

Alfalfa is A Nutrient Rich Food

The powerful nutrients of alfalfa are not a new discovery. Chinese healers have used alfalfa as far back as the sixth century, mainly for kidney stones. Alfalfa is known to improve urinary tract health, detox the body and rid it of harmful substances and support menstruation with its estrogen properties. It has been noted for its use as a diuretic and an appetite suppressant, therefore it is often found on the ingredient lists of over-the-counter weight loss supplements. It also aids the thyroid and helps it to function properly.

Nutrition Facts about Alfalfa

Alfalfa is a purple flowering plant that is considered a legume. It has a high amount of protein, calcium, minerals, iron, vitamin A, vitamin C, vitamin D, vitamin E and vitamin K. It is available as a supplement and it is used as an herbal remedy by holistic doctors. The natural ingredients found in alfalfa treat the heart, digestive tract; help with poor digestion, and helps patients that are anemic or diabetic. It is also used to control appetite for lose weight, as a diuretic, improves bladder problems and helps with estrogen replacement to increase breast milk and can be taken as a dietary supplement to lower cholesterol.

Because alfalfa is one of nature's most nutrient rich foods it is used to aid in a host of medical problems. Alfalfa has antibiotic properties and antifungal properties. It is used as an anti-tumor remedy, for smooth muscle relaxation and is beneficial to one's overall health. Properties of alfalfa will actually improve your quality of life.

Alfalfa is high in protein. Farmers continuously work to grow higher protein alfalfa. It is a delicate process, however. Alfalfa can contain as much as 20% protein. Because of this it is often used by vegetarians as an alternative protein source. Alfalfa is also recommended for overall health and wellness. Dieters used alfalfa sprouts or supplements to help curb their cravings, suppress appetite and improve their quality of life.

The Health Benefits of Alfalfa

Alfalfa is high in calcium, magnesium, potassium and carotene. One of the benefits of using alfalfa is that it works to protect the heart and helps with cell division. Since the discovery of alfalfa during the sixth century, alfalfa has been used to aid body functions and correct imbalances.

Alfalfa is one of nature's most nutritious rich foods and is therefore viewed as a type of miracle plant. This plant is beneficial in so many ways. A high level of nutrients it contains are beneficial for everything from heart function, tumors, illnesses, digestive tract disorders, anemia, diabetes, obesity, high cholesterol, weak bladder, sore muscles, under active thyroid and low levels of estrogen. The list of ways that alfalfa will improve your quality of life goes on and on.

Add alfalfa sprouts to salads and sandwiches regularly for a big boost of nutrients and antibiotics. When fresh alfalfa isn't at your fingertips, go to a local pharmacy or health market and inquire about an alfalfa supplement. Over time, you'll notice positive changes in your body and experience fewer health problems by including alfalfa in your diet. There is no reason to tolerate symptoms or live in pain when such a simple cure from a plant makes such a dramatic difference in your health.

About the Author

More information on [alfalfa and its powerful antioxidant properties](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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