

Rumex acetosa (garden)
Rumex scutatus (French - wild)
Family: *Polygonaceae* – buckwheat, yellow dock
Parts Used: leaves

Sorrel has been used as part of a popular herbal cancer remedy since the early 1800's. It can be cultivated in the garden or foraged for in the wild as French or sheep sorrel (*acetosella*). Both species have the same properties to cleanse the liver and blood and boost the immune system.

Properties

Anti-inflammatory, antimutagenic, antioxidant, astringent, diuretic, refrigerant, styptic.

Energetics: cooling, toning, sour
Systems Affected: digestive, kidney, liver

Uses

- Purifies and cleanses the liver.
- Stimulates regeneration of tissue.
- Heart support and blood cleansing.
- Strengthens cell walls and blood vessels.
- Immune booster
- Sore throat (gargle)
- Folk cancer remedy, lupus, skin cancer, tumors, cysts, warts (poultice and internal)
- Fever
- Kills and expels worms.
- Dysentery, jaundice, kidney stones
- Hemorrhaging
- Cold sore, herpes
- Quenches thirst

Herb Preparations

- Extract
- Tea
- Juiced
- Herbal oil, salve
- Food; include leaves in culinary dishes (heat will cook out the oxalic acid)

Care/Harvesting

Garden sorrel is a perennial that can be purchased in a nursey. It can also be found in dry open fields, disturbed areas, and yards as French or sheep sorrel.

- Prefers partial shade and a lot of water.
- Harvest leaves anytime.
- Leaves lose their potency after drying so best to use the fresh leaf in preparations or chop and freeze for future use.

Safety

Contains oxalic acid which can be toxic in large and repeated internal dosages. It is best to take a one week break every three weeks.