

Red clover

Botanical name: *Trifolium pratense*

Energetics/Actions: Sweet, neutral, moistening, lymphatic, alterative, expectorant, aperient

Description

Red clover is native to central Europe, the Mediterranean, India, Asia Minor, Russia and the Far East. It now grows wild all around the world. Red clover is a nutritive herb and makes a delicious tea. It is often mixed with nettles and yellow dock. In TCM it is used to break up stagnation and dissolve growths and tumors. It is a good herb to soften hardened milk glands and is considered to be a gentle blood purifier that assists with lymphatic drainage.



Uses

Bone health: The isoflavones in Red Clover have been used in studies to reduce bone loss.

Menopausal symptoms: Popular in the US and Europe for menopausal symptoms.

Cough: Used to help clear mucus.

Skin conditions: Traditionally used for acne, eczema and psoriasis.

Dose

Tea: 1 teaspoon dried blossoms in 1 cup boiling water. Steep for 10 minutes. Take 3 times a day.

Tincture: ½ teaspoon 3 times a day.

Topical: Use as a compress for skin conditions.

Safety Information

Not for medicinal use during pregnancy. Not for use in persons with blood clotting disorders or people taking blood thinners. Avoid use in women with a history of estrogen sensitive cancers or endometrial hyperplasia.