

Cloves (*Syzygium aromaticum*)



Other names: Clove Flower, Caryophyllus aromaticus, Eugenia aromatica.

Origin: Madagascar, Indonesia, Sri Lanka. The name comes from the French "clou" meaning nail.

Element: Fire

Gender: Masculine

Planet: Jupiter

Zodiac: Aries

Magical Properties

Protection and Prosperity: To bring riches your way, cloves should be burned. For protection, push the cloves into a red candle and burn it. Include a bit of clove in a recipe to keep your family protected.

Friendship: They are often used to bring a sense of kinship to a gathering. Place seven cloves in a bag and give it to a friend.

Medicinal Properties

Antioxidant: Eugenol, the antioxidant found in cloves, helps to reduce oxidative stress even more than vitamin E.

Liver Health and Bone Health: Eugenol has also been found to reduce scarring in the liver from cirrhosis. Manganese in cloves also helps with bone health by increasing bone mineral density and growth.

Contraindications: Cloves often act as an irritant. People with sensitive stomachs may have difficulty tolerating cloves. They can also affect the central nervous system, so pregnant women should avoid using cloves medicinally or as an essential oil.