

Red Clover – Blood Cleanser, Lymph Mover & Gentle Feminine Rebuilder

Botanical Profile

- Latin Name: *Trifolium pratense*
- Alternative Names: Purple Clover, Trefoil
- Plant Family: Fabaceae (Legume family)
- Parts Used: Flowering tops
- Origin: Native to Europe, Western Asia, and northwest Africa; now widespread globally

Red Clover is a graceful herbal cleanser—clearing the blood, nourishing the skin, and gently guiding the body through change. It has an affinity for the lymphatic and reproductive systems and is traditionally used to support detoxification, hormonal transitions, and skin eruptions. At Peridotflow Wellness Centre, we honour Red Clover as a feminine ally—soft, cleansing, and restoring balance from the inside out.

Supports Gentle Blood Detoxification and Liver Function

Red Clover is a mild alternative, supporting the liver and bloodstream in the natural removal of toxins and metabolic waste. It is particularly helpful during seasonal cleanses, skin flare-ups, or hormonal imbalances that stem from internal congestion.

Promotes Lymphatic Drainage and Reduces Stagnation

By activating the lymphatic system, Red Clover helps reduce fluid retention, chronic congestion, and sluggish elimination. It can be helpful for swollen glands, cysts, and skin eruptions linked to lymphatic stagnation. Its action is gentle yet steady, making it ideal for long-term support.

Supports Skin Clarity and Eases Eruptive Conditions

Red Clover is a traditional remedy for chronic skin issues including acne, eczema, and psoriasis. Its blood-cleansing and anti-inflammatory properties help resolve eruptions from within, while its minerals and phytoestrogens restore skin vitality and tone.

Balances Hormones and Supports Menopause

Rich in isoflavones, Red Clover may support estrogen balance, especially during perimenopause and menopause. It gently eases hot flushes, vaginal dryness, and mood swings, and promotes smooth hormonal transitions for those in flux.

Nourishes Fertility and Uterine Health

Traditionally used as part of pre-conception support, Red Clover nourishes the reproductive system and supports uterine tone and hormonal rhythm. Its gentle, mineral-rich nature makes it ideal for those seeking a deep, slow-building tonic for hormonal and womb health.

Folklore & History

Red Clover has been a sacred plant of prosperity and protection in many cultures. The three-lobed leaf was associated with the trinity and luck, while the flower was used in early European folk medicine for cleansing and healing. It has long been used as a women's tonic, and as a symbol of cycles, renewal, and feminine resilience.

Traditional Usage

Used as an infusion or tincture to support detoxification, skin health, menstrual regulation, and menopause. Often combined with Burdock, Nettle, or Dandelion in cleansing blends, and with Raspberry Leaf or Vitex in reproductive support formulas.

Herbal Actions

Alterative, Lymphatic, Phytoestrogenic, Anti-inflammatory, Antispasmodic, Expectorant, Nutritive

Energetics & Tissue States

Temperature: Cooling

Moisture: Moistening

Tissue States: Dry, Tense, Hot, Stagnant

Active Compounds

- Isoflavones (genistein, daidzein) – Phytoestrogenic support
- Coumarins – Circulatory modulation
- Minerals – Nourishing and rebuilding (calcium, magnesium)
- Polysaccharides – Immune and tissue support

Dosage & Preparation

- Infusion: 1–2 tsp dried flowers per cup, steep 15–20 minutes
- Tincture: 2–4 ml up to 3x daily
- Combine with Burdock for skin, or Raspberry Leaf for womb health
- Safe for long-term use in most individuals

Safety & Contraindications

- Avoid in individuals with estrogen-sensitive cancers or on estrogenic medications unless under supervision
- May mildly thin blood—use caution with anticoagulants
- Not for use during pregnancy unless guided by a practitioner

Herbal Pairings

- Burdock Root – for deep skin and liver support
- Nettle Leaf – for mineral nourishment
- Dandelion Root – for liver and hormonal detox
- Raspberry Leaf – for menstrual and uterine tone
- Calendula – for lymphatic synergy

Peridotflow Perspective

Red Clover is the wise woman's cleanser—soft, cyclical, and profoundly balancing. She reminds us that healing can be gentle and that cleansing does not always require purging. At Peridotflow, she is our trusted ally in skin healing, hormonal regulation, and womb support. She offers a return to clarity—of skin, blood, and spirit.