

Rumex crispus
Family: *Polygonaceae* - buckwheat
Parts used: root

Also known as curled or curly dock. Yellow dock combines really well with other herbs for supporting different body systems and aids the body in absorbing their properties and nutrients.

Properties

Antimicrobial, alterative, anti-inflammatory, astringent, laxative, hepatic, cholagogue, tonic, nutritive.

Energetics: cooling, dying, bitter
Systems Affected: liver, kidney

Uses

- Liver and gallbladder strength and support.
- Improves function of kidneys, liver, lymph glands and colon.
- One of the great detox herbs, cleanses heavy metals from the body.
- Liver, lymph, and spleen cleanser (take small doses over a long period of time).
- Blood purifier which can help clear up skin conditions, liver problems, blood disorders.
- Hemorrhoids and vein health.
- Acne, skin eruptions, eczema, boils, skin conditions of any kind.
- Liver congestions, jaundice, and other liver issues.
- Helps remove excess stomach acid, help for heartburn, reflux, and indigestion.
- Gut health herb as it removes heat and irritation from intestinal walls while supporting and strengthening.
- Constipation, diarrhea, colitis, and dysentery.
- Rich in minerals, especially iron and aids the body in absorbing them which makes it a great blood builder and aid for anemic conditions or lack of period due to iron deficiency.
- Helps the body absorb nutrients from our food, use for poor absorption.
- Root powder can strengthen gums, heal mouth sores and hardens soft, squishy gums.
- External tumors, ulcers, or any eruptive skin condition (root poultice or salve).

- Leaves are cooling and astringent and can be used to ease the irritation or nettle stings, bug bites, stings, rashes and other skin eruptions and conditions. This can also be done with a root poultice.

Herb Preparations

- Extracts (best extracted with alcohol)
- Tea (decoction)
- Poultice (both leaf and root)
- Herbal oil
- Salve
- Compress

Wildcrafting/Harvesting

Found in disturbed areas, grassland, riverbanks, dry soil, mud, waysides, trails, and as a yard weed. Basal rosette with green, curly edged leaves. Seed stalks shoot up with green/yellow flowers that will turn brown.

- Harvest the root any time after the seed heads have matured and the tops begin to die until early spring before new growth starts.
- Leaf can be harvested as needed for poultices or survival food.
- Seeds can also be harvest as a survival food when they turn brown.

Safety

Use with caution while pregnant and nursing due to the detoxing effects. Leaves contain a good amount of oxalic acid so should be steamed or cooked for eating.