

~ Ask Granny Earth ~

www.grannyearth.com



When I surrender, the Universe moves.
grannyearth@grannyearth.com



Burdock



Yellow Dock

Ask Granny Earth

We have an abundance of two particular plants growing around our farm: Yellow Dock and Burdock. Are they good for anything?

Burdock and Yellow Dock are two of the best medicinal herbs growing in this area for the treatment of chronic skin disorders, such as eczema and psoriasis. The fact that you have so many of them, means that you could benefit from their healing qualities.

YELLOW DOCK (*Rumex crispus*): A perennial that grows from 1 to 5 feet high with large, lance-shaped leaves whose leaves are 'wavy'. The little flowers are green and grow on spikes, blooming May through September. They will then turn brown.

Used since ancient times, Yellow Dock is both an alternative (produces gradual beneficial changes in the body systems that need healing) and tonic (strengthens and invigorates organs of the entire system). It also has astringent properties (contracts tissue, reducing secretions or discharges) which increase the tone of tissues and lessen mucous discharge from nose

and intestines. It has blood-purifying characteristics, which maintain the liver, gallbladder and spleen, while restoring the tissues of these organs and clearing skin conditions, such as eczema and psoriasis. It's no surprise that this bitter herb has been a traditional treatment for jaundice and hepatitis.

Internally, Yellow Dock helps the entire glandular system. It is therefore good for chronic lymphatic enlargements and inflammatory deposits. Its main uses are for chronic skin conditions, enlarged lymph glands, rheumatism, fungal infections, anemia (due to its high bioavailable iron), all diseases of blood, and liver ailments.

Preparation and dosage: 1 teaspoon of the grated root simmered in 1 cupful of boiling water - Drink 3 – 4 cupfuls daily. Externally it is be used to treat ulcers, hard tumors and eruptive skin diseases. Use the bruised root in poultice form or make an ointment from the root simmered in oil.

Burdock (*Arctium lappa*): *Arctium* comes from the Latin - bear, referring to the fuzzy feel of the leaves. The 'burrs' look fuzzy too, but are more like clinging hooks, or Nature's original Velcro. Other names for Burdock are: Cockleburr, and Thorny Burr.

Burdock is a biennial, meaning that it has a 2-year life cycle. The first year you'll see a rosette of wide leaves at ground level. The second year it produces a tall stock that bears the prickly purple flower and forms the burr seedpod. It's a big plant, growing up to 5 feet tall and 3 to 4 feet wide. It is this second-year root that you'll want to use for a blood-purifying tea or tincture. Dry the root by slicing and placing in a warm, shady place for later use.

This herb has a long history of use and was listed in the early U.S. Pharmacopeia as a treatment for boils, fevers, inflammations, hepatitis respiratory infections, eczema, psoriasis, abscesses, arthritis and swollen glands. In the Middle Ages it was used for cancerous growths and in more recent times it was the main ingredient in the "Hoxsey Cancer Treatment". Burdock is also found in the "Essiac" herbal treatment used for cancer treatment. Recent research is being done on two chemicals found in Burdock: arctigenin and arctiin. They apparently show some action on cancerous cells.

Because Burdock contains natural inulin, it has blood sugar lowering abilities. In tests, powdered burdock root, given to diabetics in the form of crackers, inhibited the expected blood sugar rise after a starchy meal. If you are diabetic and plan to use Burdock, be sure to test your blood sugar levels regularly and check with your health care practitioner. There may be a need to change your insulin dosage.

While Burdock has many interesting uses, it seems that the most popular one is for chronic skin problems such as: dry skin, eczema, psoriasis, acne and abscesses. For these conditions it can be taken internally, and/or applied as a

poultice. The leaves can also be used fresh on poison ivy/poison oak rashes, as well as for bruises, swellings, hemorrhoids and sores.

These two herbs have many similar actions and a few specific ones. I think that they are mainly useful in chronic skin conditions. For these conditions you would want to combine equal parts of Yellow Dock and Burdock root-

Take 1 teaspoon of the dried, ground roots and add them to a cup of cold water. Let stand for about 3 hours, then bring to a boil. Simmer for 15 minutes with a lid on. Strain and take 1 or 2 cups full spread out over the day. You could also make a tincture, using about 1 cup dried, chopped root. Cover with 2 cups of vodka. Shake at least once a day. Leave in during a complete moon cycle, then strain. You would want to take about 2 droppers full, 3 times a day.