



# Red Raspberry Leaf

**Benefits and uses:** Encourages easy labor, diarrhea, eyewash for pinkeye, morning sickness, female organs, diabetes.

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk 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](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## Details

Red Clover is considered a fine expectorant and anti-inflammatory and is said to be one of the best mucus-clearing sources in nature. This action helps to loosen and expel phlegm from the lungs and chest and is effective in relieving bronchial troubles, inflamed lungs, colds, dry, unproductive coughs, wheezing and bronchitis.

As an antispasmodic and general relaxant, Red Clover helps to relieve spasms of all kinds, including irritable bowel syndrome, whooping cough, nervous and tension headaches, inflamed bowels, stomach and intestines. In addition, the salicylic acid (the natural forerunner of synthetic aspirin) helps to relieve pain and inflammation.

Red Clover is a wonderful detergent and cleansing tonic. It is considered a depurative that purifies the blood by promoting the body's eliminative functions. By encouraging the production of bile, the herb is said to help to purify the liver, thus cleansing toxins from the bloodstream. The increased bile also stimulates the production of digestive fluids that speed up digestion and the elimination of morbid matter from the stomach and intestines. Red Clover apparently contains the trace element, molybdenum, which is said to play an important role in discharging nitrogenous waste, another aid in cleansing the system of impurities.

As a diuretic, Red Clover further helps to cleanse the body by stimulating the production of urine and helping to flush impurities from the kidneys and bladder and removing

waste from the system in the increased urine flow. The increased urine flushes accumulated uric acid and can help to relieve gout and arthritis. In addition, this diuretic action also helps to relieve urinary tract inflammation and irritation.

As an antibacterial, Red Clover is said to fight bacterial infections and is believed to be effective against tuberculosis and syphilis. Red Clover is said to be beneficial in cases of wasting and chronic degenerative diseases and a weakened immune system, and current research is hopeful for its use in combating HIV and AIDS.

The flavonoids in Red Clover are said to be estrogenic, and this was discovered when livestock consumed large amounts of the plant. This is especially interesting for women's health in that it is said to increase fertility and reduce the unpleasant side effects of menopause, including hot flashes and dryness. When taken internally, Red Clover's powerful blood cleansing properties have been used to relieve many skin complaints, especially acne, eczema and psoriasis.

**Contraindications:** Currently, there are no known warnings or contraindications with the use of Red Clover; however, due to its coumarin content, the potential to enhance anticoagulant effects exists. Because Red Clover Red may have estrogenic activity, it should be avoided or used cautiously by patients with hormone-sensitive disease. Taking Red Clover and a contraceptive may cause the contraceptive not to work well.

The information presented here by [www.DrMarilynTucker.com](http://www.DrMarilynTucker.com) is intended for educational purposes only. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results vary.