

ALFALFA

What is Alfalfa?

Alfalfa is a plant which sends its roots down twenty to thirty metres deep into the ground and brings up the trace minerals that are not available on the surface. The Arabic word Alfalfa means "father of plants". Alfalfa is rich in vitamins, minerals and other nutrients that play a vital role in the strength and growth of our bones and in the maintenance of a healthy body. It contains protein and vitamin A, vitamin B1, vitamin B6, vitamin C, vitamin E, and vitamin K. It also contains calcium, potassium, carotene, iron, and zinc. It can be taken in the form of seeds, leaves or tablets.

The Benefits of Alfalfa

Alfalfa has been used for many centuries to treat several health conditions. It is considered the richest land source of trace minerals. Rich in vitamins, minerals and other nutrients Alfalfa makes an amazing herbal remedy.

Its specific benefits include:

- Curing kidney problems (kidney stones), and relieving fluid retention and swelling
- Curing auto-immune disorder
- Healing arthritis
- Nourishing the digestive, skeletal, glandular and urinary system
- Strengthen bones
- Cleansing the blood, liver and bowel
- Lowering cholesterol levels
- Reduces blood sugar
- Preventing strokes
- Healing whooping cough
- Great for hair loss and balding
- Vitamins A, C, E and Zinc are proven to help dissolve kidney stones. You can find these vitamins and minerals in Alfalfa powder and Alfalfa sprouts
- Eliminates fungi and helps protein digestion

Caution: Aggravates lupus (seeds and sprouts), avoid if on warfarin or pregnant