**Red Clover**

**Name:** Red clover. *Trifolium pratense.* AKA Wild clover, trefoil, purple clover, meadow clover.   
FAMILY Papilionaceae.

**Parts Used:** Medicinal: flowers, leaves and stems. Dried flowers are most commonly used.

**Native To:** Zones 4-8. Grows in fields, meadows, parking lots and roadsides. Perennial root, annual stem. Grows in well-drained soil, full sun.

**Uses:** Medicinal and food source.

* Blood purifying. Helps move blood as well.
* Lymph mover (may help swollen lymph glands)
* Phytoestrogens (“weaker than soy”), member of legume family
* Bone, cardiovascular and hormonal health
* Component of anti-cancer blends such as Hoxsey’s blend and Flor-Essence.
* Used for detoxes
* Expectorant and relaxant - helpful for colds, coughs, whooping cough and bronchitis.
* Can improve cognitive function, especially memory loss due to “overwork”
* May assist with skin issues such as acne, psoriasis and eczema
* May assist with autoimmune diseases
* Nutrient rich, high mineral herb
* “Great cover crop, helps to build soil and replenish the nutrients in your garden”
* “Used for hot flashes/flushes, PMS, breast enhancement and breast health as well as lowering cholesterol, improving urine production, to help prevent osteoporosis, reduce the possibility of blood clots and arterial plaques and limiting the development of benign prostate hyperplasia.”

**Actions:** Alterative, sedative and tonic.

**Constituents:** Volatile oils, acids, phenolic glycosides, cyanogenic glycosides, coumarins, flavonoids, salicylates, tannins, calcium, magnesium, niacin, phosphorus, potassium, thiamine, iron, chromium, molybdenum, vitamin C and tocopherols.  
  
“One of the richest sources of isoflavones, which are water-soluble chemicals that act like estrogens (known collectively as phytoestrogens).”

**Tincture and Capsules (Dosage):**   
Tincture - 1-3 dropperfuls, 1 to 3 times per day

Infusion - 1 or 2 teaspoons per cup, steep 8 to 10 minutes, 1 to 3 cups per day

**Harvest:** Spring to early fall.

**Taste:** Flowers taste slightly sweet.

**Flower Essence:**

“For those who are easily influenced by group energy and get carried along with the crowd, instead of making their own decisions.”

“Supports your transition into more expanded states of consciousness by transforming lower frequency emotional states rooted in the emotional subtle body, nervous system and body biochemistry.”

**Combines:**Combines well with nutritive herbs in teas and infusions.  
  
“Combines well with nettles, red raspberry leaf, and/or mint”

**Contra-indications:**

Mostly regarded of as safe.

* Red clover can thin the blood and should not be used for those on blood-thinning medication or individuals who have bleeding disorders.
* “Red clover and other legumes may contain coumarins - which can be toxic (especially to people with coumarin allergy) - especially if the plants are allowed to ferment during the drying process.”

**Helpful Resources**

<http://www.ncbi.nlm.nih.gov/pubmed?cmd=Retrieve&list_uids=16373244&dopt=Abstract>

<http://www.ncbi.nlm.nih.gov/pubmed?cmd=Retrieve&list_uids=12161042&dopt=Abstract>

<http://www.ncbi.nlm.nih.gov/pubmed?cmd=Retrieve&list_uids=19031218&dopt=Abstract>