

Arctium lappa
Family: *Asteraceae* – sunflower, daisy
Parts: root and leaves

Properties:

Alterative, anti-inflammatory, antioxidant, demulcent, diuretic, hepatoprotective, lymphatic, prebiotic.

Energetics: cooling, moistening
Systems Affected: skin, liver

Uses:

- Blood purifier
- Moves stagnant lymph
- Skin tonic, helps clear up eczema, psoriasis, rashes, boils and acne (internal)
- Liver and kidney support, helps process toxins
- Joint pain and inflammation (leaf poultice externally while root internally)
- Bone spurs and calcified joints
- Feeds gut flora, great for gut health

Herb Preparations:

- Decoction (root tea)
- Tincture
- Herbal oil
- Salve
- Bath, steam
- Food: add root to stocks and soups

Wildcrafting/Harvesting:

Found throughout the mountain west, in disturbed soils, waysides, and trails.

- Roots should be gathered before the flower stalk is sent up in the fall or spring of its first year.