



Cleavers

Gallium aparine

JW Farms 7

Cleaver infused oil can be used topically especially as a part of a gentle massage to support the health of the lymphatic system or a small amount can be smoothed over skin just before bed. Focus on areas where lymph glands are located.

Use dried Cleavers to make infused oil at room temperature. Fill your jar 1/3 full of Cleavers then the remainder with a carrier oil such as almond, coconut or jojoba. Cap the jar letting it sit for two weeks, shaking it every day. Its ok if you skip a day. Strain the oil pressing all the goodness out then cap the jar, label clearly. You may use OLIVE oil. You may even make a vinaigrette to drizzle over salads.

Cleavers are native to Europe but can be found in most places around the world today. It is also known as goosegrass or sticky Willy due to it sticking to your clothes as you walk by.

It is interesting that Cleavers begin to spout when your immune system may be tired and sluggish from the long winter. Although it is considered a weed, it is highly medicinal and should be cherished as such. It is edible and can be put in dishes as a fresh herb. When heated it loses its potency. Cold infusion is best. Fresh pressed juice (success) or as an infused oil for topical use.

A spring tonic made from its juice is most beneficial. Because it is an Alterative it adjusts to the myriad of issues going on within the body smoothing out any rough edges. It's widely used for a multitude of issues from liver, skin, lungs and kidneys. It is truly an ally to man especially in the spring.

Cleavers is a climber and a perennial. It belongs to the Rubiaceae family. It works best when its leaves are fresh. On drying it loses some of its effectiveness. An alternative is an herb that gradually restores proper function to the body and increases overall health and vitality, and may do so by promoting the ability of the body to eliminate waste through the main elimination channels of the kidneys, skin, liver, or lungs (Hoffmann, 2003).



Cleavers is very effective against Cancer. Specifically, it is most effective against Blood, Breast, Lung, Liver, Colon and Tongue Cancers. Cleaver Tinctures inhibits the division of Cancer cells. It also reduces the effects of Cancer. It has AntiTumor properties and helps swollen, sore Breasts, Congestions in the breast and benign breast lumps.

Stress
 Tonsillitis
 Alterative
 Lymphatic System
 CANCER
 Liver
 Spleen
 Stomach
 Large Intestine
 Bladder
 Skin
 PMS
 Edema
 Interstitial Cystitis
 Clears Infections
 Genitourinary System
 Urinary Tract
 Gastrointestinal Tract
 Lymphatic Drainage
 Detoxifies Kidneys
 Diuretic
 Prostrate Disorders
 Scurvy
 Relieves Burning from UTI
 Diaphoretic
 Prevents Viral Infections
 BLOOD Cleanser
 Throat Infections
 Heart Issues
 Strokes
 Arteriosclerosis
 UTI
 Measles
 Chicken Pox
 Blood Clotting
 Kidney Stones
 Astringent
 Adaptogenic
 Age Spots
 Acne



The Anti' s:

Antioxidant
 Anti-Inflammatory
 AntiCancer

JW Farms 7

Cleavers counters fevers and prevents the occurrence of Viral Infections like Measles and Chicken Pox.

Direct application of Cleavers is very effective on Cuts and Wounds. It enhances blood clotting and stops bleeding. This speeds up the healing process in the body. It contains blood thinning properties and has beneficial effect on Platelets. When you get a cut it collects the Platelets and halts bleeding. Cleavers help in prevention of Arteriosclerosis, Strokes, and Heart Failure.



Cold Infusion & Preserved Cleaver Juice:

Place 1-2 Tbs finely chopped (blended mash) Cleavers (leavers and stems, not the roots) into a muslin bag

Fill the quart canning jar with cold water and use a chopstick to suspend the drawstring bag into the water. The water with more precipitates from the fresh herb juices sinks to the bottom and creates a circulation of the water as the cleavers infuse.

Allow Cleavers to infuse overnight, or at least 8-12 hours.

Squeeze excess out and compost bag contents. Place lid on jar and refrigerate. Drink up. It is good to do a 1/2 shot glass every day, 30-60 drops/1/4 to 1/2 tsp).

*Add equal parts of Cleaver Juice to Vodka to preserve your Succus. You may use 3 parts juice to 1 part grain alcohol as well. Bottle into an amber bottle and don' t forget to label with date and contents.

Should last up to a year.



Caution

Generally SAFE. Like anything, don' t over do. But there are no cautions with this gentle herb.