



Clove Fruit

It is an old-time *pain reliever, digestive aid and warming stimulant*. They exhibit broad antimicrobial properties against fungi and bacteria. Use as a treatment for diarrhea, food poisoning and other infectious conditions. Try Cloves as a *breath freshener* and, perhaps, even an aphrodisiac.

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: *Caryophyllus aromaticus* (also known as *Syzygium aromaticum*)

Family: *Myrtaceae* (myrtle/clove)

Other common names: Lavanga, Carophyllus, Clovos, Mother Cloves, Tropical Myrtle, Eugenia Aromatica

History: The Clove is an evergreen tree that may grow from fifteen to fifty feet tall, and is native to the Molucca Islands and the Philippines. It is cultivated in Madagascar, Indonesia, Zanzibar, Sumatra, the West Indies, Brazil and other tropical areas. In ancient times the Chinese and Romans prized it highly, and the fresh and dried flower buds are still used in herbal formulas for treating diarrhea and intestinal worms in Traditional Chinese Medicine (TCM), where it was first mentioned in writings of the first century B.C. The word Clove is derived from the Latin, *clavus*, meaning "nail," which describes the shape of the bud; and two of Cloves' generic names are *Syzygium* (from the Greek "closed together," as the petals close in a tuft over the flower of the Clove), and *Eugenia* (after Prince Eugene of Savoy [1663-1736], statesman and patron of the arts and science). By A.D. 300, Cloves had reached Europe, but it was not until 1500 that increased sea voyages and trade made it better known and more widely used. Early American Eclectic physicians used Cloves to treat digestive complaints, adding them to bitter herbal medicines to make them more palatable, and they were also the first to extract Clove oil from

the herbal buds, which they used on the gums to relieve toothache. Clove Oil is extracted from the leaf and/or under-developed flowers and is the principal form used medicinally. Some constituents include essential oils, eugenol, gallic acid, tannin, calcium, iron, magnesium, manganese, phosphorus, potassium, zinc, gum, fiber, resin, vanillin, mucilage, cinnamaldehyde, beta-sitosterol, beta-pinene, beta-carotene, B-vitamins and vitamins A and C.

Beneficial Uses: Cloves are used mainly to support healthy digestive function and are thought to relieve digestive upsets, vomiting and nausea. Oil of Cloves apparently reduces the sensation of bloating and gas pressure within the stomach that frequently troubles people with peptic ulcers and gastroenteritis. Clove is considered a warming herb that improves the assimilation and digestion of foods.

In Ayurvedic medicine, ancient healers used Cloves to heal respiratory ailments. The herb is said to clear excess mucus from the lungs and relieve asthma, coughs and colds. Long used as a pain reliever,

Clove oil is said to possess powerful analgesic properties. Eugenol, its active ingredient, comprises from sixty- to ninety percent of this herb and is thought to be responsible for its pain-killing properties. Oil of Cloves has been used around the world to relieve pain from toothache and dental treatments and remains one of the major pain relieving agents still used by dentists to ease periodontal disease and toothache. Used externally, Oil of Cloves also eases neuralgia and rheumatism.

Clove oil is considered by some to be one of the most powerful germicidal agents in the herbal kingdom. Its antiseptic, antibacterial properties help in the treatment of diarrhea and food poisoning by killing many types of bacteria, including *pseudomonas aeruginosa*, shigella (all species), *streptococci*, *staphylococci* bacteria - all of which may be involved in food poisoning - as well as *pneumococci* bacteria. Its disinfectant properties make it a fine mouthwash, breath freshener and toothpaste ingredient.

Cloves are said to be fine antiparasitic, and its antimicrobial properties destroy intestinal parasites, as well as their eggs, thus supporting its traditional use by the Chinese in treating intestinal worms. Reputed to have antiviral and antifungal properties, Clove oil is said to increase the efficacy of "acyclovir," a drug used to treat the viral infections underlying Bell's palsy, chronic fatigue syndrome and herpes. It is also thought to be beneficial in counteracting the fungus that causes athlete's foot. Consuming Cloves is thought to produce an aphrodisiac effect.

Contraindications: Clove oil is not recommended for pregnant or nursing women or for children. People over sixty-five years of age should start with lower doses and then increase. Until further research is completed, anyone with a history of cancer should not use therapeutic amounts of Clove. Clove oil is very strong and may cause irritation if used in its pure form; therefore, do not exceed the recommended dose.

Do not take Clove without talking to your doctor first if you are taking: Blood thinning medicine (examples: warfarin (Coumadin), clopidogrel (Plavix), aspirin, etc.

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