



BURDOCK ROOT (*arctium lappa*)

Common Uses

Burdock Root is one of the most prominent detoxifying herbs in herbal medicine. It is most widely used to treat ailments that are caused by excessive toxins in the body, such as throat infections, and skin problems such as acne, rashes, boils, etc. Also a useful treatment in most cases of eczema and psoriasis. In China, Burdock is used to treat mumps and measles, as well as arthritis. Burdock has been used since the 17th century to treat gout and kidney stones. The phytochemicals in fresh Burdock root can destroy certain bacteria and fungi, making it a useful treatment for ringworm, urinary tract infections and other bacterial infections.

Precautions

None known

Dosages

TINCTURE: Take 20 drops 2-3 times per day

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 3 times a day.

CAPSULES: Take 2-3 capsules up to 3 times daily

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

