



Medicago sativa

Family: *Leguminosae*, other members include beans and peas

Parts used: Leaves and flowers, sprouts can also be eaten but the healing properties lie in the leaves.

Alfalfa means - father of all foods. This is very fitting since it has the largest array of vitamins and minerals which feed every body system and in turn brings balance to the body. This is one herb that cannot be given a list of what it does (although I have tried to do that here) because it does so many things. I find myself putting this into many blends as I feel directed by the spirit, even though it may not "fit" into a certain category. So keep that in mind when learning about and using this "King of Herbs".

Properties:

Alterative, astringent, bitter, diuretic, nutritive, pectoral, refrigerant, tonic.

Medicinal Uses:

Alfalfa aids in almost all health conditions due to the rich supply of vitamins and minerals, whatever the body is lacking, alfalfa seems to have that which brings the body back in to balance thus clearing up health conditions (when used in addition to a whole foods diets - no processed foods or refined sugars).

- aids in arthritis and gout
- inflammation
- blood cleansing and building
- anemia
- gastritis



Annie's Place

- digestive problems
- ulcers
- liver cleansing, helps with disorders and to strengthen and aid the liver
- aids in water retention conditions due to diuretic properties
- detoxifies kidneys, aids in cystitis and inflamed bladder conditions
- eczema
- hemorrhoids
- asthma
- reduces blood cholesterol levels and plaque deposits on artery walls = heart disease and stroke prevention
- helpful in controlling high blood sugar
- constipation
- body and breath odor
- bleeding gums
- infections
- burns, cuts, bruises and prevention of scar tissue from forming
- athlete's foot and other fungal infections
- tonic for wasting conditions
- stimulates white blood cell production
- binds carcinogens in the colon and helps speed their elimination = cancer fighter and prevention
- alkalizes and detoxifies the body

Women's Health:

- estrogen- deficiency osteoporosis
 - menopause conditions
 - endometriosis
 - increase milk supply and nourishment in breastfeeding women
- *Best to avoid use during pregnancy due to the estrogenic effects of this herb

Nutrition:

- one of the most mineral rich food known (due to the 30 foot tap root, which can go as deep as 125 feet)
- digestive-aiding enzymes
- 8 of the essential amino acids
- calcium, magnesium, phosphorus, potassium, folic acid, silicon, and many other minerals
- virtually all know vitamins
- highest chlorophyll content of any plant
- all minerals are balanced in alfalfa's whole form which promotes absorption

Methods of Use:

- tincture
- tea (infusion)
- powdered (capsules, sprinkle, pills)
- fresh

In the Garden:

- You can easily grow alfalfa in your herbal garden...and chances are it could very well be growing in your yard already. This is a perennial herb that will come back year after year.
- I have just purchased organic sprouting seeds and use them to sow in my garden in the fall. I just toss a small handful around and come spring when it pops up, thin to about 18" apart.
- Harvest once it starts blooming by cutting down to 3 inches, then dry. Or you can gather fresh as you want it and include in salads or other culinary creations.