Alfalfa

From Herbal Tonic Therapies
by Daniel B. Mowrey, Ph.D.

One of the things the body needs to repair and heal its many connective tissues, muscles and bones is a source of concentrated nutrition, and a host of minerals, vitamins and other substances. Alfalfa contains an enormous quantity of nutrients, in a form that is easily digested and assimilated by man. It is up to 50 percent protein, contains a good quantity of beta-carotene, chlorophyll and octacosanol. Also present are saponins, sterols (beta-sitosterol, stigmasterol, and alpha-spinasterol), flavonoids, coumarins, alkaloids, acids, vitamins (A, B1, B6, B12, C, D, E, K, niacin, pantothenic acid, biotin, folic acid), amino acids, sugars, minerals (calcium, phosphorus, potassium, magnesium, iron, zinc and copper), trace elements and other nutrients.1,2

Alfalfa diminishes the symptoms of arthritis and rheumatism

Alfalfa has traditionally been one of the best herbal treatments for arthritis, gout and rheumatism. Clinical research suggests that at least one or two persons in ten will respond very well to the use of alfalfa, experiencing an almost total reduction in painful symptoms. Another, less definable, fraction of the population will experience partial relief. So the herb is definitely worth a try. Alfalfa’s antirheumatic effect is probably due in part to its extremely high nutritive value.3-6 But it might also be a function of the plant’s ability to affect lipid metabolism. Alfalfa has a proven cholesterol-lowering effect. Although the treatment of arthritis is difficult at best, the use of alfalfa over the long term could significantly help many people deal with this ailment.4-9

CHLOROPHYLL

Alfalfa is, of course, one of the best sources of chlorophyll available. Chlorophyll extracts from plants have been shown to stimulate the growth of new skin tissue in wounds. French scientists have shown that alfalfa can reduce tissue damage caused by another modern hazard: radiotherapy. 13

Other properties

Alfalfa has also been shown to possess antibacterial action against gram negative bacteria (such as Salmonella typhi) and it contains at least one protein with known antitumor activity. It is important to realize that alfalfa is also fiber. As such it has been shown, along with bran and pectin, to bind and neutralize various types of agents carcinogenic to the colon. Finally, some work suggests that alfalfa induces activity in a complex cellular system that inactivates dietary chemical carcinogens in the liver and small intestine before they have a chance to do the body any harm. This system, called the microsomal mixed-function oxidase system, actually increases the metabolism of potential carcinogens, e.g., polycyclic hydrocarbons, resulting in their degradation before they have a chance to do any damage. In other words, by increasing the activity of carcinogens, this system ironically reduces the probability that their activity will result in cancer.10-12

For additional information regarding Alfalfa click here: http://jctonic.com/include/herbs/alfalfa.htm
Alfalfa References


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