

Cleavers Benefits – Gentle Lymphatic Flow and Skin Renewal

Botanical Profile

- Latin Name: *Galium aparine*
- Alternative Names: Goosegrass, Sticky Willy, Catchweed
- Plant Family: Rubiaceae (Coffee family)
- Parts Used: Aerial parts (preferably fresh)
- Origin: Native to Europe and North America, found in temperate regions worldwide

Cleavers is a gentle, spring-emerging herb that excels at moving lymph, clearing skin, and refreshing the inner terrain. Its clinging nature reflects its ability to reach into the lymphatic system, gently scrubbing stagnation and encouraging movement. At Peridotflow Wellness Centre, Cleavers is celebrated as a seasonal cleanser, a cooling ally for hot skin conditions, and a quiet detoxifier for the spaces in between.

Supports Lymphatic Drainage and Flow

Cleavers is one of the most effective gentle lymphatic herbs. It helps to decongest swollen glands, move stagnant lymph, and encourage detoxification through the kidneys and skin. It is particularly useful for chronic skin issues, sluggish immunity, post-viral fatigue, and conditions with puffiness or water retention. A classic herb for spring cleanses, Cleavers brings a refreshing sense of internal flow.

Clears and Cools Inflamed Skin Conditions

Used both internally and topically, Cleavers helps cool and soothe hot, irritated skin. It is helpful for eczema, psoriasis, acne, and dry, rough skin that results from sluggish detoxification. Its moistening and anti-inflammatory actions support tissue repair while also clearing the internal root of skin symptoms by aiding lymph and urinary elimination.

Gently Detoxifies the Kidneys and Urinary Tract

Cleavers has mild diuretic properties that support kidney and urinary tract function. It can be used in cases of urinary tract inflammation, water retention, and chronic low-grade toxicity. Its cooling nature soothes irritation while flushing out waste, helping to prevent buildup and stagnation within the urinary system. Combined with herbs like Cornsilk or Marshmallow, it forms a gentle urinary blend.

Soothes Swollen Glands and Post-Infection Recovery

After colds, flu, or glandular infections, Cleavers is a supportive friend. It helps clear lingering inflammation from the lymph nodes and encourages the body's natural return to balance. It may be especially helpful for recurring tonsillitis, tender neck glands, or fatigue

that lingers after viral illness. Regular use during recovery supports complete clearing and gentle rejuvenation.

Ideal for Spring Cleansing and Skin Renewal

Cleavers is one of the first greens to appear in spring, and its fresh vitality mirrors what the body often craves after winter's heaviness. It is rich in silica and minerals, offering both detox and nourishment. Fresh juiced or infused as tea, Cleavers helps reset the inner terrain—bringing brightness to skin, clarity to fluids, and a renewed sense of vitality.

Folklore & History

Cleavers has long been used as a spring tonic and cleanser by European herbalists and country folk. In folk medicine, it was called 'nature's lint roller,' believed to cling to toxins and draw them from the body. Its velcro-like texture was also associated with its affinity for the lymphatic and urinary systems. Some traditions also used it to staunch wounds or as a cooling poultice.

Traditional Usage

Traditionally taken fresh as a juice or infusion during spring and early summer. Used as a tea for swollen glands, acne, or skin eruptions. Topically applied as a poultice or in washes for eczema and heat. Blended with other lymphatics like Chickweed or Calendula for skin clearing blends.

Herbal Actions

Lymphatic, Diuretic, Anti-inflammatory, Alterative, Astringent (mild), Refrigerant, Demulcent

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Damp, Hot, Sluggish, Stagnant

Active Compounds

- Iridoids – Anti-inflammatory
- Coumarins – Lymphatic and anticoagulant effects
- Silica – Tissue repair and skin health
- Mucilage – Soothing to mucous membranes

Dosage & Preparation

- Fresh juice: 10–30 ml daily
- Tea: 1–2 tsp dried herb per cup; steep 10–15 min; 2–3x daily
- Tincture: 2–5 ml, up to 3x daily
- Topical: Poultice or wash made from strong infusion

Safety & Contraindications

- Safe for most individuals, including children
- Best used fresh for lymphatic potency
- Use with care in individuals with very cold, dry constitutions
- Avoid if allergic to members of the Rubiaceae family (rare)

Herbal Pairings

- Chickweed – for skin and lymph synergy
- Calendula – for wound healing and gentle detox
- Nettle Leaf – for minerals and kidney support
- Dandelion Leaf – for fluid movement and liver flow
- Marshmallow Root – to soothe and moisten urinary tissues

Peridotflow Perspective

Cleavers is the gentle broom of spring—sweeping through the lymph, refreshing the skin, and bringing vitality back to tired tissue states. At Peridotflow, we turn to Cleavers when the system feels heavy, sluggish, or inflamed from within. It is a quiet ally of deep intelligence, reminding us that flow is essential to wellness—not force, but fluid movement. It teaches us to release what's no longer needed with grace and cool clarity.