



Red Clover (Trifolium Pratense)

by
The Reformed Bohemian



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Red Clover (Trifolium Pratense)

Red Clover is a dry cooling herb that is most known for being particularly beneficial for women from relieving the symptoms of PMS to menopause.

About Red Clover

Red clover is a dry cooling herb which tastes sweet and slightly bitter. Red Clover is beneficial for soothing and relieving skin conditions such as psoriasis and eczema, it is also useful for soothing respiratory conditions such as bronchitis, coughs including whooping cough, and asthma. It can help to lower high cholesterol levels. It can also help to relieve indigestion. Made into a tea it can be a good drink for calming the nerves.

Red Clover is also an excellent her for women, not only can it bring relief to women suffering from premenstrual syndrome (PMS) but also for women during menopause to relieve some of the symptoms that are associated with this stage of life such as hot flashes , breast pain or tenderness.



Benefits of using Red Clover

Red Clover is a dry cooling herb that can be effective when used for a number of conditions.

Therapeutic action

Alterative, Mildly Stimulant, Sedative, Deobstruent, Nutritive, Anti-spasmodic, Depurative and Detergent.

Can be used for:

Indigestion, High Cholesterol, Whooping Cough, Coughs, Asthma, Bronchitis, Sexually Transmitted Infections (STIs), Menopause, Hot Flashes, Breast Pain/Tenderness, Premenstrual Syndrome (PMS), Skin Conditions, Respiratory Conditions, Bronchitis and Calming Nerves

- **Indigestion** - Due to its antispasmodic properties and stimulant properties Red Clover can help alleviate the discomfort common with indigestion.
- **Skin Conditions** - Red Clover can be effective in soothing and calming skin conditions such as psoriasis and eczema.
- **Calming Nerves** – Due to its sedative properties Red Clover is excellent at helping to calm nerves and help with feelings of anxiety and stress.



- **Lowers High Cholesterol** - As a depurative Red Clover can be used to help lower cholesterol.
- **Menopause** - Red Clover is used to bring relief to women experiencing menopause and peri-menopause (the stage before menopause) to relieve some of the symptoms that are associated with this stage of life such as hot flashes , breast pain or tenderness.
- **Menstruation/PMS** – Red Clover is also an excellent herb for women, its antispasmodic properties can help soothe the discomfort of cramping that many women experience around their period as well as the sedative properties bringing relief to women suffering from premenstrual syndrome (PMS).



Preparations

Red Clover can be taken in a number of forms such as fluid extract, infusion and tincture. It can be safely used at double the strength and in the same dosages.

Dosages

The basic dosages are as follows:

- Tincture - $\frac{1}{2}$ -1 fluid teaspoon 3 times daily.
- Infusion - 1 tablespoon as needed.
- Powdered - $\frac{1}{2}$ -1 teaspoon 3 times daily.
- Fluid Extraction - $\frac{1}{2}$ - 1 tablespoon 3 times per day

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



Ways to Use

Orally

Menopause/Peri-menopause

- Drinking an infusion of Red Clover tea daily can be effective in relieving many of the symptoms many women experience whilst going through the menopause such as night sweats/hot flashes and tender breasts.

Tea - Drink 1 cup of warm Red Clover tea 1 - 2 times a day for as long as needed.

or

Tincture - Take 1 Teaspoon of Red Cover 1 - 2 times per day.

Menstruation/PMS

- Drinking a warm infusion of Red Clover can soothe the discomfort of cramping that many women experience around their period as well as the sedative properties bringing relief to women suffering from premenstrual syndrome (PMS).

Tea - Drink 1 cup of warm Red Clover tea 3 times a day or as needed.

or

Tincture - Take 1 teaspoon 3 times per day.

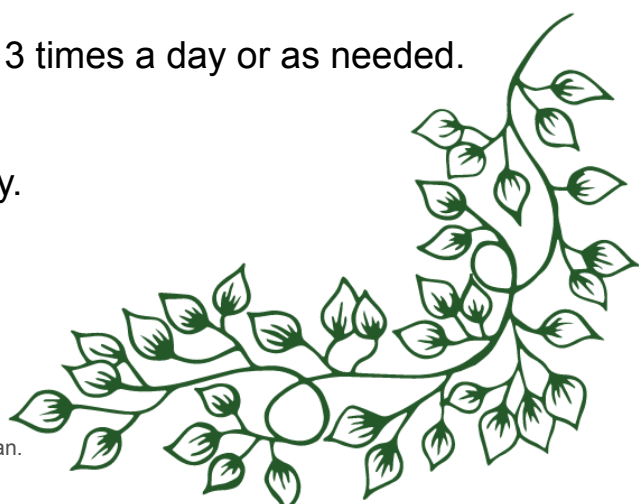
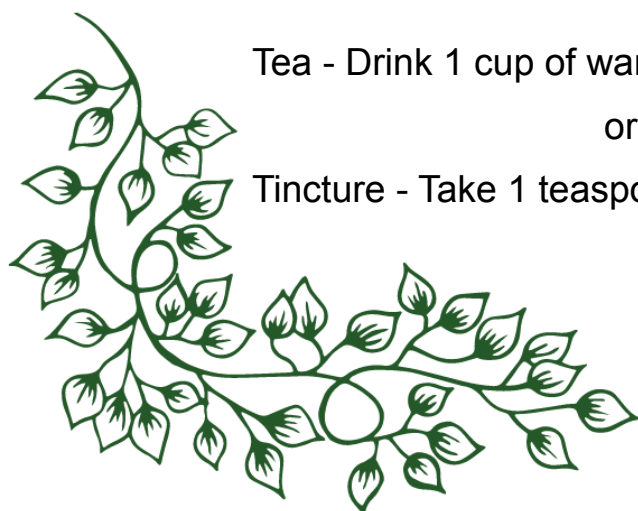
Calming Nerves

- Drinking a warm infusion of Red Clover can help to settle frayed nerves and bring calm when stressed and anxious.

Tea - Drink 1 cup of warm Red Clover tea 3 times a day or as needed.

or

Tincture - Take 1 teaspoon 3 times per day.



Indigestion

- Drinking a warm infusion of Red Clover can help to ease the discomfort caused by indigestion.

Tea - Drink 1 cup of warm Red Clover tea 3 times a day or as needed until the symptoms dissipate.

or

Tincture - Take 1 teaspoon 3 times per day.

Lower Cholesterol

- Drinking a warm infusion of Red Clover can help to lower high cholesterol levels.

Tea - Drink 1 cup of warm Red Clover tea 3 times a day.

or

Tincture - Take 1 Teaspoon 3 times a day.



Washes

Eczema/Psoriasis

- Red Clover can be used to soothe and calm skin conditions such as eczema and psoriasis.

Wash - Using a warm infusion of Red Clover soak a clean cloth and gently clean apply over the affected area 2 - 3 times per day.

Lotion - Mix 1 part infusion to 2 parts base lotion to make a lotion, rub into the affected area 2 - 3 times daily or as needed.

Bath

Eczema and Psoriasis

- Bathing in a bath infused with Red Clover can help to soothe and relieve sore itchy skin conditions such as eczema and psoriasis.

Red Clover can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.



Cautions

As with all herbs there is the slight possibility of allergic reactions, although this is rare. Red Clover is generally considered safe to use. However, it is recommended that Red Clover should not be used during pregnancy, while breastfeeding or if there is a history of breast cancer.

Also it is not advised for people using hormone medications or blood thinning medication to use Red Clover before consulting their doctor.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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