

Red Clover

Red clover has at least 400 years of empirical history where people used this herb to cure such diseases as cancer and those mentioned below. When Red Clover was introduced into America, it was quickly absorbed by the American Indian cultures who realized its medicinal uses internally and externally.

Ancients called Red Clover Triphyllon, meaning “three leaves.” This term also relates to the common name, Clover, which stems from “clava,” meaning “three-leaved.” The three leaves were said to correspond to the triad goddesses of Greek mythology, and later to the Trinity in Christianity.



Red clover has been used to treat cancer, high cholesterol, indigestion, whooping cough, asthma, bronchitis, and sexually transmitted diseases. Red clover thins the blood and improves circulation, one of the reasons it is such a great cancer fighter. It has also been used medicinally to treat several conditions including cancer, whooping cough, respiratory problems, and skin inflammations, such as psoriasis and eczema. Health care practitioners believe that red clover “purified” the blood by acting as a diuretic, helping the body get rid of excess fluid, and an expectorant, helping clear lungs of mucus, improving circulation, and helping cleanse the liver.

This herb also has antibiotic qualities that are useful against several bacteria, including tubercular bacilli. Red Clover can also be used as a gargle for throat soreness, swelling, and infections.



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