



Yellow Dock Root

Benefits and uses: Gentle laxative, improves bile flow, blood cleanser, acne, boils, fungal infections, excellent iron provider, increase iron in blood, skin, cleanser.

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 (or call 1-866-378-8253) before starting or changing your program.

Details

Yellow Dock is a tonic that has been used to cleanse the system of toxic wastes and help to relieve virtually all disorders associated with impurities in the blood. It promotes clear, healthy skin and alleviates eczema, pimples, psoriasis and acne. While cleansing the liver, it has helped to treat jaundice, hepatitis and other liver disorders. Its laxative effects promote good colon health, easing constipation, clearing bodily wastes and improving skin eruptions caused by constipation. Moreover, its rich iron content helps to enrich blood quality and relieve anemia.

Some of the constituents in Yellow Dock include beta-carotene, hyperoside, quercetin, quercitrin, rutin, tannin, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, B-vitamins and vitamin C.

Yellow Dock has been known for centuries as an outstanding blood purifier. Its alterative properties help the cleansing process by stimulating the efficient removal of waste products from the system and gradually converting an unhealthy condition to a healthy one. As a cholagogue, Yellow Dock helps to stimulate bile flow in the liver, improving liver and gallbladder function and cleansing impurities from the blood. This application has made it a valuable treatment for hepatitis, bilious complaints, jaundice and liver disease.

The blood cleansing properties of Yellow Dock make it an outstanding tonic for healthy skin and virtually all disorders associated with impurities in the blood, including rheumatic conditions, glandular tumors, swellings and lymph gland enlargement. The elimination of pollutants in the blood helps to clear up chronic skin

diseases, such as eczema, psoriasis and rashes. It also helps to clear pimples, boils, acne, hives and other skin disorders.

Further supporting Yellow Dock's reputation as an exceptional system purifier, research has shown that the roots contain a mixture of anthraquinones and anthraquinone glycosides, which account for the herb's laxative effect. It is said to improve colon function and reduce bowel inflammation. While its laxative effects facilitate the removal of wastes from the gastrointestinal system, the herb does not encourage griping (the pain and grumbling often associated with this function). It is also used to relieve constipation, as well as the skin eruptions frequently associated with constipation.

Yellow Dock is rich in organic iron and is actually one of the most iron-dense plants in nature. The roots have an unusual ability to absorb whatever iron is present in the soil; and, as such, it has been used to enrich the quality of the blood. This action has made it a useful for treating anemia.

As an astringent, Yellow Dock has been used internally to treat bleeding of the lungs, dysentery and hemorrhoids. The tannin content is responsible for the astringent effect of Yellow Dock, making it effective in relieving various skin conditions when used externally. When applied topically in ointments and poultices, it relieves itchy skin, scabies, ringworm and eczema. The herb has been added to tooth preparations to improve spongy gums and to gargles to relieve laryngitis.

Contraindications:

Yellow Dock contains oxalates and, therefore, should not be used in excess, especially for those with a tendency to rheumatism, arthritis, gout, kidney stones and hyperacidity. Excess use (many times the recommended dosage) may cause dermatitis and nausea, and using too much Yellow Dock or using Yellow Dock for too long may cause difficulty in having a bowel movement without the use of some laxative or promote low potassium in the

body. Speak with your doctor before using Yellow Dock if you have an intestinal or bowel blockage or have had kidney stones.

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