



Willow Moon Herbals



Cleavers

Latin binomial: *Galium aparine*, L.

Description: Cleavers, a member of the Rubiaceae family, is a weak, climbing plant with whorls of narrow leaves arranged around the main stem and covered with small hooked hairs that makes the plant stick or cleave to clothing or animals. There are usually six to eight leaves in each whorl. Since this botanical loses most of its activity soon after harvesting, collect the whole fresh plant before flowering in mid to late spring. Add a handful of fresh herb to your juicer!

Uses: The plant was traditionally used to treat skin diseases. It is a diuretic and vulnerary. Herbalists use it to lower blood pressure and body temperature, as well as for cystitis. The whole plant is considered rich in vitamin C. Its roots produce a red dye, and the tea has been used as an anti-perspirant (by the Chinese), and as a relief for head colds (home remedy), restlessness, and sunburns. As a pulp, it has been used to relieve poisonous bites. Cleavers is useful for cleansing the lymphatic system and shrinking swollen lymph glands. Consider using the herb if you have tonsillitis, psoriasis, or other skin conditions. It is an effective herbal diuretic to clear bladder infections, cleanse the urinary tract, and help prevent small kidney stones from forming.

Dosage: Drink 1 cup of the infusion or take up to 1 teaspoonful of the tincture in water, 2 to 3 times a day.

Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal,

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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