



# Sheep Sorrel Herb

**Benefits and uses:** Diuretic, mild laxative, cancer, excessive menstrual bleeding.

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk 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.

## Details

**Sheep Sorrel** is an effective astringent that has been used to reduce internal and stomach hemorrhages, including the effects of stomach ulcers and excess menstrual bleeding. It is also said to effectively detoxify the blood, improve the look and health of the skin and help regenerate tissue. Sheep Sorrel is gaining popularity as an immune system stimulant, antioxidant and free radical scavenger with much potential for combating infection and invasive disease.

Chemical constituents in Sheep Sorrel include anthraquinones (emodin, aloe emodin, chrysophanol, rhein, physcion), oxalates, chlorophyll, tannins, glycosides (hyperoside, quercetin-3d-galactoside), iron, potassium, tartaric and oxalic acid (which gives the herb its bitter taste), manganese, calcium, magnesium, zinc, B-vitamins and vitamins A, C, E, D, K and P.

Sheep Sorrel is said to be an excellent vermifuge, an agent that destroys and expels worms from the intestinal tract, as the plant allegedly contains compounds considered toxic to intestinal parasites.

As a diaphoretic and refrigerant, Sheep Sorrel has been used to promote perspiration and reduce fevers and, thus, cool the body and also eliminate toxins through the skin. With its tangy, tart lemony flavor, it was even included in refreshing and cooling drinks, as well as teas. Sheep Sorrel's astringent properties (tannins) have been useful in treating hemorrhages, including the effects of internal ulcers and other stomach hemorrhages, as well as excessive menstrual bleeding. Sheep Sorrel is also thought to be an effective treatment for hemorrhoids and diarrhea.

Considered a diuretic, Sheep Sorrel is said to promote the flow of urine and benefit the kidneys and bladder by loosening and helping to dissolve gravel and expelling it through the urine. It is also said to help treat a variety of urinary complaints.

Sheep Sorrel is believed to be a fine blood cleanser and detoxifier and is thought to destroy putrefaction in the blood. As a general detoxifier, the herb not only helps to clear the entire system of poisons, but is also good for skin problems of all kinds, which may sometimes be associated with impure blood. Taken internally, it is believed to help the skin look clearer and healthier and when used externally (as a poultice), it helps to relieve boils, herpes, eczema, itchy rashes and tumors.

The chlorophyll in Sheep Sorrel is used to promote healthy liver function. It is said to purify the liver and decrease swelling of the pancreas and has been used in cases of jaundice. As an effective laxative, the anthraquinones (including emodin, rhein and physcion) in Sheep Sorrel are believed to increase the secretion of mucus and water into the intestine and stimulate peristalsis (muscular contractions of the bowel), thus encouraging movement of waste from the body. (The herb should never be used with other laxatives.)

Sheep Sorrel is gaining popularity as an immunostimulant that helps to enhance the body's natural defense against invasive material and other infections, including malignant diseases. The beta-carotene content is said to act as an antioxidant, increasing the production of white blood cells and the key immune, T-cells. The anthraquinones, aloe emodin, rhein and physcion, are also considered

antioxidants and free radical scavengers that fight free radical damage in the body and help protect cells from the free radical damage that attacks healthy cells and tissue. Sheep Sorrel is also believed to strengthen the permeability of cell walls, thereby further building defense against invasive attack, and the herb is believed to help reduce the side effects of chemotherapy and promote regeneration of tissue.

**Contraindications:**

Children and pregnant and nursing women should not use Sheep Sorrel. The herb is not recommended for people with kidney stones, arthritis, rheumatism,

endometriosis, gout and hyperacidity, since it may aggravate those conditions, due to its high acidic content. Large amounts of Sheep Sorrel (many times the recommended dosage) should be avoided, as it may result in diarrhea and renal and liver damage (from the oxalates and anthraquinones), gastroenteritis, abdominal cramps, severe diarrhea and may even be toxic. Do not take with diuretics or laxatives, as it may result in serious potassium loss. Anthraquinones can cause discoloration of the urine interfering with urinalysis.

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