



# *Turkey Rhubarb Root*

Contagious disease, colon,  
constipation, cystic, colitis,  
croup.

**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/changing your program.

**Botanical:** *Rheum palmatum*

**Family:** *Polygonaceae* (buckwheat)

**Other common names:** Chinese Rhubarb, Da Huang, Chinghai Rhubarb, Tahuang

i.e., larger amounts treat constipation, and lower doses treat diarrhea.

**Turkey Rhubarb Root** has been used for over two thousand years as a mild, yet effective, laxative. It supports good colon health by cleansing it and treating constipation. In smaller doses, its astringents ease diarrhea and hemorrhoids, and Turkey Rhubarb Root is considered a wonderful cleanser for the intestines, bowels, liver and blood, helping to rid the system of accumulated toxins.

Some of the constituents included in Turkey Rhubarb Root are anthraquinone glycosides (laxative), tannins (astringents), a bitter principle, pectin, rutin, starch, catechin, phytosterol, gallic acid and flavones. It is interesting to note that because of the opposing nature of the tannins and "anthraglycosides," the health of the colon is supported by the dosage, and the effects vary,

**Beneficial Uses:** Turkey Rhubarb Root has been used for over two thousand years as a mild, yet powerful and effective, laxative that empties the intestines and cleanses the bowels thoroughly. The anthraquinone glycosides are natural stimulants and produce a purging action, which make it useful for treating chronic constipation. At higher doses, the anthraquinone activity is thought to predominate, resulting in more watery and more frequent stools. Its mild action has been considered suitable for children, and it is often used to soften stool in the presence of anal fissures and hemorrhoids and used post-operatively for recto-anal operations. In China, it is included in some standard bowel preparation programs for colonoscopy.

The tannins in Turkey Rhubarb Root produce astringent properties, and when taken in small doses, the tannin activity in Rhubarb supersedes the anthraquinone activity, thus leading to a lower water content of stool, and this action has been effective in relieving diarrhea. Moreover, the pectin content in Rhubarb Root is also thought to work well with tannins as an anti-diarrheal. As an effective astringent, Turkey Rhubarb Root has been used to alleviate hemorrhoids, internal bleeding and inflamed mucous membranes.

Turkey Rhubarb Root is considered an "alterative" or agent that helps to gradually and favorably alter the course of an ailment or condition. It helps to modify the process of nutrition and excretion and restore normal bodily function, acting to cleanse and stimulate the efficient removal of waste products from the system. As such, it not only cleanses the intestinal tract and blood, but it is also thought to cleanse the liver by encouraging bile flow. The herb is said to enhance gallbladder function and relieve both liver and gallbladder complaints by releasing an accumulation of toxins.

The bitter principle included in Turkey Rhubarb Root is said to stimulate good digestion and improve the appetite. It is considered a "stomachic" that relieves gastric disorders, improves the appetite and gives tone and strength to the stomach. Rhubarb is thought to be particularly effective in treating atonic dyspepsia, helping the digestive organs when in a condition of torpor and debility. In addition, the herb is also believed to encourage gastric flow, which also aids the digestive process. As an anti-microbial, Turkey Rhubarb Root has been used to treat internal pinworms, threadworms and ringworms.

Turkey Rhubarb Root has been used to relieve menstrual problems. The herb stimulates the uterus and is thought to move stagnated blood,

which also helps to relieve pains and cramps. Turkey Rhubarb Root is thought to possess antibacterial, antibiotic and anti-inflammatory properties, which have made it useful for both internal and external inflammation and infection (skin eruptions, boils and carbuncles, etc.) and to promote healing (wounds, cold sores and burns, etc.). Teas made from Turkey Rhubarb have been said to help relieve infection caused by bacteria. In vitro studies, the anthraquinones in Rhubarb exhibited virucidal activity against HSV I, measles, polio and influenza virus; but thus far, no conclusions have yet been published.

**Contraindications:** Pregnant and nursing women should not use Turkey Rhubarb Root (it is a uterine stimulant), nor should it be used by those who suffer from colitis or have intestinal obstruction. Long term use is not recommended, as it may cause dependence and tendency toward chronic constipation, nor should it be taken when the colon is already empty (do not take Turkey Rhubarb longer than eight to ten days). People with a history of renal stones or urinary problems should avoid Turkey Rhubarb Root (and any herbs with oxalates). Never eat or cook Rhubarb leaves as a food. Oxalates are contained in all parts of Rhubarb plants, especially in the green leaves, and are considered extremely toxic. There is some evidence that anthraquinone glycosides (the active purgative ingredient) are also present and may be partly responsible. The stalks and roots contain low levels of oxalates, so this does not cause problems. Do not take Turkey Rhubarb without talking to your doctor first if you are taking blood thinning medicine: examples: warfarin (Coumadin), clopidogrel (Plavix), aspirin, enoxaparin (Lovenox), dalteparin (Fragmin). Children under twelve years of age should never take Turkey Rhubarb, except under the direct supervision of your family physician.