

DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

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Red Clover -Jo Francks MH



Red clover is an herb that is given to us as a blessing for many different ailments. It has been used for centuries and is well known as a treatment and prevention for cancer. It is also useful as a tonic for nerves and as a sedative for nervous exhaustion. It has been mentioned as a treatment for bronchial troubles and whooping cough. It is healing to wounds and can be made into an ointment for the treatment of wounds and skin problems like psoriasis and eczema.

Modern research has found that red clover blossoms contain 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.

Dr. Christopher's Blood Stream formula is based around red clover blossoms having 6 parts of the herb. Some women have found that taking the Blood Stream formula for other conditions has reduced their frequency of hot flashes. The Blood Stream formula is used along with the Lower Bowel, Kidney, and Liver Gallbladder formulas as an extended herbal cleanse. Start the herbal cleanse by taking 2 capsules of the Lower Bowel formula 3 times a day and 2 capsules of the kidney formula twice a day. These two formulas are taken for two weeks before adding the Liver Gallbladder formula, 2 capsules 3 times a day or a dropper-full of the extract 3 times a day. Stay on these 3 formulas for another week and then add the Bloodstream formula, 2 capsules 3 times a day. It is recommended that these formulas be taken for six weeks and up to six months always resting from the formulas on the seventh day.

Red Clover has a direct action in improving the nutrition of the brain. It is especially helpful when there is general mental failure, with loss of memory of words, or when there is confusion of

ideas of functional causes. It is also useful when there is weakness of the lower extremities, or of the feet from deficient capillary circulation.

This is an herb that can be gathered when the blossoms are in full bloom and is safe to use for many ailments.

Jo Francks is a Master Herbalist graduate of The School of Natural Healing. She is also a Holistic Iridologist and Quantum Touch practitioner.