

Alfalfa

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Alfalfa is a perennial herb that grows throughout the world. Alfalfa grows to about 3 feet and has blue-violet flowers that bloom from July to September. The Arabs referred to this plant as the "father of all foods." Leaves of the Alfalfa plant are rich in minerals and nutrients, including calcium, magnesium, potassium, and carotene (useful against heart disease and cancer). Leaf tablets are also rich in protein, and vitamins E and K. Alfalfa extract is used by food makers as a source of chlorophyll and carotene. The leaves contain 8 essential amino acids. Parts used: whole herb and leaf.

Other Names: Lucerne, Purple Medick, Purple Medicle, Buffalo Herb, Purple Medic

{mospagebreak title=Potential Uses}

Potential Uses:

- To relieve fluid retention and swelling
- Laxative and a natural diuretic
- Treatment of urinary tract infections, kidney stones
- Treatment of kidney, bladder and prostate disorders
- Folk remedy for arthritis, diabetes, asthma, hay fever, appetite stimulant and overall tonic

{mospagebreak title=Presumed Mechanisms}

Presumed Mechanisms:

- Alfalfa alkalizes and detoxifies the body, especially the liver.
- It promotes pituitary gland function and it contains an anti-fungus agent.
- It is an excellent source of nutritive properties with minerals, chlorophyll and vitamins.

{mospagebreak title=Precautions}

Precautions:

Treating with Alfalfa preparations is generally without side effects, however the seeds contain a slightly toxic amino acid.

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