



Cleavers

Considered *one of the best cleansing tonics* known that helps to rid the body of toxins and *purify the blood, the lymphatic system and kidneys*. Used to alleviate inflammatory urinary diseases, relieve swollen and enlarged lymph glands, expel stones and gravel, and generally help cleanse the system when the body is failing to rid itself of pollutants.

Information: Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Botanical: *Galium aparine*

Family: *Rubiaceae* (madder)

Other common names: Goose Grass, Grip Grass, Sticky Willy, Catch Weed, Bedstraw, Lady's Bedstraw

History: Cleavers is one of several species of evergreen shrubs and trees that are native to Eurasia and the Americas with wide distribution worldwide. Cleavers' botanical name, *Galium*, is derived from the Greek word, *gala*, which means "milk" and is supposed to relate to the fact that the plant has the ability to curdle milk, which was beneficial in the making of cheese. The plants are cut when flowering and the whole plant with seeds are used in herbal medicine. It is a relative of coffee, and when lightly roasted, it is used as a caffeine-free, coffee substitute, and it can be brewed into a refreshing tea with strong purifying tonic properties. Aside from Cleavers' medicinal uses as a cleanser for the lymph glands, kidneys and blood, the cooked shoots and young plants are considered a nourishing vegetable dish; in fact, in China, it is even considered a weight-reducing vegetable. When used commercially for non-medical purposes, a red dye can be extracted from the root and, perhaps, a more valuable application for Cleavers is its longtime use in cheese making, particularly in Cheshire, England, where some of the finest cheeses are made. Some of the

constituents in Cleavers include a high quantity of vitamin C (in citric acid), asperuloside (which produces coumarin and gives the plant its sweet smell of new mown hay as the foliage dries), tannins and glycosides.

Beneficial Uses: Cleavers acts as a purifying tonic that cleanses and rids the body of toxins in several ways. It is said to act extensively on the lymphatic system and be effective in removing and draining poisons and trapped bacteria from the lymph glands and help relieve glandular fever, swollen or enlarged lymph glands (lymphadenitis), adenoids and tonsillitis.

Further supporting its role in purifying the system, Cleavers acts as a diuretic, and as such, the herb promotes an increased urine flow and helps to rid the kidneys and bladder of gravel and stones, helps clear the urinary tract of various infections, (such as cystitis), alleviates prostate disorders and treats other acute and inflammatory urinary diseases.

Cleavers is considered a diaphoretic that stimulates perspiration and sweating, which not only cools the body and lowers fevers, but also helps to expel toxic wastes through the skin. All the above combined actions also work to purify the blood and are said to be effective when the body is failing to rid itself of toxins. These qualities may be responsible for the herb's use to clear skin conditions when it is used internally, and when it is used topically, it is said to benefit eczema, psoriasis, ulcers, minor injuries and other skin inflammations.

The coumarin content in Cleavers is considered to have blood-thinning properties, which may have a beneficial effect in reducing blood pressure and platelet aggregation (blood clotting). This quality

might be very beneficial in the prevention of arteriosclerosis, strokes and heart attacks.

Cleavers' high vitamin C content was once used to treat scurvy and is thought to be helpful in cases where there is a vitamin C deficiency.

Cleavers has an historic application for treating cysts, tumors and benign breast lumps, perhaps because of its ability to drain the lymphatic system and detoxify tissue.

Contraindications: Currently, there are no known warnings or contraindications with the use of Cleavers.

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