



Alfalfa (Medicago Sativa)



The alfalfa plant is primarily native to Asia, It is a member of the Pea family Fabaceae and it is often used for feeding animals as it has the highest nutritional value of all the hay/forage crops. The word alfalfa is derived from Arabic, specifically the phrase al-fac-facah, which literally means "Father of all foods"

Alfalfa Health Benefits

Alfalfa(Medicago sativa)also called Lucerne, is naturally high in many essential vitamins and minerals, including [A](#), [D](#), [E](#), [K](#), and even the full family of [B vitamins](#); [biotin](#), [calcium](#), folic acid, [iron](#), [magnesium](#), [potassium](#) and many others, as well as being very high in protein, especially when dried. It is "The king of all foods"!

Vitamins

The alfalfa plant is naturally high in many essential vitamins, including A, D, E, K, and even the full family of B vitamins. Each individual vitamin has an abundance of health benefits in itself, making them crucial to overall human health. It is surprising for so many different types of vitamins to be present in just one plant.

Minerals

The alfalfa plant contains a full spectrum of important vitamins, but it is also loaded with important minerals such as biotin, calcium, folic acid, iron, magnesium, potassium, and several others. the alfalfa plant is also super high in protein. The alfalfa plant has an unusual, extensive root system that can reach as far as 60 feet into the soil. This is what allows the plant to absorb more vitamins and minerals than the average plant, further giving credentials to its title as, "The king of all foods."

Diuretic

The alfalfa plant, has a list of health benefits that are nearly endless. It has been found that regularly ingesting alfalfa can aid in flushing the bowels of built up toxins. The alfalfa herb is very good at detoxifying and better purifying the blood, as a result, regular consumption of alfalfa can lower blood pressure and balance hormones.

Additional benefits

The alfalfa plant has beneficial healing properties against bad breath, sore or achy joints, imbalanced skin conditions, and it even increases immune system functionality. When consumed regularly, it acts as an alternative to over the counter pain medicines for headaches or migraines because of its high calcium and magnesium levels. As anyone can see, consuming alfalfa herb on a routine basis has an abundance of positive health results.

How To Take

It can be taken as a brewed tea daily. For added benefits and a better taste brew alfalfa with another tea for flavor. Alfalfa can also be mixed in with different foods. Salads, soups, casseroles. The herb is very mild in flavor and because of this, it can be used in many different ways.