

Quercus alba (other species as well)
Family: *Fagaceae* – beech
Parts Used: inner bark (main use), leaves

White Oak is preferred by herbalists, but Western scrub oak and English oak are similar in properties. One of the best astringents herbs available.

Properties

Astringent, alterative, antiseptic, anito-inflammatory, diuretic, antioxidant, antimicrobial, antiparasitic, hemostatic, laxative, prebiotic, vulnerary.

Energetics: cooling, drying
Systems Affected: digestive, respiratory, urinary

Uses

- Strengthen gums and teeth
- Bone building and strengthening
- Strengthen and tone cartilage and tendons.
- Hemorrhaging both internal and external
- Varicose veins
- Cleanse mucus membranes
- Expel intestinal worms. (1 cup of tea, 2 capsules, or 2 droppers 3 times a day)
- Cleansing and toning effect on the digestive tract.
- Colon problems, diarrhea, dysentery, prolapsed anus, or uterus (suppository).
- Kidney, liver, spleen issues
- Aid the removal of gall or kidney stones.
- Sore mouth and throat, including strep throat.
- Swollen glands, goiters, boils, tumors, skin eruptions, etc.
- Ulcers and sores anywhere in the body.
- Wounds, bleeding, ulcers, sores, burns, bites, etc.
- Inflammation
- Gangrene

Herb Preparations

- Tea (make as a decoction)
- Gargle, eye wash (leaves work great for this as well as the bark)
- Extract

- Powder, capsules (makes a wonderful gum powder)
- Poultice
- Cold compress for burns, wounds, injuries, and skin inflammation.
- Hot compress for swollen glands, sore throat.
- Herbal oil, salve
- Bath, skin wash
- Douche, suppository

Foraging/Harvesting

Western Scrub Oak can be found in the wild. White Oak can be cultivated in zones 3-9. It can grow from 50-80 feet and spreads that wide as well.

- Prefers full sun but can tolerate partial shade.
- Prefers, deep, moist, well-drained soil but can adapt to a variety of conditions.
- Bark can be harvested from the twigs and branches in the fall or early spring.
- Leaves can be harvested anytime. They are good for making a tea that works as a gargle for sore throat and inflamed mouth conditions and an eye wash.