know vitamins
- Highest chlorophyll content of any plant
- All minerals are balanced in alfalfa's whole form which promotes absorption

Methods of Use:

- Tea (best form of use)
- Baths, compress (muscle soreness and edema)
- Juiced (can be freeze dried and powdered, 1 tsp daily supplement)
- Extract (tincture, vinegar)
- Powdered, capsules, sprinkle, pills
- Fresh – add to salads and other culinary creations

Cautions:

Due to the actions this herb may have on hormones, the immune system and cardiovascular system be mindful if you have the following conditions:

- Pregnancy (phytoestrogens)
- Autoimmune disorders (immune stimulating)
- Heart disorders
- Hormone conditions (phytoestrogens)
- Those taking anticoagulants (blood clotting properties)

Wildcrafting/Harvesting:

- You can easily grow alfalfa in your herbal garden...and chances are it could very well be growing in your yard already. This is a perennial herb that will come back year after year.
- Although an original cultivated plant for cow and horse feed, the seeds have spread to fall on waysides, walking trails, fields, etc.
- Harvest once it starts blooming by cutting down to 3 inches, then dry. You will get multiple yields per season keeping it cut. You can also gather fresh as you want it.