

# WHAT CAN CLOVES DO FOR YOU

Cloves are the dried buds of a tree of the myrtle family, *Syzygium aromaticum*. The tree, which may reach a high of 40ft., produces abundant clusters of small red flower buds that are gathered before opening and dried to produce the dark brown, nail shaped spice, clove. Almost 20 percent of the clove's weight is essential oil, obtained by distilling and used in perfumes, blends of spices and medications.

## PROPERTIES OF CLOVES:

- Antiseptic and powerfully analgesic - particularly to the gums and teeth
- Cloves are warming and useful for people who are prone to colds
- Anti-inflammatory, when used locally on swellings
- Cloves are calming to the digestive system
- Eliminate parasites from the body

## USES:

- Oil of cloves can be placed directly on a sore tooth or mouth abscess to draw out the infection and ease the pain. Chew cloves for the same effect
- Dab a tiny amount of neat oil on insect bites
- Clove tea is warming, and can encourage the body to sweat, which is helpful for high fever or vomiting
- Inhale an infusion of cloves to clear the lungs and refresh the airways
- A clove and orange pomander can be hung in cupboards as an effective insect repellent
- Steep cloves in boiling water and then simmer. Strain and use the remaining liquid as a mild sedative and to soothe an acid stomach



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