



Alfalfa

Stock #30-2 (100 capsules)
Stock #32-7 (270 capsules)

Alfalfa has been used throughout history as a remedy for all types of inflammation including arthritis, gout and rheumatism. Alfalfa is also a popular blood purifier, assisting cellular detoxification by neutralizing chemical carcinogens in the liver and small intestine.

Alfalfa is a rich storehouse of nutrients, having a deep tap root which can grow down into the soil as far as 60 feet. Alfalfa's high nutritive value includes vitamins A, B1, B3 (niacin), B5 (pantothenic acid), B6, B9 (folic acid), B12, C, D, E, and K, as well as biotin, amino acids, chlorophyll, digestive enzymes, and protein (25% by weight). Alfalfa also contains the major minerals calcium, copper, iron, magnesium, phosphorus, potassium, and zinc, as well as numerous trace minerals.

Alfalfa is the source of the digestive enzyme, betaine, making the herb a useful digestive tonic. Alfalfa's rich enzyme and nutritional contents help improve digestion and assimilation of nutrients, as well as stimulate appetite. Thus alfalfa has been shown to be helpful for treating anorexia, convalescence, debility, emaciation, and weak digestion.

Alfalfa also provides a high amount of beta-carotene, which fortifies the epithelial cells of the mucous membranes lining the stomach. This may explain why alfalfa has been reported to be good for ulcers.

Alfalfa's high vitamin K content has been shown to help correct bleeding disorders by promoting the blood's ability to clot.

Alfalfa contains flavonoids which are responsible for the herb's ability to relax smooth muscles and prevent muscle spasms. Alfalfa has also been shown to reduce hypertension.

According to a study in the *American Journal of Clinical Nutrition*, alfalfa has been shown to lower cholesterol absorption in animal studies by as much as 25%. This action is believed to be due to the presence of saponins and octacosanol, both known to help reduce cholesterol and serum lipids (fats) by binding bile acids which are needed for cholesterol absorption. Furthermore, the phytosterols in alfalfa have been shown to neutralize bad cholesterol. These combined actions are useful in the prevention of atherosclerosis and heart disease. Additional research has found alfalfa exhibits a positive affect on high blood pressure, while coumarin derivatives, naturally occurring in alfalfa, enable the herb to help prevent thrombosis.

According to an article in the *Journal of Science, Food, and Agriculture*, alfalfa exhibits antibacterial activity against gram negative bacteria, including *Salmonella typhi*. Alfalfa also promotes the proliferation of healthy intestinal flora to guard against intestinal pathogens (disease-causing microorganisms).

Research shows alfalfa contains alkaloids which lower blood sugar levels.

Alfalfa contains coumarins and isoflavones which have an estrogenic effect upon the body which may be helpful for treating menstrual and menopausal complaints.

Furthermore, a study in the *Journal of the National Cancer Institute* reports the fiber in alfalfa binds and counteracts certain forms of carcinogens in the colon.

Incidentally, a French scientist has obtained a patent for using alfalfa to reduce tissue damage caused by radiotherapy.

Alfalfa is not recommended for individuals with autoimmune disorders.