



# Burdock

*Nature's best "blood purifier" that helps to rid the body of deleterious toxins and clear congestion from the circulatory, lymphatic, respiratory and urinary systems. Soothe the aches and pains of arthritis, alleviate excess water weight and help to keep the skin clear and healthy.*

**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:** *Arctium lappa*

**Family:** *Compositae* (daisy) - *Asteraceae* (aster)

**Other common names:** Turkey Burrseed, Hurr-Bur, Gobo, Bardana, Burr Seed, Clotbur, Cocklebur, Hardock, Lappa, Grass Burdock, Hareburr, Beggar's Buttons, Thorny Burr, Cockle Buttons, Love Leaves, Happy Major

**History:** Burdock is a stout, handsome, biennial that is native to Asia and Europe, but is now widespread throughout the world (it was introduced to the United States by European settlers). The plant is alternately despised as a weed and cherished as a healing herb. Native Americans used it as a food and all-important medicinal herb. The Menominee and Micmac tribes utilized it for skin sores, while the Cherokees used it for a variety of ailments. There are various species of Burdock that are all used similarly in traditional European and Oriental medicines (employed in Traditional Chinese Medicine/TCM for coughs, colds, sore throats, tonsillitis, measles, sores and abscesses); but, perhaps the best-known cultivar is *Arctium lappa*, or "Gobo," which is the Japanese word for Burdock. Native Hawaiians credit Burdock (known as "Gobo") with an ability to increase strength and endurance, and when faced with an arduous task to perform, they have been known to repeat the popular expression, "*I need Gobo.*" Burdock is a very versatile plant, and because it is so nutritious, it is used in many cuisines. The Japanese and Chinese call it a strengthening food (the root) that is included

in stir-fries, vegetable and meat dishes, salads and soups (it is an ingredient in the very popular "miso" broth). Some of the constituents in Burdock include fixed and volatile oils (including a root oil, bur oil), starch, mucilage, a bitter principle, inulin, resin, tannic acid, iron, chromium, manganese, copper, zinc, B-vitamins and vitamin E.

**Beneficial Uses:** Burdock may be nature's best blood purifier and "alterative," which has numerous beneficial effects on the body, helping to alleviate many ailments, and gradually and favorably alter the course of an ailment or condition. As an "alterative," Burdock is considered an agent that stimulates the efficient removal of waste products, and it is said to cleanse and eliminate long-term impurities from the blood very rapidly through its action on both the liver and kidneys. It helps to clear the blood of harmful acids due to calcification deposits, and overburdened blood is a major factor behind arthritis, fevers, infections and skin diseases.

As a diaphoretic and diuretic, Burdock promotes sweating, which helps to release toxins through the

skin and also promotes increased urine, further eliminating toxins via the kidneys and bladder. The increased flow of urine relieves both the kidney and lymphatic system and has many beneficial effects. It rids the body of excess water weight, relieves swelling around joints and alleviates edema. This makes it very useful for inflammatory conditions, such as rheumatism, arthritis, gout (by flushing uric acid from the kidneys), scrofula and swellings of the neck and throat.

Burdock is thought to help heal a damaged liver and protect it from further damage. It is also thought to promote the flow and release of bile, which not only helps to cleanse the liver, but it also aids the digestive process. The mucilage, "bitter" and inulin contents in Burdock also help to support good digestion, as well as soothe the digestive tract and help many stomach conditions.

Japanese researchers have isolated a substance in Burdock Root, named the "B-factor," that is said to reduce cell mutation. There is also a dietary fiber in Burdock seed, called "arctiin," that may slow or stop the growth of malignant disease in the breast in its early stages and may also have similar benefits against colon and pancreatic malignancies.

In cases of diabetes, recent research has shown Burdock Root's blood-sugar-lowering effects in laboratory animals. The action works by filling the intestines with the fiber, "arctiin," which thus prevents the absorption of sugars into the bloodstream. This same action also appears to prevent the absorption of toxic compounds from food (further supporting the herb's use as an effective blood cleanser).

When taken internally, Burdock is said to relieve skin diseases and inflammatory conditions due to chronic toxicity, notably eczema, psoriasis, acne, leprosy, boils and sores. It is also thought to be helpful in other diseases caused by toxicity in the blood, including syphilis and gonorrhea.

When used externally, Burdock continues many of its same beneficial effects on the skin. Used in poultices, it is employed to relieve boils, carbuncles, canker sores, eczema, psoriasis, skin cancers, bug bites, sores, poison oak, poison ivy, swellings, leprosy, burns, wounds and hemorrhoids. The bur oil in the root is said to help strengthen and beautify hair, stop scalp itching and dandruff, and combat hair loss. In addition, poultices are thought to relieve the swelling and pain caused by arthritis, rheumatism, sciatica, lumbago and other backaches.

Burdock contains polyacetylenes that are believed to have antibacterial, antifungal and antimicrobial properties. Japanese herbalists use it to control infection and claim that it kills *Streptococcus* bacteria and many disease-causing fungi. In addition, it is thought to kill ringworm.

Burdock is said to neutralize and eliminate poisons in the system, and it has been used historically as an antidote for acute poisoning.

**Contraindications:** Large amounts (many times the recommended dosage) of Burdock may cause uterine stimulation; therefore, it is always advisable for pregnant women to consult a physician before taking it. Do not take Burdock without talking to your doctor first if you are taking diabetic medicine (examples: insulin, Glucophage(R) metformin, DiaBeta(R) Glynase(R) glyburide).