

# Blood Clots

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## Description

Blood clotting is a normal function of blood cells used to repair damaged blood vessel walls. Lack of Blood Clotting factor or Blood clots inappropriately forming in an artery or vein can create life threatening conditions in the body. This information sheets contains proven herbal supports for supporting both clotting issues.

## Blood Clots can form when any of the following conditions appear.



Clotting action will automatically begin when flowing blood comes in contact with specific constituents in the skin or blood vessel walls. When the blood comes in contact with these substances it usually means the skin or blood vessel wall is broken.

Waxy cholesterol plaques that form in the arteries also contain clot forming constituents. The spontaneous clotting process is initiated if the plaque breaks open. Most heart attacks and strokes happen when plaque in

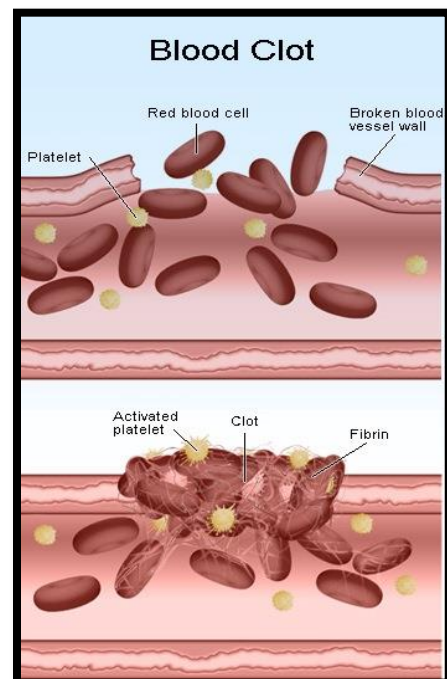
the heart or brain suddenly bursts.

Blood clots can also form when the blood doesn't flow properly. If it pools in your blood vessels or heart, the platelets are more likely to stick together. Atrial fibrillation and deep vein thrombosis (DVT) are two conditions where slowly moving blood can cause clotting problems.

## Following is a description of healthy blood clotting.

**1. Platelets form a plug.** Tiny bits in your blood called platelets get "turned on" by triggers released when a blood vessel is damaged. They stick to the walls in the area and each other, changing shape to form a plug that fills in the broken part to stop blood from leaking out.

**2. The clot grows.** Proteins in your blood called clotting factors signal each other to cause a rapid chain reaction. It ends with a dissolved substance in your blood turning into long strands of fibrin. These get tangled up with the platelets in the plug to create a net that traps even more platelets and cells. The clot becomes much tougher and more durable.



**3. Reactions stop its growth.** Other proteins offset extra clotting factor proteins so the clot doesn't spread farther than it needs to.

**4. Your body slowly breaks it down.** As the damaged tissue heals, you don't need the clot any more. The tough fibrin strands dissolve, and your blood takes back the platelets and cells of the clot.

### Herbal Support for better Blood Clotting

**Alfalfa** has been used in the treatment of jaundice. Harris reports that some doctors supply their patients with fresh Alfalfa. A woman was brought into a hospital with serious jaundice. She had been well up to the onset of the disease, but had become extremely yellow in just a few days. She then began to bleed from her nose, from the bowel, and clots of blood began to form under her skin! Bile in the blood--which is what jaundice is--prevents the clotting of blood, and so doctors hesitate to do surgery for that reason. The laboratory analyses showed that the prothrombin in the woman's blood--the element necessary for clotting--was only five percent of what it should have been. A researcher recommended that the situation be treated with Alfalfa, which it was, and the woman completely recovered.



### Herbal Support to Aid in Dissolving Blood Clots

**Ginger** is said to contain a substance called gingerol; that inhibits blood clotting, which prevents recurrence of so-called "little strokes". These attacks are triggered by microscopic artery clots which follow through the bloodstream until they block arteries in the brain.

**Sassafras:** Here is an herb that is the finest spring tonic known to man. It thins the blood as it cleanses old sludge from the bloodstream. We have used it successfully for people who have suffered from blood clots and formerly needed to take toxic blood-thinning drugs. There is an active ingredient in the herb called safrole, which is said by the FDA to be dangerously toxic. It is only dangerous in its isolated state. In its wholesome state, within the herb, it is perfectly safe when combined with other constituents of the plant.



**Bone, Flesh, and Cartilage,** This is an aid for malfunction in bone, flesh, cartilage, and is excellent for varicose veins, sprains, curvature of the spine, tremors, skin eruptions, pulled muscles, blood clots, calcium spurs, etc. This combination contains the following herbs: oak bark, marshmallow root, mullein herb, wormwood, lobelia, skullcap, comfrey root, walnut bark (or leaves) and gravel root.



**Sweet Clover** is a close relative to the Red Clover. Its botanical name is *Melilotus officinalis*. The Mayo Clinic reported the discovery of a new chemical in Sweet Clover which was traced to the eating of spoiled clover. The Wisconsin Agricultural Experiment station has completed a seven year study of clots lodging in the heart, the lungs and in thrombosis. The only practical remedy up to now has been heparin, a liver extract, whose drawback is that it often makes people ill. Sweet Clover seems to have no such ill effects and the Mayo report states that it could replace heparin in general use. It is effective, cheap and has a prolonged action.

