

List of conditions treated with curly dock include: rheumatism, fevers, liver problems, hemorrhoids, swollen lymph glands and constipation.

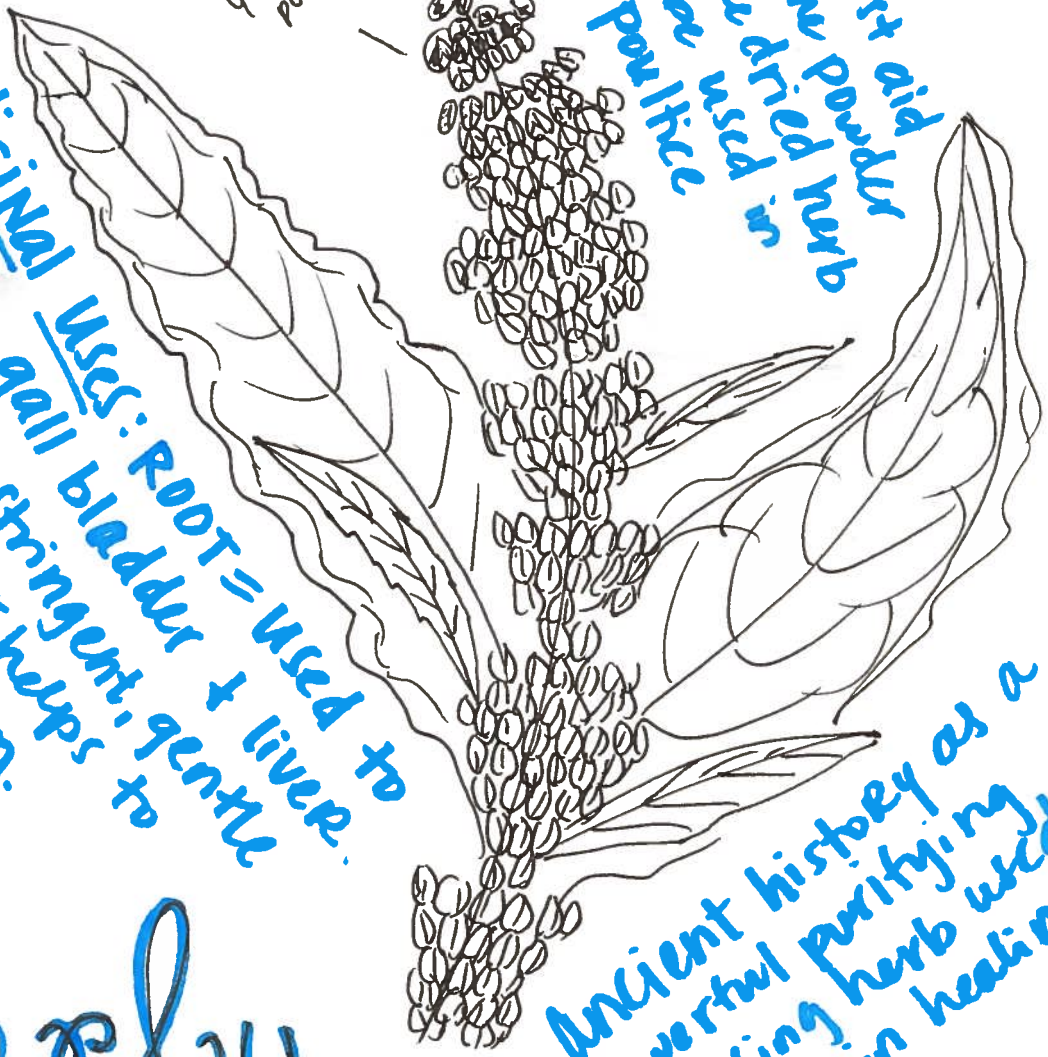
How to Use!
 laxative + increase bile production.
 Bitter + tonic.

See * Recipe!

Apply topically to heal wounds, skin inflammations, itching, eczema, etc. Also to treat gingivitis and tooth aches!

Medicinal Uses: ROOT = used to gall bladder + liver. Yellow root helps to

yellow or purple



As a first aid herb
 pulp, dried herb can be used in compresses

Ancient history as a powerful purifying, cleansing herb used to aide in healing

Curly Dock

* suggested to only eat in moderation *
 Rich in protein, Vit A & E, bioflavonoids, iron & magnesium. However most also contain varying levels of tannins + oxalates so eat moderately in raw form. May be freely consumed when boiled 2-3 times, w/ changed water.

-RUMEX CRISPUS-

* Harvest root in early spring or, early autumn + dry for further use