

Red Clover

By MysticDesign

Scientific Name: Trifolium pratense

Common Name: Beebread; Cow clover; Cow grass; Meadow clover; Purple clover;

Historical Uses: Red clover is a wild plant that is used for grazing cattle and other animals. It has also been used medicinally to treat a number of conditions. Traditionally, these have included cancer, whooping cough, respiratory problems, and skin inflammations, such as psoriasis and eczema. Red clover was thought to "purify" the blood by acting as a diuretic (helping the body get rid of excess fluid) and expectorant (helping clear lungs of mucous), improving circulation, and helping cleanse the liver. Modern scientific tests have shown that red clover contains isoflavones, plant-based chemicals that produce estrogen-like effects in the body. Isoflavones have shown potential in the treatment of a number of conditions associated with menopause, such as hot flashes, cardiovascular health, and osteoporosis. However, as researchers have become aware of the side effects of taking estrogen, there is also some concern about the safety of isoflavones. And the evidence that red clover helps reduce any menopausal symptoms -- like hot flashes -- is mixed. Red clover is a source of many nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Traditionally, red clover ointments have been applied to the skin to treat psoriasis, eczema, and other rashes.

Side Effects and Cautions: No serious side effects from red clover have been reported in people taking red clover for up to one year. General side effects can include headache, nausea, and rash. However, animals that graze on large amounts of red clover have become infertile. Pregnant or breastfeeding women should not take red clover.

Magical Applications: Red clover is often associated with fertility, but other properties of this magical herb include love, marriage and good luck. Use in magical baths, sachets, love poppets or for spell work.

Planet: Mercury

Element/ Gender: Air/ Male

Deity: Rowan

Astrological sign: n/a

Parts Used: tops and branched stems

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions.

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