



## Yellow Dock

Stock #760-1 (100 capsules)

Yellow dock was used during Medieval times to heal blisters, boils, burns, eczema, psoriasis, scalds, skin rashes, and syphilitic lesions. The powdered root, having abrasive and astringent qualities, was used to tighten gums.

In more recent times, yellow dock has become favored as a tonic for the liver and gall bladder, due to its astringent purification of the blood supply to the glands. Compared to other herbs, yellow dock has one of the most prominent reputations for clearing skin problems, relieving glandular inflammation and swelling, and curing a variety of bladder ailments and liver diseases, including jaundice. Many Native American medicine men were quite competent in using yellow dock for treating jaundice. Yellow dock also works as a laxative, encouraging the production of bile and digestive fluids and easing inflammatory bowel conditions.

Yellow dock contains cleansing, laxative substances called anthraquinones and anthraquinone glycosides, thus making this herb helpful for mild constipation and for clearing up skin eruptions associated with intestinal toxicity. Yellow dock also contains tannins which produce an astringent effect, tightening skin tissues when applied externally.

Yellow dock is used topically for itching, such as is associated with chicken pox.

Yellow dock is rich in ascorbic acid (vitamin C), vitamin A and iron, and is often used to improve iron levels in pregnant women and those suffering anemia. Yellow dock also supplies calcium, magnesium, phosphorus, and selenium.

Excessive use of yellow dock may cause dermatitis and nausea, primarily to the prominent cleansing action of the herb.