

Designed Healthy Living

Alfalfa

Questions you need to ask:

*Does your family's antiperspirant seem to be doing the job? How about their foot spray or powder?

*Is this allergy season affecting you or your family?

*What about this summer heat? Do your ankles swell?

*Do you ever find it hard to take off your rings?

Did you know that alfalfa is:

- Loaded with chlorophyll--natural body deodorizer----building a house--build a healthy body analogy, alfalfa is the window --open it fresh clean air.
- Loaded with trace minerals. Trace minerals balance salt levels; salt controls fluid retention and fluid retention play a big role in inflammation and pain.
- Benefits from less inflammation are: good for cystitis or inflammation of the bladder, provide relief from bloating or water retention (especially during PMS), and the reduction of the swelling and inflammation of arthritis -- Any nerve damage (temporary) sees an increase in fluid to the injured area, more fluid retention and swelling. Alfalfa reduce the swelling
- Helps C-sectioned babies who are loaded with mucus because they haven't gone through the vaginal birth. Air connects with the mucous in the lungs and nose, and it thickens. These babies have difficulty breathing when lying down. Giving Alfalfa tea can help make the mucous soluble and after a few days they can sneeze and cough it up.
- Awesome in controlling allergy symptoms while helping person to rebuild overactive immune system.
- Loaded with enzymes helps with digestion:
 - Lipase - fat splitting
 - Amylase - acts on starches
 - Coagulase - coagulates or clots blood
 - Emulsin - acts upon sugar
 - Invertase - converts cane sugar to dextrose
 - Peroxidate - oxidizing effect of the blood

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Pectinase - forms vegetable jelly

Protase - digests proteins

- Helps nursing moms, who are having a hard time producing enough milk, produce more.
- Contains Vitamins A, E, B6, K and D.
- It is an essential barrier against bacterial infection

Alfalfa has been used for centuries since it was first discovered by the Arabs. The leaves of the plant are rich in minerals, nutrients vitamins fiber and protein. The roots grow deep into the soil, sometimes as much as 130 feet. This allows the plant to pull in the rich source of minerals that are deep in the soil. A good supplement would use a plant that has roots growing at least 25 feet into the soil. In 1597 English herbalist John Gerard recommended alfalfa for upset stomachs. Noted biologist Frank Bouer discovered that the leaves of this remarkable legume contain eight essential amino acids.. The plant contains three components that appear to have special functions: bioflavonoids, dietary fiber, and trace minerals.

Bioflavonoids

According to the research work of Elliot Middleton, Jr. M.D., certain bioflavonoids found in alfalfa may play a role in allergic reactions. They may inhibit the release of histamine from white blood cells. They may possibly serve as an anti-inflammatory agent. Many types of arthritis, such as rheumatoid arthritis, are believed to be auto-immune diseases in which the body releases histamine as a response to a perceived "invasion". If histamine is blocked, inflammation may subside.

Specialized Fiber

Alfalfa may be one of the most effective fiber sources when dried, it contains 22% crude fiber. It has been observed that it has the ability to inhibit the buildup of cholesterol.

Other interesting studies done by Dr. Benjamin Erschoff showed a protected effect from toxins. He fed a group of rats a pure diet and they gained weight. Then he added a toxin, Red Dye #2 to their diet, growth stopped, they became sick and died within 2 weeks. A similar group of rats were fed the same toxic diet with 10% alfalfa meal added. The toxins were neutralized and the rats gained weight. The protective effect is greater than just fiber. One theory is the saponins (gum-like plant substances) in alfalfa give the fiber its binding capabilities. Another source of saponins is legumes,

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especially soybeans, noted for lowering cholesterol. Alfalfa possesses tremendous binding capabilities. It has also been hypothesized that alfalfa fiber binds with antigens that cause antibody reactions, many entering from the nasal passages. Alfalfa might help eliminate these irritations.

Trace Minerals

Alfalfa is very rich in a wide variety of trace minerals: calcium, phosphorous, magnesium, iron, copper, zinc, and iodine. There are also trace amounts of chromium, molybdenum, selenium, manganese, tin, and nickel.

Alfalfa can be used to relieve:

- Any inflammatory problem
- Arthritis
- Allergies
- Athlete's foot
- Anemia
- Gout
- Bleeding gums Vitamin C works for this also
- Body and breath odor
- Detoxifies the body
- Headaches, including migraines
- Sinus problems
- Cystitis, or inflammation of the bladder
- Water retention
- Poor digestion or bowel problems

Alfalfa is a good laxative and natural diuretic. It is often used to treat urinary tract infections. This versatile herb is also a traditional remedy for arthritis, and is reputed to be an excellent overall tonic.

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Although mostly sold as a tablet, sprouts are especially effective. When using sprouts be sure and clean well with Basic H2 (see resources) to remove all mold and bacteria. Alfalfa can be given to babies when made into a tea to help with sinus drainage and colds. The dosage for taking supplements made from Alfalfa grown with roots deep into the soil can be as many as are necessary. Be careful to only use supplements from a reputable source with studies to ensure quality, potency and purity. People who have been diagnosed with any auto-immune disorder should avoid alfalfa seeds or sprouts. Pure, uncontaminated leaves, however, may be beneficial to those with auto-immune disorders.

[My Favorite Alfalfa Product](#)

Sources:

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