

# RED CLOVER

A potent remedy growing under our feet!

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**T**raditionally herbalists and homeopaths use red clover in many ways: for spasmodic and bronchial coughs, alleviation of cysts and ulcers, and bad cases of acne. It is alleged to have sedative, depurative, alterative and detergent properties. In other words it is a remedy that restores health, relaxes, and eliminates impurities. Red clover has even been used successfully to treat some types of cancer. All this, growing under our feet – and we pull them out as weeds!

In addition to antioxidants, the leaves contain a high concentration of isoflavones. Isoflavones are substances that exert a modifying effect on oestrogen receptors, known as selective oestrogen receptor modulators, or SERMS. Recent discoveries relating to adverse menopausal symptoms indicate the need for isoflavones. In cases of breast, uterine or prostate cancer that are aggravated by anabolic steroids, e.g. oestrogen, progesterone and testosterone, one needs to block the regenerative effects of these hormones on cell receptors when cell mutation has caused



tumour growths. Oestrogen blocking drugs such as Tamoxifen are used for this purpose. Isoflavones are the natural alternative. Red clover contains four isoflavones: genistein, daidzein, formononetin and biochanin as opposed to the two found in soya, namely genistein and daidzein. When consumed as a food, large quantities of soya have to be eaten daily. Some people do not tolerate soya – so it's red clover to the rescue!

According to extensive trials done overseas on red clover tablets, there are no adverse or dangerous side-effects associated with red clover i.e. no weight gain, breakthrough bleeding, endometrial thickening or changes in FSH levels. The other advantages of red clover are the reduction of hot flushes and night sweats in women, reversal of bone resorption (improved bone density – over 4% a year), the alleviation of symptoms of oestrogen dominance such as: weight gain, bloating, sore and swollen breasts, headaches, blood clotting and menstrual discomfort. ❀