



# YELLOW DOCK (Rumex Crispus)

by  
*The Reformed Bohemian*



# Table of Contents

|                                       |    |
|---------------------------------------|----|
| 1. About Yellow Dock.....             | 3  |
| 2. Benefits of using Yellow Dock..... | 4  |
| 3. Preparations.....                  | 6  |
| 4. Ways to Use.....                   | 7  |
| 5. Cautions.....                      | 10 |
| 6. About the Reformed Bohemian.....   | 11 |

Find out more at [www.reformedbohemian.com](http://www.reformedbohemian.com)



# YELLOW DOCK (Rumex Crispus)

Yellow Dock is a dry cooling herb which is excellent for digestive issues, it's also a great blood purifier and laxative.

## About Yellow Dock

Yellow Dock is a dry cooling, bitter, astringent herb, which has many useful properties but it is especially effective in relieving digestive issues, it can be effective in relieving cases of diarrhoea and acid reflux. Yellow Dock is also a highly effective blood purifier and very beneficial for the lymphatic system containing as much as 40% iron compounds in its roots which also makes it an effective remedy for those suffering from anaemia. Yellow dock is also effective in detoxifying the liver and the gallbladder. It can also be used for skin conditions such as psoriasis and eczema due to its healing properties.



## Benefits of using Yellow Dock

Yellow Dock is a cooling bitter herb that can be effective when used for a number of conditions.

### ***Therapeutic action***

Alterative, Tonic, Depurative, Astringent, Cathartic, Antiscorbutic, Detergent, Nutritive (leaves) and Blood Purifier

### ***Can be used for the following issues:***

Skin Conditions, Scorbutic Diseases, Glandular Tumours, Swellings, Liver Congestion, Biliousness, Waxy Ears, Ulcerated Eyelids, Sour Stomach, Lack vitality, Intermittent Fevers, Cooking (leaves), Sores, Anaemia, Coughs, Laryngeal Irritation and Catarrh and Diarrhoea.

- **Digestion/diarrhoea** - Yellow Dock is a cholagogue herb which makes it beneficial for those suffering for those suffering from acid reflux and helping to ease cases of diarrhoea.
- **Blood Purifier** - Yellow Dock is an effective blood purifier due to its purifying and detoxifying properties.
- **Lymphatic system** - Due to its depurative properties Yellow Dock is excellent for detoxifying the lymphatic system.



- **Anaemia** - containing as much as 40% iron compounds in its roots which also makes it an effective remedy for those suffering from anaemia
- **Skin Conditions** - Yellow Dock can also be used to soothe and relieve skin conditions such as psoriasis and eczema.



## Preparations

Yellow Dock can be taken in a number of forms such as tinctures, infusions, solid extract and decoctions.

## Dosages

The basic dosages are as follows:

- Tincture - 1/2 - 1 teaspoon 3 times per day
- Decoction - 1 tablespoon in 1 cup of water 3 times per day
- Infusion - 1 tablespoon as needed.
- Powder - 1/2 - 1 teaspoon 3 times per day
- Solid Extract - 325 mg - 1g

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



## Ways to Use

If possible avoid black or Chinese tea and coffee, as these are incompatible with iron tonics such as Yellow Dock, and can produce toxic results.

### *Orally*

#### *Cough, laryngeal irritation and catarrh*

- Yellow Dock can be made into an infusion and once cooled can be used as gargle for coughs, laryngeal infections and catarrh.

Make an infusion of Yellow Dock and gargle 3 times per day for general infections but can be used as needed in the case of a severe infection.

### *Digestion*

- Drinking a warm infusion of Yellow Dock tea can be effective in relieving digestive issues particularly upset stomachs and acid reflux.

Tea - Drink 1 cup of warm Yellow Dock tea twice a day, smaller doses may be used if the stomach is particularly sensitive, increasing as needed.

Tincture - 1 teaspoon taken 3 times per day.





## ***Iron Tonic***

- A warm infusion of Yellow Dock tea is effective as an iron tonic helping to increase the amount of iron in the blood which is particularly useful for those suffering from anaemia or women with heavy periods.

Tea - Drink 1 cup of warm Yellow Dock 3 times a day for as long as needed

Tincture - 1 teaspoon taken 3 times per day.

**Note:** Children may find the astringent taste of the root unpleasant and refuse to take it, if this is the case try using a diluted solution sweetening with a bit of honey.

## ***Washes***

### ***Glandular inflammation***

- Yellow Dock can be used to reduce inflammation and soothe pain associated with swollen and inflamed glands.

Using a hot infusion of Yellow Dock soak a clean cloth and gently clean apply over the affected area 2 - 3 times per day.





## ***Itchy Sore Skin***

- An infusion of Yellow Dock can be added to a base lotion to make a cream or applied directly as an infusion to soothe and relieve itchy sore skin and conditions such as eczema and psoriasis.

Using a hot infusion of Yellow Dock soak a clean cloth and gently clean apply over the affected area 2 - 3 times per day.

Mix 1 part infusion to 2 parts base lotion to make a lotion, rub into the affected area 2 - 3 times daily or as needed.

## ***Bath***

### ***Sore Itchy Skin***

- Bathing in a bath infused with Yellow Dock can help to soothe and relieve sore itchy skin conditions such as eczema and psoriasis.

Yellow Dock can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.



## ***Cautions***

As with all herbs there is the slight possibility of allergic reactions although this is rare. Yellow Dock is considered safe for general use, however, if used in large doses the leave can be toxic.



# *About The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





# *The Reformed Bohemian*

*Health & Well-Being Powered By Nature*



Find out more at

[www.reformedbohemian.com](http://www.reformedbohemian.com)

email: [hello@reformedbohemian.com](mailto:hello@reformedbohemian.com)

©2020 The Reformed Bohemian. All rights reserved.

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The information in this ebook is for educational purposes only. The information within this ebook is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy or food, especially if pregnant, nursing, or have a medical



