

Red Clover Herb **"Cancer Fighter"**

Red clover is considered to be one of the richest sources of isoflavones (water-soluble chemicals that act like estrogens and are found in many plants). It is used for hot flashes/flushes, PMS, lowering cholesterol, breast enhancement and breast health, improving urine production and improving circulation of the blood. It is also used to help prevent osteoporosis, reduce the possibility of blood clots and arterial plaques and limiting the development of benign prostate hyperplasia.

Red clover is a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red clover is also considered to be one of the richest sources of isoflavones (water-soluble chemicals that act like estrogens and are found in many plants).

Several studies of a proprietary extract of red clover isoflavones suggest that it may significantly reduce hot flashes in menopausal women. Also, menopause increases a woman's risk for developing osteoporosis (significant bone loss) and some studies suggest that a proprietary extract of red clover isoflavones may slow bone loss and even boost bone mineral density in pre and peri-menopausal women. The estrogen-like effect of red clover isoflavones may be involved, and red clover also may have a direct effect by preventing the breakdown of existing bone.

It is believed that red clover may help to prevent heart disease in several ways. Although results from human studies are not definite, some show that taking red clover may lower the levels of 'bad' low-density lipoprotein cholesterol (LDL) and raise the levels of 'good' high-density lipoprotein (HDL) cholesterol in the body. In addition, red clover may also promote an increase in the secretion of bile acid. Because cholesterol is a major component of bile acid, increased bile acid production usually means that more cholesterol is used and less cholesterol circulates in the body. Additionally, red clover contains small amounts of chemicals known as coumarins, which may help keep the blood from becoming thick and gummy. Therefore, the possibility of forming blood clots and arterial plaques may be reduced. Plaques are accumulations of blood cells, fats, and other substances that may build up in blood vessels, possibly reducing or blocking blood flow. Red clover may also help the arteries remain strong and flexible (a quality often called 'arterial compliance'), which may also help to prevent some of the plaque deposits that may lead to a heart attack or a stroke. It has been found to be helpful in quitting smoking.

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