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

**How to Use!**

**Medicinal Uses:**
- **Root:** Used to: Tonic, astrigent, gentle.
- **Leaves:** Tonic. Bitter. Increase bile production.

**Yellow or purple**

**Applicable:**
- Topically to heal wounds.
- To reduce inflammation, itching, eczema, etc.
- Also to treat gingivitis and toothaches.

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

**Curly Dock**

Rumex crispus

- *Harvest root in early spring or, early autumn & dry for further use.

X suggeted to only eat in moderation.

Rich in protein, Vit A & D, bioflavinoids, 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, with changed water.