



Rumex crispus

Family: *Polygonaceae* (Buckwheat)

Parts used: root (most medicinal), leaf, and seeds can be used for survival food but not medicinal.

Also known as curled or curly dock, narrow dock, sour dock, and garden patience. 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 (blood cleansing), astringent, laxative, hepatic (liver support), cholagogue (stimulates bile flow), tonic, nutritive, cooling and drying.

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, etc.
- 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.



Annie's Place

- 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.

Methods of Use:

- Tincture (best extracted with alcohol verses vegetable glycerine or vinegar)
- Tea (decoction)
- Poultice (both leaf and root)
- Herbal oil
- Salve
- Fomentation
- Survival Food: steam or cook the leaves, seeds can be eaten once they turn brown, root dried and ground to flour.

Wildcrafting/Harvesting:

Found in disturbed areas, grassland, river banks, dry soil, mud, waysides, roadsides and as a yard weed.

- Root: harvest anytime after the seed heads have matures and the tops begin to die until early spring before new growth starts.
- Leaf: can be harvested as needed for poultices or food.
- Seeds: harvest as a survival food when they turn brown.

Caution:

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.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.