



# *Oak Bark – Black and White*

*Powerful astringent that has been used for centuries to control diarrhea, internal and external bleeding, excessive menstrual flow, nosebleed and hemorrhoids, to control bacterial invasion and to relieve vaginal and bladder infections.*

**Information:** Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

Botanical: *Quercus alba*

Family: *Fagaceae* (beech/oak)

Other common names: Common Oak, White Oak, English Oak, Tanner's Bark, British Oak, Gospel Oak

**History:** The Common Oak tree (*Quercus robur* or English Oak) is a stately, deciduous native of Europe, but regarded as peculiarly English and is, in fact, the chief forest tree in England. The genus, *Quercus*, comprises numerous species that are distributed widely over the northern hemispheres and some mountainous regions of the southern hemispheres. . There has been renewed interest in the inner bark and galls (growths produced by fungi and insects and sometimes called Oak apples) of the Oak tree because of the bitter tannin content, which is an excellent astringent and major source of tannic acid and gallic acid, and an ingredient in herbal medicines. Oak Bark has been used for centuries as an important medicinal astringent for diarrhea, bleeding wounds and hemorrhoids. The acorns of the Oak tree have been roasted like coffee and used as a coffee or tea substitute, especially by those who suffer from looseness of the bowels. Some of the constituents in Oak Bark include beta-carotene, beta-sitosterol, catechin, gallic acid, pectin, quercetin, tannin, sulfur, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, B-vitamins and vitamin C.

**Beneficial Uses:** Oak Bark (the inner bark) is a powerful astringent. The tannin content has made it

one of the most potent treatments that has been used internally and externally for centuries to relieve diarrhea, hemorrhoids, vaginal discharge, vomiting, nosebleed, womb troubles and dysentery. The astringency is also effective in cases of excessive menstrual flow and hemorrhages, including hemorrhaging of the lungs, bowels, stomach and spitting of blood.

As a diuretic that increases the flow of urine, Oak Bark helps to expel mucous discharge, flush out kidney stones and gallstones, and improve the health of the bladder. It is also said to be helpful for ulcerated bladder or bloody urine. Moreover, Oak Bark is believed to normalize the function of the kidney, liver and spleen, and has been used to relieve jaundice and other liver ailments.

Oak Bark is considered a strong antiseptic. The tannins bind with protein in the tissues, making them impermeable to bacterial invasion and infection, and this action has been very helpful for treating a wide variety of infections, such as vaginal infection (including vaginitis and leucorrhoea), gleet (urethritis), bladder infection, chancre (canker) sores and venereal diseases. Its diuretic properties enhance many of these applications.

Oak Bark is considered an anthelmintic. The phenolic nature of the tannin complex acts as an antiseptic and parasiticide, or agent that destroys and expels worms (including pinworms) and other parasites from the intestinal tract.

When used externally, Oak Bark's astringency is considered a hemostatic, or substance that helps to stop bleeding. The tannins also protect injured tissues by precipitating their proteins to form an antiseptic, protective coat under which regeneration of new tissues may take place, and this has been useful in treating burns, wounds, bee stings, skin abrasions, bleeding or infected mouth sores. Oak Bark's astringents are utilized in topical medicines to relieve flabby ulcers, in douches for vaginal and cervical discharges, and in washes for hemorrhoids.

Further supporting Oak Bark's astringent qualities, it is said to help relieve goiter and swelling of the neck and varicose veins. It is also thought to reduce swelling and hard tumors when applied topically.

**Contraindications:** Currently, there are no known warnings with the use of Oak Bark; however, it should be noted that prolonged use of astringents/tannins is not recommended.